

-5 Yards from LOS

Loss of Down

Delay of Game
Illegal Forward Pass
Illegal Motion
Impeding the Blitzer
Pass Interference
Center Sneak
Illegal Rush



-5 Yards from Spot of Foul

Loss of Down

Charging
Flag Guarding
Holding
Illegal Contact
Screening or Blocking

-5 Yards from LOS

Replay Down

False Start
Offside

-10 Yards from LOS

Loss of Down

Unnecessary Roughness
Unsportsmanlike Conduct

LOS = Line of Scrimmage

Penalty Reference

+5 Yards from LOS

Automatic First Down

Illegal Rush
Illegal Substitution
Roughing the Passer



+5 Yards from Spot of Foul

Automatic First Down

Holding
Illegal Contact
Illegal Flag Pull
Pass Interference
Stripping

+5 Yards from LOS

Replay Down

Offside

+10 Yards from LOS

Automatic First Down

Unnecessary Roughness
Unsportsmanlike Conduct

LOS = Line of Scrimmage

Home Team

Darker Uniform (Jersey & Shorts)
Provides Scorekeeper

Visiting Team

Lighter Uniform (Jersey & Shorts)
Calls Coin Toss

Pre-Game

If a team has less than 10 players, talk to the opposing coach to confirm extra player usage.

Equipment

Jerseys Must Be Tucked In (Cannot Overlap the Flag Belt)

Mouthguard Required

Flags / Belts Cannot Be Same Color as Shorts

No Jewelry (stud earrings are allowed)

No Baseball Caps or Hats w/ Hard Bills

Sunglasses Must be Secured with a Strap

No Handwarmer Belts

Hamilton Flag Football Rules are in effect. This card is is not a full rulebook.

24 minute running clock per half

(game clock only stops for timeouts or at referee's discretion)

2 timeouts per half

1 minute per timeout

2 minutes at halftime

Each time ball is spotted, offense has 30 seconds to snap the ball after the "ready to play" whistle is blown. Offense must wait for the "ready to play" whistle before snapping the ball.

After midline, offense has 4 downs to score.

If a team is up by 18 or more, they cannot blitz.

If a team is up by 35 or more, the game is over.

Coaches may agree to continue playing with no score, no PAT, & no timeouts.

No substitutions allowed except for injuries.

The same player cannot receive the ball behind the line of scrimmage on two consecutive plays.

The same player cannot throw a forward pass in both halves.

Players intending to rush / blitz must raise their hand.

Delayed blitzing is permitted. In a delay blitz/rush, the "impeding the rusher" rule is negated.

Gameplay



Coach Reference – Rookie Division

Revised
05-Mar-2026

Home Team

Darker Uniform (Jersey & Shorts)
Provides Scorekeeper

Visiting Team

Lighter Uniform (Jersey & Shorts)
Calls Coin Toss

Pre-Game

If a team has less than 10 players, talk to the opposing coach to confirm extra player usage.

Equipment

Jerseys Must Be Tucked In (Cannot Overlap the Flag Belt)
Mouthguard Required
Flags / Belts Cannot Be Same Color as Shorts
No Jewelry (stud earrings are allowed)
No Baseball Caps or Hats w/ Hard Bills
Sunglasses Must be Secured with a Strap
No Handwarmer Belts

Standard Gameplay

Hamilton Flag Football Rules are in effect. This card is is not a full rulebook.

24 minute running clock per half

(game clock only stops for timeouts or referee's discretion)

2 timeouts per half – 1 minute per timeout – 2 minute break at halftime

Each time ball is spotted, offense has 40 seconds to snap the ball after the "ready to play" whistle is blown. Offense must wait for "ready to play" whistle to snap the ball.

After midline, offense has 4 downs to score.

No substitutions allowed except for injuries.

If a team is up by 35 or more, the game is over.

Coaches may agree to continue playing with no score, no PAT, & no timeouts.

Same player cannot receive ball behind line of scrimmage on two consecutive plays.

The same player cannot throw a forward pass in both halves.

Rookie Division Gameplay

'No Run Zone' is eliminated.

Defense cannot cross line of scrimmage until legal handoff occurs.
Legal handoff includes a pass/pitch behind the line of scrimmage.

One coach permitted on field.

Two consecutive bad snaps = loss of down
(Snap 'Do Over' once per down if snap touches the ground)

Defenders line up at least 5 yards from line of scrimmage.
(3 yards when ball is inside 5)

