

## **FLAG FOOTBALL RULES**

### ***General Rules:***

- Rock, paper, scissor determines first possession.
- Teams change sides after halftime, but possession does not change.
- Hand blocking only is permitted.
- Game begins with a kick-off from half and must travel 30 yds. ( if kick goes out of bounds re-kick with a 5 yd. penalty )
- Team has 4 downs to half and then an additional 4 downs to score.
- Offensive team must announce if they intend to punt on 4<sup>th</sup> down.
- All players must be behind the punter when the ball is punted.

### ***Players:***

Each team will field 7 players.

### ***Timing/ Overtime:***

Games are played in two running 20 minute halves.

If the score is tied at the end of 40 minutes, teams move directly into overtime. Overtime shall not exceed 10 minutes. The first team to score is the winner.

Each time the ball is spotted a team has 30 seconds to snap the ball.

### ***Scoring:***

- Touchdown: 6 pts.
- Extra point: 1 point ( played from the 7 yd line ), 2 points ( played from the 12 yd line )
- Safety: 2 points
- Rouge: 1 point. ( the ball may be kicked out of the end zone to avoid the rouge )

### ***Receiving:***

- All players are eligible to receive passes ( including the quarterback if the ball has been handed off behind the line of scrimmage.
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbound when making a reception.

### ***Running:***

A player who receives the ball on a hand off or lateral behind the line of scrimmage can throw the ball from behind the line of scrimmage.

- 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.

### ***Passing:***

- No forward passes are permitted beyond the line of scrimmage.
- Shovel passes are allowed.
- Interceptions change the possession of the ball at the point of interception. ( interceptions in the end zone are scrimmaged at the 15 yd. line.

### ***Rushing the quarterback:***

All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback.  
Players not rushing the quarterback may defend on the line of scrimmage.

### ***Blocking:***

During a legal block, contact must be initiated with open hands; arms extended outward ( no elbow or “ loading up” )  
Open hands can be thrust forward initially to contact an opponent inside the body frame ( chest area only )  
Hands can not be thrust forward above the shoulders to contact an opponent on the neck, face, or head.  
Open hand blocking is allowed on all portions of the field and is not restricted to the line of scrimmage.

### ***Dead Balls:***

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled dead when:
  - Ball carrier’s flag is pulled.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - At the point of an interception.
  - Ball carrier’s knee hits the ground.
  - Ball carriers flag falls out.

**There are no fumbles. The ball is spotted where the ball hits the ground.**

### ***Penalties:***

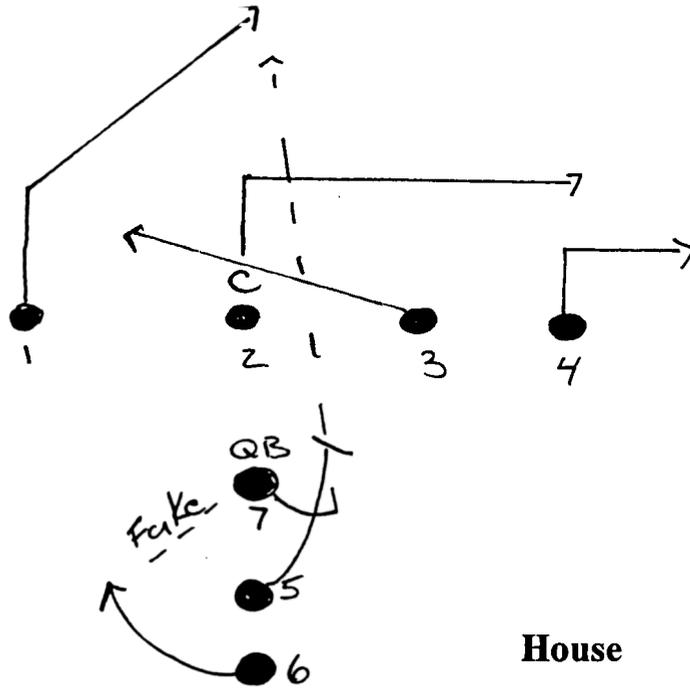
Defense: Offside- 5 yards and automatic first down. Interference – 10 yards and automatic first down.  
Illegal contact- 10 yards and automatic first down and possible ejection depending on the infraction.  
Illegal flag pull ( before receiver has ball ) – 10 yards and automatic first down.

- Offense: Illegal motion ( more than one person moving, false start, etc. ) – 5 yards; Illegal forward pass – 5 yards and loss of down; Offensive pass interference ( illegal pick, pushing off ) 10 yards and loss of down; flag guarding- 10 yards ( from line of scrimmage ) and loss of down; delay of game-clock stops, 5 yards.

