



GAME ON: FLAG FOOTBALL RULES

SECTION 1. THE GAME The game will be played with six (6) players from each team on the field. The game will consist of two 20-minute halves (running clock). Each team will be allowed 1 timeout per half, or you may defer first half timeout for a maximum of 2 timeouts in the second half. Each timeout will last for 30 seconds. In a championship game, there will be an overtime period with a coin flip in the event of a tie, and the first team to score will win the game. The away team calls the flip.

SECTION 2. THE FIELD The field is 180' (60 yards) x 80' (26 yards) (end zone to end zone). The end zones are located from the edge of the soccer goalie box to the end boards. The boards around the field constitute the out- of-bounds line, any contact with the boards is considered out-of-bounds and down at the spot of contact.

SECTION 3. TEAMS Each team will consist of NO MORE than 14 players. Each player must sign the roster (or parental signature for players under the age of 18) to be eligible to play. All rosters will be finalized by the 2nd game of the season. The teams must be paid in full by the second game to continue their season. Each team will be responsible for providing matching color uniforms with permanently attached numbers for each player on their team. **(NO EXCEPTIONS)**

SECTION 4. RULES AND REGULATIONS:

RULE 1: TACKLING A tackle is the removal of a flag or belt worn by the ball carrier. The defender should drop the flag or hold it up in the air, so it can be spotted by the official. If a flag inadvertently falls off, the ball carrier is down when touched with one hand by the opposing team. If a player carrying the ball falls or touches any part of his/her body to the ground (except their hands) they are down at spot of contact with the field. If the ball carrier touches the boards with any part of their body, they are down at spot of contact. All offensive players must begin each play with an attached flag to be eligible. (any



removal or accidental loss of towels, hats or headbands during play will be considered a flag pull.) **Quarterbacks and Centers** must have both flags in sockets before the snap. The play will be considered dead when quarterback catches the snap.

RULE 2: SPOTS OF BALL If the ball touches the ground at any point during a play, it will be considered down. There are no fumbles or stripping. The ball will be spotted at the point of where the ball came out.

RULE 3: SCORING & TIME OUTS A touchdown will be worth six (6) points. Safeties are worth 2 points. The team that scores can elect to go for one (1) or two (2) point conversions 1 point conversions will be tried from 5 yards from the goal line, and the 2-point conversion will be tried from the 10-yard line. There are no field goals. "Punting" is allowed, although teams will not physically kick the ball. Once elected to punt it will be considered turn over on downs and the opposing team will start at their 5-yard line. Each team will receive 1 time out per half. First half time out (1) can be carried over to the second half for a maximum of 2 timeouts in the second half. A time out will not exceed 30 seconds in duration and the clock will be started at the snap of the next play. The offensive team will get 20 seconds between plays. Any play that is not started by the end of 20 seconds will result in a delay-of-game penalty (5-yard replay down.) The referee will let the offensive team know when there is 10 seconds left on play clock.

RULE 4: FORFEITS Any team that does not have the minimum number of players (5) present to begin a game by 10 minutes after scheduled start time will forfeit the game and the team present will get the win 21-0.

RULE 5: SCRIMMAGE, SERIES OF DOWNS, FIRST DOWNS^[1]_{SEP} **SECTION 1: THE SNAP** All plays from scrimmage must be started by a snap from center. The center may snap the ball in the traditional style with the ball touching the ground. (**traditional style- between the legs**)

SECTION 2: FORMATIONS The offensive team must snap the ball into the backfield to the quarterback or the center can side snap to any player, as long it is between the legs and the player is 1 yard off the line of scrimmage. That player can then either run, pass, or pitch the ball backwards to another player.



All players are eligible, and the quarterback can run immediately. One player can be in motion (laterally or backwards) at the snap of the ball. Otherwise, all offensive players must be set before the ball is snapped.

SECTION 3: THE RUSH Defensive teams will line up no closer than 1 yard from the line of scrimmage. Teams can rush after three (3) second countdown. The rusher will be granted one free rush on each side of mid-field. Which means the rusher can rush before the 3 second count. The rusher cannot line-up directly over the center he must be at least 1 yard to the right or left of the center.

SECTION 4: FIRST DOWNS A first down is achieved by getting the ball across the midfield stripe. Each team will get four downs to cross midfield, and another 4 downs to score a touchdown. A team will start its possession, after a TD is scored and extra point is tried at their 5-yard line. If a TD is not scored by the opposing team, then they will begin the drive at the spot of final possession.

RULE 6: BLOCKING: Blocking must be done in the following manner to be legal. Hand must be tucked behind the back and arms must be bent at elbows (no stiff arms) or hands closed and next to your own body. Blocking is permitted in the backfield (behind the line of scrimmage) only. Once player with ball either crosses the line of scrimmage or catches the ball, the other players must either stop where they are or make an attempt to get behind player to catch a pitch. The following are considered illegal blocks: Blocker uses excessive force to knock defender off their feet. Block above shoulders or below waist. Block to the back or blind side. Blocker holding opponent and/or clothing. Use of stiff arms. Blocker may not leave feet when blocking. (no jamming at the line of scrimmage or bump and run with receiver)

RULE 7: ILLEGAL CONTACT

1) No contact may be made with a receiver in pass pattern. (10 yards from previous spot 1st down) 2) Defensive player may not use hands to grab, push or pull player.

