



ADVANCE LEAGUE
**FLAG FOOTBALL
RULES**

CCV STARS

Updated July 13, 2026

MORE THAN A GAME

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PLAYING TIME

- All players are required to play in each game.

CASTS & BRACES

- No casts or braces allowed in flag football.
- Casts or braces may be worn in soccer but must be taped.

COACH BOX / SEATING

All teams will sit at midfield in a designated seating area.
Only players and coaches may be in the team box area.
Only one coach is allowed on the field.

COACH SHIRT

CCV Stars coaches must be cleared through the CCV Volunteer security process prior to participating in any game/practice. Any non-cleared coach will be immediately removed.

Coaches must wear their appropriate cleared coaching shirt at all games and practices.

BORROWING PLAYERS

For a game to be official, by 5 minutes after scheduled start, a team must have from their own roster no fewer than 2 players less than standard:

- 5v5 requires min. 3
- 7v7 requires min. 5
- 9v9 requires min. 7

If below minimum, game is scored as 1-0 forfeit win.

Once forfeited, coaches should work together to create the best gameday experience.

GAME SETUP & FLOW

COIN TOSS & SETUP

1. At the start of each game, captains meet at midfield for the coin toss. The visiting team calls the toss.
2. Games are played 5 on 5.
3. The winner of the coin toss chooses offense or defense. The loser chooses direction. There is no option to defer. Teams switch sides at halftime; the team that started with possession begins the 2nd half on defense.

DOWNS & POSSESSION

4. The offensive team takes possession at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.



4TH DOWN RULES

If the offense fails to cross midfield after 3rd down and elects to 'punt' on 4th down, possession changes and the opposing team starts from its own 5-yard line.

If the offense goes for it on 4th down and fails, the opposing team starts from the spot where 4th down ended.

On any 4th down (or 3rd down after midfield) punt/play decision, the referee WILL ask the Head Coach to declare. The coach MUST decide immediately or risk a delay of game penalty.

Teams may use a timeout to change a 'Play' declaration before the play clock expires.

After crossing midfield, if the offense fails to score on 3rd down, the ball changes possession and the new offense starts at its 5-yard line.

TERMINOLOGY
Boundary Lines - The outer lines marking the playing field's perimeter, including sidelines and end zones.

Line of Scrimmage (LOS) - An imaginary line running through the point of the football and across the width of the field.

Line-to-Gain - The yard line the offense must reach for a first down.

Rush Line - An imaginary line 7 yards from the LOS on the defense's side.

Offense - The team with possession of the ball.

Defense - The team trying to stop the offense and regain possession.

Passer - Any offensive player who throws the ball, not just the quarterback.

Rusher - The defensive player who starts from the rush line and tries to pressure the quarterback.

Impeding the Rusher - If your offensive player's movement changes the rusher's angle slows the rusher, or forces the rusher to go around the, it's impeding.

Live Ball - The period of time the play is in action. Live ball penalties are enforced before the down is complete.

Dead Ball - The time between plays when no action is occurring.

Whistle - Official's signal to stop play.

Inadvertent Whistle - An official's whistle sounded in error.

Charging - When a ball-carrier illegally runs into a set defensive player (leading with head, shoulder, forearm, or chest).

Flag Guarding - When the ball-carrier tries to block defenders from pulling flags (stiff-arming, dropping elbow/head, using ball as shield).

Shovel Pass - A legal forward pass across the LOS (underhand, backhand, or pushing the ball forward).

