



**BOYS & GIRLS CLUB  
OF MIDLAND**

**Flag Football League Rules**  
(as of September 18, 2017)

Flag Football teams will have 7 players on the field. A team will usually consist of 14 players or less. Each player should play at least 50% of each game. No one player may play quarterback or running back in 2 consecutive quarters. Failure for the team to be ready at game time is considered a forfeit.

A coach or assistant coach is allowed on the game field with his/her team during games to give instructions and encouragement. Only 1 coach or assistant coach is allowed on game field and may not interfere with the ball or game play. Players and parents on the side line must not crowd the side line.

Each coach shall designate to the referee the team captain who will speak for their team in dealing with officials.

The field shall be 50 yards long by 30 yards wide. An "X" will be marked in center field and at both 20 yard lines for kick offs. A slash mark will be made at both 10 yard lines for touchbacks and points after conversions.

Uniforms consist of NFL Teams. Shorts or sweat pants are recommended. All jerseys must be neatly tucked into the shorts or pants waist. Each player on the field will wear a flag belt at his/her waist with two flags of the same color attached. One on each side of the hip, but not tied thereto or lopped around the belt. All flags must hang freely, they may not be intentionally curled or rolled.

**Scoring:**

The following system shall be used in scoring a game:

Touchdowns: 6 points

Safety: 2 points

Field goal: 3 points

Successful conversion:

A. by running or passing: 2 points

B. By kicking: 1 point

Length of the game is 40 minutes with 10 minute quarters with the clock running. The clock only stops for timeouts, scoring and points after touchdowns.

Each half shall start with a kick off. The visiting team captain will always call the coin toss. The captain winning the toss shall have the choice of the following options: to kick, to receive, or to defend a goal. The losing captain of the coin toss shall have the choice of the remaining options.

Before the start of the second half the options will be reversed.

Each team is allowed two timeouts of one minute durations per half. Half time is five minutes.

Any number of legal substitutions for either team may enter the game between periods, after a score or conversion, or during the interval between downs.

### **Delay of game violations:**

Each team shall have its players on the field and ready to play and must not delay the start of each half or consume more than 30 seconds in putting the ball in play after it is ready for play, deliberately advance the ball after it has been blown dead, or any act which would, in the judgment of the officials, cause undue delay of regular play. **PENALTY: 5 YARDS**

## **BALL IN PLAY, DEAD BALL, OUT OF BOUNDS:**

A dead ball, after having declared ready for play. Becomes a live ball when it is snapped or kicked.

### ***A live ball becomes dead when:***

- It goes out of bounds, crosses a goal line or end line, or any part of the ball carrier other than his/her feet touches the ground.
- A legal ball carrier has one of his/her flags pulled.
- Anytime the ball is muffed or fumbled and touches the ground after a lateral pass, during a run, or a pass from the center. The ball is dead and belongs to the team that muffed or fumbles the ball at that spot or where it touched the ground. The ball can never be advanced on a fumble.
- Any portion of the ball carrier touches the side-line.
- A receiver comes down with one foot in foul territory.

The ball shall be put in play within 30 seconds after it is declared ready for play, unless time is suspended during the period. **PENALTY: 5 YARDS**

The team in possession of the ball shall have four consecutive downs to cross their own 10 yard line, four consecutive downs to cross the 25 yard line (center line), four consecutive downs to cross the opponent's 10 yard line, and four consecutive down to score inside the opponent's 10 yard line.

### ***A new series of downs shall be awarded when:***

- A team moves the ball into the end zone free from penalty.
- Their opponents have obtained legal possession of the ball as a result of a kick, touchback, pass interception, pass interference or failure to gain the zone in advance of the ball.

If a penalty is declined, the number of the next down shall be whatever it would have been had the foul not occurred.

A kick off begins each half of the game, and begins play following a touchdown for safety. The ball shall be put in play by a place kick or punt from the 20 yard "X" mark. The ball must cross the 25 yard center line when kicked or it will be declared dead and re-kicked from the 20 yard "X". The kicking team cannot recover the ball.

When the ball is legally kicked, all players of the kicking team must be inbounds and all players, except the holder and kicker of a place kick, must be behind the restraining line.

### **Start of game:**

On a kick of the ball it remains live when it hits the ground, and the receiving team may pick up the ball and advance it. The kicking team may not recover the ball. If the ball is fumbled, it can be picked up and advanced by the receiving team only. This may occur on kickoffs only.

A team must declare intentions to punt on 4<sup>th</sup> down. No quick kicks. All punts are protected, no rushing the punter. The ball remains live when it contacts the ground, the receiving team may pick up the ball and advance it. If the ball is fumbled it may be picked up and advanced by the receiving team. Both teams must have a maximum of 4 and a minimum of 3 men on the line of scrimmage. Any balls which rolls past the end line on a kick-off or punt will be brought out to the 10 yard line.

After a safety the team scored on shall put the ball in play on their 20 yard "X" mark by a free kick. The kicking team cannot recover the ball. One point may be added to a team score by successfully kicking from placement and two points may be added to a team score by successfully carrying or passing the ball from the 10 yard line into the opponent's end zone.

The team captain must indicate to the official the attempt for a 1 point kicking play or a 2 point pass/running play. When a 1 point kicking play or field goal is announced, the defense team must move to the sideline behind the scrimmage to prevent blocking of field goals or extra points kicks. The distance between the cones for field goal and extra points kicks is 5 yards and the cones are centered on the goal line. Field goal and extra points kicks are to be kicked from a tee. The ball may bounce or roll through the goal cone for score.

No one other than the quarterback can take the snap from the center. The

center may side snap the ball and is not required to snap the ball from between the legs. The center should be set prior to snapping the ball. The defense line must line up at least 5 yards back from the line of scrimmage.

Penalty: 5 yards

No center or quarterback sneaks. If the quarterback carries the ball he must run right or left.

The offensive team shall have no more than one player on back in motion at one time prior to the snap. All players not in motion must come to a set position and hold that position at least one full second prior to the snap.

All players are eligible to receive a forward pass.

A forward pass is illegal when the passer is beyond the line of scrimmage when the ball leaves his/her hands.

### **Personal Fouls:**

- Defense holding or any defensive illegal use of hands or contact blocking.
- No player can hold or tackle a ball carrier in attempting to grab the flag.
- Offensive holding or any offensive illegal use of hands or contact blocking

An offensive player may move in front of a defensive player, but must not deliberately touch or hold him/her.

The ball carrier shall not protect his/her flags by blocking with the arms or hands (no stiff-arming). The carrier may not spin more than one time in an effort to avoid the defensive player.

### **Blocking:**

Players may not leave their feet to block. Hands may not be used by an offensive or defensive blocker. The hands must be held to the chest and the elbows cannot be extended forward. Flagrant and intentional contact may result in player's disqualification and removal of the game.