

FLAG FOOTBALL RULES

9/13

ON OFFENSE--running with the ball

No jumping--(5 yds)
No spinning—(down)
No holding or blocking flags--(5 yds)
No stiff arm--(5 yds)
Down when flag falls off
Down when knee or ball hits ground
No center sneaks--(5 yds)
QB can not run the ball for positive yardage.--(5 yds)
QB has 5 seconds to throw ball. --(sack)
Everyone can catch a pass or run with ball after
 QB hands the ball off.
Must have 3 linemen.
All players except QB must be in stance. --(5 yds)
Motion is O.K.



BLOCKING -- Above the waist, below the neck,
Keep hands in.—(5 yds)

ON DEFENSE

No tackling--(5 yds)
No diving in for flags--(5 yds)
No pushing out of bounds--(5 yds)
No hands to the neck or face--(5 yds)
No jacking the center—(5 yds)
Must have 2 linemen —(5 yds)
All linemen must be in stance--(5 yds)
No rushing or tackling the QB—(5 yds)
 Must keep hands down after
 crossing line of scrimmage.—(5 yds)



FLAGS MUST BE DOWN THE SIDE OF EACH LEG AND REAR. BELTS MUST BE OVER THE TOP OF SHIRT OR JACKET. (TUCK IN YOUR SHIRTS)

START THE GAME – 8 players maximum on the field. No kickoffs. The offense will start from their 20 yard line.

FIELD – 60 x 32 yards.

OUT OF BOUNDS – Where the mowed lines start.

TIME -- 2-25 minute halves – Continuous clock. -- 2 time outs per half. – Halftime is 3 minutes.

Clock stops on time outs only the first half.

Clock stops last 1 minute of second half on: Incompletions—fumbles--out of bounds--change of possession—penalties.

1ST DOWN is every 10 yard marker.

FUMBLE on the ground is a dead ball--whenever the ball hits the ground. Exception: Punts.

CONVERSIONS -- 1 point if run or pass (5 yard line). 2 points if run or pass (10 yard line).

PUNTS --The kicker must receive the snap at least 7 yards behind the LOS and punt the ball at least 5 yards behind the LOS. The receiving team must have at least 5 players on the line of scrimmage and can not rush the punter.

If the punt goes less than 15 yards the punt team will be awarded 15 yards for the punt. If the punt goes more than 15 yards the ball is dead and the offense takes over when; the receiving team gains possession of the ball, when first touched, when the ball rolls dead or goes out of bounds. Whichever is the greater distance. The receiving team may not return the kick. Any kick possession between the goal line and 10 yard line will result in the receiving team taking possession on the 10 yard line. The punt team may not cross the line of scrimmage and may not recover the ball.

PENALTIES

Offside—False Start--Holding--Delay --Clipping--Tripping--Not In Stance—5 yards

Pass interference—10 yards or spot foul if less than 10 yards + 1st down

Unnecessary hit or block—10 yards

Unsportsmanlike--15 yards and possible ejection of game and next game.

Coaches: thank you for your time. Without you our program wouldn't be like it is. Please get everyone involved and don't run up the score!