

FLAG FOOTBALL RULES

AT THE SNAP: Four offensive players must be on the line of scrimmage (5 yard penalty.)

BACKFIELD: At least one (1) yard behind the line of scrimmage (5 yard penalty).

BALL CARRIER: Shall not deliberately drive or run into a defensive player, nor straight arm, nor protect the flag (10 yard penalty).

BLOCKING: Blockers must be on their feet before, during, and after contact (10 yard penalty).

DEAD BALL: The ball is dead when an opponent removes the ball carrier's flag. (**NOTE:** In all cases where a play is in progress and a ball carrier loses a flag either accidentally, inadvertently, or on purpose, play shall be stopped at the spot where the flag is dropped. If any player loses a flag, he still is eligible to receive a legal forward pass, but cannot advance the ball, and the ball is dead where it is caught).

DEFENSIVE PLAYER: Shall not hold, grasp, or obstruct forward progress of ball carrier when in the act of removing a flag (10 yard penalty), with Exception: (5 yards and first down).

END ZONES: 5 yards in width.

FLAGS: Players must wear two approved same length flags attached to a belt at the waist.

FORWARD PASS: All players are eligible receivers. A team may only have one forward pass per play.

FUMBLE: Loss of possession after control: Ball is dead when it strikes the ground.

ILLEGAL EQUIPMENT: Shoulder pads, helmets, and hip pads are not legal equipment.

INTERCEPTION: If the defense catches a ball thrown the ball is dead and the ball will be moved to the 10 yard line as if it were after a score.

KICKOFFS: There will be no kickoffs. At the beginning of each half and after a score the team will start at their own 10 yard line.

KICKOFF RECOVERY: An untouched free kick must travel 20 yards before the kicking team can legally recover unless touched by the receiving team.

LINE TO GAIN: The line-to-gain in any series is the zone in advance of the ball. A new series is awarded a team when they legally advance to the next zone.

MUFF: An unsuccessful attempt to catch or recover the ball. Ball becomes dead when it touches the ground after a muff.

STANCE: All players of both teams, except the snapper, may use any stance.

TEAMS: The game is played between two teams of seven to eight players per team.

ZONE: A zone is 20 yards wide. Four or five zones constitute the playing plus 10 yard end zones.