



## Adult Flag Football Rules

### Playing The Game:

- A coin toss determines the first possession.
- The offensive team takes possession of the ball at its own 5-yard line and has four (4) plays to achieve a new set of downs (first down) or score a touchdown.
- To achieve a first down the offense must cross midfield.
- Once a team crosses midfield, it has four (4) plays to score a touchdown.
- All possession changes, except interceptions, start on the 5-yard line.
- If the defensive team scores a safety, they will receive 2 points and take possession of the ball at their 5-yard line.

### Players/Game Schedules:

- Teams must field 5 players at all times. Both teams must have equal number of players on the field during play.
- Teams will play 6 regular season games followed by a single elimination tournament.

### Timing/Overtime:

- Games will be two 20 minute halves (5-minute halftime).
- Officials can stop the clock at their discretion. There will be a running clock except for change of possession and the final two minutes of each half.
- In the final two minutes of each half, the clock will stop on change of possession, incomplete passes, out of bounds, and timeouts.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive ONE (1) warning before a delay of game penalty is called.
- Each team will have 1 timeout per half.

**Scoring:**

- Touchdowns = 6 points.
- Team can elect for an automatic extra point or can elect to go for two from the 10-yard line.
- Safety 2 points:
  - If the defensive team scores a safety, they will receive 2 points and take possession of the ball at their 5-yard line.

**Running:**

- All handoffs must take place behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Runs are not allowed inside the “No-Run Zone” (inside the 5-yard line). A run inside the no-run zone will result in a loss of down penalty.

**Receiving:**

- All players can receive passes (Including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player in motion at a time
- A player must have one foot inbound when making a reception

**Passing:**

- All completed passes must be forward; backwards passes cannot be advanced beyond the line of scrimmage.
- If a backwards pass is completed behind the line of scrimmage, the defense is free to cross the line of scrimmage to pull the receiver’s flag.
- The QB has a seven-second “pass clock” if the ball is not passed, the play is dead and loss of down.
- A QB stand will be used that with the seven-second pass clock running.
- Shovel passes are allowed, but they must be completed beyond the line of scrimmage.
- Interceptions are returnable and are the only change of possession that don’t start on the 5-yard line.

**Blocking:**

- No blocking or screening is allowed at any time.

**Dead Balls:**

- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
  - Ball carrier flag is pulled
  - Ball carrier steps out of bounds
  - Touchdown or safety is scored
  - Interceptions
  - Fumbles beyond the line of scrimmage
  - Ball carrier knee hits the ground
  - Ball carrier flag falls out
  - If flag falls (regardless of fault) its considered down

#### **Rushing the QB:**

- There are no QB blitzes or QB runs in any division. The QB has 7 seconds to throw the ball without it resulting in a sack.

#### **Sportsmanship/Roughing:**

- If the League Supervisor or referee witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike conduct, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Offensive language/trash talk from players or coaches to other opposing players and coaches, officials, or spectators will not be tolerated.

#### **Penalties:**

- The referee will call all penalties.
- Only the coach may ask the referee about the rule clarification.
- Games cannot end on a defensive penalty unless the offense declines it.

#### **Defensive Penalties:**

1. **Offside** = 5 yards, replay down.
2. **Pass Interference** = 10 yards and automatic first down.
3. **Illegal contact** = 10 yards and automatic first down (holding, blocking, pushing, etc.).
4. **Illegal flag pull** = 10 yards and automatic first down (before receiver has ball).
5. **Delay of game** = 5 yards, replay down.

#### **Offense:**

1. **Illegal motion** = 5 yards, replay down.
2. **Illegal forward pass** = 5 yards, replay down (a pass thrown in front of line of scrimmage).
3. **Offensive pass interference** = 10 yards, replay down (illegal pick play, pushing off/away defender).
4. **Flag guarding** = 5 yards from spot of the foul.
5. **Delay of game** = 5 yards, replay down.
6. **Clipping** = 15 yards from spot of the foul (block into the back of the opponent).
7. **Straight Arm** = 5 yards from spot of the foul (extended to ward off an opponent).

8. **Lowering Head** = 5 yards from spot of the foul (ball carrier may not run over a defensive player).

**Equipment:**

-No metal cleats allowed.

-All players must wear a set of flags (provided by the parks department).

-Footballs will be provided by the parks departments.