



Prescott YMCA Flag Football Rules and Regulations

2023

THIS IS A NON-CONTACT LEAGUE

- Welcome all coaches, players, and officials, to the Prescott YMCA Adult Flag Football program. This program is based on caring, honesty, respect, responsibility, and exercise for all individuals involved. The YMCA Sports Department will supply a supervisor/referee. Teams will report to the supervisor. **THIS LEAGUE IS FOR FUN AND DEPENDENT ON GOOD SPORTSMANSHIP.** Play to win, but DO NOT put winning ahead of being an honest player and a good person. We hope that you will enjoy your experience in our program and our staff would like to take this time to wish you the best of luck this season.

ROSTERS and CAPTAIN'S MEETINGS

- All teams must be represented at the pre-season captain's meeting. This is MANDATORY.
- Players must be at least 16 years old prior to the start of the season. Players under the age of 18 will need to have a parent or guardian sign a waiver/release form before the first game.
- Each team game roster is to be submitted by the team captain at the start of each game. A team must have a minimum of five (5) players and a maximum of fifteen (15) players on its roster at the start of the game.
 - Players may only play on one team. If they wish to switch to a different team once the season has started, they can do so by: 1st-Being dropped from the team roster they wish to leave: 2nd- Then get added to the team roster they wish to join. NOTE: A player may only switch teams ONCE during the season. Also, once a player is dropped and added that player cannot return to his former team or join any other team. Violation of this rule will result in forfeits for the team(s) that is involved.

- Rosters will be frozen after the 4th week of the season-Meaning the roster of 14 after the 4th week will be the team the rest of the season. No one can be added to a team after week 4.

ELIGIBILITY OF PLAYERS

- ***TO BE ELIGIBLE FOR THE PLAYOFFS, A PLAYER MUST HAVE PLAYED AT LEAST (4) REGULAR SEASON GAMES WITH THE SAME TEAM HE WOULD BE PLAYING WITH THEM IN THE PLAYOFFS.***
- A team captain may request ONLY one (1) eligibility check per game. The request must be made known to the field/league supervisor and must happen before the game starts or at halftime.

A player may be ruled illegal/ineligible if:

- The player does not have a valid ID in possession (on bench),
- The player's name does not appear on the team roster and/or game roster.
- The player does not meet the age requirements.
- And any other violation of rules such as playing on more than one team etc.
- A player didn't meet the minimum requirement for games played during the regular season, and is listed on the playoff roster.

PENALTY:

- The illegal/ineligible player is automatically ejected from the game and the team using the illegal/ineligible player forfeits the game. A second ejection for the same player during the season **may** result in a suspension for the remainder of the season and the team may be dropped from the league. All decisions made by the field supervisor in this matter are final.

PROTESTS

- Official's judgement calls **cannot** be protested. Officials and recreation staff will handle all matters.
- All decisions are final.
- Captains can call a timeout to discuss rule interpretations with the referee(s). If the referee has made an error and a call is changed then the team will not be charged a timeout. If the call stands the team that took the timeout to discuss the rule will lose that timeout.

PARTICIPANT CONDUCT

- The field supervisor and/or official have the authority to forfeit any game, eject players, coaches, or fans **WITHOUT WARNING** from the game for any conduct deemed unbecoming or detrimental to the game.
- **ALL TEAM CAPTAINS ARE RESPONSIBLE FOR THE BEHAVIOR OF ANY PLAYERS, COACHES, OR FANS IN ATTENDANCE AND ARE THE ONLY ONES AUTHORIZED TO COMMUNICATE WITH THE REFEREE(S) IN ANY FASHION.**
- **Teams and spectators are responsible for picking up any trash left by their team.**
- The consumption of alcoholic beverages by any player, coach, spectator, or other person attending the game, match or recreation activity **will not be tolerated**. Any individual that consumes or appears to have consumed alcohol will be asked to leave immediately. If the individual does not comply with the field supervisor's request to leave, that player's team will automatically forfeit the game and further consequences may be imposed. Alcohol is not allowed within the entire facility, including the adjacent parking lots, sidewalks, streets, alleys and/or the Park itself. Same goes for the PHS softball field and surrounding areas.
- **The YMCA is a TOBACCO-FREE FACILITY. SMOKING IS NOT ALLOWED ANYWHERE ON YMCA OR PHS PROPERTY OR ANY OTHER SITE USED FOR PRESCOTT YMCA ADULT FLAG FOOTBALL GAMES.**

