

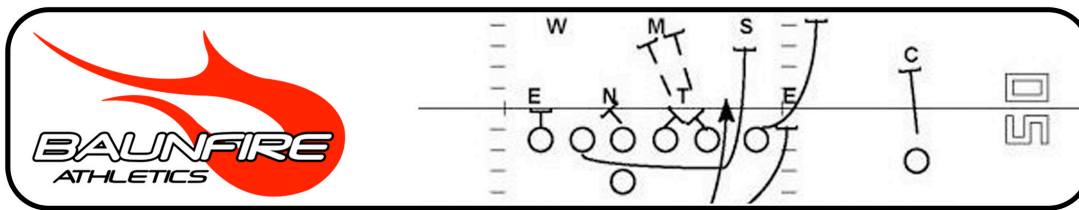
“OFFICIAL FLAG FOOTBALL LEAGUE” RULES

5 on 5, 6 on 6 and 7 on 7, Youth and Adult Leagues

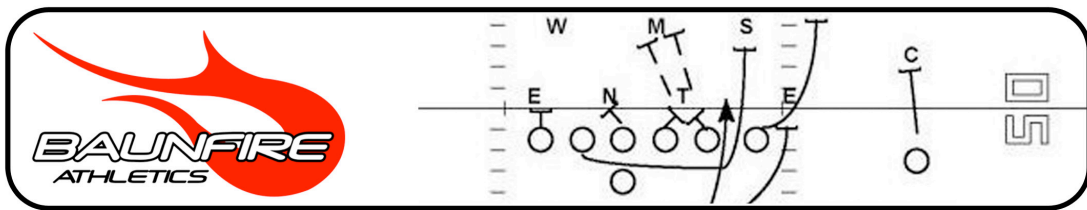
GENERAL

1. At the beginning of each game, captains from each team will meet at the middle of the field for a coin toss with the designated referees to determine who starts with the ball. The visiting team calls the toss. *(During the regular season the visiting team will start with the ball in the 1st half, home team in the 2nd half)*
2. The winner of the coin toss chooses to receive or defend. The loser of the toss chooses side which goal they will defend. No deferring to second half choice.
3. The offensive team will take possession at its own 5-yard line or designated point on the field depending on field size and age group.
4. Offense has 3 (indoor) or 4 (outdoor) downs to get the ball to midfield for a first down. Once the ball is spotted past midfield, the offense then has 3 (indoor) or 4 (outdoor) downs to score a touchdown.
5. All possession changes start at the other teams 5-yard line or designated spot. This does not include interceptions or failed 4th down conversion attempts. An intercepted pass can be return for additional yardage and once the ball carrier is then deemed down, the new offense will take possession at that point.
6. Game consists of 2, 20-minute halves. The clock runs continuously or until a time out is called. Clock will also stop at the 2-minute warning at the end of the second half only. Inside the 2-minute clock, the clock will stop on all incomplete passes, change of possession, out of bounds, touchdowns and penalties.
7. No contact or blocking allowed (indoor). Screen blocking MAY OR MAY NOT be allowed in outdoor depending on league policy. Generally, YOUTH leagues will allow screen blocking to teach kids blocking fundamentals.
8. All players must wear the **Official Flag Football Jersey** and **Flags**. Visit www.baunfireathletics.com for information, ordering and special league and team pricing.
9. The Quarterback is not allowed to run the ball beyond the line of scrimmage. The first person to touch the ball from the snap is deemed the Quarterback. If the Quarterback pitches or hands off to another player via a lateral motion, that runner may run or throw.
10. Ball is always spotted in the middle of the field by the referee before the snap.
11. All players are eligible receivers.
12. Kicking and punting can be optional for outdoor depending on the league.
13. Options for punting the ball include: *(if league rules choose this option)* Declared punt, in which the offensive team feels they can not gain a first down or touchdown on their 4th down possession, and declare to the referee and the other team that they are punting. A physical punt does not occur. Rather the ball is spotted on the opposite 5-yard line and the other team gets the ball and a 1st down.
14. On a physical Punt: *(if league rules choose this option)* The ball will be snapped and punted. No defender can rush the punter. Coverage players must remain on the line of scrimmage until ball is kicked to the punt returner. Play then resumes as normal for fielding the punt.





