

Flag Football Rules

THE GAME

1. A coin toss determines first possession. The designated “visitor” will call heads or tails.
2. The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. If a team crosses midfield, it then has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team will take over on its own 5- yard line.

If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5- yard line.

3. All possession changes, except interceptions, start from the offense’s 5- yard line. When an interception occurs, the interceptor is considered “down” at the spot of the interception. (Interceptions are not returnable) The ball will be placed behind the interception. (either at the 10 yard line or the midfield line) The possession will change to the new offensive team.
4. Each team will be given 3 offensive possessions per half. Once each team has had its 3 offensive possessions, a five minute half-time will take place. After half-time, the loser of the coin toss will take possession, and each team will be given 3 more offensive possessions.

PLAYERS

1. Teams will have 7 players on the field during play (7 on 7). Teams can substitute after each play. (Coaches may use discretions, but each player is expected to play the equivalent of at least 1/4th of the team’s plays)
** Note – coaches may agree, before the game, to play 6 on 6 or 5 on 5 due to player availability.

TIMING / OVER TIME

1. Games are not timed. Each team is given 3 offensive possessions per half (6 total for the game). When both teams have been allowed their 6 possessions, the game will be over.
2. Each time the ball is spotted, a team has 45 seconds to snap the ball. This rule can be adjusted due to the age group.
3. If the game is tied after each team has had their 6 offensive possessions, 1 overtime period will be played. In overtime, both teams will be given 1 offensive possession. This possession will start from the offensive team’s own 5-yard line. The same game rules will apply as in regulation, however, when possession is stopped, a marker needs to be placed even to

where the offensive team advanced the ball. When possession changes, the new offensive team will start from the same 5-yard line (both teams will go the same way) and whichever team advances the ball the furthest will win. If a team scores, an extra point(s) will be attempted.

If both teams are tied after overtime, the game will be considered a tie.

SCORING

Touchdown = 6 points

Extra Point(s) = 1 point (one play from the 5-yard line)
2 point (one play from the 8-yard line)

Safety = 2 points

RUNNING

1. In the 4-6 year old and 7-10 year old divisions, the quarterback can run with the ball.

In the 11-13 division, the quarterback cannot directly run with the ball. The quarterback may scramble in the backfield, but cannot advance the ball past the line of scrimmage.

***The quarterback is the offensive player that receives the snap.

*** Defensive players may not cross the line of scrimmage until the ball is handed off.

2. Offense can use multiple handoffs.
3. The player who takes a handoff can throw the ball from behind the line of scrimmage.
4. Once the ball has been handed off, all defensive players can rush.
5. Spinning is allowed but player cannot leave their feet to avoid a defensive player (No diving).
6. The ball is to be spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- 7. No blocking or "screening" is allowed at any time. Offensive players, except the ball carrier, must stop their motion once the ball has crossed the line of scrimmage.**

RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

2. A player must have at least one foot inbounds when making a reception.
3. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage.
4. In the case of simultaneous possession by both an offensive & defensive player, possession will remain with the offense.

PASSING

1. Shovel passes are allowed.
2. **The quarterback has a 7 second "pass clock". If the pass is not thrown within the seven seconds, the play is dead and loss of down. (the "pass clock" will be counted aloud by the defensive coach)**
3. **SNAP- If snap hits the ground and is picked up, the play will continue.**
4. Once the ball is handed off, the seven second rule is no longer in effect.
5. Defender can swat or pat the ball away from the offensive player but cannot come into contact with the player at all. If the defensive player comes into contact with the offensive player, the play will be blown dead and 5 yards and a first down will be awarded to the offensive team for pass interference. If the offensive player comes in to contact with the defender to prevent them from intercepting the pass, 5 yards will be taken away from the offensive team and a loss of down. (EX. If defensive interference occurs on 1st down, the offensive team will move up 5 yards and replay the 1st down. If offensive interference occurs on 1st down, the offensive team will move back 5 yards and not replay the down.)

DEAD BALLS

1. The ball must be snapped between the legs, not off to one side, to start the play.
2. Substitutions may be made on any dead ball.
3. Play is ruled dead when:
 - Ball carriers flag is pulled
 - Ball carriers steps out of bounds
 - A pass is ruled incomplete
 - Touchdown or safety is scored
 - At the point of an interception (interception returns are not allowed)
 - Ball carriers knee hits the ground

Ball carriers flag falls off

Note: There are no fumbles. The ball is spotted where the ball hits the ground. The offense retains the possession. *(exception- If snap hits the ground and is picked up, the play will continue)* -The “pass clock” will continue to run while the ball is being picked up.

RUSHING THE QUARTERBACK

- 1. There is no rushing the quarterback. See seven second rule in passing section.**
- 2. Once the ball is handed off, the seven second rule is no longer in effect, and all defenders can cross the line of scrimmage.**

SPORTSMANSHIP / ROUGHING

If the Coaches witness any acts of tackling, elbowing, cheap shots or any unsportsmanlike act, the game will be stopped and the player or players will be ejected from the game. (Foul play will not be tolerated)

Trash talking is illegal. Coaches have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, coach will give one warning. If it continues, the player(s), coaches or spectators will be ejected from the game.

PENALTIES

All penalties will be called by the coach.

DEFENSE:

Offsides: Five yards and first down.

Interference: Five yards and first down.

Illegal Flag Pull (before the receiver catches the ball): Five yards and first down.

Illegal Rushing (rushing before the ball has been handed off): Five yards and first down.

OFFENSE:

Illegal Motion (More than one person moving, false start): Five yards and loss of down.

Illegal Forward Pass (past the line of scrimmage): Five yards and loss of down.

Offensive Pass Interference (picks and pushing off): Five yards and loss of down.

Flag guarding: Five yards and loss of down.

Delay of game: Five yards.

Coaches determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Games cannot end on a defensive penalty unless the offense declines it.

ATTIRE

Soft cleats are allowed, no metal spikes.

Mouth guards or mouth pieces must be worn at all times. No exceptions.

FIELD SIZE:

Width is 30 yards.

Length is 70 yards with 10 yard end zones at each end.

First down markers at midfield.

OFFENSIVE FORMATIONS:

All players are eligible to catch a pass.

Teams must have at least 3 players on the line of scrimmage. There is no maximum to the amount of players that can be on the line at the snap.