- Any player that receives an unsportsmanlike conduct penalty, and is not ejected, **MUST IMMEDIATELY** substitute out of the game for the remainder of the current possession (may become 2 possessions based on official's interpretation of timing).
- If no substitute is available, the team will play a man down until player is eligible to return.
- Any player receiving two (2) unsportsmanlike conduct penalties in the same game will be automatically ejected for the remainder of that game and will receive an automatic one game suspension.
- A player that has been ejected from a game, for any reason, will also receive an automatic one-game suspension (this includes roster violations). Players that have been ejected must exit the facility and grounds immediately. Players are not allowed onto the facility until the completion of their one-game suspension.
- Three (3) ejections on the same team, in the same game, will result in an automatic forfeit for that team and further disciplinary action may follow.
- Any player that has been ejected from two (2) separate games will be suspended for the remainder of the season and may face further disciplinary action-possibly permanent expulsion from the league.
- All conduct matters will be presented to the sports department for further consideration.

GAME TIME/FORFEIT TIME

- The scheduled start time is game time. A 5-minute grace period will be allowed if a team is below 6 players. A team can play with as little as 5 players without forfeiting. If after the 5-minute grace period, a team still cannot field a team of at least 5 players that team shall forfeit. If both teams cannot field at least 5 players both teams will forfeit, and it shall count as a loss for both teams (35-0 will be the score for tiebreak purposes. This score applies to all forfeited games).
- If 6 players are at the playing site, and its game time, the game **MUST** begin.
- If a team forfeits three times, the team may be dropped from the league.
- It is the team's responsibility to be at the field before the scheduled start time.
- If you know ahead of time that you will not be able to field a team, please call the Sports Department @ 445-7221 ext. 233 as soon as you know.

LEAGUE STANDINGS AND TOURNAMENT FORMAT

- Standings will be available online at www.prescottymca.org. Go to the “Program” tab on the home page and then click on “Sports” on the drop-down menu. Then find the “Adult Flag Football League” section. Standings will be updated weekly.
- All teams eligible for post season play will be seeded for the tournament based on their regular season record. In the event of identical records, the following tie breaker system will be in effect:
 - 1st tie breaker: Head-to-Head Record
 - 2nd tie breaker: Record of both teams against common opponent(s).
 - 3rd tie breaker: Most Mercy Rule Wins
 - 4th tie breaker: Points against (Team allowing the fewest points all year).
 - 5th tie breaker: Coin Flip

INSURANCE

- The Prescott YMCA **DOES NOT** provide insurance for players. You play at your own risk and carry your own insurance.

LEAGUE SUPERVISOR

- Each team captain must report to the League Supervisor at least ten (10) minutes prior to scheduled game time to report line-up and check-in.
- The League supervisor for the league will be available for general information.

Playing Rules

THE GAME

- A coin flip will take place prior to the game. The winner of the toss will choose to receive or defend. The loser of the toss chooses which side they want to defend and will receive the ball to start the 2nd half.
- There will be a maximum of a Five (5) minute rest period between halves.
- To begin a half or after a score, the ball will be placed on the offensive team's own 5-yard line.
- The dimensions of the playing field shall be approximately 30-40 yards wide and 70-80 yards long, with 10-yard end zones at each end. There will be no-run zones 5 yards from each goal line and midfield. A team will encounter (2) NO RUN ZONES when on offense. The zones are located 5 yards from midfield (1st down line) and 5 yards from the end zone. A team within this zone MUST pass the ball to score or gain the 1st down. Same goes for 1-point conversions after a score (2-point conversions can be a run or pass).

