

Flag Football Rules

1. Playing Regulations

- 1.1. **Number of Players:** There will be 8 players and two coaches allowed on the field during play. Should a team fall below the 8 player minimum before a game or during play, the coaches may elect to proceed to play with the equal number of players.
- 1.2. **Length of games:** There will be Four 10 minute quarters with a continuous clock. Clock will stop only for an official's time out or for a team time out. There will be a one minute intermission between quarters and a 5 minute half-time. A quarter may not end on a penalty unless the team with the option declines the penalty.
- 1.3. **Time Outs:**
 - 1.3.1. Each team will be permitted One time outs per regulation half. A time out may not be carried into a subsequent half or overtime. Additional requests for time outs will result in a 5 yard penalty for delay of game. Teams will not need a time out during overtime since there is no clock.
 - 1.3.2. Time outs can only be called by a coach on the field.
 - 1.3.3. Teams must be ready for play after one minute.
 - 1.3.4. The acting head coach may request that the Referee call time to correct a ruling on the field if a rule has been misapplied. Should the ruling be upheld, the team will be charged with a time out or a 5 yard Delay of Game should they be out of time outs. This only applies to the application of the rules. There Shall be no question or review of judgment calls.

NOTE: We expect that there will be missed calls because of judgment and or position due to the number and type of officials that are available for Flag games so there will be NO tolerance for complaints about judgment. However, it is the league's responsibility to assure that the officials are knowledgeable of the rules and administer them properly and fairly. All Safety rules will take priority over administrative rules.

1.4. Scoring:

- 1.4.1. Each touchdown will count as 6 points.
- 1.4.2. PAT from 5 yard line will count as 1 point.
- 1.4.3. PAT from the 10 yard line will count as 2 points.
- 1.4.4. There will be no safeties in Flag Football
- 1.4.5. If a team scores with no time on the clock, the PAT will still be administered unless it is the last play of the game and it has no bearing on the outcome of the game.

1.5. Tie-Games:

- 1.5.1. There will be no tie-games during regular season or tournament play.
 - 1.5.2. If the regulation game ends in a tie, the coaches shall have a coin toss to determine who has the option to defend or take the ball. The team that defends will have the choice of which goal they will defend.
 - 1.5.3. The first overtime shall be determined by 4 plays from the 10. A team may elect to go for 1 PAT from the 5 or 2 PAT from the 10.
 - 1.5.4. The second and third overtimes shall consist of 4 plays starting from the 20 with the opportunity to get a 1st down. All PATs must be for 2 from the 10 yard line.
 - 1.5.5. The game shall be decided in the 4th overtime by a coin toss.
- 1.6. **Start of Game:** Coaches will meet during the pregame/coin toss. The referee or game administrator will toss a coin in the air and catch the coin as it would lay if it hit the ground (no flipping over). If the coin is dropped, it shall be flipped again. The coach chosen to call the coin toss shall make his call before the coin is tossed. The winning team shall be the home team and may elect to take the ball or defend a goal. The team defending will always choose the goal they want to defend. Teams will change goals

at the beginning of each quarter. The first series of downs shall start from the 5 (50 yard field).

1.7. Beginning a Down:

1.7.1. Offensive Line-up:

1.7.1.1. The offensive team shall start with 5 players on the line; two on each side of the center in a standard 5 man front formation with no more than arms length splits. No split ends.

1.7.1.2. Two backs must be lined up one yard behind the linemen.

1.7.1.3. The 3 backs may line up in any position as long as it meets the 1 yard criteria which shall apply to the QB if not in the direct snap position.

1.7.1.4. Only eligible receivers may run the ball.

1.7.2. Defensive Line-up:

1.7.2.1. The defense shall line up with 4 players on the defensive line and may line up 3 feet (1 Yard) from the ball.

1.7.2.2. No defensive may line up over the center.

1.7.2.3. There will be no blitzing between the ends by the *down linemen*. Down linemen may pursue the runner but may not cross the line between the ends unless the play is a reverse or a pass at which point the D line may attempt to get a flag.

1.7.2.4. The Defensive backs may line up in any position behind the defensive linemen no closer than 3 yards to the LOS. Defensive backs may blitz anytime, anywhere.