3) Defensive player cannot physically tackle or trip ball carrier or attempt to



strip the ball. (5-yards where play ends 1st down)

4) Defensive player cannot hold a ball carrier to aid in the taking of flag. (10 yards where play ends)^[SEP]5) Offensive player cannot use a stiff arm or lower head into defensive player. (10-yard loss spot of infraction)

6) Offensive player may not hurdle or dive to score or gain yardage. (Play dead from where player left feet.)

7) Receiver cannot push off, block, set picks or inhibit defender's movement in secondary on passing plays. (no pick routes or screen plays)

8) Excessive force cannot be used by any player at any time. (unsportsmanlike penalty)

RULE 8: ENFORCEMENT OF PENALTIES

1) All penalties committed while a play is in progress (with a live ball) will be marked off from the original line of scrimmage and the down will be replayed. Notable exceptions are: Defensive Pass Interference (1st down at spot of infraction). –Flag Guarding (10-yard penalty from spot of infraction)

2) Captain of the offended has the right to decline any penalty, whether a live or dead ball foul. 3) Double fouls offset each other and replay down from previous spot.^[SEP]4) Half the distance rules apply only when infractions would place the ball on or in the goal area.

5) The referee has the option to upgrade any foul into an unsportsmanlike penalty and/or eject a player, captain, spectator, etc. (for the balance of the game) who has blatantly committed a foul with excessive force and /or in an unsportsmanlike manner. Ejected person must leave vicinity of game. Referees will report incident to the league for further review and additional disciplinary action.

6) If the official feels a game has gotten out of control due to unsportsmanlike behavior, he will immediately forfeit the game and will report the incident to the league for further review and additional disciplinary action. (both teams will receive a loss)



RULE 9: OFFSIDES (5 YARD PENALTY -REPLAY DOWN)

1) Once set, ANY offensive player on the line of scrimmage that moves will be called for illegal motion. This is called immediately by the officials. You CANNOT reset.

2) Defensive player crosses the 1-yard neutral zone at any time when ball is set for play.

RULE 10: DELAY OF GAME (5 YARD PENALTY-REPLAY DOWN)

1) If the offensive team takes over the twenty seconds to put the ball in play once official has whistled ball is ready for play.

2) If player kicks or throws ball unnecessarily.

RULE 11: ILLEGAL PROCEDURE (5 YARD PENALTY-REPLAY DOWN)

1) Illegal snap from center.^{[[SEP]]}2) Illegal movement when offense is set.^{[[SEP]]}3) Too many men on the field.^{[[SEP]]}4) Teams call for timeout when they have none remaining.

RULE 12. FLAG GUARDING (10 YARD PENALTY FROM SPOT OF INFRACTION-)

1) Ball carrier uses hand, arm, ball, etc., to obstruct defender from grabbing flag.^{[[SEP]]}

2) Jersey or some other obstruction covers flag.^{[[SEP]]}

RULE 13: ILLEGAL BLOCKING & ILLEGAL CONTACT (5 YARD PENALTY- REPLAY DOWN). SEE RULES 6 & 7.

RULE 14: PASS INTERFERENCE (10-YARD PENALTY- AUTOMATIC 1st DOWN)

1) Offensive player interferes with defensive player's attempt to intercept a pass. (no longer a spot foul)

2) Defender hits, bumps or holds receiver attempting to catch a pass

RULE 15: UNSPORTSMANLIKE CONDUCT (15-YARD PENALTY-POSSIBLE)



EJECTION AND/OR SUSPENSION/EXPULSION FROM LEAGUE).

- 1) Not playing in the spirit of friendly competition and good sportsmanship. To gain an advantage over an opponent by devious means.
- 2) Use of excessive force to intimidate or cause injury.^[SEP]
- 3) Abusive, taunting or intimidating language.^[SEP]
- 4) Flags wrapped, covered, or illegally altered.^[SEP]
- 5) Any form of fighting, pushing, shoving, punching, or attempt to injure another person.^[SEP]
- 6) Dispute of calls by players other than designated captains, and/or in an uncontrolled, abusive or threatening manner.

RULE 16: PENALTIES IN LAST 2 MINUTES OF GAME.

Penalties inside the last 2 minutes of the game by the team in the lead will come with a stoppage of the game clock. This is so teams cannot deliberately delay the game by taking penalties, so the clock will run out on the team trying to catch up.

SUMMARY OF PENALTIES LOSS OF A DOWN (AND 5 YARD PENALTY)

Illegal forward pass. (5-yard penalty from spot of infraction and loss of down).

LOSS OF 5 YARDS: From Infraction

- Timeout illegally used or requested.
- Delay of game.
- Illegal snap from center.^[SEP]
- Offensive player illegally in motion at snap.
- Offsides.
- Too many men on field.
- Forward pitch

LOSS OF 10 YARDS:



- Use of excessive force. [L] [SEP]
- Offensive pass interference. [L] [SEP]
- Striking, kicking, elbowing, and tripping. [L] [SEP]
- Hurdling, diving, lowering head. [L] [SEP]
- Roughing the passer (automatic first down). [L] [SEP]
- Defensive holding. [L] [SEP]
- Flag guarding. [L] [SEP]

OTHER PENALTIES: [L] [SEP]

QB throwing the ball while jumping, no loss of yards, play dead where QB jumped. [L] [SEP]

Defensive pass interference 10yards gain at previous spot and first down. [L] [SEP]

Unsportsmanlike conduct-15-yard penalty. [L] [SEP]

(ATTENTION PLAYERS MUST HAVE SHORTS WITH NO POCKETS TO BE ABLE TO PARTICIPATE) [L] [SEP]