

FLAG FOOTBALL LEAGUE RULES

General

- A coin toss will determine first possession
- The offensive team takes possession of the ball at its own end zone line and has 4 downs to cross midfield. Once a team crosses midfield, it has 4 downs to score a touchdown. If the offense fails to make a first down or score after a first down is made, the ball changes possession and the new offensive team takes over at their own end line.
- All possession changes, except interceptions, start on the offensive's end zone line.
- Team change sides after the first 18 minute half
- A complete roster must be issued by each team BEFORE the start of league play.
- Tie-breakers will be decided as follows: 1). Head to head amongst tied teams 2). Point differential 3). Points allowed 4). Points against
- All forfeits will be scored 50-25

Teams

- Teams must field a minimum of 5 rostered players at all times.
- Teams may consist of 10-15 players to assure adequate substitutions and compensate for players who may have conflicts on certain nights.
- Teams must use players on their roster. Teams may add to rosters until the beginning of their third game. No substitutions or additions to any teams rosters may be made after the 3rd game. All players must have participated in at least one regular season game to be able to participate in playoff games.
- A player may NOT play for any other team in the league and can be rostered only on one team. If a player plays for any other team it will be considered a forfeit.
- Game protests must be made to the referee(s) or the Manager on Duty PRIOR to halftime for the protest to take place. Game will be resumed normally after occurrence. If protest is brought up after halftime then game will be played as is.
- If a team (at least 5 players) fails to arrive within 5 minutes of the designated start time the opposition will be awarded 7 points and the game will be shortened by 10 minutes. If a team is more than 10 minutes late they will automatically forfeit the contest. If a team captain knows the team will be late or cannot show, they are responsible for contacting the Players Choice at least TWO DAYS in advance.

Timing/Overtime

- All games will consist of two 18 minute halves with a continuous clock. It will stop for timeouts and in the final minute of the second half for incomplete passes, touchdowns, and out of play. The clock will keep running if one team is ahead by 20 or more points.
- The offense has 25 seconds to snap the ball after the referee sets the ball on the line of scrimmage.

- If a timeout is called after a touchdown, the ensuing conversion will be an un-timed down.
- Each team is allotted one – 30 second time out per half. These timeouts WILL NOT carry over to the next half. All timeouts must be called from the field of play to the REFEREE. Timeouts called from the sidelines and to the scorekeeper WILL NOT be granted.
- If the score is tied at the end of regulation, the game goes to an overtime period. Each team will be given the ball and will have 4 plays to score from mid-field. This will continue until a winner is decided. If the game is still tied after the first possession, the teams MUST go for a 2 pt conversion the next time they score.
- Officials can stop the clock at their discretion.

Scoring

- Touchdown: 6 pts
- Extra point: 1-played from the 5 yard line, 2- played from the 12 yd line
- Safety: 2 points (when the line of scrimmage is the goal line there can be no safeties just a loss of down).
- An interception returned during an extra point will be worth 3 pts
- “Special” Extra Point: If your team is behind by 17 points or more and you score a touchdown and the following criteria is met (in the second half and the clock is under 10 minutes) you have this option. One play from midfield and going for 2 pts. If you score, then you are awarded the 2 pts as well as possession of the ball from your goal line. If you fail, no points will be awarded and the opposing team takes possession at midfield.

Running

- The quarterback can only run once a rushing defender has crossed the line of scrimmage.
- Only direct handoffs behind the line of scrimmage are permitted. Pitch plays are allowed, but only if behind the person pitching the ball. Offense may use multiple handoffs.
- “No handoff zones” and “no pitch zones” are located 5 yards in front of the end zone and 5 yards in front of midfield (the first down) , these zones only occur if the line of scrimmage is within the 5 yards. They are designed to avoid short-yardage, power running situations. The quarterback may run if rushed.
- The player who takes the handoff can throw the ball behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players can not leave their feet to avoid a defensive player.
- The ball is spotted where the ball is when the flag is pulled, where the carrier’s knee or hand hit the ground or where they go out of bounds.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off or pitched behind the line of scrimmage).
- Only one player is allowed in motion at the time of the snap.
- A player must have at least one foot in bounds when making a reception
- There is no bumping or jamming receivers at the line when on defense.

