

Flag Football Rules

- Coin flip/ball flip (laces/spaces) for first possession
- Play starts from yard marker near end zone
 - After a turnover on downs, play starts at yard marker going opposite direction
 - Int can be returned, intercepting team takes possession of the ball where the flag is pulled
 - Any fumble results in a dead ball play, play resumes on the spot of fumble (the down still counts)
 - If a fumble from the center to quarterback exchange occurs, you restart the down from the original spot
- 7 plays to score, after 7th play turnover on downs occurs
- Everyone is eligible
 - Maximum of 7 players on the field for a team, rest of the players will be substitutes
 - QB can't run unless rushed
 - 5 mississippi rush timer
 - If the QB hands off the ball there is no rush timer
 - RB can still throw the ball as long as they don't cross the line of scrimmage
- Time
 - 20 minute halves
 - 30 second play clock, starts at end of previous play(for upper age group)
 - 2 timeouts per half
 - If equipment failure and no subs are available game timer will stop, unless coach of the team agrees to play short, or both teams agree to take a player out of the game, until players equipment failure is fixed, than both players can return before the next play starts
- Flags
 - If a player's flag falls off during the play, the play can continue, but if said player gets the ball, the play is blown dead at the spot of the catch or hand off

- Blocking
 - Only blocks above the waist are legal
 - No double team block

- Penalties
 - All penalties are spot fouls and will result in a loss of down
 - Offensive penalties will result in a loss of down at the spot of foul on any play that results in positive gain
 - Example: if the play goes for 30 yards, but there was an illegal block 5 yards from the original line of scrimmage, the ball will be placed at the infraction and play will continue from that spot with the loss of down
 - Defensive penalties will result in replay of the down for the offense, from the spot of foul

 - Penalties that will result in a flag
 - Illegal rush
 - Illegal forward pass
 - Pass interference defense or offense
 - Offsides/ false starts
 - Blocking below the waist
 - Double team blocks
 - Unnecessary roughness
 - Tackling at anypoint
 - Holding on either defense or offense
 - Flag guarding
 - When a player uses his or her hands to stop another player from grabbing their flag
 - Play clock violation

 - Ref has final say in game management for penalties

2 refs per game if available

1 flag per ref 1 stop watch for play clock per game

1 ref handels play clock and LOS other ref handels game clock and play counter