



## **Rules 2025v15 8/7/2025**

**Revisions(If Any) are highlighted in Yellow**

Flag football is a five on five game filled with fun and action with passing and running plays.

### **The Basics**

In this game the offensive team starts 5 yards from the end zone.

The offensive team has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown

Once a team gets to center field, they have ONLY 3 more downs to score a touchdown in the end zone.

If the offense fails to score, after crossing midfield, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.

If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. However, If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.

There are two offensive No Run/No Blitz play zones. The first is 5 yards from the midfield line to gain the first down. The second is 5 yards from the end zone to score a touchdown. This includes no handoffs, toss plays or throws behind the line of scrimmage. All throw/tosses must be to a receiver over the line of scrimmage.

If the offense fails to score or is intercepted the ball changes possession at the spot of the loss of downs.

Home teams wear dark colored jerseys and visiting teams wear light color jerseys. Jerseys must be tucked in. If a player needs to leave his/her shirt un-tucked, the flag belt must be on top of the shirt and not under it.

Each team must have a minimum of five players to start a game and must be able to field a minimum of four players.

## Timing

1st/2nd – Games are played in two 20 minute halves with a running clock. 5 Minutes for the Half.

3rd/4th, 5th/6<sup>th</sup>, 7<sup>th</sup>/8<sup>th</sup> & 9-12 - Games are played in two 25 minute halves with a running clock. 5 minutes for the Half.

Each time the ball is spotted a team has 25 seconds to snap the ball. Teams will given a delay of game penalty. A consecutive delay of game penalty in a row, (1 after another), on the same drive, will result in a loss of down.

In the event of an injury the clock will stop then restart when the injured player is off the field.

Each team has (2) 30 second timeouts per half.

## Rosters

1. Home teams wear dark color jerseys. Visiting teams wear light color jerseys.
2. Teams must consist of at least five players.
3. Teams must start games with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field but no fewer than four.
4. Call-ups are allowed ONLY when the team will have 5 or less rostered players available. Call-ups must be made from the division below. Call-ups can not play in the playoffs.  
1<sup>st</sup>/2<sup>nd</sup> Division can have players play from other 1/2 teams if needed.

## Snapping The Ball – All Divisions

The center must snap the ball bent over and between their legs. Quarterbacks may take a direct snap to their hands from this position. Side snapping is not allowed.

The ball must be snapped within 25 seconds of the ball being placed by the ref. Failure to do so will result in a delay of game penalty

## THE THROW-OFF (3<sup>rd</sup> Grade & Above Divisions Only)

1. Prior to the Throw-Off, the Receiving team can line up in any formation so long as none of their players are across the Midfield before the ball is thrown. Except for the Thrower, the Throwing Team is not permitted to run up as the ball is thrown and must keep one foot on the throw yard line until the ball is released. The Throw-Off will occur at the beginning of the 1st and 2nd Halves and after any Touchdown or Safety

2. A player from the Throwing Team will initiate a Throw-Off by throwing the ball from behind his team's designated yard line based on division.

### 3. Throw-Off Yard Lines (NEW UPDATED THROW OFF LINES)

- 9.3.0 HS: Throw off from the 5 yard line
- 9.3.1. 7/8: Throw off from the 10 yard line (2pt conversion line)
- 9.3.2. 5/6: Throw off from the 15 yard line
- 9.3.3. 3/4: Throw off from the 20 yard line (no run line @ midfield)
- 9.3.4. 1/2: Offense will start at the 5 yard line (no Throw-Offs)

4. The Receiving Team, either by catching the ball in the air or picking it up off of the ground, may advance any Throw-Off.

5. If the ball is caught by the Receiving Team and the Receiving Player elects to place a knee on the ground in the Receiving Team's End Zone or the ball bounces from the End Zone beyond any Sideline or the End Line, the Receiving Team will start with a First Down at its own 5 yard line, and must cross midfield to receive a new Set of Downs. If the Receiving Team fails to pass the midfield then they will not receive a new Set of Downs unless they are able to pass Midfield. This remains even after a penalty that results in an automatic First Down or Free Down.

6. If the Throw-Off initially hits the ground before the Receiving Team's Goal Line, the ball may either be picked up and returned by the Receiving Team or downed by the Throwing Team.

7. Once downed by the Throwing Team, the result is a Dead Ball with the ball spotted where it was first touched.

\*\*\*\*8. If the Receiving Team muffs the ball on a fly or bounce, the ball will be spotted where it first made contact with the Receiving Team.

9. If the Receiving Team, drops the ball in the End Zone, the result of the play will be a Touchback.

10. If a player makes a catch outside the endzone and runs into the endzone and his flag is pulled that's a safety

11. If the Ball "Lands" out of bounds anywhere without prior contact, the ball "Spot" will be on the 10 yard line or at the yardline where the ball landed, whichever is closer.