NO RUN ZONES

- A team will encounter 2 NO RUN ZONES when on offense. The zones are located 5 yards from midfield (1st down line) and 5 yards from the end zone. When the team is 5 yards or closer to midfield or the goal line that team will have to PASS. Running the ball when inside the no run zones will result in a penalty.
- The mid-field line will be the 1st down line. A team has 4 plays to cross mid-field (to earn a 1st down) or punt. This will be the only first down you can achieve during a drive (unless a penalty results in an automatic 1st down by rule).
- After crossing midfield, a team has four more downs to try and score. A team can choose to punt at any time, but it must be declared to the referee and the other team beforehand. The team has 10 seconds to disclose their intentions (whether going for it or punting). If a team continues to take longer than 10 seconds to declare, then they will be warned and eventually penalized if they continue to do so. If a team takes longer than 10 seconds to declare, then the defense will be allowed to set their defense before the play starts.

- If a team turns the ball over on downs, the defensive team will take possession at that spot (NOT FROM THEIR OWN 5-yard LINE).

PLAYERS AND SUBSTITUTES

- Six (6) players constitute a full team on the field.
- A minimum of five (5) players are required on the field to play.
- At least one (1) offensive player (the center) must be on the line of scrimmage at the snap of the ball (offensive players may check with the side judge to ensure they are lined up legally).
- There is no limit to the number of substitutes made. Each substitute must play at least one (1) play.

UNIFORMS, EQUIPMENT, and FLAGS

- Teams must provide their own color-matching jerseys during every game. Teams not able to field the minimum number of players in uniform will forfeit.
- Shoes shall be tennis/basketball shoes or rubber-cleats, which have cleats or ripples, which are an integral part of the shoe's construction.
- This does not include football cleats with any type of detachable cleats or spikes.
- No hard-soled street shoes may be worn.
- Any shoe which has metal or steel tips is prohibited.
- **ABSOLUTELY NO METAL CLEATS!!** Anyone caught wearing metal cleats will be thrown out of the current game and suspended for the next game as well. Any player caught wearing metal cleats twice during the season will be suspended for the whole season and may be permanently expelled from the league.
- No bare feet shall be allowed.

- No jewelry may be worn by players.
- No players shall wear helmets, padded uniforms, sole leather or hard or unyielding substance.
 - Exception: A metal knee brace, which must have a protective covering over it.
- Each player on the field wears a belt at his waistline with two (2) flags attached, one (1) on each side (furnished by the Prescott YMCA). Not having both flags attached or Flags not being in the proper position at the beginning of any play will result in a penalty. ***(Illegal Equipment-5-yard penalty).***
- Anytime a ball carrier inadvertently loses one or both of his flags or his belt, it then resorts to one-hand touch to down the ball carrier.

COMMUNICATION

- Any communication with the officials or field supervisor **MUST BE THROUGH THE TEAM CAPTAIN.**
- The captain must identify him/herself to the game official prior to the game starting.
- Any communication to the field supervisor must be done during a break in the game, at half time or during a timeout.

BALL

- The Y will provide the game ball. We will use a full (official) size ball in our League. If both teams would like to use a ball different than the one provided by the YMCA, then the entire game will be played with that game ball. Both team captains must agree on using a different ball or the game will be played with the ball provided by the YMCA.

TIME and TIME-OUTS

- There will be four (4) ten (10) minute periods, with a running clock throughout.
- Running clock only stops on time-outs, injuries, the last minute of the first half (under the conditions listed in the following bullet) or the last two minutes of the game (in the last 2 minutes the clock will stop on incomplete passes, time-outs or when a ball carrier goes out of bounds).
- Clock will stop in the last minute of the first half after a touchdown until the team that gave up the score snaps the ball for their offensive drive. Clock will continue to run normally after that point.

- Clock will run during extra point attempt (Unless it's the last two minutes of the game/last minute of the first half). If a team is attempting an extra point and the clock expires before the play is started the team will still have the opportunity to make their extra point.
- There shall be a time limit of 25 seconds between plays, from the time the ball is declared live by the referee until the ball is snapped on the next play.
- Each team will have two (2) time-outs per half, lasting 30-60 seconds per time-out.
- If a team does not use a timeout in the first half, they will gain ONE (1) extra one for the second half. Timeouts will not carry over into overtime.
- Each team is allowed one (1) time-out during overtime regardless of the amount of overtime periods played.