15. Turn over on downs for Youth and Indoor:
 - a. Indoor Leagues: 3 downs to mid-field or End Zone to accomplish a 1st down or score. If not accomplished, the opposing team will gain possession on their own 5-yard line.
 - b. Youth Leagues: 4 downs to mid-field or End Zone to accomplish a 1st down. If not accomplished, the opposing team will gain possession on their own 5-yard line.
16. Interceptions can be returned. (if the ball is intercepted during a 1 or 2 point conversion, and is returned for a Touchdown, it will be worth the points the offense was going for on the conversion.
17. Defenders can blitz the QB upon snap of the ball. However, only defenders that start behind the Blitz Cone can blitz immediately and before the ball is handed off or passed. Once the ball is handed off, any defender is able to cross the line of scrimmage. Blitzing defenders must start at least 1 yard to the left or right of the Blitz Cone. If a Blitzer behind the cone leaves before the snap, that player can reset behind the cone before the snap, and still legally blitz with out getting a penalty. If they go beyond the blitz cone and the ball is snapped before they get back behind and the player continues to blitz the Quarterback, defensive Illegal Blitz penalty will be called.
18. Defenders are allowed to block down a pass, but cannot run into the QB afterwards.
19. Blitz Cone: Cone set 7 yards from the line of scrimmage that denotes line in which defenders must be behind in order to blitz at snap. Line extends sideline to sideline.
20. No one on the offense can impede the Blitzer in non-screen blocking leagues. If contact is made, an offensive penalty will be accessed.
21. If the ball is snapped and dropped or hits the ground, the ball is dead at that spot. If the ball is fumbled or mishandled in the end zone, a Safety will result.
22. Unsportsmanlike behavior will not be tolerated, and could cause game or season ejection. (Commissioner has final say) No offensive language toward players, referees, coaches or fans. In the event of a discrepancy with an official, only the team captains or one coach can approach the referee to ask for clarification on a call.
23. Any time the ball hits the ground, it is deemed a dead ball.
24. If a referee blows an inadvertent whistle, the play is dead: Offense has 2 choices: Replay the down, or take result of play where whistle was blown.
25. Each team has 2, 45-second time outs per half.
26. Referee can call an official time out to cover a controversial call.
27. Defensive players cannot bark signals to throw off the offense. Will result in unsportsmanlike conduct penalty.
28. Pulling any 1 flag of a ball carrier, deems that player down.
29. Any time a ball carrier steps out of bounds, the play is dead.
30. If a player steps out of bounds and established themselves back in bounds by 3 steps, they are again eligible to receive the ball.
31. Multiple lateral passes or hand offs are legal. *(some leagues may also choose 1 forward pass and only 1 lateral per play)*
32. When any part of the ball carriers body hits the ground besides their feet or hands, the play is over.



33. If ball is fumbled, the play is dead where the ball hits the ground, so long as it is not up field of the player who fumbled (player who last had possession). If ball is fumbled forward, ball will be marked where last player who maintained possession was at time of fumble. Other wise the ball will be spotted where the ball hit the ground.
34. The offense is responsible for retrieving the ball after the play or getting it into the referees hands to set for the next play.

TEAMS AND ELIGIBILITY

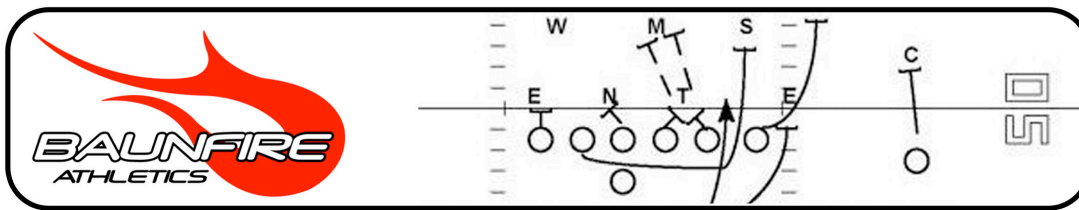
1. The player’s age must fall within the specified age range determined by the league.
2. League may have waiver to be signed.
3. Teams must have a minimum of 1 less than maximum amount of players on the field for the game to be started.
4. Rosters can hold up to 15 players. Roster must be filled out by beginning of season. No player can be added thereafter unless okayed by commissioner with valid reason.
5. In the event a team can not show up to play, they must let the commissioner know at least 3 days before scheduled game. Commissioner may or may not be able to reschedule.
6. That team member must be on the roster that **MUST** be established by 3rd week of season. (BEFORE START OF TEAM’S 3RD GAME)
7. For a player to play in the playoffs with his team, he or she must have played in at least 2 halves of 2 different games during the regular season. (this helps avoid "the ringer" players)