All penalties will be assessed from the line of scrimmage.

Games cannot end on a defensive penalty, unless the offense declines it.

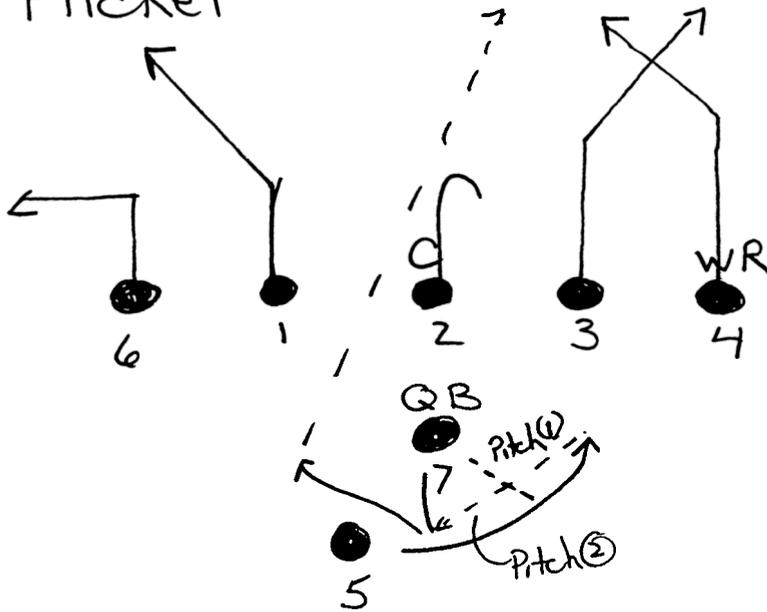
# House



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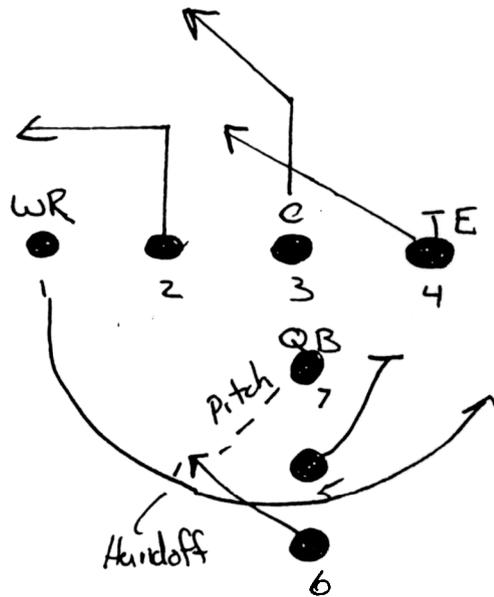
The QB fakes a pitch to the RB running left, rolls to his left and looks for the WR on the post.

# Flea Flicker



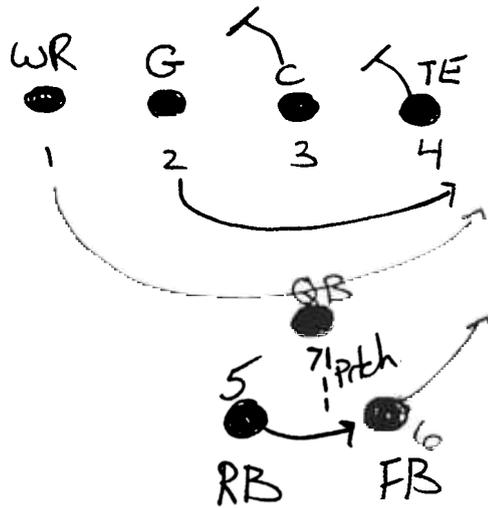
QB pitches to the RB who takes a couple of steps and pitches back to the QB. The QB then rolls left and looks for a deep pass down field.