TIE GAMES(Overtime) AND MERCY RULE

Mercy Rule

- 30 points or more by half time. (If a team is up by more than 20 points heading into the last 2 minutes of the game, the clock will continue to run except for timeout situations)
- If a tie exists at the end of the regular playing time, an overtime session will be played.
- A coin toss will decide which team shall get the choice for the first series of plays.
- The team losing the coin toss will select which side of the field will be used for the entire overtime period.
- Possession will begin at the 25-yard line.
- If a team scores, they may go for one (1) at the 5-yard line or two (2) at the 12-yard line.
- If the ball is intercepted and returned for a score, the defensive team wins (**this can happen during the series of downs or on an extra point**).
- If the score is tied after both teams have had 2 offensive possessions, teams will have to go for a two-point conversion every time until we have a winner.

- During the regular season, if one team has not emerged as the winner after the third round of OT then the game will end in a tie. During the playoffs, overtime will continue until we have a winner.
- Each team will alternate the first possession of set of plays. (Ex: A then B, B then A, etc.)

SCORING AND SCORING PLAYS

- Touchdown - 6 points
- Point(s) after touchdown: A team scoring a touchdown has its choice of attempting a P.A.T for:
 - One point conversion is from the 5-yard line. (MUST BE A PASS)
 - Two-point conversion is from the 12-yard line. (RUN or PASS)
- Safety - 2 points
- After a safety, the team scoring the safety shall put the ball in play on their own 5-yard line.
- Final Scores
- Forfeited game - 35 to zero.

FLAGGING

- A down shall be ended, and the ball declared dead when the flag is clearly removed from the ball carrier's belt. **The deflagger should immediately hold the flag above his head at the spot where the capture occurred.** When any part of the ball carrier, other than the hands and feet, touches the ground, the ball is dead at the spot.
- Flag pulling of a player who does not have the ball is considered Defensive Pass Interference.
- Penalty – 10 yards from previous spot, automatic first down.

Flag Guarding

- A ball carrier shall not interfere with the defensive team's effort to pull their flags. That includes ducking your head or shoulder or putting a hand or the ball in front of flags. Also, no stiff arms or knocking the hands of the defender away from your flags or keeping hands by flags to prevent a "pull" or obstruct a "pull".
 - The ball carrier is allowed to spin when running.
- The ball carrier should keep his hands and arms above their belt to avoid penalty.
 - Penalty – 10 yards from the spot of the foul and the down is counted.

Defensive Obstruction

- If, in attempting to take the flag, the defensive player obstructs the ball carrier with or without pulling his/her flags, defensive obstruction will be called.
- (However, it is the offensive player's responsibility to avoid a defender who has established a position).
- Includes **UNINTENTIONAL** holding, tripping, "knee blocking", grabbing of clothing, etc. o Penalty – 5 yards from the end of the run and automatic first down.
- Hurdling: While trying to advance the ball, ball carrier must generally "keep his feet". Attempts to avoid a standing or crouching opponent by jumping or diving over or into him shall be a violation. You can, however, jump over a fallen opponent. **ABSOLUTELY NO JUMPING OR DIVING WHEN IN POSSESSION OF THE BALL (unless it's to avoid contact with a fallen opponent)!**
- Penalty is 10 yards from spot.

FUMBLES

- Any ball that is fumbled or muffed and touches the ground shall be dead immediately and shall belong to the team last in possession or the offensive team at the spot it touched the ground.

BLOCKING, RUSHING, and CHECKING

- **BLOCKING IS NOT ALLOWED IN THIS LEAGUE-THIS IS A NON-CONTACT LEAGUE!**
- **ANY POTENTIAL RUSHER MUST START @ LEAST 10 YARDS FROM THE LINE OF SCRIMMAGE (A referee will mark the rush line). IF A RUSHER LEAVES THE 10 YARD MARK BEFORE THE BALL IS SNAPPED AND CONTINUES TO RUSH THE QB, THEN A PENALTY WILL BE ENFORCED (Unless the ball is handed off before the rusher crosses the line of scrimmage).**
- **Down field blocking is NOT legal. YOU MAY NOT BLOCK OR RUN INTERFERENCE DOWN FIELD FOR THE BALL CARRIER.**
- The defensive rushers MUST make an attempt to avoid an offense player who has held their position after the snap.
 - **Otherwise, it is the offense's responsibility to not obstruct the path of a defensive rusher.**

ILLEGAL CONTACT and STRIPPING

- The nature of the game of flag football is that a defender must either play the ball or the flag and may not contact a player in such a way as to gain an advantage while defending or receiving on pass plays.

