



Flag Football Rules and Regulations Third Edition Fall 2009

1. General House Rules:

- 1.1 No contact allowed.
- 1.2 NO downfield BLOCKING/SCREENING anytime or anywhere on the field. Offensive players not involved with a play down field must attempt to get out of the way.
- 1.3 No flag guarding or stiff arming. Violation is that player is down where the violation is indicated by the referee.
- 1.4 The offensive team takes possession of the ball at their 5-yard line and has four (4) plays to cross mid-field. Once team crosses mid-field, they will have four (4) plays to score a touchdown.
- 1.5 If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive.
- 1.6 All possession changes start on the offenses 5-yard line (Exception: Interceptions may be returned and the ball will be marked where the play ends).
- 1.7 Each time the ball is spotted a team has 25 seconds to snap the ball.
- 1.8 Games consist of 2-24 minute halves. Teams will flip sides at beginning of 2nd half. Half time will be one minute and thirty seconds. Team that started the first half on offense will begin 2nd half on defense.
- 1.9 A coin toss determines first possession. Coin Toss: There are NO DEFERMENTS. The winner of the coin toss has the following options:
 - offense,
 - defense or
 - choice of goal to defend.
- 1.10 Running clock: except injuries & time-outs. In the last minute of the game, if the difference in score is 8 points or less, a pro clock is used (stoppage on out of bounds, incomplete passes,

defensive penalties, offensive penalties, offensive, and scores)

1.11 Teams must field a minimum of five (5) players at all times.

1.12 Regular season games that end in a tie will be ruled as a tie. Playoffs will go into overtime.

2. Field/Attire:

2.1 The field dimensions will be marked by the dashed lines and play is in bounds between those lines (two - 7 yard end zones).

2.2 Turf Shoes or cleats may be worn.

2.3 Shirts must be tucked in shorts, pants, etc.

2.4 League will provide flags. Teams may use their own flags, however, if the other team objects, they will have to use official Flash Football Flags.

2.5 No headgear with an extended bill may be worn (ex: caps, visors, etc). Exceptions will be made if the bill is backwards.

3. Rosters:

3.1 After the league has started, and a roster has been declared, rosters cannot be changed after the 3rd game.

3.2 Each team plays with six players each on the field- a quarterback, two linemen and three eligible receivers. The roster limit is 14 players per team. A minimum of four players is required to begin the game. Substitutions are unlimited, and can be made between plays.

3.3 Players cannot play on multiple teams in the same divisions.

3.4 All players must be 18 years of age or older.

3.5 A starting quarterback from an upper division team may not play quarterback on a lower division team.

3.6 Each team is entitled to two guest players not on their roster during regular season. Guest players are not permitted during play-offs.

4. Scoring/ Extra Points:

4.1 Touchdown =6 points

4.2 Extra point kick= 1 point

4.3 One point conversion (from the 5-yard line), team must declare a run or a pass play

4.4 Two point conversion (from the 10-yard line), team does not have to declare a run or a pass play

4.5 Three points through a field goal attempt

4.6 Extra point Safety =2 points

5. Time Outs:

5.1 Each team has one: 45-second time out per game, in which the clock stops.

5.2 Officials can stop the clock at their own discretion.

6. Rushing the QB:

6.1 Before each play the referee will mark off seven yards from the line of scrimmage. All players that rush the passer must be a minimum of 7 yards and 1 yard over from the center position (either side) from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.

6.2 Players not rushing the QB may defend on the line of scrimmage.

6.3 Once the ball has been handed off, the 7-yard rule is no longer in effect and all defenders are eligible to rush.

7. Center Snap:

7.1 Must be snapped between the legs. A false movement of the football by the center after he is set shall constitute a false start. At all times the ball shall be snapped from the spot marked by the official ball marker.

8. Running:

8.1 Only direct hand-offs behind the line of scrimmage are legal. Offense may use multiple hand-offs.

8.2 The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.

8.3 Spinning is allowed but players cannot leave their feet to avoid a defensive player.

8.4 The ball will be spotted at the point of the ball when the flag is pulled. Ball must break the plane for a 1st down and touchdown.

9. Passing:

9.1 Shovel passes are allowed.

9.2 Backward Laterals, screen passes behind the line of scrimmage, or downfield pitchers are not allowed.

9.3 Interceptions may be returned. Interceptions during Extra Point may be run back for 2 points. If an interception occurs in the end zone, and the player's flag is pulled before he leaves the

end zone, the ball will be spotted on the 5-yard line. Interceptions may be returned from the end zone.

