

FLAG FOOTBALL LEAGUE RULES



Our Coed Flag Football League is a social & fun league with an emphasis on meeting people and having a good time with your buddies! Overall, our rules aim to allow everyone to get involved safely! All officials have the last and final calls.

Please read below for more details:

SUMMARY

- Games are 8 vs. 8 players. with a min. of 3 females on the field.
- Teams may play with 6 with 1 female or 7 people including two females to avoid forfeit.
- Games are two 22 minute halves with stop time – NFL clock – in the last two minutes of the second half (if score is within 16 points).
- A coin flip or equivalent will give the option of offense or defense or deferment of choice until the second half.
- The only way to stop the clock during the last two minutes of the game is an incomplete pass, change of possession, penalty, score, or to run out of bounds.
- NO CONTACT or any blocking (other than center – shadow block – see blocking section) or pick plays with WR's.
- No kickoffs (teams get possession of ball on their own 10 yard line).
- First downs for each cone that is passed (20 yards).
- Teams will have 4 downs to either score or earn another first down.
- If a team fails to score or get a first down, possession changes.
- Offense may elect to punt on any down, must be announced, no fakes.
- Five count to rush will be yelled by ref (5 seconds) before allowed to rush.
- Ball must be thrown at 10 seconds or play is blown dead.
- No running/scrambling plays unless a defender crosses the line of scrimmage after 5 second count.
- Teams must use a female player every 3 downs (see below).
- Touchdowns are awarded 6 points and safeties are 2 points. Extra points may be returned for the amount that was declared (1 or 2 point conversion).
- Extra points: 1 point conversion is 2 yards, 2 point conversion is 10 yards.
- Each team gets two timeouts per half for a maximum of thirty seconds. Timeouts not used in the first half cannot be carried over to the second half.
- Team must keep center (person hiking) on the line of scrimmage and is not eligible to receive the pass.

- If a player starts a play with no flags or the flags fall off with no one within their vicinity due to an equipment malfunction, the defense must only put one hand on the ball carrier to end the play to simulate a flag pull (“one hand touch”).
- Tied games will revert to college overtime rules with each team having 4 possessions from the 20 yard line. Both teams will need to go for a 2pt conversion each possession. In the regular season, if there is not sufficient time before the next game or due to darkness or field availability, ties will be awarded.

FOOTBALL EQUIPMENT

- Each team is provided with flags and a football.
- **OUR LEAGUE USES A MIDDLE SCHOOL VARSITY SIZE “YOUTH” FOOTBALL.**
- The field will be marked with cones.
- Shirts must be tucked in at all times. Failure to tuck in a shirt may result in a penalty – flag guarding (see penalty section below).
- Players may be asked to wear scrimmage vests if team isn’t wearing team shirts or set color (washed each week) or there is a team with a similar color.
- No jewelry or watches.
- No metal cleats.

FEMALE PLAYS

Female plays are:

- A pass deflected by a male and caught by a female.
- Any pass intended for a female (in the eyes of the referee) and still valid if even deflected by the female and caught by a male.
- A female forward pass attempt beyond the line of scrimmage at QB (males cannot intercept female passes **ONLY ON DESIGNATED CLOSED PLAYS THAT MUST INVOLVE A FEMALE**).
- Extra points are always open plays
- Plays that are redone due to penalties do not count as a play.

STARTING THE PLAY

- Ball must always be snapped from the ground by the center to the quarterback.
- No player shall put the ball in play until it is declared ready-for-play by the head referee.
- The offensive team has approximately **20** seconds to put the ball in play after it is declared ready or it is a delay of game penalty.
- Centers may adjust the ball, including picking it up to reposition it, before each play as long as no cheating is suspected.
- All offensive players must be within 15 yards of the ball when it is snapped and be set for **one half second** before ball is snapped.

- Only 3 players are permitted in the backfield, the rest (5 players if 8 on the field) must be lined up anywhere on the line of scrimmage.
- If the ball hits the ground after the snap and before the quarterback has possession, the ball is treated like a fumble and is dead immediately at the spot where it hit the ground.