- For example: a player catching a pass cannot be shoved in an attempt to make him drop the pass. Once he catches the pass, all the defenders can do is grab his flag.
- “Going for the ball” is not a valid excuse for pushing, shoving, or bumping an opponent in trying to catch the ball **(Depending on the severity of the infraction, the play may result in an unsportsmanlike conduct penalty against the offender and possible ejection from the game).**
- Stripping the ball is illegal. There are two forms of stripping:
 - Receiver stripping is an attempt to rake the ball from the grasp of receiver after he has caught the ball, but before he has brought the ball into a possessive position.
 - Runner stripping is an attempt to strip or rake the ball from the grasp of a player who has the ball in a possessive position.
- Penalty for all Illegal Contact and Stripping is 10 yards (Either from the Line of scrimmage or the spot of the foul whichever is more advantageous to the offended team).
- Any contact of the quarterback will result in an automatic roughing the passer call. Even if the rusher deflects a pass he may not follow through and make contact with the quarterback.

SCRIMMAGE DOWNS

- A down is a unit of the game, which starts with a legal snap and ends when the ball next becomes dead. Between downs is any period when the ball is dead.
- A team in possession of the ball shall have four consecutive downs to advance to the first down line or goal line. Any down may be repeated if provided for by rule.
- All plays from scrimmage must be started by a legal airborne snap from the center.
 - **ALL SNAPS MUST BE MADE BY THE CENTER PASSING THE BALL BETWEEN HIS LEGS TO THE QUARTERBACK.**
- **The line of scrimmage will be determined by the location of the ball carriers front foot at the time the flag on the belt is detached.**
- There shall be at least one (1) stationary player (the center) on the line of scrimmage when the ball is snapped.
- All other players may be on the line of scrimmage or anywhere behind it.

LIVE BALL, DEAD BALL, and OUT OF BOUNDS

- A dead ball becomes live as a result of a legal snap from scrimmage.
- A live ball becomes dead as a result of the following acts (any official of the game may declare the ball dead by signal or whistle):
 - When the ball goes out of bounds in flight and strikes the ground, a player who is out of bounds or an obstruction which is out of bounds.
 - When any part of the ball carrier other than his hands or feet touch the ground.
 - Removal of flags from the ball carrier's belt.
 - When a touchdown, touchback, safety, field goal, fair catch or try for point is made.
 - When the ball touches the ground as a result of a muffed ball or fumbled ball.
 - When a forward pass strikes the ground.
- **A backward pass or lateral that touches the ground shall be ruled as a turnover and the other team will take possession at the spot the ball hit the ground. If a lateral or backward pass goes out of bounds before striking the ground the team last in possession shall retain possession of the ball where it went out of bounds.**
- A player, or a ball in player possession, is out of bounds whenever the player or the ball touches the ground, or anything else other than another player who is out of bounds and shall be declared dead at this point.

SNAPPING

- No offensive player, while on the line of scrimmage, may take direct snap from center (where ball snap originated).
- The center, after assuming his position from scrimmage, may adjust the long axis of the ball one time at a right angle to his scrimmage line.
- Prior to snap, the center must have both feet behind the scrimmage line and no part of his body shall be beyond the forward point of the ball.
- No player of either team shall encroach upon the neutral zone after it has been established, and all players must be inbound.
- You are offside if you cross the neutral zone whether you contact an opponent or not.
 - Defenders can reset themselves if they do so before the snap and provided, they did not contact an offensive player or caused an offensive player to False Start because of their actions.
- No players shall interlock their legs.
- No player may make contact or interfere with an opponent or the ball before it is snapped.
- No offensive player shall make a false start, including a false movement to cause opponents to be offside.
 - Penalty – 5 yards.
- When the ball is snapped, only one offensive player may be in motion backwards or parallel to line of scrimmage.
- No player shall assume a position near the sidelines, which in any manner resembles a “sleeper” or hide-out play.
 - Penalty is 10 yards from line of scrimmage.
- The offense must be set a full second before ball is snapped (except for the man in motion).

