



Flag Football Rules

1. A coin toss will determine the first possession of the game.
2. **Game Structure & Minimum players:** Games will be 7 vs. 7. A team can start and play with no less than 5 players in a game. If that team drops below 5 players, they must forfeit that game. A 10-minute grace period is in place if a team doesn't have enough players present. If after the 10-minute grace period is up and that team does not have enough players, they must forfeit.
3. **Time & Player minutes:** Games will consist of two 20-minute halves. Clock will not stop except for the last two minutes of the game, injuries or time outs. Each team will receive two 2 minute time outs per half. Half times will be 5 minutes long. Every player **must** play 10 consecutive minutes a half.
4. **Possession:** The offensive team takes possession of the ball at its own 5-yard line and has a series (4 plays) to cross midfield (20-yard line). On 4th down the team has the option to run another play or declare to punt. If that team decides to punt and the ball is on your side of the 20 then the ball goes to the 20. If the ball is on the opponent's side of the 20 then the ball will be moved to the 5 yard line.
5. **Getting a 1st Down:** Once a team crosses midfield then it has a new series (4 plays) to score a touchdown. If the offense fails to gain a first down, score a touchdown or doesn't punt, then the opponent gains possession at the point designated by the result of the previous play.
6. Scoring:
 - a. 1 touchdown is 6 points
 - b. Extra point from the 3 yard line is 1 point
 - c. Extra point from the 5 yard line is 2 points
 - d. Safety is 2 points
7. Overtime:
 - a. **During the regular season, there will only be 1 overtime per game. If game is still tied after each team's possession, game will end in a tie.**
 - b. Each team has four plays to score a touchdown from the defense's 10 yard line.
 - c. If a team scores they must go for an extra point from the 5 yard line – 2 points.
 - d. **Playoffs Only:** If both teams score or fail to score and the game is still tied, possession will alternate until one team scores and the other doesn't. All extra points are from the 5 yard line – 2 points.
 - e. **There will be no timeouts during overtime.**

8. Equipment rules:
 - a. Players may wear shorts or pants
 - b. Players must wear a mouthpiece and must have them in when they come to the line of scrimmage.**
 - c. Shirts **MUST** be tucked in and **CANNOT** hang over flags or belts
 - d. Players may wear arm or knee pads
 - e. Only rubber sole shoes or rubber cleats may be worn
 - f. Belts **CANNOT** be tied or taped together
9. Basic Game Rules:
 - a. No deliberate contact allowed
 - b. No player may initiate contact with another player
 - c. No blocking or screening. The offense may not attempt to engage or otherwise obstruct the defense, which includes flag guarding.**
 - d. Each team may use 7 players on the field. Teams must use a minimum of 5 players on the field at all times
 - e. Substitutions can be made on any dead ball
 - f. One coach is permitted on the field on offense and defense. Coaches must stay back away from players once teams come up to the line. **Three coaches per team on the sideline. (NO PARENTS ON THE SIDELINE unless tending to an injured child)**
10. Offense must have at least one player (The Center) on the line of scrimmage at the snap.
11. All 7 players are eligible to catch a pass.
12. Defense may use any formation.
13. There will be no rush on the QB or running backs until a 7 second count is over or unless he crosses the line of scrimmage.
14. Unlimited handoffs, pitches and passes are permitted behind the line of scrimmage. These things are not permitted once the ball crosses the line of scrimmage.
15. The ball carrier may not lower his shoulder, deliberately run into a defender, stiff arm, or shield or protect the flag.
16. All penalties will be 5 yards except for unsportsmanlike conduct which will be 10 yards. Penalties will be:
 - a. Illegal procedure
 - b. Illegal pass, pitch or handoff
 - c. Illegal contact (holding, blocking, etc.)
 - d. Offensive or defensive pass interference
 - e. Flag guarding
17. There are no fumbles. If the ball touches the ground, it is a dead ball and the team retains possession. If it is a 4th down and the team elects to run a play and gains a first down then fumbles, the ball will be dead at the place of the fumble and it will be a first down. The only exception is the QB. The QB may pick up a fumble BEHIND the line of scrimmage and either run, pass or hand the ball off.
18. Interceptions can be returned for touchdowns.
19. Any rules not covered in this section will be ruled upon by the official or field supervisor.
- 20. UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED BY COACHES, PLAYERS OR PARENTS!!**