

## FLAG FOOTBALL RULES

### **Players will be immediately ejected from a game for the following:**

- Fighting
- Un-sportsman-like conduct (major infraction)
- Racial slurs or comments
- Kicking, elbowing
- An ejected player is not allowed to participate in the following game. A player ejected from two games will lose the privilege of participation in the league for the remainder of the season, including playoffs

### **Players will receive a warning for the following:**

- Multiple intentional penalties
- Un-sportsman-like conduct (minor infraction)
- Arguing with referees
- Cussing
- A player who is warned multiple times in a game will result in an ejection from the game according to the discretion of the referee.

## BASIC RULES

1. Only captains will be allowed to discuss rules and calls with referees during a game. Arguing with referees will not be tolerated.
2. A team can have no more than 5 male players on the field at all times and a team can have no more than 7. A team need not always have female players on the field, but a team can never have more than 5 male players on the field. A team can have as many female players on the field as it would like as long as there are no more than 7 players on the field.
3. A minimum of 5 players must be on the playing field 5 minutes after the scheduled game time to avoid a forfeit. If neither team can field a team of 5, a double forfeit will be issued.
4. All players on a team must wear a similar colored shirt.
5. Dimensions of the playing field is 60 yards long and 40 yards wide with each end zone being 10 yards deep.
6. Teams are self-run. Head captains are responsible for conveying all info passed to them from the league director to their teammates.
7. Shoes are mandatory. Tennis shoes or rubber cleats must be worn. Metal cleats are not allowed.
8. 7 players per team are allowed on the playing field.
9. First downs will be in zones of 20 yards.

10. Length of the game will be two 16 minute halves with a 10 minute half-time.
11. No kickoffs. Ball starts at the 10 yard line.
12. Time outs: one per half per team. Clock will stop for one minute.
13. Clock will stop for the following during the entire length of the game: penalties, time-outs. Clock will stop for the following during the last two minutes of each half: penalties, time-outs, a live ball carrier stepping out of bounds, incomplete passes, touchdowns and change of possession.
14. The Ball must be put into play 30-seconds after it is set.
15. No fumbles. A fumbled ball is considered dead.
16. All players are eligible to catch a pass except for the snapper.
17. A player who is in possession of the ball whose flag has malfunctioned and fallen off without being tackled will be down once the ball carrier is first touched by a member of the opposing team.
18. An intentional removal of a flag by the opposing team before the ball is caught will be penalized.
19. Only one player can be in motion at a time. Offensive players cannot move towards the line of scrimmage until the ball is snapped.
20. There must be at least three offensive linemen on the line when the ball is snapped and the offensive team must have at least 4 players on the line of scrimmage when the ball is snapped.
21. A ball carrier is considered down if: an opponent has pulled one of the flags; one of the flags accidentally falls off and the ball carrier is touched by a member of the opposing team; ball carrier is down on at least one knee.
22. A pass receiver must have both feet inbounds when making a reception on the sidelines as well as the endzone.
23. EXTRA POINTS: For 1 point, the line of scrimmage will be at the 5 yard line and for 2 points, it will be at the 10 yard line.
24. Punts must be announced prior to huddles. When a ball is kicked out of bounds, the receiving team has the option of taking the ball at the point it is kicked or demanding a re-kick. After three consecutive out of bounds kicks, the ball will be turned over to the other team at the current line of scrimmage.

25. Defensive players are allowed to bump the offensive players within the first 5 yards of the line of scrimmage. Anything beyond this will be penalized.

## **PENALTIES**

### Loss of 5 yards

1. Illegal blocking on the line
2. Illegal blocking downfield
3. Holding (Offense or defense)
4. Offensive player lowering his head or running over a defensive player
5. Stiff arming
6. Offensive or defensive pass interference
7. Hindering a ball carrier
8. More than one man in motion
9. Flag guarding

### Loss of 10 yards

1. Tripping
2. Clipping
3. Tackling
4. Any warning offense (potential)

### **Illegal equipment consists of:**

- A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots.
- B. Jewelry.
- C. Pads or braces worn above the waist.
- D. Shoes with metal, ceramic, screw-in, or detachable cleats.
- E. Shirts or jerseys that do not remain tucked in. Any hood on a coat, sweatshirt, or shirt that does not remain tucked in.
- F. Pants or shorts with any belt(s), belt loop(s), pockets(s), or exposed drawstring(s).
- G. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped.
- H. Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- I. Exposed metal on clothes or person.
- J. Towels attached at the player's waist.

**OVERTIME (TIE GAME):** If the game score is tied after regulation time, then a coin toss will determine who will get the ball & side. The home team shall call the toss. If additional overtime periods are needed to decide the outcome of the game (more than first overtime), captains shall alternate choices. Each team will have the

chance to score in series of four downs from the 10 yard line. If the score is still tied after each team has had a try (including extra point attempts), a second series is played, and so on until a winner is determined. **(Exception: Regular season games will end in a tie if teams are tied after the third series).**

**PUNTING:** Quick punts are illegal. On fourth down the Referee must ask the Offensive team if they want to punt or to go for it. If a team decides to punt. The kicking team must have all of its players, except for the punter, on the line of scrimmage. The defending team must have at least 5 players on the line of scrimmage. No players may move until the ball is kicked. Defensive players may not attempt to block the punt. If a punt touches a player from either team and then hits the ground, the ball is dead at that spot and belongs to the receiving team

**FORWARD PASSES AND INTERCEPTIONS:** If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of -bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.

**PASS INTERFERENCE:** Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. If the pass interference by the defense is intentional and/or unsportsmanlike, the defense may be penalized an additional 10 yards.

**SCORING:**

Touchdowns = 6 points

Extra Points = 1 point if successful from the 5 yard line

Extra Points = 2 points if successful from the 10 yard line

Safety = 2 points

**STIFF ARMING:** Stiff arming is not allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct or ejection will result.

**OBSTRUCTING THE RUNNER:** A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt.

**THE FLAG BELT:** All shirts must be tucked in, and are not permitted to hang over the flag belt. When a player scores they must immediately raise their hands and allow an official to remove their flag belt. This is done to insure that the flag belt has not

been illegally secured. If the belt has been illegally secured the score is disallowed, the player ejected and a 10 yard Unsportsmanlike Conduct penalty will be administered from the previous spot

**GUARDING THE FLAG BELT:** Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes but is not limited to:

- Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
- Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
- Lowering the shoulders in such a manner that flag guards.