PENALTY ENFORCEMENT

- If the penalty occurs during a loose ball play (pass or punt), the penalty is enforced from the previous spot and the down played over. On passing plays, penalize from spot of foul if behind L.O.S.
- On a running play, the penalty is enforced from either the spot of the foul or the end of the run whichever hurts the team the most and the down played over. If you accept the penalty, the down is replayed (unless the penalty also states a loss of down for the violation).
- If there is a foul or rule infraction by both teams on the same live ball, the fouls cancel out and there are no yards marked off. Replay the down.
- A live ball foul and a dead ball foul do not cancel each other out. Each foul will be administered in the order of occurrence and the yardage stipulated for the foul.
- On a foul or rule infraction by the offense, then a change of team possession occurs (such as an intercepted pass), the ball would then belong to the team intercepting the pass. If the intercepting team also commits a foul on the run-back during the same live ball, we don't have two live ball fouls and have them cancel each other out and the down replayed. We have a new element, a change of team possession. The intercepting team must turn down the offensive foul or rule infraction, accept possession of the ball, and then be penalized for the foul on the run-back.
- An intercepted pass caught behind the goal line can be advanced. If the receiver doesn't get out beyond the goal line and into the field of play it is still a touchback and no points awarded.
- The first half or end of the game cannot end with an accepted foul.

PUNTING

- When the offensive team wishes to punt (regardless of down), it is required to declare to the officials its intention to kick while they are still in their huddle (10 seconds to declare intention).
 - Decision can only be changed after a penalty or charged time-out.
- When punting, no one may move or cross the line of scrimmage until the ball is kicked. The defense (receiving team) must have a minimum of (4) players on the line of scrimmage during a punt situation and they cannot leave until the ball is kicked. The receiving team is allowed to have (1) or (2) players back to receive the punt and no more.
- There shall be no rushing the kicker, nor shall any defensive or offensive man cross the line of scrimmage (or move in any fashion) until after the ball has been kicked (exceptions are the punter and kick returner(s)).

- During the punt, only the kicker may be in motion.
- The center must hike the ball between his legs on all free kicks (including field goals if applicable).
- If the punt hits a member of the punting team who has not crossed the line of scrimmage, it is dead at that spot and the receiving team's ball.
- The kicker must be at least 5 yards behind the line of scrimmage when receiving the snap.
- After receiving the snap, the kicker must kick the ball within five seconds.
 - Penalty – Delay of game, 5 yards.
- If repeated, unsportsmanlike conduct, 15 yards and loss of down.
- If the ball is kicked outside of fence, it will be considered a safety, for the receiving team. The receiving team will take possession at their 5-yard line.
- A punt that goes across the goal line and into the end zone is dead and no advance is permitted.
- If the ball is muffed in the field of play and goes across the goal line becomes dead and belongs to the receiving team (touchback).
- A player of the receiving team shall be given an unmolested opportunity to catch the ball before it strikes the ground.
- A fair catch signal shall be made when a player of the receiving team, who is beyond the neutral zone, signals his intention by raising either, but only one, arm distinctively above his head and waives it from side-to-side.
- When a player makes a fair catch, the ball becomes dead where the player catches it.
- No player of the team, any member of which has signaled for a fair catch, shall carry the ball more than two steps in any direction.
- No player of the kicking team shall make any unnecessary contact whatsoever with an opponent who has completed or called for a fair catch.
- When a punt touches a player on the receiving team who is in bounds, and rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground.