**NEW (Division 5<sup>th</sup> Grade & Above ONLY) - *There will be an additional 10 yard penalty assessed from the spot of the ball for throwing it out of bounds.***

12. If the ball lands in bounds & "rolls" out of bounds, the ball will be placed on the 5 yard line or where the ball rolled out, which ever is closer.

13. KICKOFF (7<sup>th</sup> Grade & Above Division ONLY)

A team can elect to "Kickoff" instead of a "Throwoff". Same rules apply. The only difference is that the ball kicked off from the kicking tee on the 10 yard line. No Player Holders allowed.

## **Running**

DIVISION 1/2 - The quarterback cannot run with the ball past the line of scrimmage.

A player who takes a handoff can throw the ball from behind the line of scrimmage.

Once the ball is handed off , all defensive players are eligible to cross the line of scrimmage.

Spinning is allowed but players cannot leave their feet to avoid a defensive player.(No Diving or Jumping)

The ball is spotted where the ball is, not the carriers feet

No running with the ball-carrier.

Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs. a. “Center sneak” play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.

Absolutely NO laterals of any kind- A backward or sideways toss of the ball by the ball-carrier.

## **Receiving**

All players are eligible to receive a pass(including the quarterback if the ball has been handed off behind the line of scrimmage.)

Only one player is allowed in motion at a time.

A player must have at least one foot completely inbounds when making a reception.

In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

## **Flag Guarding**

An illegal act by the ball carrier to prevent a defender from pulling the ball carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the ball carrier’s flags with a hand or arm. – A penalty will result from the infraction.

## **Passing**

All passes must be from behind the line of scrimmage, thrown forward and received beyond the line scrimmage.

The quarterback may throw the ball away to avoid a sack, however the ball must go beyond the line of scrimmage. Failure results in a “Illegal Forward Pass”

Shovel passes are allowed but must be received beyond the line of scrimmage.

The quarterback has a seven-second “pass clock” for ALL offensive pass plays. If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.

## Scoring

1. **Touchdown:** 6 points
2. **PAT** (point after touchdown) **1 point** (5-yard line) or **2 points** (10-yard line)
  1. Note: 1 point PAT is pass only; 2 point PAT can be run or pass.
  2. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
  3. Interceptions on conversions can be returned. Points scored are determined by the point after choice(1 point or 2 points). If the interception return fails, the return team will have the ball on its own 5 yard line. If the return is successful, the return team will have the ball on its own 5 yard line and add 1 or 2 points depending on the PAT choice.
  4. When going for 1 point or 2 points after a touchdown, the quarterback has 7 seconds to deliver the ball.
  5. (3<sup>rd</sup> grade – HS Divisions) - When going for 1 point, if the quarterback is “rushed” after 3 seconds, the quarterback CAN NOT RUN since they are in a NO RUN Zone. They must scramble to avoid the sack and throw the ball to get the touchdown. If the quarterback runs into the end zone, the play is dead and no points will be awarded.
3. **SAFETY:** 2 points
  - a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone. The result is a safety and the defense will

receive 2 points. The ball is turned over and will be placed on the scoring teams 5 yard line. 1<sup>st</sup> down.

4. **MERCY.** After 5 minutes into the 2nd half, if one team is winning by 28 points or more, the game is over. Once the 30 or more point advantage is gained at that point, no PAT will be attempted. The game will continue in scrimmage mode for the remainder of the game. The current score on the board will remain and no further scoring will be given to either team. The winner of the games score will be reduced to a 30 point lead when scored in the system as the final score.
5. **Forfeits are scored 30-0 for the winning team.**

### **Formations:**

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage. a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage. b. No motion is allowed toward the line of scrimmage.
2. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

### **Dead Balls**

- If the ball is hiked and the ball touches the ground, the ball is dead. Loss of down and ball is placed at the spot of the ball touching the ground.
- Ball carrier's flag is pulled
- Ball carrier steps out of bounds (stepping on the boundary line is considered out of bounds)
- Ball carrier's knee or arm hits the ground.
- Ball is fumbled and hits the ground (if the ball hits the ground as a result of a bad snap, the ball is placed where the ball hits the ground.)
- Ball carrier's flag falls out.
- The receiver catches the ball while in possession of one or no flags.
- A touchdown or safety is scored.

- Substitutions may be made on any dead ball.

### **RUSHING THE QUARTERBACK (DIVISION 3<sup>rd</sup> Grade – HS ONLY)**

- Once the ball is snapped, the defense must wait three seconds to rush, and the quarterback will have a total of seven seconds to release the ball or cross the line of scrimmage
- The Defense is only allowed to cross the Line of Scrimmage by executing a Blitz, waiting for the Ref to count up 3 seconds(Rushing) OR due to a running play/Handoff.
- The quarterback cannot run unless rushed/blitzed
- All players are eligible downfield
- Once the ball is handed off, the Rushing rule is not effect and all defenders may go behind the line of scrimmage.