1.8. Putting the ball in play: The ball must be centered between the legs of the center. The QB may take a direct snap from under center or from the shotgun but the ball shall be snapped between the center's legs.

1.9. Advancing the ball: The ball may be advanced toward the goal by a run or pass. The ball may be pitched laterally or backwards from any position on the field. There will only be one forward pass allowed from behind the line of scrimmage.

1.10. Ball Carrier: A ball carrier may not advance the ball on consecutive plays.

For the purpose of this rule, a pass shall not be considered a carry. An exception may be a broken play but should the official adjudge the play to be a planned broken play, he shall call the play dead and penalize the offense for illegal formation (loss of down).

1.11. Motion/Shift: Motion is not permitted and will be considered an illegal formation.

1.12. Number of downs:

1.12.1. A team has 4 downs to move the ball 10 yards.

1.12.2. Placement of the ball is imperative. The ball shall be placed with the front edge touching the LOS so that if the ball breaks the plane of the yard to gain, it will be a first down.

1.13. Passing:

1.13.1. There may only be one forward pass made from behind the line during a down.

1.13.2. All backfield players are eligible passers.

1.13.3. The passer is not an eligible receiver. The pass must go to another player unless the ball is batted. If it is a batted legal forward pass, there may not be another pass.

1.13.4. Interference shall be called if a player is held, pushed or blocked in the process of catching the ball. You cannot run thru a player that has position to make an attempt to catch or deflect the ball.

1.14. Receiving:

1.14.1. All backs and players on the ends of the line are eligible receivers.

1.14.2. The receiver must have one foot in bounds when catching the ball.

- 1.14.3. If a foot is out of bounds before or simultaneous to receiving the ball, it is incomplete. (Receiver cannot go out and come in unless forced).
- 1.15. **Play Clock:** A team shall have 30 seconds to get a play off once they have entered the huddle. Teams adjudged to be intentionally consuming time or delaying the game will be penalized with a delay of game. The offensive team SHALL huddle after every play. The no huddle offense is NOT permitted regardless of time on the clock.
- 1.16. **Fumbles:** The ball is dead as soon as it hits the ground. No grounded fumble can be recovered by an opponent however, the opponent may take possession of a loose ball that has not been grounded (example: Running back bobbles a pitch and defender takes possession before the ball touches the ground. Defender may advance the ball as if it were an interception). Fumbles will remain in possession of the team with the ball unless it is during the last down of a series and the team has not achieved their yard to gain for a 1st down.
- 1.17. **Flag:**
- 1.17.1. The ball is dead and shall be placed in the forward most point of the ball at the time the flag is pulled, not the position of the flag.
- 1.17.2. Players must have both flags attached to the sides of the belt on their hips prior to the start of a play.
- 1.17.3. Flags may not be wrapped around the belt.
- 1.17.4. Shirts shall be tucked in so that they do not cover the belt or flag.
- 1.17.5. A player shall be judged down in the forward most position of the ball when the flag hits the ground should the flag be knocked off or fall off his belt.
- 1.17.6. A runner Shall Not use a stiff arm or other means to flag guard such as but not limited to running with arms extended over flags or using their hands in a chopping motion to knock a defenders hands away from their flag.
- 1.17.7. Each team shall use a league provided set of flags but may alter the length of the belt to fit the player.
- 1.18. **Out of bounds:** The ball should be placed with the forward most point of ball at the position where it is located where it goes out of bounds if it goes out first or the forward most point of the ball when the player goes out of bounds. If the ball goes out of bounds behind the forward most point of the ball carrier, the ball will be placed in the forward most position of the ball carrier.
- 1.19. **Blocking:**
- 1.19.1. Blocking is permitted on the LOS and in open field.
- 1.19.2. Blocking is permitted in the closed hands to the chest, pass protection type of block. Blocks are intended to be more of a screen or pick.
- 1.19.3. All offensive and defensive players must begin the play from the 2 or 3 point positions. No player other than the center may use 4 point position.
- 1.20. **Punt:** If a team does not reach it's line to gain(or at any time during it's series of downs), it will be permitted to request to give the ball up by method of a called punt. The ball will be put in play for the opposing team 25 yards beyond the previous spot or at the 5 yard line if punting from the opponents 25.
- 1.21. **Dead Ball:**
- 1.21.1. When the ball or runner goes out of bounds.
- 1.21.2. Incomplete pass.
- 1.21.3. When a score occurs.
- 1.21.4. When the ball carrier touches the ground with any part of his anatomy except his feet or hands (Knee, Hip, Etc).
- 1.21.5. When the ball carrier has his flag pulled.
- 1.21.6. When a ball carrier has had a flag fall off.

