

FLAG FOOTBALL RULES 1st-4th

Philosophy Statement: The purpose of flag football is to offer an additional avenue for athletes to continue to learn the game and unique skills of football, in a non-contact environment. The athletes should have fun, play hard and walk away from every game knowing they contributed somehow to the game. This means that every participant should play on both offense and defense and either have carried the ball or had one or two passes thrown in their direction. Getting every athlete involved will take a concerted effort and take precedence over winning.

The Team: The team will consist of approximately 10-13 players, but this is subject to change based on player and coach registrations. There will be 6 defensive players and 7 offensive players during each scrimmage play. The quarterback cannot run the ball past the line of scrimmage (LOS) and is not eligible for a pass.

Defensive Guidelines: A defensive player will either be lined up with an offensive player. Defensive players will be positioned behind the line of scrimmage (LOS). Rushing the quarterback is not allowed. Defense will play man to man, zone coverage is not allowed.

- A defensive player cannot cross the LOS until a pass has been attempted (ball in the air) or a hand-off has been attempted. Defenses must be man-to-man.
- It is illegal for a defensive player to strip or take the ball away from the offense.
- Interceptions may be returned for touchdowns. Fumbles are dead at the spot when they touch the ground. If a hand-off is fumbled up into the air and caught, however, it may be returned for a touchdown. Under no circumstances is there to be any down field blocking to help aid a defensive player returning a ball.

Offensive Guidelines:

- The offensive makeup is: 1 Quarterback (QB) and 6 eligible receivers. There must be one running back lined up directly behind the QB and 5 Receivers (WR). The WRs must be on the LOS. The offense must have one (1) RB in the backfield, but the RB must be positioned directly behind the QB. The WR set must be 3x2.
- An offense can run motion, but cannot have more than 3 WRs on one side of the field
- The ball is put into play by the QB taking the ball off the stand. The timer will start once the ball is taken. The QB has five (5) seconds to hand off or throw the ball. If the ball is still in the hands of the QB after 5 seconds, the play ends, there will be a loss of down and a penalty of 5 yards, and the play is considered a run.

- Two running plays are allowed every four downs. The same player cannot run the ball twice in a row or twice in 4 downs. A running play requires either a hand-off or a lateral (pitch). If the offensive team has already used its runs within the four down restriction, then the offensive team will lose a down and be penalized 5 yards.
- A pass must be forward and beyond the LOS. It is considered forward if it moves forward from the QB's position and past the LOS. All passes must be overhand. No underhand or shuffle passes are allowed. The QB cannot run the ball beyond the LOS.
- If the ball is thrown behind the line of scrimmage it is considered a run
- No flag guarding, stiff arming or jumping over a tackler is allowed. Absolutely no running over (bulling over) a defensive player (this is a 10 yard penalty and loss of down). Absolutely NO down field blocking or contact can be created by the offensive players. Offensive players are allowed to move down field with the ball carrier and shield or screen defensive players, but they CANNOT create or initiate contact. (10 yard spot foul penalty). With all other infractions, the ball becomes dead at the point of penalty.
- If a players flag is pulled inside the 5 yard line, the offense cannot run the ball in the next 4 plays. Inside the 5 yard line it is a no run zone. You must pass the ball beyond the LOS to score a touchdown
- You may do a HB toss pass. If the running back is tackled behind the LOS it is considered a run

General Guidelines:

- Field is 70 yards long.
- Quarters will be 12 minute continuous clock and the game will consist of 4 quarters.
- There is no shotgun formation
- There is a yard buffer off the line of scrimmage where the defender cannot start within
- No player can advance a fumble that has hit the ground. Ball is dead upon hitting the ground, assuming no yard advantage is gained.
- There are no punts. The offensive team has 4 downs to pick up 10 yards for a new set of downs, if they do not, it will be ruled a turnover on downs and the ball is placed at the opponent's 10 yard line.

- There are no kickoffs. The ball will be put into play on the 10-yard line after every possession. The only time a new possession does not start at a team's 10-yard line is following an interception.
- Touchdowns are 7 points. A passing PAT is worth 2 points. You must pass the ball while going for 2. If a team is unsuccessful getting the 2 pt conversion, the TD is worth 6 pts
- All players must have their jerseys tucked in with flag belts visible and flags located directly on the player's hips. A violation of this rule is considered illegal procedure and a five (5) yard penalty.
- Two coaches may now be on the field at once (own side of the ball) to huddle players and call plays. No coaching or instructing players after the play has started. The on-field coach(es) must be five (5) yards behind the deepest player.
- It is not mandatory to have preset plays but is recommended. This speeds up the game as well as gives more opportunities for additional plays.
- Coaches are allowed 2 time outs per game. One per half
- If the ball is intercepted on a PAT (point after touchdown), the ball is dead and the attempt is over. This may NOT be returned for any points (Federation - High School Rule).
- Only ONE legal forward pass (legal being behind the line of scrimmage and forward in direction) may be attempted during a down.