

Flag Football Rules

1. FIELD

120 yards long, 40 yards wide, two 10 yard end zones (therefore playing field is 100 yards long). A conversion line should be marked 3 yards from each goal line.

2. EQUIPMENT

- a. Jerseys or other shirts tucked in.
- b. Two flags must be worn on the side of the body.

3. PLAYERS

- a. 13 per team; 8 on the field.
- b. Substitutes may enter anytime ball is dead.

4. OFFENSIVE LINE

- a. Must have five players.
- b. Positions: right end, right guard, center, left guard, left end.

5. OFFENSIVE BACKFIELD

- a. Must have three players.
- b. Positions: right halfback, quarterback, left halfback.

6. PASSING

- a. All players are eligible receivers.
- b. All forward passes must be thrown from behind the line of scrimmage.
- c. All catches must have one foot inbounds.

7. SCORING

- a. Touchdown: run or pass = 6 points
- b. Conversion: ball on 3 yard line – run = 1 point; pass = 2 points
- c. Safety = 2 points

8. LENGTH OF GAME

Regulation: Four 12 minute quarters.

9. TIE GAMES

Coin flip to determine which team gets choice of first or second try to score in four tries from 20 yard line.

10. START OF GAME

- a. Team may put the ball in play with a punt, place kick, or drop kick.
- b. Each team must be behind own 40 yard line.
- c. If kick-off is fumbled, it is put in play at the spot of fumble.
- d. Ball kicked out of bounds is put in play at that spot.
- e. If kick hits ground, it is dead at that spot.

11. DOWNS

Four downs to score or cross zone line. If yardage is lost, the original zone line must be earned.

12. SCRIMMAGE PLAY

- a. Defenders remain 1 yard off ball until snapped.
- b. Offense may be in line with the ball.

13. PUNTING

A punt must be announced before the play. No crossing the line of scrimmage until the kick is made.

14. BALL CARRIER

- a. Is down when one flag is taken or knee touches ground.
- b. May not be pushed, blocked, or tackled.
- c. May not use any part of body to prevent deflagging (lowering head, straight-arming, use arm to shield flag).

15. BLOCKING

- a. The elbows of the blocker must be entirely inside the shoulders.
- b. No outward arm motion or extension of arms is permitted.
- c. No three-point stance is permitted.
- d. Blocking from behind is illegal.

16. ILLEGAL PLAY

To protect the offensive center, there are no running plays allowed within a yard on either side of the offensive center.

17. ROSTER SIZE

For every game against other schools, you are limited to a squad of thirteen players.

PENALTIES

	DISTANCE	LOSS OF DOWN	WHERE MARKED
OFFENSE			
Off Sides	5 yards	No	Previous Spot
Motion	5 yards	No	Previous Spot
Holding	10 yards	Yes	Previous Spot
Intentional			
Grounding	5 yards	Yes	Previous Spot
Clipping	10 yards	No	Previous Spot
Illegal			
Procedure	5 yards	No	Previous Spot
Tripping,			
Forearms,			
Kicking,			
Pushing	10 yards	Yes	Previous Spot
Guarding Flags	5 yards	Yes	Spot of Foul
Illegal			
Forward Pass	5 yards	No	Previous Spot
Delay of Game	5 yards	No	Spot of Foul

Hurdling, Diving	5 yards	No	Spot of Foul
Illegal Blocking	5 yards	No	Spot of Foul
Failing to Avoid Deflagger	5 yards	Yes	Previous Spot

DEFENSE

Off Sides	5 yards	No	Previous Spot
Holding	10 yards	Auto First	Spot of Foul
Pass Interference		Auto First	Spot of Foul
Tripping, Forearms, Kicking	10 yards	No	*
Illegal Procedure	5 yards	No	*
Tackling, Knocking Ball From Carrier	10 yards	No	*
Intentional Deflagging Of Non-Ball Carrier	5 yards	No	*

*From previous spot if behind the line of scrimmage; from spot of foul if beyond line of scrimmage.

DISQUALIFICATION

Un-sportsman-like conduct