- 1.21.7. When a loose ball (fumble) is grounded.
 - 1.21.8. When so designated by the official to administer a penalty, called time out or other need to stop play.
 - 1.22. **Coaches:**
 - 1.22.1. 4 coaches max allowed per team.
 - 1.22.2. No more than two coaches per team on the field at one time.
 - 1.22.3. One coach may direct the team by calling plays.
 - 1.22.4. The other coach may assist with positioning.
 - 1.22.5. Coaches may huddle with the team but must position themselves behind the offense or defense and shall not interfere with the play.
 - 1.23. **Play Cards:** Coaches are permitted to use play cards during the game.
 - 1.24. **Playing Time:** All players must play a minimum of one half of the game or two full quarters. This may also be accomplished by designating players as offensive and defensive players or using an A or B team during varying quarters. Coaches are encouraged to allow all players to participate; however, should a player not attend practice, the coach may reduce the amount of minutes this player plays (Coach shall notify league official prior to a game). A coach shall not play an A player for an entire game when the A player has not practiced like all of the other players. Playing time must be fair and equitable for players that put their time in. The purpose of this league is to encourage participation and get players interested in sticking with the sport. While discipline is important, it will be gradually introduced as they move to a more demanding level.
 - 1.25. **Uniforms:**
 - 1.25.1. All players must wear league supplied jerseys without any alterations other than what might be necessary to fit the player.
 - 1.25.2. All jerseys/uniforms must be worn on the outside but any clothing hanging below the waist must be tucked in the shorts or pants.
 - 1.26. **Ball:** Teams may only use the league supplied ball.
 - 1.27. **Equipment:** Any additional equipment must be approved by a league official prior to use.
 - 1.28. **Mouth Pieces:** Mouth pieces shall be worn at all times. No Exceptions.
2. **Fouls and Penalties:** (*Note: All basic penalties will be 5 yards with exception of Unsportsmanlike and Flagrant Personal Fouls which are 10 yards. Pay attention to Basic Spot enforcement as described in the KHSAA rules.*)
- 2.1. **Defensive Players:**
 - 2.1.1. It shall be a foul for a defensive player to hold, tackle, trip, use hands on opponents head or rough up any offensive player.
 - 2.1.2. Use of hands shall be restricted to the shoulder or body of the offensive player.
 - 2.1.3. There shall be no contact with a player's back unless initial contact is from the front or side and the contact has remained continuous.
 - 2.1.4. **Diving:** A defensive player *may lunge* but **shall not leave their feet** to get a flag. The defensive player must remain in control of his feet. *If he/she trips or falls towards the runner, they should be judged as diving. This is a safety and advantage rule that must be enforced at all times.*
 - 2.1.5. A defensive player shall not grab a runner's clothing or wrap him up in order to obtain a flag.
 - 2.1.6. **Tackling:** The defense shall not take a player to the ground to tackle them.
PENALTY: 5 Yards from the spot of the foul or end of run depending on which is greater. Tackling and diving penalties will result in an automatic 1st down. A player shall sit out one series if he is flagged for Diving or Tackling a second time.

2.2. Offensive Players:

2.2.1. It shall be a foul for an offensive player to hold, push with hands in a rough manner, block by leaving feet or rough up a defensive player.

PENALTY: 5 Yards from the spot of the foul or end of the run depending on which is greater and replay down.

2.3. **Offside:** An offensive or defensive player who crosses the line of scrimmage or makes any motion that causes the opponent to cross the line of scrimmage shall be determined to be offside.

PENALTY: 5 Yard penalty and replay down.

2.4. **Pushing:** Pushing a runner out of bounds without going for a flag will result in a pushing penalty.

PENALTY: 5 Yard penalty and replay down.

2.5. **Delay of Game:**

PENALTY: 5 Yards and replay down.

2.6. **Chopping/Straight Arm:** The use of a chop motion or stiff/straight arm is considered a roughing penalty.