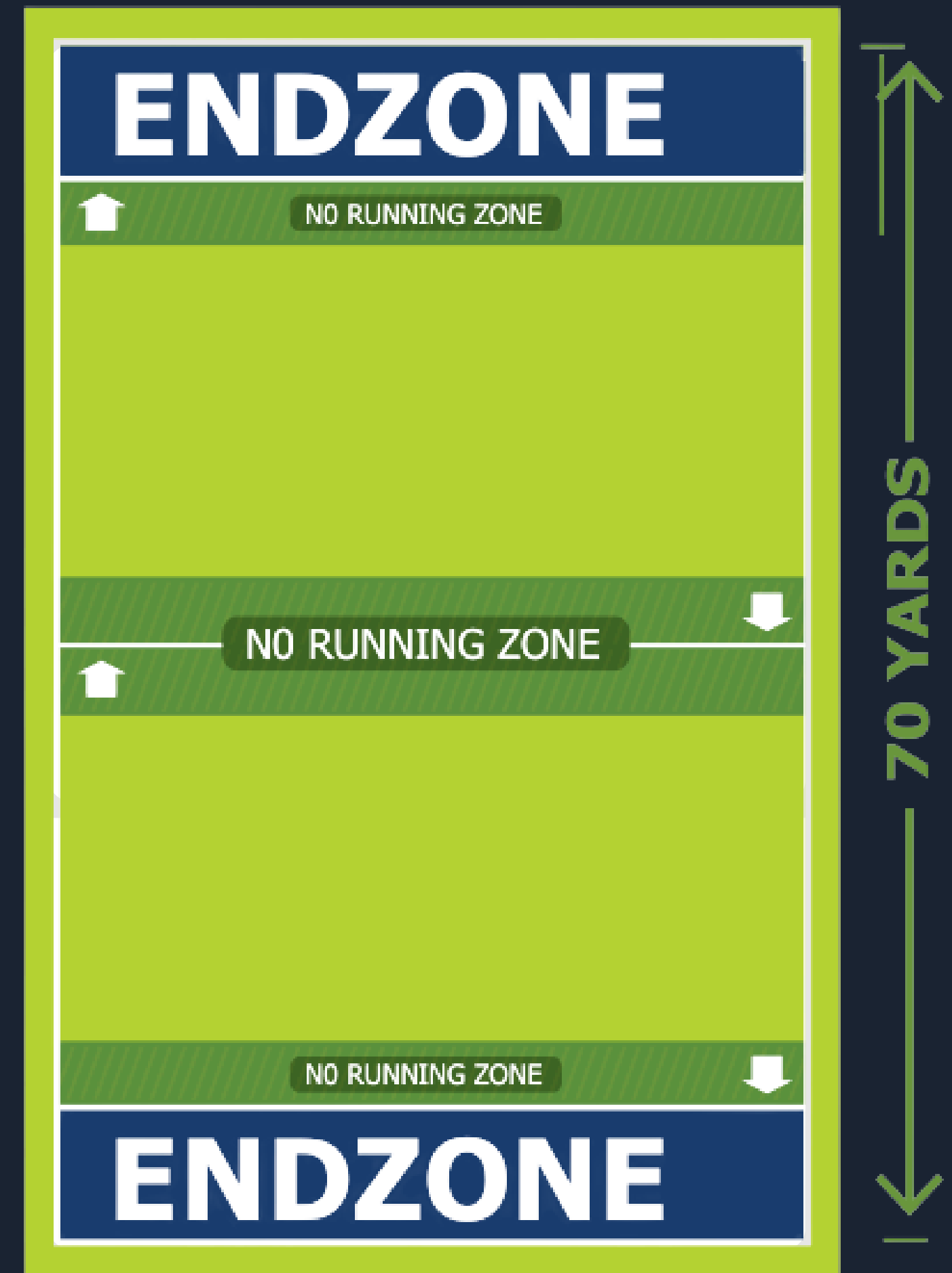
Lateral - A backward or parallel toss of the ball.

Unsportsmanlike Conduct - Confrontational or offensive behavior or language.

EQUIPMENT CHECKLIST

1. All players must wear CCV Stars provided belts and flags.
2. Mouth Pieces are recommended but not required for game play. Players will be responsible for their own mouth guard.
3. Game balls will be provided by teams. If none are available, CCV Stars will provide.
4. Players must wear shoes. Cleats must have plastic tips. This will be specified by your league organizer or site director. However, cleats with exposed metal are never allowed and must be removed.
5. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed
6. Players must remove all jewelry and hats. Headbands, winter beanies, soft shell helmets, halos, and sunglasses are allowed but must be secured. Prescription glasses permitted without a strap. Headgear is not required for game play, but players may wear at their own discretion.
7. Jerseys must be tucked in if they hang below the belt line.
8. Players must wear shorts/pants without pockets or belt loops. Games will not be delayed for taping pockets.

1. 25 yards wide x 70 yards long with 10-yard end zones.
2. Fields have a midfield line-to-gain for a first down. 'No Run Zones' are located 5 yards prior to midfield and 5 yards prior to the opponent's end zone.
3. Stepping on the boundary line is considered out of bounds.
4. 'No Run Zones' prevent teams from running the ball across the LOS. All plays in these zones must result in a forward pass across the LOS.
5. The referee will spot the ball in the middle of the field prior to the 'Ready to Play' whistle. The ball may NOT be closer than 10 yards to any sideline.



