

# Men's Flag Football Rules

## ***Flag***

- \* The coin toss has the same rules as the NFL.
- \* The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross Midfield.
- \* Once a team crosses the midfield, it has three plays to score a touchdown. If the offense fails to Score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- \* If the offensive team fails to cross the midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- \* All possession changes, except interceptions, start on the offensive 5-yard line.
- \* Teams change sides after the first 25 minutes, clock stops and possession changes at the half.

## ***Players/Game Schedules***

- \* Teams must field a minimum of five (5) players at all times or game is forfeited.

## ***Timing/Overtime***

- \* Games are 50 minutes long with a running time clock.
- \* If the score is tied at the end of 50 minutes, teams move directly into overtime. The first team to score wins.
- \* Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one Warning before a delay of game penalty is enforced.
- \*\* Each team has two 60-second time out and one-30 second time out per game.
- \* Officials can stop the clock at their discretion.

## ***Scoring***

Touchdown: 6 points

Extra point: 1 point (played from 5-yard line)

2 points (played from the 12-yard line)

Safety: 2 points

## ***Running***

- \* The quarterback cannot run with the ball.
- \* Direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- \*\* Laterals or pitches may be used behind the line of scrimmage.
- \* "No running zones", located 5 yards from each end zone and 5 yards on either side of the Midfield, are designed to avoid short-yardage, power-running situations.
- \* The player who takes the handoff or pitch can throw the ball from behind the line of scrimmage.
- \* Once the ball has been handed off or pitched, all defensive players are eligible to rush.
- \*\* Spinning is allowed, but players cannot leave their feet, other than the quarterback on an attempted pass.
- \* The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

## **There is a 49-point mercy rule.**

### ***Receiving***

- \* All players are eligible to receive passes (including the quarterback if the ball has been handed off or pitched behind the line of scrimmage.)
- \* As in the NFL only one player is allowed in motion at a time.
- \* A player must have at least one foot in bounds when making a reception.

### ***Passing***

- \*\* The quarterback has a seven-second “pass clock”. If a pass is not thrown within the seven seconds, play is dead, loss of down at the spot where the quarterback is. Once the ball is handed off, the seven-second rule no longer is in effect.
- \*\* Interceptions may be returned.

### ***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, from the player’s side of the field.
- \* Play is ruled “dead” when:
  - Ball carrier’s flag is pulled or falls out.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - Any part of the ball carrier’s body hits the ground. (Other than his feet)
  - Ball carrier’s flag falls out.

NOTE: There are no fumbles. The ball is spotted where the ball hits the ground.  
This is a judgment call!!!!

### ***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 the line of scrimmage.

Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. **Remember, no tackling is allowed.**

## ***Sportsmanship/ Roughing***

If the field monitors or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the tournament. **FOUL PLAY WILL NOT BE TOLERATED.**

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game. ***THIS INCLUDES THE "F" WORD!*** Please keep it clean.

-Physically assaulting an official, player, or scorekeeper, or outrageous verbal abuse will result in automatic suspension for the remainder of league and tournament play and possible a one year suspension from the Rapid City Recreation Division Basketball League. This will be at the discretion of the Recreation Specialist/Director. (Legal action may also be taken).

## ***Penalties***

The referee will call all penalties.

### **Defense:**

Off sides– 10 yards and automatic first down

\*\*Interference– Spot of foul and automatic first down.

Illegal contact (holding, blocking etc.) - 10 yards and automatic first down

Illegal flag pull (before receiver has ball) - 10 yards and automatic first down

Illegal rushing (starting rush from inside 7 yard marker) -10 yards and automatic first down.

### **Offense:**

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

Offensive pass interference (illegal pick play, pushing off/away defender)- 10 yards and loss of down.

\*\* Flag guarding – 10 yards and loss of down

Delay of game– clock stops, 10 yards and loss of down.

\*\* Offensive team may accept or decline defensive penalty's due to result of a play.

\* No current professional or college players allowed except for A league. (These players must be 5 years removed from school or pro ball to play lower than a league.)

\* Referees determine incidental contact that may result from normal run of play.

**\*\* Only the team captain may ask the referee questions about rule clarification and Interpretations. Players cannot question judgment calls.**

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