PENALTY: 5 Yard penalty from spot.

2.7. **Too Many Players:**

PENALTY: 5 Yards and replay down.

2.8. **Unsportsmanlike Conduct:**

PENALTY: 10 Yards from the LOS.

2.9. **Personal Foul:** (Kicking, Punching, Slapping, etc.)

PENALTY: 10 Yards from the LOS. Player shall be removed for subsequent violations for the remainder of the game.

2.10. **Clipping or Blocking from behind:** Players shall not block below the waist outside of the free blocking zone and shall not block in the back. **PENALTY: 5 yards and replay down.**

2.11. **Too Many Coaches on Field:** More than two coaches on field: First offense gets a warning and each subsequent offense is a **5 Yard Penalty.**

NOTES: There are two types of penalties: Those that jeopardize safety and those that violate rules by gaining an advantage. Penalties that jeopardize safety include but are not limited to diving, tackling, stiff arming and rough blocking. These penalties SHALL be strictly enforced.

3. Officials:

3.1. There must be a minimum of one official to begin a game.

3.2. Coaches may officiate a game should a league official not be present and the game administrator shall decide if the game is considered a regulation game or a scrimmage.

3.3. Referee: Shall position himself behind the offense and will rotate to the area opposite the Linesman:

3.4. Linesman: Shall position himself opposite the box/chain and rotate opposite the Referee.

3.5. Umpire: When available, the Umpire will position himself behind the defense.

3.6. Officials are expected to read and enforce the rules. The number 1a objective is safety with fair play being 1b and sportsmanship being number two. The third objective is to have fun. If you take care of number one and two, three will take care of itself.

3.7. Officials should recognize that participants want to win and will be very competitive in their approach to the game. Good coaches will become students of the rules so that they can use them to their advantage. Do not penalize a coach or team for expecting you to know and enforce the rules in a fair manner.

4. **Playing field:** The playing field will be 50 yards long by 40 yards wide with hash marks dividing the field in thirds. The hash marks will be used to place the ball in play when the

previous play goes outside of the hashes. Inside the hashes the ball will be placed where it becomes dead.

5. T.C.S.A. Policies:

5.1. Practice:

5.1.1. Practice shall not last longer than One and One-half hours (1.5 hrs).

5.1.2. There shall not be more than 3 practices during a week.

5.1.3. A league official shall monitor the heat index during the early/hot weeks of the season and may cancel all practices or games if it exceeds the limits set by the KHSAA and/or may impose stricter guidelines than the KHSAA.

5.1.4. During hot weather practices, coaches must allow players to have plenty of water in order to stay hydrated. It is recommended that water breaks take place every 15 minutes if practices are very active.

5.1.5. There are no scrimmages allowed unless the league sponsors it and submits an approval in writing.

5.2. **RULES:** The game officials have the authority to render a decision on any rules that are not specifically covered in the written league rules. There are no unwritten rules that will be approved or become standard unless adopted and written by the league. Rules not specifically covered herein shall be based on the Fed Rule book as provided by the KHSAA.

5.3. Officials are strongly encouraged to be licensed by the KHSAA and/or have a sound knowledge of the KHSAA/Fed rules.

5.4. Disqualification: If a player or coach is removed from a game they must be reinstated to participate in the following game which will be in the form of a phone call from the league. The disqualification will be recorded in the game records. A subsequent disqualification will result in a suspension of one full game and reinstatement still applies. Further disqualifications will be for the remainder of the season.

5.5. Rosters: The league will provide the team rosters.

5.6. Contracts: Each player must have a parent or legal guardian sign the approved forms before they can participate in a practice or game. Players are only allowed to participate in one league. A 7 year old may not participate in the 8 year old league and then participate in the 7 year old league. If they play up a level, they shall remain at that level.

5.7. **Approved formations/plays:** All teams SHALL use the formations and plays provided. There will be no variations of plays or formations approved. Busted plays are an exception as long as they are not designed.

5.7.1. Offensive backs shall line up no further than 5 yards outside of the End/Tackle's outside shoulder.

5.7.2. Defensive backs shall line up no further than 5 yards outside the defensive end's outside shoulder or the offensive split back's outside shoulder.

End of Rules...