



FLAG FOOTBALL LEAGUE RULES AND REGULATIONS

EQUIPMENT

- Teams must supply their own football (College/NFL size only)
- All players must wear shorts/pants **WITHOUT** pockets. You may sew the pockets closed or use duct tape to cover pockets.
- All players must wear closed toe shoes, preferably cleats. **NO METAL SPIKES ALLOWED.**
- Each player must wear a flag belt with 2 (3 for girls) flags attached, one flag located on each side of the player's hips and for girls a third flag located on the backside (Flags provided by Treasure Valley Sports Leagues).
- Towels used by players such as quarterbacks will count as an additional flag if pulled.
- Jerseys/shirts must be tucked in, hats must be worn backwards.

FIELD

- 40 yards wide, 74 yards long (including end zones)
 - End zones are 7 yards in length.
 - Offense starts with the ball 8 yards from the end-zone.
 - First down marker is 12 yards from the offensive starting point.
 - 20 yards between the next first down marker thereafter (two possible first downs).

GAMES

- Captains will play a nice, old fashion game of Rock, Paper, Scissors to decide who calls the coin toss
 - Defend/Receive 1st half
 - Choose end-zone to defend
- Games consist of two 20-minute halves, with a 5-minute halftime
 - Running game clock
 - In the last two minutes of the game the clock will stop on out of bounds plays, incompletions, penalties, first downs until the ball is set, PATs, and change of possession.
 - 25 second play clock
 - Two timeouts per half

- No kickoffs
- No punts
 - If offense declares punt, opposing team will start with the ball on 8 yard line
- Mercy Rule: If a team is ahead by 25+ points at the two minute mark, the game will be over unless both teams agree to keep playing

SCORING

- 6 points per touchdown, 1 point for PAT 4 yards out, 2 points for PAT 8 yards out
 - Safety is 2 points
 - Interceptions on PATs may be returned for equivalent points
- Girls scoring plays will be worth more
 - 7 points per touchdown, 2 points for PAT 4 yards out, 3 points for PAT 8 yards out
 - This includes any form of scoring, i. e., receiving/passing
 - Safeties caused by a girl will be worth 3 points

GAMEPLAY

- Players must play in a minimum of THREE regular season games to be eligible to play in the playoffs.
- Absolutely NO subs in the playoffs.
 - No subs from other teams if the minimum for that gender is reached.
 - Can pick up sub from outside league at any time
- 8 players on the field with at least 3 females
 - Team may only play with one or two females if others are injured but will have to play with 6 or 7 on the field
 - Teams may play with less players if their players are injured
- Must pull TWO flags from a girl's flag belt to be ruled down
- All players are eligible receivers
- Downfield blocking is allowed
- Blitzing is allowed
- Pressing the WR is allowed
 - However, no extension of arms or shoving
- QB may run at anytime
 - If a female is playing QB they may use a smaller ball
 - Female may not pitch to male and have them throw with smaller ball
- Only the ball needs to cross the end zone/first down marker
- Offense MUST have the Center snap the ball
 - Ball has to be touching the ground
 - Snap can be through the legs or to either side
 - May have additional linemen if needed
 - Center CANNOT snap the ball to another person on the line
- Defense CANNOT line up over the Center (1 yard to either side or back)
- Ball carriers should NEVER lower their shoulder to initiate contact. Defense must respect the same rules. This will be an Unnecessary Roughness call and 10 yards will be added/subtracted to the end of the play.
- One foot in bounds to be considered a catch
- Botched snap is loss of down and spotted where the ball first landed
 - If the ball lands in the end zone or goes out of the back of the end zone, the play will be ruled a Safety
- College "down" rule

- Fumble or dropped pitch is dead ball, down where the ball lands (or where possession was lost, if it went forward)
- If a player becomes irate, at the referee's discretion they can issue a 5-minute "timeout". At this point, the player must remove themselves from the playing field. At the time of a third incident the player will be ejected from the game.

OVERTIME RULES

- College style overtime
 - Starting from the final first down each team will have four downs to score
 - Teams may choose which PAT they would like to go for
 - If teams are tied after first attempt they must go for the PAT from the 8 yard line

OFFENSE

- False Start = 5 yards and replay down
- Ball Carrier Diving/Leaving Their Feet = 5 yards from the spot of the foul and loss of down
- Holding = 5 yards and replay down
- Pass Interference = 5 yards and loss of down
- Unnecessary Roughness = 10 yards and loss of down
- Stiff arming, swatting, or flag guarding = 5 yard penalty from the spot of the foul and loss of down
- Unsportsmanlike Conduct = 10 yards and loss of down
- Ineligible Receiver: A receiver that steps out of bounds, returns to the field, and then receives a pass is ineligible, resulting in an incomplete pass on the play.
 - If the ball is tipped, the "ineligible" receiver is now eligible again and may catch the pass.
- Illegal Forward Pass = 5 yards and loss of down
 - Interception on an illegal forward pass still counts

DEFENSE

- Bull Rushing: When the defender makes hard initial contact with both arms extended, forcefully taking the offensive line player out of position. Penalty = 5 yards and replay of down
 - Hand fighting and finesse moves are allowed and highly recommended
- Offsides = "Free play". Offensive team may take result of play or add 5 yards and repeat down
- Pass Interference = Spot foul and automatic first down
- Unnecessary Roughness = 10 yards and automatic first down
- Lined Up Over The Center = 5 yards replay down
- Unsportsmanlike Conduct = 10 yards and automatic first down for the offense
- Roughing the Passer: Defensive players should always try to pull the FLAGS of the quarterback, not try to swat the ball. Penalty = 10 yards and automatic first down
- Holding: If a defensive player grabs and holds onto an offensive player's apparel/gear in order to pull the flag. Penalty = 5 yards added to the end of the play
- Pushing Out of Bounds = Defensive players should always try and pull the flags of the ball carrier. Penalty = 5 yards added to the end of the play