

Flag Football Rules

Teams & General Game Rules

- Maximum number of players on the field per team at one time is 6.
- Minimum number of players on the field per team at one time is 5. (A team forfeits if they do not have at least 5 players)
- Substitutions are allowed between plays and during time outs
- All players must be recorded on the roster and waiver form (with personal signature) before they are allowed to participate. In order to be eligible to play in the playoffs, a player must play in at least one regular season game
- All teams must wear the same style of flags provided by the Sports Center. Teams may bring their own belts as long as the flags are the same dimensions and pop-off style.
- Each team has one time out per half. After a time out, the clock resumes upon the next offensive snap (excludes conversion attempts and kickoffs).

The Field

PLEASE NOTE: Field dimensions vary based on indoor/outdoor.

The perimeter of the field consists of sidelines and endzone back lines.

Each field has a midfield line

If no touchback line exists, touchbacks will be placed 5 yards from the goal line.

Goal line consists of either the front of the goalie box (extended invisibly to each sideline)

Kickoffs

- Coin toss occurs prior to the game. Winner of the toss will have a choice of options for the first half or shall defer their option to the second half:
 - to choose whether his or her team will start on offense or defense.
 - to choose the goal his or her team will defend
- Prior to kick, the kicking team must remain behind their own goal line. Receiving team must remain on their own side of the midfield line.
- Kicker may either kick from the ground, as a punt.
- Receiving team may not advance the ball. Their drive will begin wherever they gain possession of the ball.
- A receiving team member may not intentionally deflect/bat the ball forward to receive a more favorable spot upon recovery. If this occurs, and the receiving team still retains

possession, the ball will be returned to the spot of the intentional deflection. (The kicking team is still eligible to recover a live ball even after an intentional deflection).

- Kicking team may not recover the ball until either of the following occurs:
 - The ball makes contact with a member of the receiving team
 - The ball crosses the midfield line
- The receiving team may not block a member of the kicking team from gaining access to the ball. This will result in a 10 yard penalty from wherever the receiving team gains possession of the ball.
- The kickoff is considered out of play if any of the following occurs:
 - The ball touches/crosses either sideline
 - The ball makes contact with overhead net
 - The ball touches or crosses the back line of the endzone
 - If the kickoff goes out of play, untouched, prior to the midfield line, the receiving team has a choice to begin their drive either where the ball exited play, or at their own 49-yard line
 - If the kickoff crosses the the midfield line, touches the ground (before or after the midfield line), and reaches the opposing end zone, the receiving team begins their drive on their own 1-yard line.
 - If the kickoff crosses the midfield line and then hits the overhead net prior to reaching either the sideline or the endzone, the receiving team begins their drive at the spot that the ball first made contact with the overhead net.
 - If the kickoff crosses the midfield line, does not touch the ground, and reaches the end zone, the ball is dead and the receiving team starts their drive on their own 49-yard line.
 - If the ball is touched by the receiving team, either prior to hitting the ground or after, their drive will begin a) wherever the ball exits play, or b) wherever the receiving team ultimately gains possession.

First Downs, Blitzes and Conversions

- If a drive begins on the offenses own side of the midfield line, they have 3 plays to reach the midfield line to achieve a new set of downs, or else it will result in a turnover
- If an offensive team's drive begins on their opponent's side of the midfield line, they have 3 plays to score touchdown or else it will result in a turnover
- The defensive team if permitted to blitz one time per set of downs. If they do not blitz within a set of downs, they are still eligible to use that blitz in the event of a 2-point conversion attempt on the same possession
- A blitz is defined by a defender crossing the line of scrimmage while the quarterback (player who initially received the snap) still has possession of the ball

- Upon scoring a touchdown, the offense may choose whether to attempt a 1- or 2-point conversion. The 2-point conversion is twice the distance from the goal line as the 1-point conversion.
- Defense cannot blitz on a 1-point conversion, regardless of whether they used one on the possession

Punting

- A team must declare whether or not they have chosen to punt on a given down.
- Once the offense has decided to punt, the defense is no longer allowed to blitz.
- After the snap, the punting team must punt the ball within the 7-second count or else it will result in a sack
- The punt cannot be advanced by the receiving team.
- The receiving team will begin their possession at the spot at which the ball is dead. The ball is dead when any of the following occurs:
 - The ball hits the ground
 - If the ball first touches the ground in the opposing team's end zone, it will be a touchback
 - The ball hits the overhead net
 - The ball touches/crosses the sideline
 - Note: The kicking team cannot recover the ball on a punt even if the ball makes contact with a member of the receiving team

Offense

- The ball becomes dead when:
 - a legal flag pull occurs.
 - the ball carrier touches the ground with any part of their body other than the hands or feet.
 - a fumble hits the ground.
 - a snap from the center touches the ground

Passing

- Once the ball is snapped, the offense has 7 seconds to either release a forward pass, or rush the ball across the line of scrimmage.
 - Failure to do so results in a loss of down and the ball returns to the line of scrimmage
- If the quarterback's flag is pulled prior to the release of the ball, this results in a sack and the ball is spotted where the sack occurred.

- If any portion of the quarterback's body remains behind the line of scrimmage, they are still permitted to throw a forward pass

Running

- While running with the football, a player must always have their flags visible, with one on each side of the waist. Failure to keep correct position of flags results in a penalty equivalent to a flag guard.
- A runner may not leap/jump
- A runner may not intentionally dive/lunge
- If the runner is missing at least one flag, the defense only needs to touch the ball carrier with one hand for them to be down
- Laterals are permitted

Touchdowns

- A touchdown occurs when the ball carrier establishes possession of the ball with at least one foot touching the ground, and the ball and both flags across the goal line.

Safeties

- A safety occurs when an the offense either touches out of bounds or has their flag pulled within their own end zone while the ball is still in play.
 - Safety results in two points for the defensive team, and the offense is required to kick off (with standard kick off rules) to the defense

Penalties

Note: "Yards" are measured as referee paces.

Offensive

- False Start (5 yards)
- Blocking/Holding (10 yards, spot foul)
 - Defined as intentionally impeding a defender from the ball carrier
- Screening/Picking (10 yards, spot foul)
 - Defined as intentionally setting position to impede defender
- Flag Guarding (10 yards from spot of foul)
 - Defined as using one's arm to impede the defender from grabbing the flag
- Offensive pass interference (15 yards)

- Diving/Jumping (5 yards, spot foul)
- Personal Foul/Unsportsmanlike Conduct (15 yards)

Defensive

- Holding (10 yards, automatic first down)
- Offsides (5 yards)
- Pass interference (Spot foul)
- Roughing the Passer (10 yards, automatic first down)
 - No defensive player may rough the passer unless such contact:
 - is incidental to and occurs after the defender has touched the pass in flight
 - is caused by the passer's own motions
 - occurs because a defender is pushed or blocked (causing a change of direction) into the passer
 - It is a foul for roughing the passer if a defensive player:
 - Contacts any part of the passer during the passing motion
 - Slides into or contacts the passer preventing a safe follow-through
 - It is not a foul if the contact is not severe`
- Personal Foul/Unsportsmanlike Conduct (15 yards)

Overtime

- If teams are tied after the end of regulation, overtime rules apply
- Overtime is played college-style
 - Coin toss determines which team decides whether they would like to possess the ball first or second
 - In the first round of overtime, each team begins their possession from midfield with two downs to score
 - Regulation blitz rules apply
 - Teams must attempt 2-point conversions after touchdown
 - Both teams have the chance to possess the ball in overtime. If the score is tied, it continues to second round of overtime in which the order of possession is reversed. Game continues until one team has scored more points within the a round.