

OFFICIAL FLAG FOOTBALL RULES



General Rules

1. The game should be played between 2 teams of 7 players each (five at a minimum). If possible, equal numbers of men and women should be on each team.

Equipment Rules

1. Each player must wear a one-piece belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back.
2. Shirts or jerseys must remain tucked in, unless shirt is short enough so that flags are still clearly visible.

Game Length and Substitution Rules

1. A coin flip will determine who receives initial possession of the ball. The opposite team will receive possession at the beginning of the 2nd half.
2. Playing time shall be 40 minutes, divided into two halves of 20 minutes each. The length of the game can be shortened if both teams agree to a new time limit.
3. Each team receives 2 timeouts per game.
4. All substitutions must enter the game during a dead ball.

Series of Downs

1. Each team receives four (4) downs to pass the zone-line-to-gain or endzone.
2. On the 4th down, the offensive team can elect to punt the ball. If they elect to punt, the kick is protected. All defensive players, with the exception of the punt returner, must line up on the line of scrimmage, and remain motionless there until after the punt is made.

Playing Rules

1. The offensive team must have at least 4 players on their scrimmage line at the snap.
2. All offensive players must be within 15 yards of the ball.
3. One offensive player may be in motion, but only laterally.

4. The player who receives the snap must be at least two yards behind the line of scrimmage.
5. There is no diving while running with the ball.

Passing/Receiving

6. All players are eligible to catch a pass.
7. There may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion or run must involve a female passer, a female receiver or a female runner for positive yards.
8. A forward pass is illegal if: A) the passer's foot is beyond the line of scrimmage, B) there is more than one forward pass per down.
9. Pass interference occurs when there is contact with an eligible receiver beyond the line of scrimmage, or if an eligible receiver is deflagged/tagged prior to touching the ball.
10. Defensive players must make a definite effort to avoid charging into the passer after it is clear the ball has been thrown.

Running/Flag Belt Removal

11. When the flag belt is clearly taken from the runner in possession of the ball, the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in marking the next down.
12. When a runner loses his/her flag belt inadvertently, play continues and the deflagging reverts to a one-hand tag of the runner between the shoulders and knees.
13. In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
14. No face guarding or flag guarding is allowed.
15. No stiff arming is allowed.
16. A male runner can not advance the ball through the line of scrimmage. There are no restrictions: during a run by a male runner once the ball is beyond the line of scrimmage, during a run by a female runner, or after a change of possession.

Blocking

17. Offensive blocking shall take place without contact. The blocker shall have his/her hands and arms at his/her side or behind his/her back. Defensive players must attempt to go around the offensive blocker.

Scoring

18. All touchdowns are 6 points.
19. Extra points are worth 1 point, and the team attempting an extra point gets one down from the 3-yard line.