FLAG FOOTBALL RULES & REGULATIONS

LAST UPDATE: FALL 2023

Shaping Kids' Lives Through Sports

RULES/REGULATIONS	GRADE 2/3 LEAGUE	GRADE 4/5 LEAGUE	GRADE 6/7/8/HS 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.		
QUARTERBACKS	COACH	PLAYER	
LENGTH OF GAME	The program is one hour and 15 minutes. Game/scrimmage time will increase as we get further into the season.	There will be two 20-minute running halves (clock will not stop). The last two minutes of the 2 nd half will follow NFL rules; the clock will stop when player with ball goes out of bounds). Each team gets 1 timeout per half (the clock will stop). Game 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	Touchdowns are worth 6 points. A team can opt for a 1-point conversion (6 yard line) or a 2-point conversion (8 yard line). Safeties are worth 2 points.	
RUNNING	No Run Zones will be added to each end zone.	Teams can no longer run the ball on the goal line. No Run Zones are located 5 yards on each end of the end zone. Teams must pass the ball when inside the 5 yard line (will be marked in white pylon). Teams also are prohibited running inside the tackle boxes (2 yards on each side of spotted ball) however a forced cutback is allowed to go back inside	
LINE OF SCRIMMAGE	The game begins at your own 20- yard line. No punting is allowed, on change of possession the ball goes back to the 20.	The game begins at your own 20-yard line. The team gets four down to earn a first down, or the team can punt. Three players must be on the line of scrimmage at all times (this must be consistent for both teams). All receivers are eligible, including the center. Defense has a 3 yard buffer to the line of scrimmage, blitzing is allowed at anytime, and any number of players.	
PUNTING	No punting. 'Receiving' team will begin on own 20-yard line.	A team can elect to punt at any time. A punt results in the opposing team starting at their own 20-yard line.	
ONSIDE KICK	No onside kick.	The team that just scored gets one play from the opponent's 20-yard line. If they 'score' they receive the ball at their own 20. If they fail, the 'receiving team' gets the ball at midfield. No points are awarded on this play, just possession.	
OVERTIME (OT)	No overtime.	In case of a tie, both teams start at the opponents' 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; 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.		

BLOCKING	Blocking is not allowed under any circumstances.	Blocking, screens, and picks are allowed, but no extension or push with the arms or holding. Any sort of extension of the arms or blindsides will be a penalty. Defense has a 3-yard buffer to the line of scrimmage.	
INCLEMENT WEATHER	After thunder and/or lightening, game must be stopped for 30 minutes. If eld is playable, game may resume after this time period.		
FIELD	The fields will vary in length, with ~33 yards in length and ~21 yards wide.	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 (20/40/20).	
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	YOUTH	HS
ADDITIONAL RULES	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). One foot is to be in-bounds to count as completion. Mouth guards are not required but strongly recommended.		
PERSONAL FOULS	Punching, striking, tripping, clipping, 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		
	DEFENSIVE PENALTIES		
OFFSIDE	+3 yards from line of scrimmage and replay the down		
UNNECESSARY ROUGHNESS	PERSONAL FOUL		
PASS INTERFERENCE	SPOT FOUL		
HOLDING THE RUNNER	+3 yards from the end of the play		
	OFFENSIVE PENALTIES		
FALSE START	-3 yards from line of scrimmage		
ILLEGAL FORWARD PASS	-3 yards from the spot of the foul & Down Counts		
OFFENSIVE PASS INTERFERENCE	-3 yards from line of scrimmage & Down Counts		
ILLEGAL MOTION	-3 yards from line of scrimmage		
ILLEGAL BLOCKING	- SPOT FOUL, -3 yards		
FLAG GUARDING	- SPOT FOUL, -3 yards & Down Counts		
UNNECESSARY ROUGHNESS	- SPOT FOUL, -3 yards & Down Counts		
JUMPING	No Jumping with the ball. Play is blown dead. Ball placed at spot of jump.		