

# FLAG FOOTBALL

## Positions:

Center: the person who hikes the ball from the line of scrimmage

Linemen: teammates who line up on the line of scrimmage to protect the quarterback

Quarterback: The person who says "Hike" and throws the ball

Receivers: a teammate that runs out to receive a pass

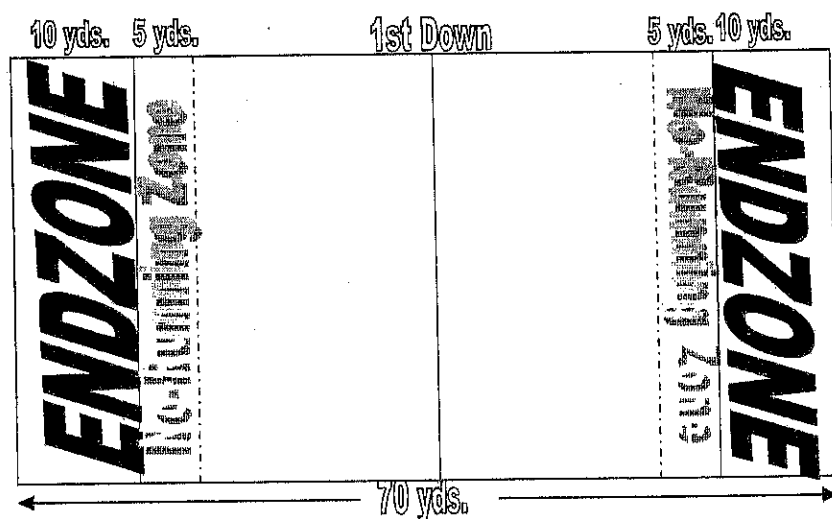
Running backs: a teammate that gets a hand off from the quarterback and runs the ball.

## Scoring:

Touchdown: 6 points

Extra point: 1 point (played from 5-yard line) or  
2 points (played from 12-yard line)

## The Field:



## The Basics:

- The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.

## Dead Balls:

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
  - Ball carrier's flag is pulled.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - At the point of an interception
  - Ball carrier's knee hits the ground.
  - Ball carrier's flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

## **Position Play:**

### Running

- The quarterback cannot run with the ball.
- Offense may use multiple handoffs.
- "No-running zones," located 5 yards from each end zone are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

### Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- A player must have at least one foot inbounds when making a reception.

### Passing

- The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
- Interceptions change the possession of the ball at the point of interception.

### Defense:

#### Rushing the Quarterback

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- Any number of players can rush the quarterback.
- Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.
- A special marker, or the referee, will designate seven yards from the line of scrimmage.

## **Sportsmanship/Roughing**

If the referee (or teacher) witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected. FOUL PLAY WILL NOT BE TOLERATED.

## **Penalties**

### Defensive:

**Interference:** 10 yards and automatic first down

**Illegal contact:** (holding, blocking, etc.) 10 yards and automatic first down

**Illegal flag pull:** (before receiver has ball) 10 yards and automatic first down

**Illegal rushing:** (starting rush from inside 7-yard marker) 10 yards and automatic first down

### Offense:

**Offensive pass interference:** (illegal pick play, pushing off/away defender)

10 yards and loss of down

**Flag guarding:** 10 yards (from line of scrimmage) and loss of down

- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

Note: There are no kickoffs, and no blocking is allowed.