# Reverse



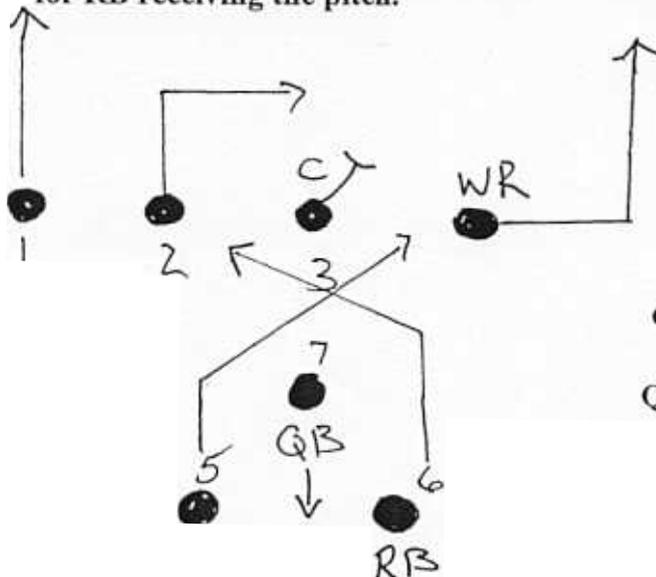
This play can work in one of two ways. You should run it first by having the RB taking the pitch from the QB and giving it to the WR on the reverse. Then run it with a fake reverse. The RB has the option to run or throw downfield.

# Sweep



TE and C block down. WR and G pull in the direction of the sweep. FB lead blocks for RB receiving the pitch.

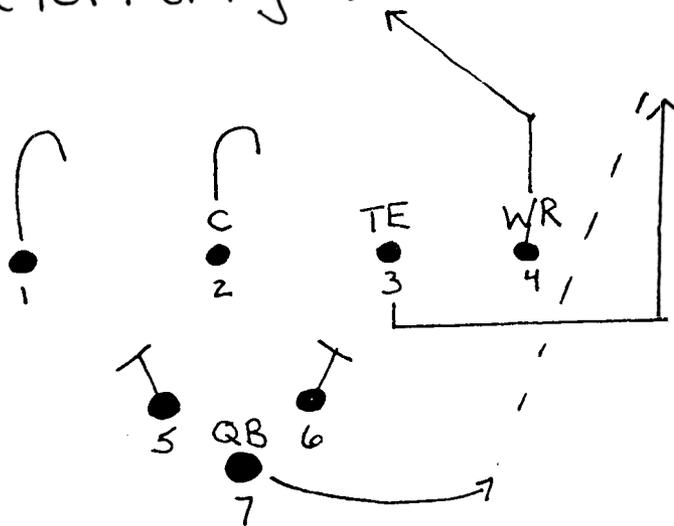
# RB X



QB drops back and both RB's run an X

QB has the option of hitting either RB

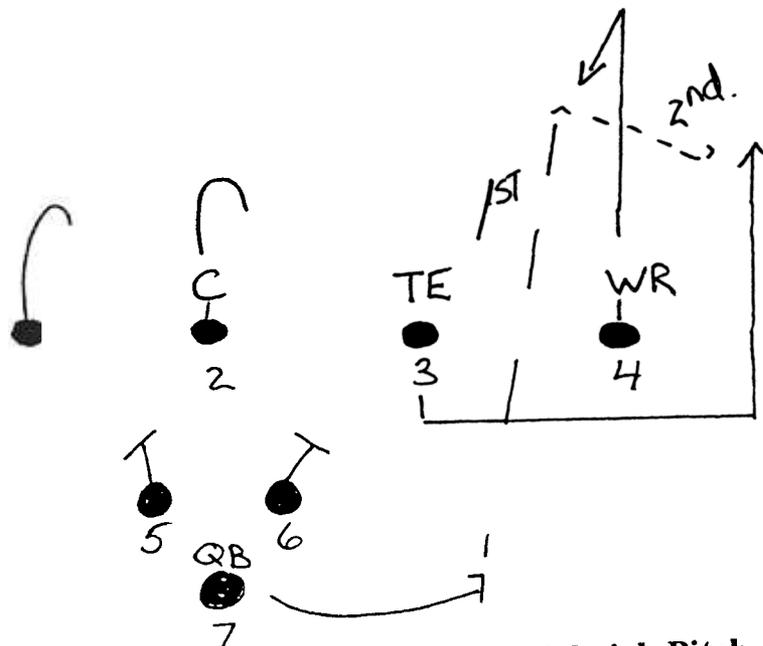
## 52 Wheel (left or right)



52 Wheel

This play can work in one of two ways. You should first run it by passing to the WR on the Post pattern. The TE should run off toward the sideline but do NOT turn up field. Then run it with a quick pump fake. This will get the corner to jump and leave the field wide open.

## 35 Quick Pitch (left + right)



35 Quick Pitch

This play is called both 35 Quick and then you add the Pitch. The WR should do a seven yard fly then come in directly toward the QB. The pass should be released before the WR makes his break. The TE should delay before running to the left or right. The option to pitch it will always be there.