



FLAG FOOTBALL RULES

ALL DIVISIONS

- The visiting team will start with the ball.
- The offensive team takes possession of the ball at its 5-yard line and has **four** plays to cross midfield.
- Once a team crosses midfield, it has **four** more downs to score a touchdown.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Each team will be required to play a **minimum of 2 different players at QB** for at least 1 full drive per game.
 - **DECEPTIVE PLAYS WILL NOT BE ALLOWED.** Trick plays are allowed that fall within the rules of the game. If there are questions regarding the definition of each, please contact the Director of Football or an official for clarification.
- **Coaches**
- All coaches must wear be cleared through security clearance and have their red coach shirt to be on the sideline. NO photographers/videographers allowed on sideline
- **Tie Game/Overtime**
 - Recreational League Regular season games will remain a tie, no overtime (**playoffs will play OT**)
 - Competitive League: All games (regular season & playoffs) will have a winner & play OT if needed.
 - OT Format
 - Both teams will get an offensive series starting from the opponent's 10-yard line
 - Team with most points at end of series will be winner.
 - Starting with 2nd overtime, teams will be required to take extra point from 8-yard line.
- **Playing Equipment**
 - 7th/8th grade players must wear a mouthpiece at all times during practices and games.
 - Players are not allowed to participate in practice and games with a cast or splint on any body parts.
 - Flag belts are to be worn with flags on hips.
- **Game Timing**
 - 2 – 20 minute halves
 - 5 minute half time
 - Change of Possession: clock stops, 30 seconds to run play.
 - Play Clock: 30 seconds to run play
 - Clock stops on injuries
 - Each team gets 3 – 60 second time out per game.

- **Scoring**

- Touchdowns – 6 points
- Extra points from 3 yd line – 1 point (pass only)
- Extra point from 8 yd line – 2 points
- Safety – 2 points
- Turnovers on extra points may not be advanced by the defense and the play is over.

- **Defensive Plays/Rushing the Quarterback**

- Players not rushing the quarterback may defend up to the line of scrimmage, until the ball is handed off or there is a forward pass. If the quarterback makes a forward pass behind the line of scrimmage, the defender may step across the line of scrimmage to pull the flag of the receiver.
- Once the ball leaves the Quarterback's hand either with a forward pass, lateral, or handoff, all defenders may go beyond the line of scrimmage. Rushing defenders **WILL** be allowed to deflect passes during rush.
- There is no limit on the players allowed to line up on the line of scrimmage prior to the snap of the ball.
- **Only one player** may rush the quarterback, *7th/8th grade division will have no rusher.*
 - The player rushing must start beyond the line marked by the rush cone (10-12 yards) and start at the cone.
 - Player must be within 1 yard of the cone and be established to referee prior to snap.
 - Only one (1) defensive player may be at the rush cone.
- **7th/8th grade division** will be playing without a rusher, the quarterback will have **5** seconds to throw a forward pass. (referees will keep the **5** sec clock)

- **Interceptions**

- Interceptions are live, and may be returned for touchdowns. Interceptions are the only changes of possession that do not start on the 3-yard line. The ball will be spotted where the flag is pulled by the opposing team.

- **Start of Offensive Series**

- The play will start when the quarterback holds the ball in his hand, standing at the line of scrimmage, and gives a clear cadence call to start the play. (No center snap)
- Once the quarterback snaps the ball, the play has started and the defense will be allowed to rush.
- There is no limit on the amount of players who can line up on the line of scrimmage.
- Only one player is allowed in motion at a time.

- **Running**

- The quarterback cannot run beyond the line of scrimmage with the ball, unless the ball has already been handed off or passed to another player.
- A run play may not be used in "No Run Zones"
 - "No Run Zones" – Located 3 yards from the intended scoring end zone