EQUIPMENT

1. All players must wear the **Official Flag Football Jersey** and **Flags**. Visit www.baunfireathletics.com for information, ordering and special league and team pricing.
2. Cleats: Outdoor: No metal spikes or screw in cleats. Turf shoes or cross trainer type shoes allowed indoor depending on policy of facility.
3. No baggy shirts, sweatshirts, or pants permitted. Shirts worn under jerseys must be tucked into pants. Shorts and pants should be pocket-less.
4. No hard clasps or buckles or belts are to be worn.
5. No watches, earrings, or jewelry that is deemed dangerous permitted.
6. No hard pads such as shoulder pads or plastic coated pads permitted.
7. Soft pads such as elbow, knee, etc. are permitted.
8. Children must wear mouth pieces at all times. Failure to do so should result in ineligible play until remedied.

FIELD



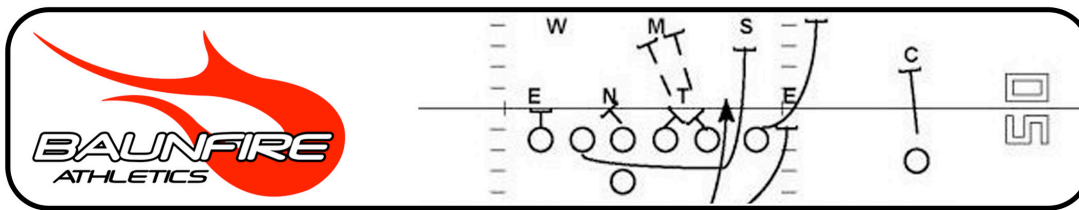


1. OUTDOOR field size is determined by league facility. Recommended size for depends on age group.
 - a. 5 – 8 years of age: 50 – 70 yards long by 25 – 30 yards wide with plus 2, 5-10 yards deep end zones.
 - b. 9 – 14 years of age: 60 – 80 yards long by 30 – 40 yards wide plus 2, 5-10 yards deep end zones.
 - c. Adult 15 and up: 70 - 80 yards long, by 35 -40 yards wide plus 2, 5 - 10 yards deep end zones.
2. INDOOR field size is generally a standard sized indoor soccer field about 50 yards long by 20 wide, with end zones about 5 – 7 yards deep to wall.
3. Fields should be lined with cones at all 4 corners of end zone and 2 cones at mid-field on each side.
4. Field should have end zones, mid-field and boundary lines marked with cones and or lines.
5. Line of scrimmage and blitz line should be marked with saucer cones or red bean bags (4" x 4")

TIMING AND OVERTIME

1. Each half will consist of 2, 20-minute halves. (See under General for detail)
2. Half time is 2 minutes long.
3. Each time has 2, 60-second time outs per half. Either a player on the field or a coach must call the time out. No player on the sideline can execute a time out.
4. Officials can stop the clock.
5. Each time the ball is spotted, the team gets:
 - a. Youth: 30 second to snap the ball.
 - b. Adult: 25 seconds to snap the ball.
6. If a player gets injured, the clock will stop and restart at the next snap. Injury timeouts are official timeouts, or at the discretion of referee.
7. In the event of a tie during regulation, teams will play into overtime.
8. In *ADULT LEAGUES* The "Mercy Rule" shall apply. If a team is ahead by 17 points with 2 minutes to go in the game, the game will be called.
9. OVERTIME:
 - a. Coin toss determines possession. The away team will call the toss.
 - b. The team that wins the coin toss will decide if they want the ball first or if they want to play defense first. Both teams will drive into the same end zone.
 - c. Each team will start their offensive drive from the opponents 12 yard line. The offense has 2 plays to score. If the offense scores, they can attempt a 1 or 2 point conversion from the designated conversion spots.
 - d. The game will end when each team has had the ball an equal amount of times and one team has scored more points than the other team.
 - e. If both teams score the same amount of points on any given series of possessions, the next series will begin with the team's offense that played defense on the prior series.
 - f. If the score is still tied after the first overtime, the team that defended first will start the second overtime on offense. If the





score is still tied after the second overtime, the two teams will then each have one play from their own 12-yard line. If the score is still tied after the third overtime the two teams will then each have one play from their own 12 yard plus they must opt for 2 pt conversion. Overtime is indefinite.

