

RULES AND REGULATIONS

Teams play 7 on 7 and each game consists of two halves. Tournament games consist of two, 15-minute halves. The clock only stops for halftime, team timeouts (3 per half), or player injury. Rules and penalties come from the NFL Flag football website.

The most important rule in flag football is **very minimal contact is allowed**, including tackling, diving, blocking, screening or fumbles. **Any contact creating an advantage, for a player, will be penalized by the officials.** Defenders 'tackle' the ball carrier by removing one of an offensive player's flags.

SCORING

Every game starts with a coin toss (there are no kickoffs). The starting team begins on its own 5-yard line and has four downs—essentially four plays—to cross the 10 yard mark for a new set of downs.

If the offense fails to advance after three attempts, they can “punt,” meaning they turn over the ball to the opposing team, which then starts from its own 5-yard line. Or they can go for a first down, but if they fail, the opposing team takes over possession from the spot of the ball.

A touchdown is 6 points and a safety is 2 points (1-point conversion from the 5-yard line; 2-point conversion from the 10-yard line). A safety occurs when the ball-carrier is declared down in their own end zone.

In tournament play, the game will end when a team is ahead by 28+ points at any time. (Mercy rule)

RUNNING

When players run with the ball, their feet can't leave the ground to avoid a defensive player. In other words, players can spin to avoid their opponent, but they can't leap or dive.

Direct handoffs and unlimited backward pitches/passes are allowed behind the line of scrimmage. Only 1 forward pass is allowed per play.

The end of any run is determined by where the ball is, when the flag is pulled.

RECEIVING

One rule that makes flag football unique (and that much more competitive) is that everyone can receive a pass, including the quarterback, after the ball has been handed off behind the line of scrimmage.

Players must have 1 foot or body part inbounds, with possession of the ball, for a legal catch.

PASSING

Any type of a forward pass must be caught across the line of scrimmage. (shovel, underhand, overhand).

Interceptions on normal plays are allowed and can be advanced by the defense.

Interceptions on any extra point can also be returned for 2 points.



RUSHING THE PASSER

1 or 2 designated rushers are eligible to rush the offense. Designated rushers behind the line of scrimmage to legally rush and need to keep their hand raised until the ball is snapped.

No defensive player is ever obligated to rush across the line of scrimmage on a given play.

FEMALE SPECIFIC RULES

Due to the nature of this tournament being co-ed there are some additional rules to make sure that the girls are involved. Here are the most important ones:

- There must be at least one girl on the field at all times.
- A girl must be involved in a play once every 3 downs.
 - This means a girl must either pass, catch, or rush the ball once every 3 downs.
- It is a 5-yard penalty for breaking one of these rules.

RULES FOR SAFETY

Any offensive player that is “blocking” to protect their quarterback must keep their hands behind their back and cannot forcefully push the rusher using their body. Rushers cannot forcefully push a blocker. Rushers goal is to get around the blocker and the blockers goal is to stay between the rusher and quarterback at all times.

There are no fumbles. A backwards pass or fumble that hits the ground will be marked at the yard line the ball hits. A forward fumble will be spotted at the yard line where the fumble occurred.

The ball is dead when: the ball carrier's knee, leg, shin or arm hits the ground or the ball carrier's flag falls off.

Players can’t obstruct or guard their flags.

Players must wear shorts with no pockets or pockets that can zip.

PENALTIES

Defensive Spot Fouls:

<i>TYPE</i>	<i>DESCRIPTION</i>	<i>YARDAGE</i>
Defensive Pass Interference	The player significantly hinders an eligible receiver's opportunity to catch the ball	Automatic first down
Holding	The player restrains another player who is not in possession of the ball	+5 yards and automatic first down
Forceful Contact	The player uses accessive force to push a player	+5 yards and automatic first down



Offensive Spot Fouls:

<i>TYPE</i>	<i>DESCRIPTION</i>	<i>YARDAGE</i>
Screening or Blocking	The player uses physical attempts to gain yardage by obstructing the path of their opponent.	-10 yards and loss of down
Flag Guarding	The ball-carrier intentionally obstructs the defender's access to their flag.	-10 yards and loss of down
Charging	The player challenges their opponent for space by pushing with their arms or elbows	-10 yards and loss of down

Defensive Flag Football Penalties:

<i>TYPE</i>	<i>DESCRIPTION</i>	<i>YARDAGE</i>
Unnecessary Roughness	Using methods beyond what is necessary to pull the flag off the opponent	+10 yards and automatic first down
Unsportsmanlike Conduct	Examples include excessive celebration, using abusive language, punching or kicking an opponent	+10 yards and automatic first down
Offside	A player crosses the line of scrimmage before the ball is snapped	+5 yards from line of scrimmage and automatic first down
Roughing the Passer	A player makes contact with the passer after they've thrown a forward pass	+5 yards from line of scrimmage and automatic first down
Taunting	A type of unsportsmanlike conduct where the player purposefully creates ill will between teams	+5 yards from the line of scrimmage and automatic first down



Offensive Flag Football Penalties:

<i>TYPE</i>	<i>DESCRIPTION</i>	<i>YARDAGE</i>
Unnecessary Roughness	Using methods beyond what is necessary to pull the flag off the opponent	-10 yards and loss of down
Unsportsmanlike Conduct	Examples include excessive celebration, using abusive language, punching or kicking an opponent	-10 yards and loss of down
False Start	A player charges or moves in a way that indicates the start of the play before the ball is snapped	-5 yards from line of scrimmage and loss of down
Illegal Forward Pass	A player throws the ball forward once they are past the line of scrimmage	-5 yards from line of scrimmage and loss of down
Pass Interference	The eligible receiver significantly hinders the defensive players opportunity to intercept the ball	-5 yards from line of scrimmage and loss of down
Illegal Motion	Players shifting and not coming to a complete stop before the ball is snapped	-5 yards from line of scrimmage and loss of down
Delay of Game	Team fails to snap the ball within 45 seconds after the previous play ended	-5 yards from line of scrimmage and loss of down
Impeding the Rusher	The rusher is forcefully pushed or tripped by an offensive player	-5 yards from line of scrimmage and loss of down

