



Flag Football Rules

Revised 12/2009

I. THE PLAYING FIELD

- A. A regulation playing field shall be 80 yds. by 50 yds. and an end zone of 10 yards shall extend beyond each goal line.
- B. No obstacles in the end zones.
- C. All players must be on team rosters during the league to be eligible to play in league tournaments. No players may be added just for league tournaments. Rosters must be turned in to the president 2 weeks prior to the league tournament.
- D. All teams must specify whether they will have 2 or more teams, J.V. or Varsity for league and tournaments. Teams may not be added for tournaments.

II. EQUIPMENT

- A. Rubber all purpose cleats of any kind can be worn. Shoes must be worn. Tennis shoes are an option as well.
- B. If a player is taped for an injury, the official shall decide if it is allowable.
- C. Every player must have a jersey and it must be tucked inside of the pants. The flag belts will be worn. (3 flags attached) If a player is caught with illegal flags it is a 10 yd. penalty. No twisting, tying, etc., of the flag belts is allowed. The belts may be inspected by the other team prior to kickoff.
- D. Varsity will use an intermediate size ball. J.V.'s – a junior or an intermediate size ball. Each team may use their own ball on offense.

III. TIME OF GAME

- A. 20 minute running time halves for varsity. Two 16 minute running time halves for J.V.'s. The clock is stopped only for time-outs and emergencies, except for the last 2 minutes of the half and of the game, and then the clock will be stopped on out of bounds, incomplete passes, change of possession, penalties and 2 minute warning. A 2-minute warning will be given for each half; clock will start immediately. 25 seconds is allowed between plays (spot to snap).
- B. The teams will change sides at the end of (the half). There will be a 10- minute rest between halves. Three time outs will be permitted each half and these cannot be accumulated.

C. In case of darkness or unplayable conditions (rain, fog) the game will be played at a later date where the game left off. The home school must call the visiting school by 2:00 p.m. for unplayable conditions.

D. Winner of the game must call in scores by the next day, to the League Vice-President & school or to the designated person.

IV. OFFENSE

A. Each team consists of 8 players on the field (must start 8 and, you can play with no less than 6).

B. When on offense, there must be 5 players on the line of scrimmage. Each lineman must have at least one foot lined up with center's foot.

C. All players are eligible.

D. The ball carrier shall not guard his flag. Penalty: 10-yard penalty from point of infraction and loss of down. Players should have shirts tucked in at all times or be penalized for flag guarding.

E. The ball carrier **may** spin to avoid a flag from being pulled however a ball runner may not leave the ground while doing so.

F. Offense must start in a shotgun formation and ball must be snapped at least 2 yards-deep between the legs of center.

G. A player MAY NOT leave the ground (hurdle) to avoid having his flag pulled. Penalty: 10-yard penalty from point of infraction and loss of down. Defensive player on ground runner may jump to avoid player. A ball player may not deliberately charge into, straight-arm or jump over a defensive player (hurdling). This call is at the discretion of the officials - whether the offensive player tried to avoid or jumped into the defensive player, or jumped over a fallen offensive or defensive player. Penalty: 10 yards from point of infraction and loss of down.

H. Loss of flags: ball is ruled dead.

I. A fumbled ball is dead when the ball hits the ground.

J. Two forward passes on one play are not allowed.

K. A pass is complete when receiver has 1 foot in bounds.

L. All 8 players must be in huddle at beginning of play. **NO SLEEPER PLAYS**

M. Blocking

1. Offensive Screen Blocking: The offensive screen block with arms crossed and flat against his chest. Any use of the arms elbows or legs to initiate contact during offensive players screen block is illegal. A Blocker may use his hand or arm to break a fall or to retain his balance. A player must be on his feet before, during, and after screen blocking. Penalty: 10 yards.

2. Screen Blocking Fundamentals: A player who screens shall not:

a.) When he is behind a stationary opponent, take a position closer than a step from him.

b.) When he assumes a position at the side or in front of a stationary opponent, make contact with him.

c.) Take a position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing direction, The speed of the player to be screened will determine where the screener may take his stationary position. This position will vary and may be one or two normal steps or strides from the opponent. Good rule: 2-steps

d.) After assuming his legal screening position he may move to maintain it unless he moves in the same direction and path of his opponent.

e.) The use of hands or arms are not allowed on offense for blocking.

N. Player's Responsibility - the player scoring a touchdown must raise his arms so the nearest official can de-flag the player with one pull. If the player's flag does not de-flag the official does not allow the touchdown, the player is disqualified and the team penalized unsportsmanlike conduct 10 yards from the previous spot and loss of down.

