Proper Shoes and Clothing Rules

Mouth pieces are strongly suggested to be worn, but are not mandatory.

Shoes must be worn.

No Metal Cleats will be allowed.

No article of clothing may cover any portion of a player’s flags. Jerseys must remain tucked in the pants/shorts during the entire down. Any hood on a coat, sweatshirt, or shirt that does not remain tucked-in is illegal.

Forfeit Policy

If a team is not ready to play within ten minutes after scheduled starting time, the opponents are awarded the win on a forfeit. Each team must have 5 players at the start of the game or it will be deemed a forfeit. If neither team has enough to play it is a double forfeit and results in a loss for each team in their overall record.

Time Penalty for the Ten Minutes Leeway before Forfeit

If a team does not have enough players after the scheduled start time, but does have enough players before the ten minutes leeway, time will be taken off the total amount of time played. How long it takes a team to arrive is the amount of total time taken off the game. For example, if a team shows up 6 minutes after the scheduled time, three minutes will be taken off the first half and three minutes will be taken off the second half.

Starting the Game

Rock/Paper/Scissors will determine which team has the choice of starting the game on offense or defense and the choice of goal lines.

Start of Play

The ball is placed on the offensive team's 40 yard line (40 yards from end zone) at the beginning of each drive (start of the game, start of the 2nd half, touchdowns or turnover on downs).

The only time the ball will not start at the 40 yard line is because of an interception.
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If the defensive team intercepts the ball and runs across the 40 yard line, the play results in a touchdown.

If the defensive team intercepts the ball and makes it to the 30, they will start on the 10 yard line heading towards the end zone.

Depending on how far the defensive player carries the ball on an interception will result in the spot of the ball (turning field around)

Number of Players

Only seven players per team are allowed on the field at a time. A minimum of five players are necessary to begin and continue play.

The offense must have at least four players on the offensive line of scrimmage.

All plays must originate with a snap from center. This snap must be received at least 2 yards behind the offensive line of scrimmage. The snap does not need to be made between the legs of the snapper.

Only one offensive player may be in motion when the ball is snapped. This motion must begin more than one second before the ball is snapped, and must be parallel to or away from the line of scrimmage. A player may go in motion from the line but IS NOT considered being on the line.

After the ball is ready-for-play, each player of the offensive team must momentarily be within 15 yards of the ball prior to the snap before moving closer to the sideline.

No defensive player may be closer than 1-yard to the line of scrimmage during all scrimmage downs. Defensive players may not break the neutral zone until the ball is snapped.

Offensive players are responsible for retrieving the ball after a down has ended.

All players not in the game, and spectators, must remain on the sidelines and two yards off the playing field at all times.

The snapper may not receive the snap.

Length of Game

Two, 20 minute, halves with a five-minute halftime.

The clock will be continuously running during each half except for the last two minutes of the game.
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During the last two minutes of the 2nd half the clock will stop on all dead balls (out of bounds, incomplete passes, dropped laterals, touchdowns, safeties and extra points). The only way the clock will run is if the offensive team is downed in the field of play.

Each team will receive two 30-second timeouts per game.

If a team is 19 or more points ahead when the referee announces 2 minutes left in the second half, the game shall be over.

Anytime during the game, the playing time of any remaining period or periods may be shortened by mutual agreement of the opposing captains and the referee.

Delay of Game

The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. This includes:

***New Fall 2012- QB has 10 seconds after the snap of the football to either: throw it forward, hand it off, or throw it laterally.

- If the defense crosses the line of scrimmage after the referees 5 second count or the defense uses their allowed blitz, the QB has unlimited time to get rid of the football

Consuming more than 15 seconds to put the ball in play, after the referee has signaled the last play dead.

Putting the ball in play before it is declared ready for play.

Deliberately advancing the ball after it has been declared dead.

Conducting a coach-referee conference after all permissible charged time-outs for the coach's team have been used, and during which the referee is requested to reconsider the application of a rule and no change results.

