

Flag Football Rules

1. Games will be 2 halves of 25 minutes each, with a 3 minute half-time.
2. Blocking and tackling are not permitted.
3. Each offensive series will begin on the 45-yard line.
4. The offense will have 4 downs to move the ball 10 yards for a 1st down.
5. If the ball carrier is downed inside the 3-yd line, the ball will be spotted back at the 3-yd line.
6. Each play must consist of 1 forward pass, and must travel at least three yards beyond the line of scrimmage. No hand-offs or lateraling the ball.
7. If the ball is fumbled or stripped it is downed at the spot of the incident.
8. Touchdowns are worth 6 points. Extra points are earned by passing and are worth 1 or 2 points. (To earn 1 point: pass the ball from the 3-yd line; to earn 2 points: pass the ball from the 10-yd line).
 - a. **If the ball is intercepted on extra point attempts, it may be run back to the 45-yd line and the defense will be awarded 1 or 2 points depending on the attempt being made by the offense**
9. Overtimes will be decided by the "Kansas City" method with each team getting 4 downs from the 15-yd line (no first downs) to score. Division 3 will start from the 20-yd line. **No games will end in a tie**
10. Once the referee spots the ball, play must start within 30 seconds or it will be a delay of game. This is a loss of down and a 5 yard penalty.
11. After a touchdown the defense has 10 seconds to get a team on the field after the referee spots the ball on the 45 yard line. After the 10 seconds the offense may snap the ball.
12. Offense will consist of 5 receivers and 1 quarterback (not eligible to receive). If due to injury or attendance a team cannot field 6 players, both teams will reduce the number of players on the field in an equal amount to continue play.
13. Offense must have 2 receivers on each side of the ball spread out evenly on the line of scrimmage and 1 "receiver" (running back) anywhere in the back field, but 3 yards off the line of scrimmage. Motion is allowed by the running back only.
14. Outside receivers must spread to the whole field. "PICK PLAYS" are not permitted. This is a judgment call by the referees. **it is considered offensive interference**
15. Quarterbacks will stand on the line of scrimmage and call a cadence count. Once play is started, they will have a 4-second count to throw a pass.

16. The ball carrier may not slap away the defender's hand, fan the flag, or stiff-arm. The carrier will be down where the infraction happens.
17. Attempts to purposefully delay play at the end of a half or game (i.e. purposefully throwing the ball onto another field or on the track, throwing the ball through the end zone as far as possible) can result in the field judge adding plays to allow for fair play. When the intention is clearly to delay play to "run out the clock" outside of the rules, the field judge may step in and determine consequences at that time.
18. Defense will consist of 6 defenders.
19. Zone defense is permitted.
20. Defense may not hold the ball carrier to remove the flag.
21. Defense may not intentionally interfere with the offense's cadence call.
22. Coaches are permitted on the field with the offense to call plays. They must be on the sidelines or behind the offense when their team is on defense.
23. All players that are not playing must stay on the sidelines.
24. It is the responsibility of the coach to make sure the ball is thrown to EACH PLAYER on their team.
25. Coaches should endeavor to split playing time as evenly as possible. Failure to do so could result in the coach being removed for the remainder of the season.
26. The field judge will decide any conflict in the interpretation of the rules.

PLEASE REMEMBER THIS IS INTENDED TO BE A FUN, POSITIVE AND EDUCATIONAL EXPERIENCE FOR ALL INVOLVED. GOOD SPORTSMANSHIP IS EXPECTED BY ALL.