



Flag Football Rules

- Games are played rain or shine. Each team has 6 players on the field.
- Home team receives first possession. Away team receives possession of the ball at the half.
- No Kick-offs and No Blocking is allowed.
- The offensive team takes possession of the ball at its own 10-yard line and has 3 plays to cross midfield. If the team crosses midfield, it has 3 plays to score a touchdown. If the offensive team fails to cross midfield or score, the ball changes possession and the other team takes over on its 10-yard line.
- Games are 2 – 22 min halves. Half time is 2 minutes. At the end of the second half the game will end with 3 more plays.
- A team has 30 seconds to snap the ball for each play. Teams have one 60 second time-out per game.
- The quarterback cannot run with the ball beyond the line of scrimmage. (Scramble only)
- Once the ball has been handed off, all defensive players are eligible to rush.
- NO Flag guarding or stiff-arming. (Player is considered down at point of infraction.)
- All players are eligible to receive passes.
- Offensive team cannot run the ball more than 2 plays in a row.
- A player must have at least one foot inbound when making a reception.
- If a receiver catches a ball and has no flags, the catch is complete but he is considered down at that spot.
- Teams must have a different quarterback each half.
- Any player that throws the ball more than 2 times in a half is considered a Quarterback. Even if he is a running back throwing the ball. The player receiving the ball from the snapper is considered a Quarterback.
- Interceptions change the possession of the ball. Interception is the only possession that does not start on 10-yard line. Players can run with the ball after an interception.
- Teams that intercept in the end zone start at their own 10-yard line.
- If the ball hits the ground during the snap to the quarterback, the play is considered live.
- Substitutions may be made only on changes of possession. (Except injuries)
- There are no fumbles. The ball is spotted where the ball hit the ground if the player is past the line of scrimmage.
- If the quarterback hands the ball to a running back and the ball hits the ground, the play is considered dead. No yards lost.
- If a ball carrier's flag falls out or his knee touches the ground, he is considered down at that point.
- Players who rush the passer must be a minimum of 8-yards from the line of scrimmage. Rushers must identify themselves by raising their hand prior to the snap of the ball.
- ONLY the rusher may pass the line of scrimmage.
- Any team losing by 12 or more points may add a 7th player to their defense(not offense) If the 12 points or more lead is reduced, the losing team must go back to their 6-player defense.
- Players cannot try to knock the ball away from the ball carrier. 5 yards from point of infraction penalty.
- Players cannot jump/dive forward or over another player to advance the ball. The ball will be spotted at the spot of the jump/dive.
- 6 to 8 age group only – extra points are from the 10 yard line only and will count as 2 points if scored.

Scoring

- Touchdown: 6 points
- Extra Point: 1 point (played from 5-yard line), 2 points (played from 10-yard line)
- Safety: 2 points
- An interception returned to the end zone during an extra point attempt. 2 points

Penalties

- Offside – 5 yards
- Illegal Contact (Hold, Block, etc) 5-10 yards (Referees discretion). If the last defender tackles the ball carrier a 5-10 yard penalty or a touchdown will be awarded. (Referees discretion).
- Illegal Rushing (Start rush inside 8-yard marker) – 5 yards and repeat of down
- Pass Interference (Contacting the receiving player before the player touches the ball) – First Down and the ball is spotted at the point of infraction.

Any acts of flagrant contact, tackling, blocking, or any unsportsman like act, the game will be stopped and the player will be ejected. FOUL PLAY WILL NOT BE TOLERATED.