### **BLITZING (DIVISION 3<sup>rd</sup> grade – HS ONLY)**

- The defense can blitz two times per half without waiting three seconds.
- Blitzing in NOT ALLOWED in the NO Run/ NO Blitz Zones.
- If the defense blitz more than 2 times in a half OR Blitz in a No Run/No Blitz Zone, it's a Free Play for the offense. The offense can choose to take their progress or take the penalty which would be "Offsides" on the Defense. 5yard penalty, no loss of down. On a Goal Line play, the penalty is half the distance to the goal. Replay down.

### **(DIVISION 1/2 ONLY) Rushing the Quarterback**

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
  - a. A legal rush is:
    - i. Any rush from a point 7-yards from the defensive line of scrimmage.
    - ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
  - b. A penalty may be called if:
    - iii. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – illegal rush (5-yards from the line of scrimmage and first down).
    - iv. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5-yards from line of scrimmage and first down).



- v. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5-yards from the line of scrimmage and first down).

### **Sportsmanship/Roughing**

If the field referee witnesses any acts of tackling, elbowing, cheap shots, or any unsportsmanlike act, the game will be stopped and the player will be warned. If repeated the player will be removed from the game. – A penalty will result from the infraction.

### **4<sup>th</sup> Down Conversions**

#### 2 Options:

1. If an offense decides to go for it on 4<sup>th</sup> down and is not able to get a 1<sup>st</sup> down or score, there will be a turnover on down. It's the defense's ball, 1<sup>st</sup> down at the spot of the ball.
2. The offense can choose to not go for it on 4<sup>th</sup> down and turnover the ball to the defense. The defense will get the ball on their own 5 yard line. 1<sup>st</sup> Down.

### **Playoffs**

#### Overtime Rules (Playoffs & Championship Games Only)

The home team will call the coin toss. Winner of the coin toss will choose to be on defense or offense. The losing team of the coin toss will choose which direction they want to go. There is no time limit for overtime.

Each team will take a turn from their own 5 yard line to score a touchdown. No extra points. The team that scores after both teams have had a turn, wins.

Pick offs are downed immediately during the 1<sup>st</sup> turns for each team. If a pickoff occurs, the offense has lost their 1<sup>st</sup> turn, It is now the defense's turn on offense. Ball is placed on their own 5 yard line.

#### No Score or Tied Again After Each Teams 1<sup>st</sup> Turn

If both teams score, or both teams do not score during their 1<sup>st</sup> turn/try, the next team to score will automatically win. Pickoffs are returnable on any drives from this point on.

### **Coach Conduct**

Only head coaches are permitted to speak with the opposing teams coach as well as the refs. We will not tolerate coaches yelling at the opposing teams coaches and or

refs. If there is a controversial call made and the Head Coaches can not work it out calmly together, you may bring it to the president of the league for a final decision. We are trying to create a fun and exciting environment for the kids and parents to enjoy. Please keep your assistant coaches in line with this policy as they will be asked to not participate anymore if it continues to happen. Decisions made by the president of the board are final.

## **Penalties**

### Defensive

#### Spot Fouls

- Pass interference. Automatic first down
- Holding. Automatic first down
- Stripping. +10 yards and automatic first down

#### Penalties

- Unnecessary roughness. +10 yards automatic first down
- Unsportsmanlike conduct. +10 yards automatic first down
- Offside. +5yards from the line of scrimmage and redo down
- Illegal rush. +5yards from the line of scrimmage and redo down.
- Illegal flag pull(pulling flag before possession)+5yards and redo down
- Roughing the passer.+5yards automatic first down
- Taunting. +5yards from the line of scrimmage and automatic first down

### Offensive

#### Spot Fouls

- Screening, blocking, or running with the ball carrier(Ref Judgement call) -10 yards
- Charging. -10 yards
- Flag guarding -10 yards

#### Penalties

- Unnecessary roughness -10 yards
- Unsportsmanlike conduct -10 yards
- Pass interference -5 yards
- Illegal Forward Pass – Any pass received behind the line of scrimmage or throwing the pass after crossing the line of scrimmage. – 5 yards

#### PRE-SNAP (Loss of yards only)

- Illegal motion(more than one person moving) -5 yards
- Offside/false start -5 yards
- Delay of game -5 yards

Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

### 3<sup>rd</sup> grade – HS Division Teams:

All offensive “PRE SNAP” penalties will be loss of yards only.

All other offensive penalties will be a loss of yards & a loss of down.

### 1/2 Division Teams

No loss of down for offensive penalties

1st DOWN



**Field Layout**