

Flag Football Rules

1. General Rules

- Individuals utilizing this facility do so at their own risk. Sand Mountain Park & Amphitheater assumes no liability for any injuries or accidents, which may occur. Please refer to your Waiver Release Forms.
- Conduct within the facility and on the field should be conducted in the spirit of good sportsmanship.
- No chewing tobacco, chewing gum, metal cleats permitted on playing surface. No sunflower seeds or similar type products are permitted in the facility.
- No glass containers are permitted in the facility.
- Sand Mountain Park & Amphitheater reserves the right to refuse play or service to anyone.

2. Format

- Games are played in two 20-minute halves with a 3 minute halftime break.
- The clock will run continually until the final two minutes of EACH HALF (if the point spread is more than 17+ no timeouts can be used by either team). After the two-minute warning, the clock will stop on out-of-bounds, change of possession, extra points, penalties, and incomplete passes.
- The clock will momentarily stop after a first down. Teams may elect to stop the clock at any point in the game, with the use of a time out. (Each team will receive two 30 second time outs per game).
- There will be a 25 second game clock. Teams must have a minimum of 7 rostered players to start the game.

3. Equipment

- Each player must wear reversible jerseys with a white and dark color with at least 6 in. reversible numbers.
- Rubber molded cleats or turf shoes are allowed. No metal cleats allowed.
- Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
- Flag colors will be red & yellow.

4. Playing Field

- The standard field of play is 80 yards x 40 yards with 10-yard end zones.
- 20-yard first down marks defined by cones.

5. Offense

- The seven players on offense consist of a center, a quarterback and five eligible receivers.
- Two of those receivers must be on the line of scrimmage at the snap – each positioned on opposite sides of the center.
- The centers sole responsibility is to snap the ball to begin the play, a critical skill at all levels of football. The center is the only ineligible player on the field. Once the center has delivered the football to the quarterback – either directly or from a pistol or shotgun formation – the center

must remain in position except in the case of a turnover, when he or she is then eligible to pull the ball-carrier's flag.

- The quarterback receives the snap from the center and initiates the play either through a handoff or pass. The quarterback cannot directly run with the ball across the line of scrimmage without first handing the ball off to a teammate and then receiving a second handoff back or receiving a pass.
- Receiver/back. Any player who does not initiate the snap nor receive the snap is considered an eligible receiver/back and can either receive a handoff or catch a pass. Two receivers must be on the line of scrimmage at the snap – on opposite sides of the center while the other three are at least one yard behind the line of scrimmage in either a slot or running back position. No player other than the quarterback may line up within three yards of the center.

6. Defense

- All players on defense are eligible to rush the quarterback or drop back into coverage.
- Any player who rushes the quarterback must be a minimum of five yards behind the line of scrimmage at the snap. For fields that do not include yard lines, officials will mark this five-yard zone before every play.
- Following a legal handoff, any member of the defense can cross the line of scrimmage.
- If flag falls out before player has possession of ball they will be down with one hand touch
- If flag falls out after player has possession of ball they are down at spot of flag, unless in the opinion of the referee the player is in the clear of all players.
- Receivers may hand check off the line within the first five yards, but only with the player they line up against.
- Interceptions may be returned.
- A defensive player shall not hold, grasp or obstruct the forward progress of the runner when attempting to remove the flag. Defender will avoid contact of the player when attempting to pull flag. Defenders should be reaching from the side or behind the ball carrier to grab the flag. Charging at or jumping in front of the ball carrier is prohibited. Intentionally grabbing the ball carrier's clothing will result in a penalty added onto the end of the play.
- Any player pursuing a running or throwing quarterback may only pull flags. No contact, incidental or otherwise is allowed. Defense may only leave their feet to block a pass, but if they make contact with the quarterback before, during or after the ball is released, (whether ball is tipped or not) it will result in a penalty.

7. Scoring

- 6 points for a TD
- 2 points for a safety
- 1 point for conversion after touchdown, ball is potted on 5-yard line.
- 2 point conversion after touchdown ball is spotted on 10-yard line.
- Interception or fumble return on conversion attempt is worth 2 points.

8. Penalties

- Defensive spot fouls

- Defensive pass interference- Automatic first down
- Holding- Automatic first down
- Stripping- +10 yards and automatic first down
- Offensive spot fouls
 - Screening, blocking or running with the ball -10 yards and loss of down
 - Charging -10 yards and loss of down
 - Flag guarding -10 yards and loss of down
- Defensive penalties
 - Defensive unnecessary roughness +10 yards and automatic first down
 - Defensive Unsportsmanlike conduct +10 yards and automatic first down
 - 2 unsportsmanlike conduct penalties will be removed from the game (referees judgment)
 - Offside +Five yards from line of scrimmage and automatic first down
 - Illegal rush (Starting rush from inside 7-yard marker) +Five yards from line of scrimmage and automatic first down
 - Illegal flag pull (Before the receiver has the ball) +Five yards from line of scrimmage and automatic first down
 - Roughing the passer +Five yards from line of scrimmage and automatic first down
 - Taunting +Five yards from line of scrimmage and automatic first down
- Offensive penalties
 - Offensive unnecessary roughness -10 yards and loss of down
 - Offensive unsportsmanlike conduct -10 yards and loss of down
 - Offside / false start -Five yards from line of scrimmage and loss of down
 - Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)
 - Five yards from line of scrimmage and loss of down
 - Offensive pass interference -Five yards from line of scrimmage and loss of down
 - Illegal motion (More than one person moving) -Five yards from line of scrimmage and loss of down
 - Delay of game -Five yards from line of scrimmage and loss of down
 - Impeding the rusher -Five yards from line of scrimmage and loss of down

9. Overtime (Regular Season & Playoffs)

- First possession is decided by coinflip.
- College style overtime rules
- Each team will have an attempt at four downs to score from the 20-yard line during the first overtime period.
- If the score remains tied, after each team has been given an offensive possession, the game will continue to the 2nd overtime periods.
- If overtime extends to the 2nd period, the offense must attempt a 2-point conversion PAT (no 1-point attempt.)
- Each team will have 1 timeout to use for ALL of the overtime periods.