COACHES and REFEREES

1. Recommended for at least 2 coaches per team. 1 coach for handling the youth on the sidelines and one for on the field coaching and play-calling.
2. Only 1 coach is allowed ON the field for each team in age groups 5 - 9.
3. Age groups 10 - 14, coach should be encouraged go to the sideline before the ball is snapped. (optional per league)
4. *Adult League* coaches may not be on the field except for time outs.
5. Coaches for youth leagues can be parents or league participating adults.
6. Coaches must abide by all the rules contained in these set of rules and are encouraged to know the rules as well.
7. It is recommended that at least 2 referees perform for each game. Generally 1 will man the LOS and 1 will be responsible for the deep field. In youth, the referees may be other coaches in the league that are designated to work that week as referees. In adult, it can be referees hired by the league, facility or independent contracted referees that are compensated each week by the teams.

FIELD EQUIPMENT

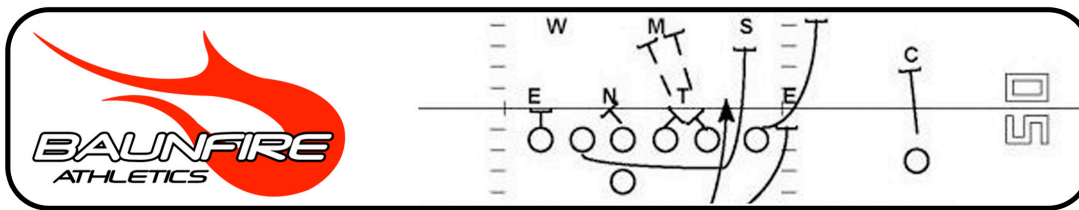
Every field should have in its field set the following:

- a. 10 cones (4 for each end zone and 2 to mark mid field)
- b. 2 bean bags (1 to mark line of scrimmage and as a blitz cone or marker)
- c. Scoring sheet or apparatus for keeping score.
- d. 2 whistles and 2 stop watches (for each of the 2 recommended referees)
- e. Football (generally in *Adult Leagues*, teams are responsible for having their own ball)
- f. Ball Size: Youth for youth. No smaller than High School standard for Adult.
- g. 2 yellow referee flags.

POINTS

1. Touchdown: 6 points
2. 1-point conversion: 5 yards out. (indoor: at league designated spot)
3. 2-point conversion: 2 points 10 yards out. (indoor: at league designated spot)
4. Intercepted conversion, taken back for a touchdown: 1 or 2 points, depending on what type of conversion the offense was attempting.
5. Safety: 2 points
6. After scoring a touchdown, the offense must declare if they are going for a 1 or 2 point conversion.





OFFENSE

Formations:

1. Must have a minimum of 1 player on the LOS to snap the ball either between the legs or to the side. Ball can be shotgun or direct snap.
2. 1 player at a time can go in motion. They can go side to side (or for indoor football, forward and backwards (as in Arena Football))
3. Ball cannot be handed off to center after the snap.
4. Ball has to be snapped in continuous motion and completely leave the centers hands (any penalty assessed from the rules above will result in **5 yards and repeat down**)

Rushing: A ball carrier...

1. May spin to avoid flag pull.
2. May not stiff arm or flag guard to avoid a flag pull. Penalty assessed.
3. May not dive to gain extra yards.
4. The offense can not run the ball when the ball is spotted in "NO RUN ZONES" (optional for various leagues)

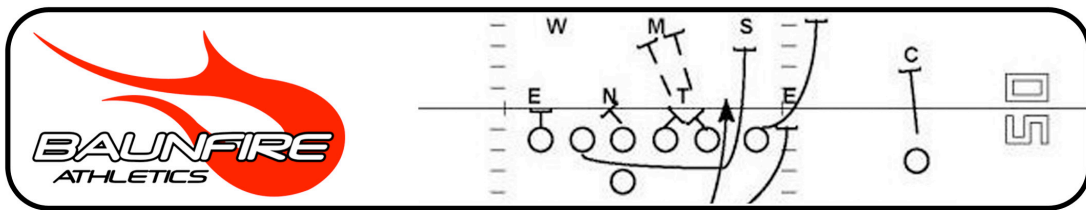
Receiving:

1. All players can receive a pass from the Quarterback.
2. Quarterback can execute a shovel pass.
3. Ball must be thrown from behind the line of scrimmage.
4. Player must have 1 foot in bounds for a completed pass.
5. Simultaneous catches are awarded to the offense.
6. If a player dives for the ball, catches the ball, and any part of his body hits the ground other than his feet, or hands, he is down.

