

Louisburg Recreation Commission  
Flag Football Rules

- Teams must field a minimum of 4 players to start a game. A maximum of 5 is allowed on the field.
- Games are played with a running clock in two 20 minute halves
- Time only stops at halftime, coach's timeout or a referee timeout.
- 5 minute halftime
- Each team has one 60 second timeout and one 30 second timeout per half.
- A touchdown is 6 points
- Extra point is 1 point
- Safety is 2 points
- After a ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is called.
- There are no kickoffs
- No blocking or tackling is allowed
- A coin toss determines first possession
- The ball must be on the ground at the snap to start the play. An incomplete snap results in a dead ball
- Only snaps between the legs are allowed, snaps off to one side are not allowed
- The offensive team takes possession of the ball at their 5 yard line and has 3 plays to cross midfield. Once they cross midfield they have 3 plays to score a touchdown
- If the offensive team fails to cross midfield or score, possession of the ball changes and the opposition starts their possession from their 5 yard line
- All possession changes, except interceptions, start on the offense's 5-yard line
- Teams change sides after the first half of play and possession changes
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving)
- One player is allowed in motion at a time prior to the snap, the player may not be moving toward the line of scrimmage at the time of the snap
- The play is over when the ball carrier steps out of bounds, ball carrier's flag is off or pulled off, receiver's flag is off or pulled off, or the ball carrier's knee or hand hits the ground
- There are no fumbles. The ball is spotted where the ball hits the ground. Anytime the ball touches the ground it is dead
- Substitutions may be made on any dead ball
- Games can not end on a defensive penalty, unless the offense declines it
- If the score is tied at the end of 40 minutes, teams move directly into overtime
- A coin toss determines first possession in overtime
- The first team to score wins

- A mouthpiece must be worn at all times**
- Cleats are allowed, no metal spikes**
- Flags must be positioned such that the flag attachment at the belt is pointed outward**
- Unsportsmanlike play will not be tolerated (tackling, cheat shots, blocking, elbowing)**
- Offensive language will not be tolerated**
- Officials have the right to determine unsportsmanlike play and offensive language and players can be ejected from the game**

#### Rushing the quarterback-

Alls players who rush the quarterback 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 must defend at the line of scrimmage

Once the ball is handed off the seven yard rule is no longer in effect and all defenders may go behind the line of scrimmage

#### Running-

The quarterback may not run the ball

Only handoffs behind the line of scrimmage are permitted

Multiple handoffs are allowed

No laterals or pitches

No run zones are 5 yards before the end zones and designated to avoid short yardage power running situations

The player that takes the handoff may throw from behind the line of scrimmage

The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is

#### Passing-

All passes must be forward and received beyond the line of scrimmage

Shovel passes are allowed but must be received beyond the line of scrimmage

The quarterback has a 7 second "pass clock". If a pass is not thrown within the 7 seconds the play is dead, there is a loss of down and the ball is returned to the line of scrimmage

Once the ball is handed off the 7 second rule is not in effect

Interceptions may be returned. Possession of the ball starts at the point of the dead ball

#### Receiving-

All players are eligible to receive passes

A player must have at least one foot inbounds when making a reception

-Officials will call penalties

-All penalties will be assessed from the line of scrimmage

-Referees determine incidental contacts that may result from normal run of play

-Only the coach may ask the referee questions about rule clarifications

-Players and coaches cannot question judgement calls

Defensive-

Offside-10 yards and first down

Interference-10 yards and first down (holding, blocking, etc.)

Illegal contact-10 yards and first down

Illegal flag pull-10 yards and first down (before player has the ball)

Illegal rushing-10 yards and first down (rushing inside the 7 yard line marker)

Unsportsmanlike conduct-10 yards and first down

-Within 10 yards of the goal, ball is placed  $\frac{1}{2}$  the distance to the goal

Offense-

Illegal motion-10 yards and loss of down (false start, more than one person moving)

Illegal forward pass-10 yards and loss of down (pass received behind line of scrimmage)

Offensive pass interference-10 yards and loss of down (pushing off , pick play)

Flag guarding-10 yards and loss of down

Delay of game-10 yards and loss of down AND clock stops

Unsportsmanlike conduct-10 yards and loss of down