

# Huntington Police Athletic League

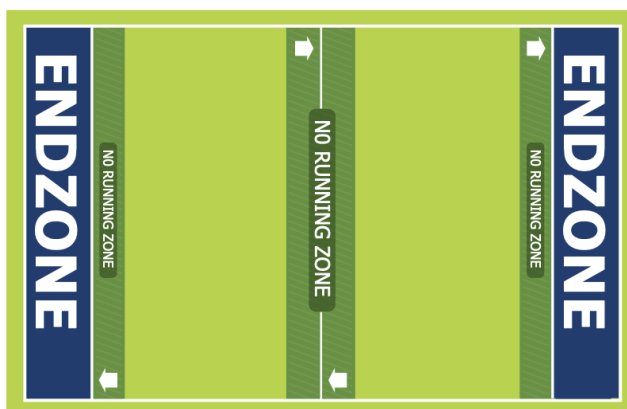
## Flag Football Rules Handbook

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### Game Format

- **6 v 6** (Six players per team on the field).
- **Game Time:** Two 20-minute halves with a running clock (**5 minute half time**).
- **Timeouts:** 3 per game (max 2 per half).
- **Starting Field Position:** Teams start each drive on their own 5-yard line.
- **Game Start:** Away team has first possession, home team chooses direction.



### Uniform Requirements

- Mouthguards are mandatory for all players during play. No player will be allowed to participate without one.
  - Team shirts must be tucked in at all times to ensure flag visibility.
  - Shorts must not match the color of the flags used (e.g., red flags = no red shorts). This helps referees and other players see flags.
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### Movement & Motion Rules

- Only **one player** may be in motion at the snap.
  - Motion must be **lateral (side-to-side only)**.
  - **No forward or backward motion** before the snap on offense.
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## Weather & Game Cancellations

- Games will be cancelled for lightning.
  - Games will be played regardless of rain/snow.
  - Games will be played regardless of temperature.
  - **If one full half (20 minutes) is completed this is considered a full game** and score will be taken at time of cancellation.
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## Downs & Possession

- 3 downs to cross midfield.
  - After crossing midfield, 3 additional downs to score.
  - If unsuccessful, the opposing team takes over at their own 5-yard line.
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## Scoring

- **Touchdown:** 6 points
  - **Extra Points:**
    - 1 point from the 5-yard line
    - 2 points from the 10-yard line
  - **Safety:** 2 points
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## Coaches

To support player development while maintaining fairness:

### 4–6 Division:

- Two coaches allowed on the field — for offense and defense.

## 7–8 Division:

- One coach allowed on the field - for offense and defense.

## 9–10 & 11–14 Divisions:

- **No coaches** allowed on the field during live play.
  - Sideline instruction is permitted.
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## Offensive Rules

- All passes must be **forward and beyond the line of scrimmage** thrown by the QB - **within the “no running zones”**.
  - **Laterals and handoffs** are allowed **behind the line of scrimmage** - **within neutral zones**.
  - **The quarterback has 7 seconds** to throw the ball.
  - **30 Second** snap clock.
  - The quarterback **cannot run** unless the ball is handed off first.
  - **Only one player can be in motion** (lateral motion) before the snap.
  - Offensive players **may not block** the rusher.
  - **No player is permitted to jump** while the ball is in their possession.
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## Defensive Rules

### Rushing the QB:

- 4–6 & 7–8: **Not permitted**.
- 9–10 & 11–14: Rushers start **10 yards** off the line of scrimmage.

If the ball is handed off, **any defender may rush**.

### Interceptions:

- 4–6 & 7–8: Play is dead where caught (turnover).
  - 9–10 & 11–14: Interceptions are returnable.
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## Dead Ball Situations

A play is blown dead when:

- The ball hits the ground (fumble or incomplete pass).
  - A flag is pulled from the ball-carrier.
  - The ball-carrier steps out of bounds.
  - Any part of the body (except hands/feet) touches the ground.
  - The quarterback **takes longer than 7 seconds** to throw the ball.
  - A flag falls off without contact.
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## Special Zones

### No Run Zones:

- Located **5 yards before midfield** and **5 yards before the end zones**.
  - Offense must run a **pass play** only — **no handoffs, laterals or runs** allowed.
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## Officials & Score Keeper

- Officials are **high school and college students** — be respectful
  - Penalty calls are at the **officials' discretion**.
  - **No yelling or arguing** will be tolerated.
  - 4-6 division, **no official will be provided**.
    - 4-6 division, **home team** will provide a scoreboard operator
  - 7-8 division, one official will be provided
  - 9-10 & 11-14 divisions, two officials will be provided
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## Penalties

- **All penalties = 5 yards + loss of down**
  - **Pass interference:** Results in a 1st down + 5 yards from spotted penalty.
- **Unsportsmanlike Conduct = 15 yards** + loss of down if offensive player, defensive player results in first down.

### Common Penalties:

- **Flag Guarding:** Covering/shielding flags
- **Blocking/Screening:** Not allowed

- **Jumping:** can not jump if they have possession of the ball
  - **Illegal Motion:** Forward/backward motion before snap
  - **Pass Interference:** Results in a first down
  - **Illegal Rush:** Either too early or started before rush line
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## Key Terms to Know

### Field Terms:

- **Line of Scrimmage:** Starting point of the play
- **Rush Line:** 10 yards off line
- **Line-to-Gain:** Must cross for first down or TD
- **No Run Zone:** Area where only passes are allowed

### Game Terms:

- **Dead Ball:** Play is over
- **Live Ball:** Play is active
- **Down:** One play attempt
- **Lateral:** Backward/side pass
- **Passer:** Player throwing the ball
- **Rusher:** Defender trying to get the passer