O. Extra points:

1. One point will be awarded to the offensive team if they make a successful try after a touchdown from 2 1/2 yard line.

2. Two points will be awarded to the offensive team if they make a successful try after a touchdown from the 5 yd. line.

V. DEFENSE

A. Opponent may not snatch, steal or bat the ball from the runner or quarter- back.

B. Pulling the flag off the pass receiver before the ball hits his hands and or caught is ruled as interference. Penalty: 15 yards from line of scrimmage and down goes over or offense can take play. Defensive player must not grab/hold offensive shirt.

C. Defensive player may not grab or hold offensive player. Penalty: 10 yards from line of scrimmage and down goes over, if offensive player has ball. 10 yards from infraction and down goes over.

D. Defensive team may not have any player in the neutral zone (neutral markers), which is one (1) yard from the line of scrimmage. Penalty: Encroachment, dead ball (automatic) 5 yards for offside as ball is snapped.

E. Line of scrimmage is considered to be from back heel of centers feet forward to ball. Some part of the offensive lineman's foot must be lined up in this area.

F. Roughing the ball carrier will not be allowed. This includes tackling, pushing, and/or other acts in the official's opinion were a flagrant and illegal attempt to hurt the player and not play the flag of the ball carrier. Penalty: 15 yards from the point of the foul and the down goes over. Player may be ejected.

G. Roughing Quarterback - Defensive player may not run into the quarterback at anytime. If they try to block the pass and hit the quarterback, it is a penalty even if you block the ball first. Defensive player should go for flags. Penalty: 15 yards from the line of scrimmage and automatic 1st down.

H. Safety - When the offensive team is caught with ball in their own end zone a safety shall be declared. A ball dropped in the end zone will be a safety. An offensive penalty which occurs in the end zone will also cause a safety. Safety is worth 2 points for defensive team. Opposing team then will punt or kick-off from the 20. It is **NOT** a safety when a kickoff is fielded by a team in their own end zone and the player's flags have been pulled. The ball will be placed at the 20 yard line and the receiving team remains in possession of the ball.

I. The ball will be spotted where the ball is at the time the player is de-flagged. Not where the flag lies on the ground.

VI. KICKOFF

- A. It is a live ball only for the **receiving** team.
- B. 4 players must line-up on the line for the receiving team on kickoff. There are no onside kicks.
- C. Ball must be kicked from 30 yard line.
- D. Ball fumbled by the receiving team is a dead ball.
- E. Ball muffed by receiving team may be advanced by receiving team only.

VII. PUNTING

- A. The ball must be punted not kicked off the ground.
- B. All punts are free kicks (ball does not need to be centered). They must be declared.
- C. The punt receiving team must have at least four men on the line and cannot extend hands.
- D. If a player is attempting to field a punted ball whether he touches it or not the ball then hits the ground it will be ruled dead.

VIII. GENERAL STATEMENTS

- A. It is up to the coaches to control themselves the fans and the players.
- B. The officials have the power to eject any player to keep order.
- C. No person is to be on the field of play except for the officials and players nor can the coach go to the huddle. JV coaches are allowed in the huddle.
- D. The ball must be put in play by the official.
- E. Time outs can be called by a player or coach.
- F. When the official blows the whistle the play is dead. Under no circumstances shall the play continue. In the case of an inadvertent whistle the team in possession at that time has the choice of taking the play or replaying the down.

G. Coin Toss - the winner of the toss has the choice of one of the following three privileges:

1. whether his team will kick off or receive.
2. The goal his team will defend.
3. Defer~ winner of coin toss can choose to receive the ball starting the second half.

H. The home team is responsible for having:

1. The field well marked with end zone markers and first down markers.
2. Any possible hazards removed
3. Supplying a responsible person to keep time, mark the line of scrimmage, and keep score.
4. Down marker
5. Scoreboard
6. Neutral zone markers

IX. TIE BREAKER:

Unless moved by penalty, line. The object will be to score a touchdown. An overtime period is one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. Each team will alternate possessions if multiple overtimes are needed. If the first team which is awarded the ball scores, the opponent will start 1st and goal from the team 10- yard line. Try -for-points will be attempted and scored. Each team is entitled to one time-out per overtime period. A field goal may be attempted in OT if an offensive team wishes on any down.

X. THE THREE POINT TRY OR FIELD GOAL

Upon crossing an opponent's 20- yard line the offensive team may on any down declare a field goal attempt. The ball is moved to the 5 yard line by the referees. The offensive team will have one attempt to cross the goal line with the ball for three points. If the try is unsuccessful the ball is placed back at the original line of scrimmage with possession being awarded to the defensive team.

XI. PREGAME PROTOCOL

Both teams must submit a roster of players and coaches to the official. Coaches are not to exceed two per sideline. Failure to do so may cause a fifteen yard penalty or possibly forfeiture of the game.