



Flag Football Rules

1. A coin toss will determine the first possession of the game.
2. A team will be given a 10 minute grace period if they do not have enough players present. If after the 10 minute grace period is up and that team does not have enough, they must forfeit.
3. Games will be 7 vs. 7
4. 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.
5. Every player **must** play 10 consecutive minutes a half.
6. 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.
7. Once a team crosses midfield then it has a new series (4 plays) to score a touchdown.
8. 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.
9. Overtime:
 - a. Each team has four plays to score a touchdown from the 10 yard line.
 - b. If a team does not score, the other team gains possession from the 10 yard line.
 - c. If both teams fail to score, possession will alternate until one team scores and the other doesn't.
10. 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
11. 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.

12. Equipment rules:

- a. Players may wear shorts or pants
- b. Shirts **MUST** be tucked in and **CANNOT** hang over flags or belts
- c. Players may wear arm or knee pads
- d. Only rubber sole shoes or cleats may be worn
- e. Belts **CANNOT** be tied or taped together

13. 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
- 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 side line. (**NO PARENTS ON THE SIDE LINE**)

14. Offense must have at least one player (The Center) on the line of scrimmage at the snap.

15. All 7 players are eligible to catch a pass.

16. Defense may use any formation.

17. 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.

18. 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.

19. The ball carrier may not lower his shoulder, deliberately run into a defender, stiff arm, or shield or protect the flag.

20. 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

21. 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.

22. Interceptions can be returned for touchdowns.

23. Any rules not covered in this section will be ruled upon by the official or field supervisor.

24. UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED BY COACHES, PLAYERS OR PARENTS!!