

Officials Rules for 5/6 Flag Football

A. Kick-offs: All kick-offs from the 15 yd line. Kickers will kick AWAY from the end zone. Any ball passing the 45 yard line will result in a touchback with the offense starting at the 45 yard line. No onside kicks.

B. There are no fumbles.

C. First Downs: Are located at the 30 and 15 yard lines

D. Scoring: Scoring is the same as in regular football except in games in which goal posts are not used. In the latter case, the place kick and field goal are not used as means of scoring. Teams have 30 seconds to get a play started.

*Points after touchdown – You may attempt a (1 pt.) conversion from 3 yds out via a kick only. No defense is allowed and only a holder and kicker is needed. A (2pt.) conversion from 10 yds out may be a run, pass, or kick. If it is a kick, the same rules apply as they did at 3 yards.

E. Punts must be declared on 4th down. Offensively only a long snapper and punter are allowed. Defensively 2 return men are allowed. The ball is dead once it is caught or stops moving.

F. Touchback: A touchback occurs when the ball goes out of bounds behind a goal line or when the ball becomes dead in possession of a player behind his own goal line if the attacking team is responsible for the ball being behind that goal line. Ball is put in play at the 45-yard line.

G. Fumbles: The ball is dead at the point where a player fumbles the ball providing the ball hits the ground.

Exceptions: On a long snap and quarterback/center exchange, a bad snap is NOT a fumble. The punter may pick-up the ball and punt it, or in the case of a quarterback/center exchange replay the down. If it appears as though the bad snaps are being done intentionally, delay of game will be called.

H. Legal Stop (Securing the Flag): The play is dead when one of the ball carrier's flags is legally pulled from his/her belt. The defensive player should grab the flag and raise it above the head. The official will declare the ball grounded at the point where the flag was pulled from the belt. The flag is the only legal hold or means by which a player can be stopped. NO holding, diving or tackling of the runner is permitted. All players shirts must be tucked in and belts tied (fasten) down at all times. Play will be called dead when a ball carrier's flag falls; whether anyone has pulled the flag or not. The ball will be placed where the flag drops. In goal line situations, the officials will determine if part of the ball had crossed the goal line before a legal stop was made. Play will be called dead at the point of a slip or fall of a ball carrier (no pushing).

I. Interceptions: A downed interception in the end zone comes out to the (45) yard line or interception may be advanced.

J. Quarterback Rule: Quarterbacks are allowed to run immediately, but there are no QB sneaks.

K. Defensive Formations/Rushing Rule: All defenses will play a base 24 scheme. The 2 DL players need to be nose to nose with the offensive G's. This will allow the 2 DL players the ability to rush on every down. The 4 Linebackers must start 4+ yards off of the LOS. LBs will have a 2 second count to pass the LOS, but may advance up to the LOS prior to the 2 second count. No corner or safety blitzes are allowed.

L. Clock runs continuously for 25 minutes/half with a 5 minute halftime. If a timeout is called under 30 seconds in either half, the team still gets 1 play after the clock runs out. NEW!!

NOTE: Game officials will signal the seconds loudly.

*Penalty: 5 yards encroachment on the defense – down remains the same

Penalties

1. Offensive Offsides: No player may cross the line of scrimmage until after the ball has been passed from center. Penalty is 5 yards from the previous spot.

Defensive offside: See Rule P.

2. Forward Pass Interference: Defensive men may not block or push the receiver in any way to prevent him from catching a pass. If personal contact is made, it must be made in an honest effort to intercept or defend the pass. Penalty for defensive pass interference is placing the ball where the violation occurred and automatic first down.

Defensive interference in the end zone will result in the ball being placed at the 1 yard line, automatic first down. Penalty for offensive interference results in a ten-yard penalty and a loss of down.

An ineligible receiver downfield carries a five-yard penalty (Guard & Centers must stay within three yards of the line of scrimmage in a passing situation).

3. Illegal Forward Pass: A pass is illegal if the passer is beyond his scrimmage line, if it is the second forward pass in the same play or if it is an intentionally grounded pass. Penalty is loss of 5 yards from spot of foul and loss of a down.

4. Unsportsmanlike Conduct: Poor behavior and /or Language. 2nd Unsportsmanlike Conduct will result in removal from the game!

*Penalty: Offense – 10 yards/same down Defense – 10 yards/Automatic 1st

5. Unnecessary Roughness: Any player's tactics which are unnecessarily rough and any tactics which are endangering the safety of the participants are called. This includes holding or tackling the ball carrier before tagging, stiff-arming by the runner, putting head down for butting purposes and unnecessary roughness in forcing a runner out of bounds. Clipping and roughing the passer would be included also. Penalty is ten yards and same down for offense. Defense: 10 yards and automatic first down. 2nd Unnecessary Roughness will result in removal from the game!

6. Illegal Use of Hands By Defense: Defensive players may not use their hands on the heads of the

opponents. They are permitted to push the offensive man out of the way by placing the hands on his shoulders, arms, or trunk. Penalty: 5 yards and same down.

7. Delay of Game: 30 seconds is allowed between plays. Any more time will result in a five yard penalty and same down.

8. Shirts Not Tucked In Or Belts Tied (Fasten) Down: Warning first time for the team. Penalty for all subsequent violations. Ball goes back to the original line of scrimmage and loss of down.

9. FLAG GUARDING: An offensive player cannot flag guard, stiff arm, charging or jump, if so the play will be blown dead and the ball will be spotted at the point of the infraction

10. Tie Games (O.T.): There will be no overtime. A tie score remains the same. Exception – A “tie breaker” will be utilized in play-off / championship situations.

11. Tiebreaker: Each team will have four downs to score from the 15 yd line. First team to score and hold the opponent will be declared the game winner.

X. Other Rules:

1. Fumble Play – Overrule: All fumbles (when ball comes in contact with field) are considered dead and the team advances to the next down ...WITH THE EXCEPTION OF SITUATIONS WHICH OCCUR BETWEEN CENTER / QUARTER-BACK EXCHANGES – ball will be dead where the ball hits the ground. This is not a loss of down.

Youth Flag Football Penalties

Offense:

Offsides 5 yards and same down

Holding 10 yards and same down

Illegal Motion 5 yards and same down

Illegal Pass (2 forward or 5 yards and loss of down Intentional grounding)

Pass Interference 10 yards and loss of down

Illegal Huddle 5 yards and same down

Unsportsmanlike Conduct 10 yards and same down

Unnecessary Roughness 10 yards and same down

Illegal use of hands 5 yards and loss of down

Ineligible Receiver 5 yards and same down

NO SPINNING OR HURDLING

Spinning or Hurdling Down at point of infraction

Defense:

Offsides 5 yards and same down

Pass Interference Point of infraction and automatic 1

Unsportsmanlike Conduct 15 yards and automatic 1

Unnecessary Roughness 15 yards and automatic 1

Illegal use of hands 5 yards and same down

NEW ADDITION

Each team has to provide one official. This official could be a parent, HS student or a true football official but would have to travel with a team too. This official will be positioned on the opponent's sideline and should provide their own officials shirt and whistle. This would give you 2 officials but if the home team wants a third, they can provide 2 officials. 3 officials would be the best, minimum is 2.