GAME CLOCK

1. Games are played on a 48-minute continuous clock with two 24-minute halves. If one team gains a 35-point advantage, the game ends (play continues but no additional scores recorded).
2. Halftime is 2 minutes.
3. Once the ball is spotted, a team has 40 seconds to snap the ball.
4. Teams have 1 timeout (60 seconds) per half. They do not carry over.
5. Officials stop the clock for timeouts, injuries, and at their discretion.

OVERTIME

1st Overtime:

Home team calls coin toss. Each team gets one play from the 5-yard line (1 pt) or 10-yard line (2 pts). Each team chooses 1 or 2 points in the first overtime only.

2nd Overtime:

Both teams must attempt a 2-point conversion from the 10-yard line.

3rd Overtime:

Coin toss (home calls). Winner chooses offense or defense. Offense gets 1 play from the 5-yard line. If they score, they win. If defense stops them, defense wins.

Note: Defensive penalties result in a replayed down from the spot. Back-to-back defensive penalties end the game (penalized team loses).

TOUCHDOWNS & CONVERSIONS

1. Touchdown: 6 points
2. PAT (Point After Touchdown):
 - 1 point from the 5-yard line (pass only)
 - 2 points from the 10-yard line (run or pass)
3. Interceptions returned for scores during regulation are worth 6 points. Interceptions during conversions or overtime are worth 2 points.
4. Safety: 2 points

A safety occurs when the ball-carrier is declared down in their own end zone (flags pulled, flag falls out, out of bounds, knee/arm touches ground, fumble in end zone, or snapped ball lands in/beyond end zone).

ADDITIONAL SCORING RULES

5. A team that scores must declare 1-point (5-yard line) or 2-point (10-yard line) conversion. Any change requires a charged timeout. Cannot change after a penalty.
6. When one team leads by 35+ points, the game is over. Play continues for allotted time but no additional scores are recorded for either team.
7. Forfeits are scored 35-0 for the winning team.
8. Coaches and officials must verify the score card. If a coach does not verify before leaving the field, the official will note it and the score is FINAL.

1. Coaches are expected to adhere to CCV Stars philosophies, coaching guidelines, and code of conduct.
2. Coaches are not allowed on the field during game play. All other coaches must remain on the sideline in the coach's box. Only the head coach may speak with the referee about game play. Coaches are not allowed to speak or comment to other teams' players.
3. All team photographers, managers, position coaches, team moms, fans, etc. are required to remain off the playing field in the designated league viewing area.

4. Coaches are responsible for their fans' conduct and behavior plus any other associated team members in their designated team area.
5. CCV Stars coaches must be cleared through the CCV Volunteer security process prior to participating in any game or practice.
6. Coaches must wear their appropriate cleared coaching shirt at all games and practices.

MORE THAN A GAME



LIVE BALL / DEAD BALL

LIVE BALL

1. The ball is live at the snap and remains live until the official whistles it dead.
2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player enters the neutral zone.
3. A player who gains possession in the air is in bounds if the first foot (or body part other than hand) contacts the ground in the field while maintaining possession.
4. Substitutions may be made during any dead ball period.
5. The defense may not simulate offensive signals to confuse players. This results in unsportsmanlike conduct on the Head Coach.

PLAY IS RULED DEAD WHEN

- a. The ball hits the ground
- b. Ball hits ground on snap/pitch/lateral - spotted where it hit
- c. Ball-carrier's flag is pulled
- d. Ball-carrier steps out of bounds
- e. A touchdown, PAT, or safety is scored
- f. Ball-carrier's knee/shin/forearm/arm hits ground
- g. Ball-carrier's flag falls out
- h. Receiver catches ball with 1 or 0 flags
- i. The 7-second pass clock expires
- j. Inadvertent whistle
- k. Ball-carrier dives, jumps, or hurdles a player
(Exception: player CAN dive to catch a pass or pull a flag)

INADVERTENT WHISTLE

Team in possession may take the ball where the whistle blew (down counts) or replay the down from original LOS.

