



Flag Football Official Rules

Attire

- Players are allowed to wear cleats provided they are rubber (no metal cleats allowed)
- Players must bring a light shirt and a dark shirt to wear and all shirts must be tucked in to flag belts.

Teams

Teams will consist of 6 players on the field; 2 of which must be female. If a team has no female players, they must play with only 5 players and must start with a 6 point deficit.

Timing

Round Robin Games will consist of two 25 minutes halves in length; one 30 Second **Timeout** per team per half

20 Second Clock – once the ball is placed teams will have 20 seconds to huddle and snap the ball; if a team takes longer than 20 seconds then a 5 yard penalty will be assessed by the official. No huddle is required. NFL rules apply, no movement (forward motion) before the ball is hiked.

Overtime is played with consecutive attempts at a score. Flip a coin. Offense starts from the 10 yard line. They have only 2 downs to score. Then, they can take 7 points or go for a 2 point conversion and, if made, get 8 or if not made, only get 6. Other team has a chance to match, following the same format

Ball Possession

The team that wins the coin toss to begin the game will start with the ball on their 5 yard line. The team with possession will have 4 downs to get the ball to midfield and from there another 4 downs to score a touchdown; if, after 4 downs the team has not reached midfield or the end zone, the opposing team will take over the ball from where it was last placed. However teams may elect to punt the ball away on 4th down if they don't believe that they can reach midfield or the end zone.

Offense

Scoring: Touchdowns are worth 7 points, teams then have option of going for a 2 point conversion from the 10 yard line and, if made, get 8 or if not made, only get 6.

Completed Pass: A player must have one foot inbounds and possession before going out of bounds.

No moving picks/screens – a standing screen can be set, however the player must be have their feet set with their arms crossed in front of their body; a violation of this rule will result in the play being blown dead and a 10 yard penalty assessed from the point of the infraction.

Snap: The ball must be snapped directly to the quarterback through the center's legs.

QB Rushing: QB's can run the ball past the line of scrimmage only if rushed by the defensive team.

Handoffs: If the ball is handed off to a player other than the QB behind the line of scrimmage then all players are eligible to rush the line of scrimmage.

Responsibility to Avoid Physical Contact: An offensive player must make every effort to avoid physical contact with the opposition. An offensive player may not push off a player or charge through a defender to get "open" if a player does so, the play is blown dead and penalty yardage (10 yds) is assessed from the line of scrimmage.

Fumbles: When the offence fumbles the ball the play is dead and the ball is spotted at the fumble. Offence retains the ball

Player on ground: If the ball carrier falls to the ground; the defense only needs to touch the player for the player to be downed. They do not need to grab the flag once the player is down.

Flags: Flags must be on the sides of players at all times; shirts must be tucked into the flag belt at all times. Official may call ball dead at location if an infraction impacted the play.

Guarding the Flag Belt: Players shall **not** flag guard or straight arm – If a player does so, the play will be blown dead and a 10 yd penalty will be assessed from the point of the infraction.

Defense

Responsibility to Avoid Physical Contact It is the Defensive Player's ultimate responsibility to make every effort to avoid physical contact: defensive players must make a clean play on the ball or the flag only. Physical contact prior to a play on the ball will result in an Illegal Contact Penalty - the play is blown dead and penalty yardage is assessed from the line of scrimmage. Physical contact made in an attempt to make a play on the ball will result in a Defensive Pass Interference penalty. Therefore, unless the defender can make a clean play on the ball their focus should be a clean play on the flag.

Rushing the QB: The defense may send one player to rush the quarterback after 4 Alligators. The player rushing must count **OUT LOUD** the 4 Alligators prior to advancing on the rush.

Downed: Once the flag of the ball carrier is pulled the play is dead and the ball is spotted where the flag was pulled.

Kickoffs, Punts and Fumbles

NO KICKOFFS: Ball taken at the 5 yard line. Coin toss determines who receives the ball first. Winner receives the ball first; the loser decides which side of the field they would like.

Punts: On fourth down, the offense may punt. **NO FAKE PUNTS, NO RUSH ON PUNTS.** Ball is dead where it goes out of bounds (touchback to the 5 yard line if it lands in the end zone).

Fumble: The Play is DEAD on a fumble at the point it hits the ground, to prevent injuries.

Penalties

Penalty Overview

10 yard penalties for all violations- Repeat Down (opposing team can accept or reject penalty).

Whistle stops play at official's discretion, otherwise penalties imposed after play is complete.

All penalties will be "walked off" 10 yards. Penalty yardage cannot result in a score or a 1st down at the half (half the distance to the "goal"/"1st down at half" rule will apply).

Illegal Contact: Both Offensive & Defensive Players must make every reasonable effort to avoid physical contact with the opposition. When in doubt, set your feet and cross your arms in front of you.

Unsportsmanlike conduct

Flag guarding

Offensive Pass Interference

Defensive Pass Interference

(10 yards or ball marked at point of infraction if ball was deemed catchable at sole discretion of official)

Offensive Holding/Blocking

Illegal de-flagging- holding offensive player in order to de-flag

Tripping opponent

Offensive Off sides

Defensive Off sides

Delay of game (see 20 sec. huddle clock under TIMING)

Illegal Forward Pass- throw the ball after crossing the line of scrimmage

Illegal Rush - rushing before official counts off necessary "alligators" The appropriate pace of the alligators is one per second.

Miscellaneous.

Any controversial play, where the official is unable to determine the appropriate call due to not seeing the play, complexity of the situation etc... will result in a replay of the down. Once the official has made the determination that a replay is in order, the 20s clock will start and the game will proceed without further discussion.

Protests: Team Captains will be granted the opportunity to protest one play per game. All protests are to be made at the end of the protested play by the team captain calling a "Protest Timeout" to the official. A Protest Timeout is different than a 30s timeout and will have no affect on the allotted 30s timeouts. The official will make a determination on the protest based solely on the consideration of what they deem to be in the interests of Fair Play & Sportsmanship – generally this will result in a replay of the down unless the official is confident in making an alternative call or standing by the original result of the play under protest at their discretion.

Football size: The game ball shall be the adult-sized, CFL football that is provided by Urban Rec. An alternate ball may be used provided that 1) it is adult-sized, and 2) both teams agree to use the alternate ball. If one team does not agree to use the alternate ball, then the Urban Rec-supplied ball shall be used. No child or youth-sized footballs permitted.

UNSPORTSMANLIKE PLAY WILL NOT BE TOLERATED If the official witnesses any acts of flagrant contact tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.

Trash talking is illegal. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking occurs, the official will give one warning. If it continues, the player or players will be ejected from the game. If the official inadvertently blows the whistle, the play is dead at the spot.

Substitutions on dead balls only.

Flag must be showing at all times- shirts tucked in (defense- notify official if they see a violation).

Official may call ball dead at location if an infraction impacted the play.

If the **flag falls** off the ball handler- the play is dead where the flag lands. If the flag falls off a non-ball handler, and they later catch the ball- a *one hand touch below the shoulders* rule will apply.

The most important rule of all... HAVE FUN!!!