

## **Flag Football Rules**

### **1. 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. 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 one time out per half.)

### **2. Playing Field**

- The standard field of play is 80 yards x 40 yards with 10-yard end zones.
- 20-yard first down marks Field sizes may vary MINIMALLY (within a couple of yards) due to available field space.

### **3. Scoring**

A touchdown that is either received, thrown, or ran is worth 6 points.

- EXTRA POINTS
  - 1-point attempt will be taken from the 3-yard line.
  - 2-point attempt will be taken from the 10-yard line.
  - 3-point attempt will be taken from the 20-yard line.
  - ONLY 2-point and 3-point attempts can be intercepted and returned by the defense for a total of 2 points.
- MERCY RULE
  - 19 points at the 2-minute warning.
  - The game will continue with the score locked and the clock will run without any stoppage. (No time outs can be used to stop the clock after the mercy rule has been enforced.)

#### 4. Game Play

- POSSESSION
  - Each drive will start on the offense's 10-yard line, after every score, touchback, and at the beginning of each half.
  - A change in possession caused by a turnover on downs or an interception in the field of play will be spotted where the ball is down.
- SETTING UP THE OFFENSE
  - The offense can only snap the ball once the Line Judge has signaled that "THE LINE IS SET."
  - Requirements for a set line are:
    - the center (ball snapper) possesses the ball on the correct spot
    - there is no more than one player in motion
    - the player in motion is moving parallel to the line of scrimmage
    - All players must be lined up on or behind the line of scrimmage
    - The ball can be snapped between the center's legs OR off to the side.
    - When snapped, the ball must travel from the ground to the quarterback in one fluid motion.
- OFFENSIVE PLAYS FROM SCRIMMAGE
  - Passing and running plays are both allowed.
  - Handoffs, lateral, and backward passes behind the line of scrimmage are legal.
  - After receiving a handoff or lateral/backward pass, the player with possession of the ball can attempt a forward pass from behind line of scrimmage.
  - All players are eligible to receive the football.
  - Receivers must maintain possession of the ball through the catch and have at least one (1) foot down in bounds.
  - If a receiver's flag is pulled before he/she has possession of the ball, the play is still live and the defense must default to "one-hand touch" to down the player.
  - Receiver must have a his/her flag securely worn before the ball is snapped. Any player without a flag secured before the snap, is ineligible to participate in the play.

#### 5. Overtime (PLAYOFFS ONLY)

- 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
- AT LEAST a 2-point conversion PAT. (no 1-point attempt.)
- Each team will have 1 timeout to use for ALL of the overtime periods.

## 6. Playoffs

- Top 4 teams (pending on # of teams registered) qualify for the playoff tournament.
- Standings for playoffs are decided by:
  - Overall win/loss record
  - Overall Point Differential
  - Head to head
  - Record vs. like opponents
  - Point differential vs. like opponents
  - Coin Toss
- League Managers will conduct roster checks before playoff matches.
- Rosters are locked immediately following the conclusion of the team's final regular season game. Once a roster is locked, players cannot be added or removed.
- All players must arrive to their playoff games with a proof of identity.