- Laterals or Pitches are allowed to be used in a No Run Zones as long as they are followed by a forward pass
 - Handoffs, laterals, pitches.
 - The player who takes the handoff, lateral, or pitch can throw the ball from behind the line of scrimmage.
 - Once the ball has been handed off, lateraled, or pitched all defensive players are eligible to rush.
 - **7th-8th Grade Division**
 - This division is pass only.
 - The ball may only cross the line of scrimmage from a forward pass.
 - Teams may pitch, use handoffs or lateral passes behind the line of scrimmage but they cannot advance the ball past the line of scrimmage **until forward pass is made.**
 - The 5 second play clock is in effect as soon as ball is snapped and does not reset on any lateral or pitch.
 - Defensive players may not cross the line of scrimmage on a lateral, handoff, or pitch.
 - Spinning is allowed. There is NO Diving. The play is whistled dead if the player dives.
 - Jumping is allowed as long as the offensive player jumping is not advancing up field while jumping.
 - Flag Guarding is not allowed and is defined as the offensive player intentional guarding his/her flag or pushing away the hand of the defensive player who is attempting to pull the offensive player's flag. ***It is not considered flag guarding if the offensive player is using his/her normal running motion.***
 - Laterals or pitches behind the quarterback's forward progress are allowed, and are considered a running play
 - If the player receiving the ball then throws a forward pass, it would be considered a passing play
- **Receiving**
 - All players are eligible to receive passes (including the quarterback if the ball has been handed off or passed backwards from the quarterback).
- **Passing**
 - Passing is defined as one player throwing the ball to another player while the ball travels in a forward flight. If the ball is caught the receiver may advance the ball. If the ball is dropped the pass is incomplete, and the play is over.
 - A quarterback is the player who throws a forward pass. He continues to be the passer until the pass ends, or until he moves to participate in the play.
 - Shovel passes are allowed and considered a forward pass.
 - After a forward pass is completed, laterals are allowed as long as they are pitched behind the player in possession of the football. There is an unlimited amount of laterals allowed once the forward pass is completed.
- **Dead Ball** (Substitutions may be made on any dead ball)

- **Play is ruled "dead" when:**
 - Ball carrier's flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - Ball carrier's knee hits the ground
 - Ball carrier's flag falls out
 - Player dives with the ball
 - If an offensive player's flag is not attached to him when he catches the football, the ball will be down where the catch was made (if defender pulled it beforehand, then a penalty will be assessed from the spot of the catch).

Note: *There are no fumbles. The ball is spotted where the ball hits the ground or at the point where the ball carrier fumbled if the ball is fumbled forward*

- **Blocking**

- There is no blocking!
- A player blocking (shadow or other contact) will cause the play to be over at the point of the penalty. There will be a 10 yard penalty from the spot of the foul, and loss of down. Coaches are encouraged to teach their players if the ball doesn't come to them to continue running away from the play.

- **Defensive Penalties**

- *Offside* = 5 yards and replay the down.
- *Pass Interference* = 10 yards from line of scrimmage and automatic first down
- *Illegal Contact* = 10 yards from the spot of the foul and automatic first down
 - Holding, blocking, straight arming, etc. (***If a player dives for a flag, and causes a player to fall it will be deemed illegal contact (intentional or non-intentional). If a player dives for a flag and pulls a flag without knocking down the player it will be deemed a legal flag pull without penalty. Coaches are encouraged to teach their players to stay on their feet, and not to dive at an opposing player's flag***)
- *Illegal Flag pull* = 10 yards from the line of scrimmage and automatic first down
 - Pulling flags before receiver has ball. The defensive player may not wrap his/her arms around the body (bear hug/holding) while searching to pull the flag
- *Illegal rushing* = 5 yards from the line of scrimmage and automatic first down
 - Rushing from within the line established by the rush cone or rushing more than one defender at once

- **Offensive Penalties:**

- *Illegal motion* = 5 yard penalty, replay down (more than one person moving before the offense is set)
- *Illegal forward pass* = 5 yard penalty and loss of down

- *Illegal contact* = 10 yard from the line of scrimmage, loss of down (Pushing, blocking, etc.)
- *Offensive pass interference* = 10 yards from the line of scrimmage, loss of down
- *Flag guarding* = 10 yards spot foul
- *Delay of game* = 5 yards and loss of down
- *Shirts not tucked in causing interference with the pulling of flags* = 10 yard penalty and the ball is down at the spot of the foul
- Games will not end on a defensive penalty, unless the offense declines it.

PRESCHOOL-KINDERGARTEN DIVISION

- 6v6
- Will use mini football
- No score will be kept
- No referees; coaches are on field directing traffic and keeping time
- Home team starts with ball

1ST-2ND GRADE and K – 2ND

DIVISION

- 6v6
- Field length will be 25 yds x 50 yds
- Pee Wee Football will be used.
- Running and passing is allowed.
- 1 coach is allowed on the field for both offense and defense.
- No safeties in this league, if downed in end zone, offensive team will remain with ball on 5 yd. line.

3RD-4TH GRADE DIVISION

- 6v6
- 35 yds x 70 yds field
- Pee Wee Football will be used.
- Running and passing is allowed.
- 1 coach is allowed on the field for both offense and defense

5TH-6TH GRADE DIVISION

- 6v6
- 35 yds x 70 yds field
- Junior size football will be used
- Running and passing is allowed. No limitations on either.
- 1 coach is allowed on the field for both offense and defense

7TH-8TH GRADE BOYS DIVISION

- 6v6
- 35 yds x 70 yds field
- Youth size football will be used
- Passing only, no running is allowed in this league.

- No defensive rusher, 5 seconds to throw forward pass.
- No coaches are allowed on field during games.