

Flag Football Rules & Regulations

(Last Update: November, 2017)

Rules/Regulations	2-3 League	4-5 League	6-8 League
Number of Players	A team's roster should carry no more than 10 players. During a game, the maximum number of players on the field for one team is 7. If a team only has 6 players, then the game will play 6 versus 6.		
Quarterback	Coach		Player
Length of Game	There will be two 20-minute running halves (clock will not stop). The last two minutes of both halves will follow NFL rules; the clock will stop when player with ball goes out of bounds or on an incomplete pass). Each team gets 1 timeout per half (the clock will stop). Games shall go no longer than 90 minutes and may result in a tied game if OT goes to 90-minute mark.		
Scoring	Touchdowns are worth 6 points. A team can opt for a 1-point conversion (2 yard line) or a 2-point conversion (5 yard line). Safeties are worth 2 points. During 1 & 2 point conversions, if the defense intercepts it will be worth the conversion amount.		
Line of Scrimmage	The game begins at your own 20-yard line. The team gets four down to earn a first down, or the team can punt. The offense must have three players on the line of scrimmage at all times (this must be consistent for both teams). All player are eligible, including the center. Defense has a 4 yard buffer to the line of scrimmage, blitzing is allowed at anytime with any number of players.		
Punting	A team can elect to punt at any time. A punt results in the opposing team starting at their own 20-yard line.		
Overtime (OT)	In case of a tie, both teams start at the opponent's' 20-yard line and have 4 downs to score a touchdown; this format will repeat itself until we have a winner. If offense scores, defense will have 1 chance to redeem/tie score. One timeout will be given to each team during OT. Beginning with the 2 nd OT each team MUST go for a 2 point conversion.		
Interceptions and Fumble Recoveries	Interceptions can be returned until ruled down (if during a post-touchdown conversion, the score is equal to the point(s) attempted by the offense); no fumbles – if the ball is possessed by an offensive player and is dropped, the ball is ruled dead at the spot. If the ball is fumbled forward, it will be possessed where the player's feet were. If a defensive player attempts to strip the ball, it will be a personal foul. Stripping the football is a penalty.		
Personal Fouls	Punching, striking, tripping, clipping, stripping, pushing, and/or tackling an opponent are not allowed (and could result in ejection, as determined by the official). There will be a loss of down if the penalty is on the offense. There will be a repeated down at the offense's option if the penalty is on the defense.		

Blocking	Blocking is not allowed. Picks are allowed, but no extension of hands or elbows.		
Inclement Weather Policy	After thunder and/or lightening, game must be stopped for 30 minutes. If field is still playable, game may resume after this time period.		
Officials Authority	An official assumes authority 5 minutes prior to the scheduled game; his/her decision is final. The official has the right to eject players or have them sit out part or all of the game. Fans, coaches, and spectators are part of a team and any fouls they commit will go against their team.		
Field	The fields will vary in length, with ~68 yards in length and ~36 yards wide. The team will have four downs to get a first down (20/midfield/20).		
Fallen Flag	If the flag falls off the ball-carrier without being manipulated by the opposing team, the play will continue until the runner is touched with one hand.		
Ball Size	Pee-Wee	Junior	Youth
Additional Regulations	There will be NO: stiff arming, un-tucked jerseys, guarding the flag belt, holding the runner to grab the flag (obstructing), pass interference, off-sides, or holding (hair, clothing). Spinning IS allowed. One foot is to be in-bounds to count as completion. Mouth guards are not required but strongly recommended.		
Defensive Penalties			
Offside	+3 yards from line of scrimmage and replay the down		
Unnecessary Roughness	+7 yards & automatic first down		
Pass Interference	+Spot of the foul		
Holding the runner	+3 yards from the end of the play		
Offensive Penalties			
Offside / False Start	-3 yards from line of scrimmage		
Illegal Forward Pass	-3 yards from the spot of the foul & down counts		
Offensive Pass Interference	-7 yards from line of scrimmage & down counts		
Illegal Motion	-3 yards from line of scrimmage (only 1 player allowed in motion)		
Illegal Blocking	- SPOT FOUL, -3 yards		
Flag Guarding	- SPOT FOUL, -3 yards & Down Counts		
Unnecessary Roughness	- 7 yards & Down Counts		
Delay of Game	-3 yards from line of scrimmage (30 second play clock)		
Code of Conduct	Please go to www.koasports.org for Code of Conduct expectations for Coaches, Parents, and Spectators.		