DEFENSE

1. No jamming the receiver.
2. Defender must pull the ball carriers flag to make a tackle.
3. No pushing to the ground or out of bounds. Will result in illegal contact.
4. Interceptions can be returned. Ball is spotted where defenders flag is pulled.
5. If a penalty occurs on an interception return by the return team, the penalty will be assessed from the spot of the interception.(10 yards)
6. If a penalty occurs on an interception return by the offensive team, the penalty will be assessed from the spot of the foul.(10 yards)





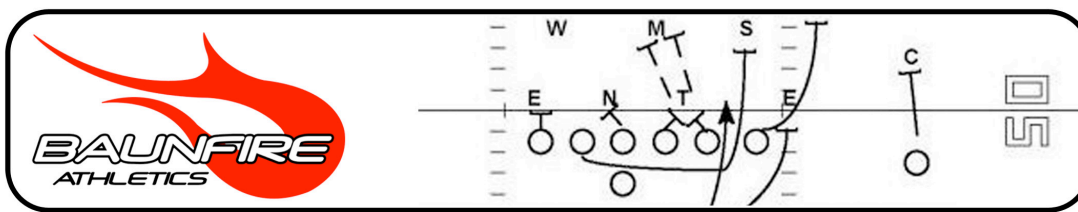
Outdoor Flag Football Penalties: (Referees will call penalties)

(Youth and Indoor Penalties in Red)

- Defensive Pass Interference: **10 YARDS, 1st down**
- Defensive Holding: **5 YARDS, repeat down or result of play.**
- Defensive off sides: **5yards, repeat down, or result of play.**
- Defensive Illegal Blitz: **5 yards, repeat down or result of play.**
- Defensive Illegal Flag Pull: **10 yards from LOS or result of play. (5 yards)**
- Roughing the Passer – **10 yards and automatic 1st down.**
- Stripping the ball from the ball carrier: **5 yards and 1st down.**
- If a player throws or carries another player's flag more than 3 yards from the point where he pulled it without the intention of giving it back to him: **10 yards will be added on to end of the play, 1st down. (Un-sports-man like Conduct) The clock will also be stopped. Clock will resume at snap.**

- Offensive Delay of Game: **5 yards. Repeat down.**
- Offensive Pass Interference: **10 yards, loss of down**
- Offensive Holding or Illegal blocking: **5 yards, repeat down.**
- Offensive False start or illegal motion: **5 yards, repeat down.**
 - If and offensive player does not have all 3 flags on at snap, it is a dead ball foul (whistle at snap), **5 yards** from LOS and repeat down.
- Offensive Flag Guarding or stiff arm: **5 yards, from spot of foul, loss of down**
- Diving: **5 yards from spot of foul.**
- Un-sports-man-like conduct: **15 yards, 1st down**
 - (This includes cursing after 1st warning, arguing with ref, fighting, throwing a players flag an unnecessary distance, any issue a ref may find un-sports-man like)
- Offensive Illegal Run: **5 YARDS, loss of down.**
- Offensive Illegal Pass: **5 yards from line of scrimmage, and loss of down.**
- Offensive run in "No Run Zone" - **5 yards from line of scrimmage and loss of down.**
- Intentional Grounding: If no one is with in 10 yards to catch the ball, it will be deemed intentional Grounding **5 yards and loss of down.**
- Ball carrier Charging or running over a defender intentionally: **10 yards from spot of foul and loss of down.**
- If an offensive players flag is pulled by a defender before he has the ball, the player is down once he touched with 1 hand between the shoulders and knees: **10 YARDS added to the result of the play and automatic 1st down. (5 yards)**
- If a player is warned more than 2 times to tuck their overly long shirts in: **5 yards.**
- Offensive penalty at end of half and game will not be replayed.
- Defensive penalty at end of half and game will be a replayed down.





- If an offensive or defensive player's flag falls off prior to catching the ball, he is down at reception.
- Any penalty yards that need to be assessed in which there is not enough room between the spot of marking the penalty, back or forward, and toward an End Zone, the penalty will be half the distance to the goal instead.

FOR QUESTIONS ON **HOW TO CALL OR DETERMINE** A PENALTY, AND WHAT CONSTITUTES PENALTIES SUCH AS PASS INTERFEANCE, HOLDING ETC... PLEASE VISIT:

<http://www.nfl.com/rulebook/digestofrules>

