

# FLAG FOOTBALL PROCEDURES/RULES

*Leagues: Wayland, Middleville, and Hastings*

1. Field size 30 yards x 70 yards with 10 yard end zone.
2. The visiting team will wear the white side of their jersey and the home team will wear the colored side of theirs.
3. No player may wear any jewelry of any kind (bracelets, earrings, necklaces, etc.) during the contest.
4. Jerseys are required to be tucked in if the Jersey hangs at/below the halfway point of the waist and knee.
5. Only NFL flag belts are to be worn and will not be covered by the jersey.
6. Mouth guards must be worn at all times on the field.
7. Cleats are advised but not required and if worn, cannot contain any external metal.
8. A coin toss will take place prior to any contest with the visiting team calling. The winner will choose from offense or defense, loser will choose goal to defend – no deferring is allowed.
9. Two 20-minute halves will be played on a continuous clock with a 5-minute halftime.
10. Teams play 5v5.
11. Each team will have a single 60-second time-out per half.
12. Injuries and time-outs are the only occasions in which the clock will stop.
13. The offensive team will start from the 5-yard line and has 4 plays to cross mid-field. Once a team crosses midfield, the team has an additional 4 plays to score a touchdown.
14. No running within 5-yards of the line to gain.
15. If the offense fails to score/cross mid-field, the defense takes the ball at their own 5-yard line.
16. Touchdowns are worth 6 points. PAT's from the 5 must be a pass and count as 1 point while PAT's from the 10 count as 2 and may be a run or pass.
17. A safety counts as 2 points.
18. NO TACKLING AT ANY TIME.
19. Interceptions are returnable; the only form of turnover and only time that the opposing team will start at any place on the field other than its own 5.
20. Teams change directions at the half and possession begins with the team that began the game on defense.
21. All members of the offensive team are eligible receivers.
22. No player (offense or defense) may enter the neutral zone (LOS); center allowed.
23. Teams have 30 seconds to snap the ball after the previous play is blown dead.
24. Quarterbacks have 7 seconds to pass the ball from the snap and will not run the ball unless the ball is handed off to another player first. Ball will be returned to the LOS if 7 seconds is exceeded. - Coach or official counts out loud to 7.
25. Once handed-off, defensive players may cross the LOS.
26. No handoffs, laterals or pitches allowed past the LOS.

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27. Players may not block, push or initiate contact with opposing players. Shielding and screening is allowed for the initial move only, so long as there is no continued contact (no moving picks; rubs are allowed).
28. Following the initial move, offensive players must disengage from the play; no running with the ball carrier allowed.
29. One foot must be in-bounds for a completion to count.
30. Fumbles forward of the LOS will result in a dead-ball; if they occur behind the LOS, play continues.
31. The ball is spotted where the runner's feet are when the flag is pulled or where a fumble occurs.
32. Runners will not leave their feet to gain additional yardage/avoid flag being pulled; spinning allowed.
33. The center is the only player required to line up on the LOS.
34. Motion is allowed – only one player at a time.
35. Shifting is allowed but must cease for a whole second prior to the snap.
36. No forward motion allowed in succession to the snap. (waterfall start)
37. Flag-guarding is strictly prohibited! At no time may an offensive player attempt to thwart his/her/teammate flag being pulled in any way.
38. One rusher is allowed per play but must report by holding his/her hand in the air prior to the snap and starting at least 7 yards from the LOS (marker).
39. Offensive players cannot impede the rusher on a moving pick (see #23)
40. Rushers cannot touch any part of the QB. Players must go for flag.
41. Defenders can dive to pull a flag but will be penalized if that dive results in excessive contact with the offensive player.
42. Defenders cannot grab or hold runners to pull flags.
43. Defenders cannot pull flags on a player that does not have the ball.
44. Overtime will consist of 3 plays from the 10-yard line, each team guaranteed a possession and the team that scores the most wins.
45. Coaches must attempt to rotate all players throughout the game on offense and defense. Players should have the opportunity to play every position.
46. Trash talking, foul language and showboating will not be tolerated from players, coaches, and/or spectators. Any parent or coach may be removed at any time due to unsportsmanlike conduct. If a parent or coach is removed more than once, the League has the right to prevent them from attending any future events (games or practices).

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**Rules/Penalties:** Referees provided for 3rd/4th grade and 5th/6th grade divisions.  
1st and 2nd grade - coaches officiate

## **Defensive Penalties**

Offside	+ 5 yards from line of scrimmage & Automatic First Down
Illegal Rush (Starting rush from inside 7-yard marker)	+ 5 yards from line of scrimmage & Automatic First Down
Illegal Flag Pull (Before the receiver has the ball)	+ 5 yards from line of scrimmage & Automatic First Down
Roughing the Passer	+ 10 yards from line of scrimmage & Automatic First Down
Taunting	+ 10 yards from line of scrimmage & Automatic First Down
Defensive Pass Interference	SPOT FOUL, Automatic First Down
Holding	SPOT FOUL, + 5 yards & Automatic First Down
Stripping	SPOT FOUL + 10 yards & Automatic First Down
Defensive Unnecessary Roughness	SPOT FOUL + 10 yards & Automatic First Down

## **Offensive Penalties**

Offside / False Start	- 5 yards from line of scrimmage & Loss of Down
Illegal Forward Pass (Pass thrown beyond the line of scrimmage)	- 5 yards from line of scrimmage & Loss of Down
Offensive Pass Interference	- 5 yards from line of scrimmage & Loss of Down
Illegal Motion (More than one person moving; shift allowed)	- 5 yards from line of scrimmage & Loss of Down
Delay of Game	- 5 yards from line of scrimmage & Loss of Down
Blocking the Rusher	- 5 yards from line of scrimmage & Loss of Down
Running with the Ball Carrier	SPOT FOUL, - 5 yards & Loss of Down
Flag Guarding	SPOT FOUL, -10 yards & Loss of Down
Offensive Unnecessary Roughness	SPOT FOUL, -10 yards & Loss of Down