1. The ball is spotted where the ball is when the flag is pulled.
2. The quarterback cannot directly run with the ball across the LOS. The QB is the player who receives the snap.
3. Direct handoffs, pitches, and laterals are permitted behind the LOS only. "Center sneak" play is NOT allowed. The QB may NOT handoff, pitch, or lateral to the center first.
 - Any player who receives a handoff/pitch/lateral can throw from behind the LOS
 - Once the ball is handed off, the 7-second clock is eliminated and all defenders may rush
4. Definition of a "Legal Handoff" - Total loss of possession directly from one offensive player to another.
5. Teams are NOT allowed to run in the 'No Run Zones' (5 yards from midfield and 5 yards from the goal line). All plays must be a forward pass across the LOS.

6. Runners may not jump, leap, or hurdle while advancing the ball. Play is blown dead at that spot.
7. Ball carriers may leave their feet for spinning, jump cuts, QB passing, or to avoid a collision. Play continues. However, if illegal contact is made while airborne, a penalty may be enforced.
8. No blocking or "screening" is allowed at any time.
9. Offensive players near the ball carrier must stop their motion once the ball crosses the LOS. No running with the ball carrier.
10. Flag obstruction - All jerseys MUST be tucked in. Flags must be on the player's hips and free from obstruction. Deliberately obstructed flags = flag guarding.
11. Once the ball is beyond the LOS, only the current ball carrier may possess the ball until the play is dead.

PASSING & RECEIVING

PASSING

1. Only 1 forward pass per play, thrown from behind the LOS. Unlimited backward passes behind the LOS are permitted.
2. No intentional grounding. The QB may throw anywhere across the LOS to avoid a sack.
3. All forward passes must cross the LOS (unless touched by a defender).
4. Shovel passes are allowed - must be a forward pass from behind the LOS, received beyond the LOS.
5. The QB has a 7-second pass clock. If no pass is thrown, the play is dead, down counts, ball returns to LOS.
 - Once the ball is handed off/pitched/lateraled, the 7-second rule no longer applies
 - If QB is in the end zone when clock expires, ball returns to LOS, next down
 - If QB throws and catches own pass, play is dead (incomplete)

RECEIVING

1. All players are eligible to receive passes (including the QB if the ball has been handed off, pitched, or lateraled behind the LOS).
2. A player must have at least one foot or body part in bounds, contacting the ground first with possession.
3. Simultaneous possession by offense and defense is awarded to the offense.
4. Interceptions are returnable:
 - Regular play: 6 points if returned for a score
 - Conversions/overtime: 2 points if returned



1. All rushers must be a minimum of 7 yards from the LOS when the ball is snapped. Up to 2 players can rush the QB.
2. Rushers MUST identify themselves by raising their hand before the snap. Rushers MUST rush immediately after the snap. Delayed rush is NOT permitted.
3. Once the ball is handed off, pitched, or lateraled behind the LOS, all defenders may cross the LOS.
4. A special marker or game official will designate the 7-yard rush line.

A LEGAL RUSH IS:

- Any rush by 1 or 2 designated rushers from 7 yards
- A rush from anywhere AFTER the ball has been handed off, pitched, or thrown backwards

A PENALTY MAY BE CALLED IF:

- Rusher leaves rush line before snap and crosses LOS before a handoff/pitch/pass = Illegal Rush (5 yds + 1st down)
- Any defender crosses LOS before snap = Encroachment (5 yds + 1st down)
- Non-rusher crosses LOS before ball is passed/pitched/handed off = Illegal Rush (5 yds + 1st down)
- If offense draws rusher across the 7-yard marker before snap, rusher CANNOT legally rush

RUSHER'S PATH

The offense cannot impede the rusher's PATH to the QB. PATH is set pre-snap from rusher directly to QB and does not move once QB moves. If a moving offensive player is in the path, it is the offense's responsibility to avoid the rusher. Contact = Impeding the Rusher penalty.

SACKS

A sack occurs if the QB's flags are pulled behind the LOS. Ball spotted where possession is when flag is pulled. A flag pull in the end zone = 2-point safety.

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold, or run through the ball carrier.
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately. Ball is placed where the flag lands.
5. If a player with 1 or no flags takes possession, the play is dead at that spot.

6. A defensive player may not intentionally pull flags off a player who does not have the ball.
7. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to flags by:
 - Stiff arming
 - Dropping the head, hand, ball, arm, or shoulder
 - Intentionally covering flags with the jersey