BLOCKING

- Blocking is considered any movement that impedes a defensive player's pursuit of the ball.
- Please do not use your arms or legs to stop anyone from moving freely.
- This is one of the few rules that will be enforced VERY strictly.
- Please keep contact to a minimum and all penalties are 10 yards and/or loss of down for the offense.
- At the line of scrimmage, players acting as offensive linemen must have their hands behind their backs or across their chest and may only move side to side or backwards during the initial rush count and then must set themselves and not impede the rusher after initial contact.
- You may not block after the ball is caught by a wide receiver. Only positioning yourself for a lateral would be allowed. We suggest not to run near the receiver at all and remain still or a flag could be thrown.

PENALTIES

If the penalty occurs during a loose ball play (pass or punt), the penalty is enforced from the previous spot and the down played over. On a live play, the penalty is enforced from either spot of the foul or the end of the play, whichever hurts the team the most and the down played over.

The following infractions receive a loss of five yards:

- _ Illegal forward pass.
- _ Intentional grounding.
- _ Excess time-out.
- _ Delay of game.
- _ Putting ball in play before declared ready.
- _ Illegal snap.
- _ Infraction of scrimmage formation.
- _ Offensive player illegally in motion at the snap.
- _ False start.
- _ Illegal kick, infraction of kick formation.

The following infractions receive a loss of ten yards:

- _ Team not ready to play at start of half.

- _ Offensive pass interference (loss of down).
- _ Striking, kicking, kneeling, elbowing, etc.
- _ Roughing the kicker.
- _ Unsportsmanlike conduct. Depending on severity, this may also result in player ejection from the game at the ref's discretion.
- _ Person illegally on the field.
- _ Hurdling.
- _ Tripping.
- _ Running into opponent.
- _ Clipping.
- _ Illegal use of hands or arm by offense.
- _ Protecting flag(s).
- _ Illegal removal of flags.
- _ Obstructing ball carrier.
- _ Interference with opportunity to catch a punt.
- _ Defensive pass interference - automatic first down.
- _ Roughing the passer is an automatic first down.

COMPLETE/INCOMPLETE PASS

A forward (overhand or underhand) pass is complete when:

- Caught by any player of the passing team (who has at least one foot in bounds) beyond the line of scrimmage

A completion is NOT:

- A ball caught by a player who was out of bounds and comes back in to catch the ball. If the receiver was forced out of bounds by an opposing player, he/she will still be eligible upon returning inbounds.
- A forward pass caught by a player who was at or behind the line of scrimmage, unless defense has crossed the line of scrimmage to rush after 5 seconds where then a rush would be allowed.

PUNTS

- The offensive team must declare a punt. All punts are “free” punts meaning a team does not need to snap during a punt. A dropped snap during a punt is not a fumble.
- No Fake Punts.
- Punts must be kicked, they cannot be thrown.
- Punts are “open” plays meaning, there are no Male/Female rules.

- The kicking team may not cross the line of scrimmage until the ball is kicked.
- The instant that a member of the receiving team has taken possession of the ball, all other members of the receiving team must hold their current positions on the field. Any deliberate movements away from his/her set spot, other than to avoid personal injury, will be considered blocking.
- A punt that is not fielded cleanly (hit the ground before receiver has possession), will be dead at the spot the ball hit the ground and the receiving team takes over from that spot.
- No laterals on punt returns.
- Ball spotted at 5 yard line if the ball is out of the endzone, downed in the endzone, or dropped in the endzone.

FUMBLES

- A fumble is not a turnover; it is a dead ball (at the spot where the player was, in the determination of the referee, when he/she first lost control of the ball).
- If a player on either team takes possession of the ball, prior to the ball hitting the ground, possession goes to that team and that player may attempt to advance the ball towards his/her own end zone.
- A fumbled lateral DOES NOT CHANGE POSSESSION.
- An intercepted lateral DOES CHANGE possession.
- There is no stripping of the ball.

INTERCEPTIONS

- Interceptions of forward passes may be advanced by the defense. If a defensive and offensive player appear to both have possession or are struggling for possession, the reception is granted to the offense.
- Interceptions can be returned.
- Laterals are permitted after an interception, but forward laterals are illegal.