



Flag Football Rules

Basics

- * Coin toss determines first possession.
- * Offensive team takes possession of the ball at its own 5-yard line and has three plays to cross mid-field. Once a team crosses mid-field it has three plays to score a touchdown. If the offensive team fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross mid-field, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes except interceptions start on the offenses 5-yard line.
- Interceptions may be returned.

Timing/Overtime

- Games are 40 minutes running time. If score is tied at the end of regulation, teams move directly into overtime. First team to score wins.
- Teams have 30 seconds to snap the ball once the ball is spotted. Teams will receive one delay of game warning.
- Each team has one 60 second and one 30 second timeout per half.

Scoring

- Touchdown = 6 points.
- Extra point (played from five yard line) or extra two points (played from 12 yard line).
- Safety = 2 points

Running

- The quarterback can not run with the ball.
- Only direct handoffs behind the line of scrimmage are allowed.
- Offense may use multiple handoffs.
- "No running zones" located 5 yards from each end zone and 5 yards on either side of midfield.
- A player who takes a hand-off can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, however players can not leave their feet to avoid a defensive player (no diving).
- Balls are spotted where the players feet are when the flag is pulled, NOT where the ball is.
- Absolutely no laterals or pitches of any kind.

Receiving

- All players are eligible to receive passes. Only one player is allowed in motion at a time.
- A player must have at least one foot in bounds when making a reception.

Passing

- The quarterback has 7 seconds to pass the ball or the play is dead, loss of down.

Rushing the Quarterback

- All players who rush the quarterback must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend the line of scrimmage.
- Once the ball is handed off the 7 yard rule is no longer in effect, and all players may go behind the line of scrimmage.

Dead Balls

- Balls must be snapped between the legs, not off to one side, to start play.
 - Substitutions may be made on any dead ball.
 - Play is ruled dead when:
 - Ball carriers flag is pulled
 - Ball carrier steps out of bound
 - Touch down or safety is scored
 - Ball carrier's knee hits the ground
 - Ball carrier's flag falls out.
- Note: There are no fumbles.

Sportsmanship/Roughing

- If referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. This is a zero tolerance rule – foul play will not be tolerated.
- Trash talking is illegal. Referees will determine offensive language. Referee may give a warning OR eject the player.

Penalties

- Defense:
 - Offsides – five yards & automatic 1st down.
 - Interference – 10 yards and automatic 1st down.
 - Illegal contact – (holding/blocking) 10 yards & automatic 1st down.
 - Illegal flag pull – 10 yards and automatic 1st down.
 - Illegal rushing – 10 yards and automatic 1st down.
- Offense:
 - Illegal motion – five yards and loss of down.
 - Illegal forward pass – 5 yards and loss of down.
 - Offensive pass interference – 10 yards and loss of down.
 - Flag guarding – 10 yards and loss of down.
 - Delay of game – clock stops, 10 yards and loss of down.
- Only the team captain can speak with the official.
- Games can not end on a defensive penalty, unless the offense declines it.

Gear

- Cleats are allowed. NO METAL SPIKES.
- All players MUST wear protective mouth piece.
- NFL FLAG jerseys must be worn during play.

NOTE : There are no kickoffs and no blocking.