The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged easily, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified from play for the remainder of the game.
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First Down

A team must move the ball 10 yards in four downs in order to make a first down.

If a team does not advance the ball from one zone to the next in four downs, the ball goes to the opponents at the 40 yard line.

Scoring

***New Fall 2012 - An offensive team that scores a touchdown will be awarded six points automatically.

- Try for one will be from the three-yard line.
- Try for two will be from the 10-yard line.
- Try for three will be from the 20-yard line.

A safety is worth 2 points; the defensive team has to down the offensive team beyond the 50 yard line.

Interception returns on the extra point will be counted; defensive team that intercepts and runs back for a touchdown will be awarded 3 points.

Passing

All players except the passer are eligible to catch passes.

Forward passes may be thrown from any point behind the line of scrimmage and lateral passes may be thrown anywhere on the field.

Blocking

There is no blocking during play. Any block will result in a 1st down and a 15 yard personal foul from the spot of the block.

Fumbled Ball

A fumbled ball is dead and will be spotted at the spot of the fumble. The ball still belongs to the team that fumbled the ball at the point of the fumble with the loss of a down.
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Downed Ball

The ball is dead and the player is downed (when his knee touches down) or when a player with the ball loses his flag or has his flag pulled. If a player's flag comes off for any reason he is declared down at the spot where his flag comes off.

Rushing

The defending team is allowed to rush every down but must wait until the referee has counted a full five seconds.

The quarterback cannot run past the line of scrimmage with the ball unless he is rushed.

There shall be only one back in the backfield that is eligible to run. The ball can be pitched to another player. Once the ball is pitched the defense can cross the line of scrimmage and the play is live.

Running

Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:

- 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 which places the arm over the flag belt to prevent an opponent from deflagging.

The runner shall be prohibited from contacting an opponent with extended hand or arm.

The ball carrier shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.

The defensive player shall not hold, grasp, or obstruct the forward progress of a ball carrier when in the act of removing the flag belt.

Receiving

A player must have both feet in bounds in order for it to be ruled an official completed pass.
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Flag Belt Removal

Players must have possession of the ball before they can be legally de-flagged.

When a runner loses his/her flag belt either accidentally, inadvertently, or on purpose, play is over and the runner is down at the spot where his flag came off.

In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.

Defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal.

Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal, and may result in an ejection from the game.

If a player’s flag is not attached when the play begins, he is ineligible until he returns it to his belt. The player cannot possess the football until both flags are attached to his belt.

Penalties

5 yard penalties are awarded for false starts and offside.

10 yard penalties include illegal formation, delay of game, illegal forward pass, and illegal blitzing. Delay of game and illegal forward pass will both result in loss of downs.

15-yard penalties are awarded for illegal use of hands, an illegal block, unnecessary roughness (a push, tackle, shove, trip, or holding), tackle attempt, unsportsmanlike conduct and clipping.

No stiff arms will be allowed, no lowering of shoulders and no wrapping-up will be allowed. 15 yard penalties will result in loss of down on offense.

Pass-Interference will result in a spot foul, with the offense getting the ball where the foul occurred. If it is offensive pass interference the offensive team will lose 15 yards and loss of down.

Note: Flagrant violations of rules will be met with one or two game suspension depending on the nature of the incident.

Any unnecessary roughness or other unsportsmanlike conduct will first result in a warning, then suspension, resulting in a one or two game suspension, depending on the nature. A player that is ejected from a game must leave the facility not just the field of play.
Overtime

There will be NO overtime for regular season games. If a regular season game is tied at the end of regulation it is recorded as a tie. Overtime will only be used during postseason play.

Overtime during Postseason Play

A coin toss will decide which team will have the ball on their opponent's 20 yard line and have four downs to score.

The opposing team will then have their opportunity to score.

The first team to score and hold their opponent wins.

Mechanics of the Referee

Each motion is correspondent to the referee’s penalty call; consider the “illegal use of hands” the same as “flag guarding or blocking penalty”