- Once the ball strikes the ground it cannot be advanced by either team (exception being the situation described in the last bullet point-rebounds become live). The spot will be determined by where the ball comes to rest or is downed by either the kicking team or receiving team.
- **ONCE A PUNT HITS THE GROUND IT CAN NO LONGER BE RETURNED---ONLY DOWNED. (EXCEPTION BEING A BALL THAT BOUNCES UP AND STRIKES A RECEIVING PLAYER AND IS RECOVERED WHILE IN THE AIR BY THE PUNTING TEAM-IF BALL IS RECOVERED BY ANOTHER MEMBER OF THE RECEIVING TEAM THE BALL IS DEAD AT THAT SPOT).**

PASSING

- The offensive team is allowed one forward pass from anywhere behind the line of scrimmage. If the pass is incomplete, the ball returns to the line of scrimmage.
- There can be no forward pass made beyond the line of scrimmage.
 - All passes must be from behind the line of scrimmage and ANY FORWARD PASSES must be received beyond the line of scrimmage.
- **A ball carrier may hand or pass backwards at any time. If the ball hits the ground, it will result in a turnover and the defensive team will take possession of the ball where it hit the ground.**
- A backward pass or fumble may be intercepted by an opponent.
- If a backward pass or fumble hits the ground in the end zone, it shall be ruled as a safety.
- A receiver must have one foot inbounds to make a completed pass.
- When a legal forward pass touches the ground inbounds or anything out of bounds, it becomes dead, and is ruled as an incomplete pass.
- An eligible receiver who leaves the field of play loses his eligibility but may regain it again after he returns to the field of play, and after the ball has been touched by any other player.
 - Penalty – Illegal Touching, 5 yards
- If a legal forward pass is caught simultaneously by eligible receivers of opposing teams, the ball becomes dead and belongs to the team which put the ball in play, unless such play was a fourth down, and line-to-gain has not been reached.
- During a down in which a legal forward pass is thrown, contact which interferes with an eligible receiver will result in a penalty (NO BUMP AND RUN COVERAGE ALLOWED).
 - Penalty: Defensive Pass Interference, 10 yards, Automatic First Down
 - Penalty: Offensive Pass Interference, 10 yards, Loss of Down

- All players of both teams are eligible pass receivers. The lines marking the sidelines and the extreme end of the end zones shall be considered out-of-bounds if stepped on.

• **** THE QUARTERBACK (The player taking the snap) MAY NOT RUN THE BALL AT ANYTIME!!!**

• **THE QUARTERBACK WILL HAVE 5 SECONDS TO PASS THE BALL. IF THE QUARTERBACK HAS NOT RELEASED THE BALL WITHIN 5 SECONDS THE PLAY WILL BE RULED**

• **DEAD, THE DOWN COUNTED, AND THE BALL RETURNED TO THE LINE OF SCRIMMAGE. ONCE THE BALL IS HANDED OFF THE PASS CLOCK IS NO LONGER IN EFFECT.**

****NEW** ONSIDE PLAY**

- The onside play is only available to a team that is losing in the 4th quarter.
- After a touchdown and conversion is attempted, a team can elect to attempt an “onside play”
- The team will be given 1 play from midfield to advance the ball past the goal line. If the offense does get into the endzone, points are **not** awarded but the converting team gains possession at their own 5-yard line for the start of a new drive.
- If the team does not convert the onside play the defense will start their new drive at midfield.
- Penalties and timing will work the same as a PAT.

OFFICIAL’S ELASTICITY CLAUSE

- The flag football rules in this manual may not cover all rules situations that may occur in a flag football game. Those rules and situations not covered in this manual will be governed by commonly accepted flag football rules as understood by the officials.

SUMMARY OF PENALTIES

• **LOSS OF 5 YARDS**

- Delay of Game.
- Putting the ball in play before declared ready.
- Illegal Snap
- Illegal Formation
- Illegal Motion/Shift
- False Start
- Illegal kick
- Illegal Equipment
 - Flags not in place and/or not visible
- Defense Holding (automatic 1st down)
- Illegal forward pass (loss of down)
- Defensive Obstruction (5 yards from the end of the run and Auto 1st down)
- Illegal Running Play (Running in the NO RUN Zones) (loss of down)

• **LOSS OF 10 YARDS**

- Offensive Pass Interference (loss of down)
- Defensive Pass Interference (automatic first down)
- Roughing the Passer (automatic first down and penalty yardage added to completed pass).
- Hurdling
- Tripping
- Illegal Contact
- Flag Guarding
- Kick Catch Interference

• **LOSS OF 15 YARDS (POSSIBLE EJECTION)**

- Striking, kicking, or kneeling an opponent
- Unsportsmanlike Conduct

FIELD DIAGRAM

