

Flag Football Rules

The Field and Equipment:

- A first down is obtained by crossing the next yard marker.
- All flags are to be triple threat flags.
- 2 ball spotters will be set 1 yard apart to begin play. No matter where the first spot is.
- Mouth protectors are strongly recommended to be worn by all players.
- Any pants or shorts may not be the same color as the player's flag.
- No metal cleats are allowed.

Blocking

- There is to be no extension of the arms or legs.
- Any use of an elbow will be flagged as a flagrant personal foul and may carry an ejection.
- All players must avoid contact. Any flops will be seen as such.
- There is to be NO blocking below the waist or lowering of head or shoulders. Anyone who does should be flagged, while running or avoiding a defender.

The Game:

- No jewelry or hard-billed hats are allowed.
- Game time is forfeit time. Referee has the right to extend time.
- A captain must be designated prior to game time.
- The winner of the coin toss chooses to kick, receive, or defer the choice to the second half.
- Teams will switch sides after half.
- The kicking team will choose which side they will defend.
- Diving will be allowed. The runner will be liable for any contact. 10 yard personal foul
- The ball will be marked from where the ball is when the runner is deflagged.

Kickoffs and Punts:

- There will not be kickoffs. Play will begin at the first red line. Punts will be thrown.
- Punts are to be announced, the punting team may change the decision after a time out.
- There is to be no movement until the ball is thrown.

At the Snap

- Any ball that contacts the ground is downed at that point.

- All players shifting must come set for at least 1 second prior to snapping the ball.
- A snapped ball isn't required to travel through the center's legs.

Handing and Passing

- The placement of player's feet will determine if he has crossed the line of scrimmage.
- No forward handoffs are allowed once past the line of scrimmage.
- If a lateral or snap is dropped, it will be marked at that spot. This will not stop the clock.
- All receptions require 1 foot in bounds to be considered legal.
- Receiver catches the ball then starts to run, then fumbles forward into the end zone. The call would be a touch back and change of possession.
- If a pass, forward or backwards, is simultaneously caught by both teams' members, the ball becomes dead and in the possession of the team with prior possession.
- Pitch and handoff will be considered a run play. Defender does have to cross line to be able to run.

Players/Substitutions:

- No player may step off the field and be the first to touch a live ball
- Substitutions can occur, anytime during the game, as long as it is within the 15 sec.

Ball Carriers

- Ball carriers are not to obstruct the path to their flags with any body part or the ball.
- Flags are to be attached in a way that 1 pull will deflag the runner.
- If a flag falls off, a 1-hand tag between the shoulders and the knees will down the runner.
- FLAG GUARDING IS A JUDGEMENT CALL MADE BY AN OFFICIAL.
- Any items that are tucked in pants, becomes a flag (I.e. towel, gloves).
- Tampering with a flag belt in any way to gain advantage is illegal.
- Receiver: once the receiver catches the ball, the defender cannot strike the receivers arms to cause a fumble. Illegal contact. Spot foul/ Automatic 1st down.
- Flags that fall off without contact or by the opposing team will continue play until the player is touched.
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- Intentional deflagging of a non ball carrier will be called for an unsportsmanlike conduct foul.
- A player who scores must proceed to an official to be deflagged, without touching his flag belt.

- All players must have a flag on at the start of each play. If not, an illegal participation penalty shall be called.
 - After defragging a ball carrier, anything besides dropping the flag may be unsportsmanlike and warrant a penalty.
 - No player may contact a passer other than attempting to deflag him. THERE IS NO CONTACTING A PASSER. 10 yards and a first down will be added from the end of the play if the pass was completed.
- Holding
- No defensive player may slow a receiver's pattern by chucking or hand checking him.
 - No player shall hold a runner while attempting to grasp a flag. If a player is held and restrained the penalty may become more severe, up to awarding the offense a touchdown. Spot foul- +5 yards and replay the down.
 - All persons involved or affiliated with either team are subjected to the rules of the game and shall be governed by the officials assigned to the game.
 - *The referee has authority to rule promptly on any situation not specifically covered in the rules. This decision is final in all matters pertaining to the game.

Scoring

- A touchdown = 6 points
- Safety = 2 points
- Extra Point- 1 point from red dot
- Extra Point- 2 points from red line
- If the ball is intercepted on an extra point try and the team runs the ball back over the goal it will count as 1 or 2 points, depending on whether the opposing team was going for 1 or 2 points.

Time outs and Over time

- Each team gets 2 per half. Not to be carried over. Lasting approximately 1 minute.
 - The referee shall communicate the number of remaining time-outs to both teams after each time out taken.
 - Successive time-outs may be granted to a team during a dead ball.
 - Any injury time-out will require the player to be replaced for at least one play.
 - A coin toss will determine offense, defense and goal. Teams will switch as OT periods continue.
 - Each team will receive 1 time out per period. Not to carry over.
 - Both teams get 4 downs from the 10. After the first period, the second must try for a victory.
- Unsportsmanlike Conduct:
- No player shall act in a manner in which is inappropriate to the league or the people in the area.
 - * No foul language and or profanity. It will be flagged.
 - The use of words or gestures to simulate the offenses cadence or audibles will be flagged.

- Examples are, but not limited to:
- Baiting or taunting acts, use of profanity or vulgar gestures, throwing or kicking a ball other than during a play, the refusal to comply with an officials directive. Anyone that receives 2 in 1 game must be ejected.
- If a player is ejected from a game, he is allowed to remain on the sideline unless he becomes a problem to the game or its officials. At that time he will be ask to leave the field area. This is defined as “out of sight and out of sound”.

Penalties

- When a foul occurs during a live ball play, the official shall, at the end of the play, notify both teams of the infraction. Next he is to inform the offended team’s captain of his rights and results of both accepting and declining the penalty. Any choice once made may not be changed or revoked. Any time outs will take place after the penalty has been resolved.
- The enforcement of a penalty cannot take the ball more than half the distance from the spot towards the opponent’s goal line.
- If an offensive penalty occurs while the player is in his end zone, the results of the play are revoked and a safety is granted to the defensive team.
- Any subsequent consecutive foul will be enforced as a 10-yard personal foul.
- Live ball penalties shall become part of the play. A play does not end until the penalty yardage has been marked off.

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