Passing

- All passes must be received beyond the line of scrimmage
- The offense will have 7 seconds to move the ball past the line of scrimmage once the ball is snapped. The whistle will be blown after the count of 7.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- Interceptions may be run back.
- Interceptions are the only changes of possession that do not start at the goal line.

Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made at any dead ball
- Play is ruled dead when: ball carrier's flag is pulled, ball carrier steps out of bounds, touchdown or safety is scored, ball carrier's knee or hand touches ground, the snap of the ball hits the ground, or if the ball carrier's flag falls off it is a one hand touch
- **THERE ARE NO FUMBLES. THE BALL IS SPOTTED WHERE THE BALL HITS THE GROUND UNLESS FUMBLED FORWARD, THEN THE BALL IS SPOTTED WHERE IT LEFT THE BALL CARRIERS HAND.**

Rushing the Quarterback

- All players who rush the quarterback must be a minimum of seven yards from the line of scrimmage when the ball is snapped. The referee will walk off the distance and stand alone the sideline; all defenders must be behind the referee to be eligible to rush. Any number of players may rush. Players not rushing the quarterback may defend on the line of scrimmage. Players rushing the quarterback cannot use their hands to push, grab, throw, or in any way try to move the blocker out of the way to get to the quarterback. The defender is responsible for using footwork only to get around the blocker. A "lineman" may protect the quarterback with their hands behind their back or side using footwork ONLY to disrupt the path of the rushing defender. They may not raise their hands, throw their bodies into the rushing defenseman in an overtly physical way, push the rushing defender, or grab the rusher in any way.
- Once the ball is handed off, the 7 yard rule is no longer in effect and all defenders may go behind the line of scrimmage.

Sportsmanship/Roughing

- If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, overtly physical contact or any unsportsmanlike act, the referee may call illegal

contact, and a warning will be issued. Any more such behavior will result in ejection from the game and a one game suspension.

- Officials have the right to determine offensive language. Trash talking that is offensive to either the referee; the other players or the spectators will not be tolerated. A warning will be given for one infraction; any more will result in an ejection. Referees have a difficult job and do not need comments made about any judgement calls they make. All calls made will be supported by the league director.
- Any person ejected from a game WILL serve an additional game suspension. If another ejection occurs, the player will be suspended from the league.
- Any contact with the quarterback other than the grabbing of flags will not be tolerated.

Penalties

The referee will call all penalties. The non-offending team can decline penalties.

Defensive penalties

- Off sides – 5 yards
- Interference – 10 yards and automatic first down (Interference will be called if defender makes contact with receiver before the ball arrives, if the defender is not making a play on the ball, and if the contact is more than incidental, resulting in the receiver being unable to catch the ball that could have been caught).
- Illegal contact – (holding, blocking, etc.) 10 yards and automatic first down
- Illegal flag pull – (pulling before receiver has the ball) 5 yards
- Roughing the Quarterback will be 10 yards
- Illegal Rushing – (starting from inside the 7 yards) 5 yards

Offensive Penalties

- Illegal motion – 5 yards, loss of down
- Illegal forward pass – 5 yards , loss of down
- Offensive pass interference (illegal pick, pushing away defender) – 10 yards, loss of down
- Illegal Flags – (shirt not tucked in) 5 yards
- Flag Guarding – 5 yards from spot of the foul
- Delay of game – 10 yards and loss of down
- Games cannot end on a defensive penalty, unless the offense declines it.

Attire

- Cleats are not allowed
- Colored pullover mesh jerseys are provided unless teams have their own SINGLE color jerseys.
- Shirts will be tucked in at all times to alleviate obstruction of flags.
- Shorts and athletic pants must be worn. Any shorts or pants with belt loops will NOT BE allowed.