NFL FLAG FOOTBALL GENERAL RULES

Flag Football will be played in 4 divisions; K-2nd and 4th-6th grades.

Games are played 6 on 6 - It is not permitted for coaches to quarterback in the 4th-6th grade division. Coaches are the quarterback in the K-2nd grade division only.

Games are played in two - 25 minute halves.

Coin toss determines first possession. The team that defends first gets the ball to open the second half.

Games are officiated by referees. 2 are standard, but one may be used. (K-2nd grade do not use referees. Coaches act as referees).

No kickoffs.

Possession begins at the offense 5 yard line.

Offense has 3 plays to get a first down or score a touchdown.

A first down is achieved when the offense crosses the midfield line. Once a first down is achieved, the offense now has 3 plays to score a touchdown or lose possession.

All offensive possessions begin at the offense 5 yard line except if the ball is intercepted, in which case possession takes over at the point of interception (no runbacks after interception).

Game is played with a running clock.

Each team gets 3 timeouts per half (no carryovers).

2 minute warning---Official timeout with 2 minutes remaining in the first half or end of game.

Offense has 30 seconds to snap the ball after the referee spots it.

The play starts with a between the legs snap only. (***NOTE, THIS IS DIFFERENT FROM YEARS PAST). (1-2-3rd grade may snap to the side.)

Quarterback has 7 seconds to either pass or handoff the ball or the play is declared dead.

Quarterback may not cross the line of scrimmage. However, if the quarterback hands the ball off, they now can become an eligible receiver. (***NOTE, THIS IS DIFFERENT FROM YEARS PAST)

Quarterback must directly handoff the ball (no pitches or laterals).

Quarterback may throw a "shovel pass" provided the receiver has crossed the line of scrimmage.

"No run zones" are located 5 yards short of midfield or the end zone. Offense may only pass the ball in those areas.

Once the defense breaks huddle, the defensive coach should move to the sideline so as not interfere with the play.

No blocking is allowed. However, players are allowed to set picks, similar to basketball picks, provided no arms are extended and hands are used in the pick. The player must be standing still at all times while setting a pick!

Spinning is allowed, but no player is allowed to leave their feet to avoid a defensive player.

The ball is spotted where the ball carrier's feet are when the flag is pulled.

Only one offensive player may be in motion prior to the snap, and must be traveling laterally.

The play ends when the flag is pulled, ball carrier's knee hits the ground, fumble or interception occurs, or a touchdown is scored.

A fumble occurs when an offensive player drops the ball either while taking a handoff, or while running with the ball. Play is declared dead and the ball is placed at the point of the fumble. If the ball is dropped in the offensive end zone, then the play is considered a safety.

A safety occurs when either an offensive player has his flag pulled while in his end zone, or fumbles the ball while in his own end zone. If a safety occurs, the defense scores 2 points and also takes over possession of the ball at their own 5 yard line.

A receiver must have at least one foot in bounds when making a pass reception.

There is no limit to the number of blitzers (no blitzing in the K-2nd grade division). Teams that are up by 3 or more touchdowns will no longer be allowed to blitz. When the gap in score narrows, they may resume blitzing.

Blitzing is allowed by a defensive player only if he is at least 7 yards from the line of scrimmage when the ball is snapped.

Trash talk will not be tolerated.

Mouth guards must be worn at all times while a player is on the field.

Scoring:

Touchdown - 6 points
Extra point - 1 point (when starting from the 5 yard line- no run zone)
2 points (when starting from the 12 yard line)
Safety - 2 points.

Overtime:

If a game ends in a tie overtime will be played. A coin is tossed for the first possession. The winner of the coin toss will choose to spot the ball on either the 5 or 12 yard line. Spotted on the 5 yard line, the team will try to score 1 point while if spotted on the 12 yard line the team will try to score two points. After this attempt, the other team will try to score as well. If the 1st team scores, then the second team will get the same opportunity. If the 2nd team scores and ties the score, then play goes back to the first team for a second round of attempts. This will continue until one team scores and the other has not. If both teams do not score in up to three rounds, the game will end in a tie.

Offensive Penalties:

Off sides
Illegal Motion
Illegal Pick
Offensive Pass Interference
Delay of Game
Forward Lateral behind Line of Scrimmage

*PLEASE NOTE: the quarterback may pass the ball behind the line of scrimmage to a receiver behind the line of scrimmage as long as that receiver is in front of him.

*Assessment for above penalties: 5 yards from the line of scrimmage & repeat the down

Illegal Forward Pass (quarterback standing past line of scrimmage when passing)

*Assessment: 5 yards from the line of scrimmage & loss of down.

Flag Guarding

*Assessment: 5 yard loss from the point of infraction.

Personal Foul

*Assessment: 10 yard loss from the line of scrimmage.

Defensive Penalties:

Off sides
Holding
Blocking
Illegal Blitzing (inside 7 yards from the line of scrimmage)

*PLEASE NOTE: on passes to a receiver behind the line of scrimmage, the defense may cross the line of scrimmage once the ball leaves the quarterback's hand.

*Assessment for all above: 5 yards from the line of scrimmage.

Illegal Flag Pulling

*Assessment: 5 yards from the point of infraction.

Pass Interference

*Assessment: Ball is spotted at the point of infraction and the offense gets an automatic first down. (if the penalty occurs in the end zone, the offense gets an automatic first down and the ball is spotted on the defense's 1 yard line.

Roughing the Passer

*Assessment: 5 yards from the line of scrimmage and automatic first down.

Personal Foul

*Assessment: 10 yards from the point of infraction and automatic first down for the offense.

2 flagrant fouls deem an ejection.

An ejection is an automatic suspension for the next game.