10. Receiving:

10.1 Only receivers are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).

10.2 Player must have at least one foot in bounds when making a catch.

11. Dead Balls:

11.1 Play is ruled "DEAD" when:

- Ball carrier steps out of bounds.
- Flag is pulled.
- Touchdown is scored.
- Ball carrier's knee or the ball hits the ground. (Note: Hand is still a live ball)
- If an Offensive Players flag falls out during the course of a play, a defensive player must touch him for the ball to become dead (One hand touch is acceptable).
- If the player or ball hit the wall, the ceiling or the net.

11.2 Equipment Violation: The play will be called dead at the snap if any offensive player begins the play without both flags attached to the belt. If the referee misses the illegal equipment violation the play will continue and the defensive player must touch the offensive player for the play to be dead. Five yards (L.O.S), loss of down

11.3 There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead. Exceptions: Any ball dropped in a forward motion will be brought back to last point of contact.

11.4 A Safety (offensive player downed in own end zone, or penalized in own end zone) will result in two points for the defense, and a change of possession.

12. Offensive Penalties:

12.1 Illegal Snap: Five yards

12.2 Illegal Motion: Five yards

12.3 False Start: Five yards

12.4 Impeding Rusher: Five yards

12.5 Blocking/Screening Downfield: Five yards (L.O.S)

12.6 Illegal Pick: Five yards (L.O.S.)

12.7 Flag Guarding: Five yards from the spot of infraction, a flag guarding infraction in the team's own end-zone will be ruled a safety.

- 12.8 Lowering Head/Shoulder: Five yards (L.O.S.)
- 12.9 Pass Interference: Five yards (L.O.S.)
- 12.10 Illegal Forward Pass: Five yards (L.O.S.)
- 12.11 Illegal Hand-off/Pitch: Five yards (L.O.S.)
- 12.12 Illegal Run: Five yards (L.O.S.)
- 12.13 Delay of Game: Five yards (L.O.S)
- 12.14 Intentional Grounding: Five yards (L.O.S), loss of down
- 12.15 Equipment Violation: The play will be called dead at the snap if any offensive player begins the play without both flags attached to the belt. If the referee misses the illegal equipment violation the play will continue and the defensive player must touch the offensive player for the play to be dead. Five yards (L.O.S), loss of down

13. Defensive Rush:

- 13.1 There is no limit to the number of defensive players allowed to rush the passer.
- 13.2 Defensive players may line up on the line of scrimmage.

14. Blocking:

- 14.1 Normal blocking is permitted within five yards.
- 14.2 No blocking below the waist is permitted.
- 14.3 No down field blocking is permitted.

15. Defensive Penalties:

- 15.1 Off-sides: Five Yards
- 15.2 Illegal Rush: Five Yards
- 15.3 Illegal Contact: Five Yards
- 15.4 Holding: Five Yards from end of play
- 15.5 Illegal Flag Pull: Five yards from L.O.S.
- 15.6 Pass Interference, Minor: Five yards from L.O.S., automatic first down
- 15.7 Pass Interference, Major: Spot Foul, automatic first down
- 15.8 Roughing the QB: Fifteen yards, automatic first down

15.9 Delay of Game: Five yards (L.O.S.)

15.10 Illegal Push: Five yards (L.O.S.)

15.11 Illegal block: 10 yards (L.O.S)

16. Tiebreakers:

At the end of the regular season, divisional tiebreakers are determined in order as follows:

1. Head to head competition
2. Point Differential (points for minus points against) between tied teams
3. Overall point differential
4. Points Against
5. Coin Flip
6. No field goals in overtime

17. Overtime (PLAYOFFS ONLY):

17.1 If the score is tied at the end of 48 minutes during single-elimination play, teams move directly into overtime. There will be no overtime for regular league games.

17.2 Each team will be given the ball on the 10 yard line. Each team will have four plays in which to score. If either team scores a TD they may chose which extra point attempt to go for. If a team throws an interception resulting in a run back for a touchdown, they will get the ball on the 10-yard line and have four plays to score. The first team to score without an answer back wins the overtime period.

Additional Rules:

1. Player is out of bounds if he/she makes contact with the wall in the sidelines or the back of the end zones and cannot be the first person to touch the ball.
2. Inadvertent whistles. In the case of an inadvertent whistle the play will be replayed from the original line of scrimmage unless the whistle came after a reception or a turnover. The ball will be placed at the spot of the ball when the inadvertent whistle occurred.
3. Game clock stops at the 1-minute warning. The play clock resets to 25 seconds to snap the ball.
4. If a team or teams are more than 5 minutes late for their scheduled game, the clock will start. After 15 minutes the game will be forfeited and the score recorded as 6-0. The on time team will automatically have the right to choose offense or defense and the minutes (late) will be taken off the first half.