



## 2021 Flag Football Rules

### General Rules

1. Coin toss determines first possession.
2. Offensive team gets the ball at same starting point every series—40 yard line cone starting point.
3. Four (4) plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown.
4. If a team fails to score, the ball changes possession and the new offensive team takes over from the cone starting point.
5. Interceptions may be returned for a TD, but if the team does not return for a TD, they then start at the cone starting point.
6. There are no kickoffs.
7. No blocking or “screening” is allowed at any time.
8. Clock does not stop except at the end of the half.
9. Teams must field a minimum of five players at all times for Grade 1 and a minimum of six players at all times for grade 2,3,4,5, and 6.
10. Each half is 20 minutes, and the clock continues to run.
11. Final two minutes of regulation is normal clock rules. (Clock stops on incomplete or out of bounds.)
12. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
13. Each team has two timeouts per half.
14. Officials can stop the clock at their discretion.
15. Mouthpieces MUST BE worn at all times during participation. A player will not be able to participate during game play without a mouthpiece.

### Scoring

1. Touchdown: 6pts
2. Extra Point: 1pt - 5 yd line; 2pts - 10 yd line
3. Overtime: Teams will get the ball at the 20 yard line. Each team will have the opportunity to score.

## Football Rules

1. QB cannot run with the ball past the line of scrimmage.
2. Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs. Absolutely NO pitches or laterals of any kind.
3. Stiff arming will not be allowed.
4. NO RUNNING ZONES are located five yards from the end zone and five yards on either side of midfield. This is to avoid short-yardage and power running situations.
5. The player who takes the handoff can throw the ball from behind the line of scrimmage.
6. Once the ball has been handed off, all defensive players are eligible to rush.
7. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving). The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
8. All players are eligible to receive passes, including the center and the quarterback if the ball has been handed off behind the line of scrimmage.
9. There are no fumbles. The ball is spotted where the ball hits the ground. There will be no gray area. Fumbled snaps will be spotted as a dead ball.
10. Only one player is allowed in motion at a time.
11. A player must have at least one foot inbounds when making a reception.
12. Shovel passes are allowed but not in the no running zones.
13. The QB has a six-second "pass clock." If a pass is not thrown within the six seconds, play is dead, loss of down. Once the ball is handed off, the six-second rule is no longer in effect.
14. All players who rush the passer must be a minimum of ten yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB. Players not rushing the QB may defend on the line of scrimmage. Once the ball is handed off, the ten-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.

***\*Note the official will stand 10 yards deep on the defensive side of the ball and work his way forward once the ball is stopped. This lets both sides know where the pass rushers must start from. This also gives the official a better angle to see what is going on.***

## Penalties

All penalties will be called by the referee. Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

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| 1. Offsides:                                     | 5 yds and automatic first down       |
| 2. Interference:                                 | 10 yds and automatic first down      |
| 3. Illegal Contact:                              | 10 yds and automatic first down      |
| 4. Illegal Flag Pull (before receiver has ball): | 10 yds and automatic first down      |
| 5. Illegal Rushing:                              | 10 yds and automatic first down      |
| 6. Illegal Motion:                               | 5 yds repeat the down                |
| 7. Illegal Forward Pass                          | 10 yds and loss of down              |
| 8. Flag Guarding:                                | 10 yds (LOS) and loss of down        |
| 9. Delay of Game:                                | Clock stops, 10 yds and loss of down |