

## FLAG FOOTBALL LEAGUE RULES 2024

### **OFFENSE**

Running plays are allowed! Forward run plays have to be direct handoffs

All laterals and pitches are only allowed if play results in a forward pass across the line of scrimmage.

All players are eligible to receive a pass.

All forward passes must be overhand.—(loss of down)

QB has 5 seconds to get rid of the ball or it is blown dead, returning to the line of scrimmage for the next down.

QB cannot run the ball unless it has been handed off first.

Must have 3 linemen in stance.—(3 yds)

Motion is O.K.

#### **When running with the ball:**

No jumping or diving--(3 yds)

No spinning—(down)

No holding or blocking flags--(3 yds)

No stiff arm--(3 yds)

Player is considered down when flag falls off, knee or ball hits ground or player steps out of bounds

Coaches can be in backfield during play.

### **No Run Zones**

There will be no Run Zones from the 10 yard line to End Zone. This is to ensure the safety of the players during run play situations.

### **DEFENSE**

No rushing the QB or crossing the LOS until QB releases the ball.

If QB laterals or tosses ball behind LOS, defense can rush.

No tackling--(10 yds)

No diving in for flags--(3 yds)

No pushing out of bounds--(3 yds)

No hands to the neck or face--(3 yds)

No covering the center—(3 yds)

Must have 2 linemen in stance—(3 yds)

### **BLOCKING (offense or defense)**

Above the waist, below the neck,

Keep hands in.—(3 yds)

**FLAGS MUST BE DOWN THE SIDE OF EACH LEG. BELTS MUST BE OVER THE TOP OF SHIRT OR JACKET. (TUCK IN YOUR SHIRTS)**

**START THE GAME** – Depending on the # of players available, there will be 6-8 players on the field. No kickoffs. The offense will start from their 20 yard line.

**TIME** -- 2-25 minute halves – Continuous clock. -- 3 time outs per half. –

Halftime is 3 minutes. – 30 second game clock.

Clock stops on time outs only the first half.

Clock stops for 1minute warning of second half. After that the rest of the game clock management will be the same as HS football. (1<sup>st</sup> downs, incompletions, fumbles, out of bounds, change of possession, penalties, etc.)

**1ST DOWN** is every 10 yard marker.

**FUMBLE** on the ground is a dead ball--whenever the ball hits the ground. Exception: Punts.

**CONVERSIONS** -- 1 point from the 5 yard line. 2 points from the 10 yard line.

**PUNTS** – The offense must declare a punt. No fake punts and no return. There are only 2 players on the field for each team. The kicker must receive the snap at least 5 yards behind the LOS and punt the ball at least 3 yards behind the LOS. If the punt goes less than 20 yards the punt team will be awarded 20 yards for the punt. If the punt goes more than 20 yards, the ball is dead and the offense takes over when; the receiving team gains possession of the ball, when first touched, when the ball rolls dead or goes out of bounds. Whichever is the greater distance. Any kick into the end zone or possession between the goal line and 10 yard line will result in the receiving team taking possession on the 10 yard line.

**PENALTIES (other than listed above)**

Offside, False Start, Delay Game, Illegal formation—3 yards

Unnecessary hit or block, Holding, Clipping, Tripping—10 yards

Pass interference—3 yards + 1<sup>st</sup> down

Unsportsmanlike--10 yards and possible ejection of game and next game.

## Season Schedule

Biddy: 4 regular season games, 2 playoff games

Junior: 4 regular season games over 5 weeks (one team will have a bye each week, 1 guaranteed playoff game with winners advancing)

Pro: 4 regular season games, 2 playoff games

Playoff seeding will be determined by the regular season records with point differential for tiebreakers

All teams will play the same amount of games!

The victors of the week 5 Playoff games will play in the Cadet Bowl (Gold Championship) and the defeated teams will play in the Howie Bowl (Silver Championship).

Most games will be played Saturday mornings 9am and 10am, with the exception of a few games on Championship Saturday (see official schedule).

We will provide basic play books for parent coaches. Ask Brandon or TJ if interested.