

Baldwin – Wellsville - Eudora Flag Football Rules

The Basics

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5 yd line and has four plays to cross midfield. Once a team fails to score, the ball changes possession and the new offensive team takes over on its 5 yd line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5 yd line.
- All possession changes, except interceptions, start on offense's 5 yd line.
- Teams change sides after the first 20 minutes.
- Possession changes to loser of coin toss and the clock does not stop.

Players/Game Schedules

Teams must field a minimum of 4 players at all times & maximum of 6 players.

A team is NOT obligated to play with less than the maximum number of players allowed if the opposing team is short of players. However, if one team plays with less than the maximum number of players allowed - five (5) or 4 (four) players - the opposing team can only play with one (1) more player than said team.

Timing/Overtime

Games are 40 minutes long, played in two 20 minute halves. If the score is tied at the end of 40 minutes, the game will result in a tie.

Overtime – **There is no overtime.** *If a game is tied at the end of regulation, then it will remain a tie and the game will be over.*

Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

Each team has one 60-second time-out and one 30-second time-out per half.

Officials can stop the clock at their discretion.

Scoring

Touchdown: 6 points

Extra Point: 1 point (played from 5-yard line, must be a pass) or

2 point (played from 12-yard line)

Safety: 2 points

Running

- The quarterback cannot run past the line of scrimmage with the ball.
- No “center sneak” plays.
- “No-running zones” located 5 yards from each end zone and 5 yards on either side of midfield 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.
- Pitches and laterals ARE allowed BEHIND THE LINE OF SCRIMMAGE. Offense may use multiple handoffs behind the LOS.

Receiving

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage). As in the NFL, only one player is allowed in motion at a time. A player must have at least one foot inbounds when making a reception.

Passing

Shovel passes are allowed. 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 is no longer in effect. **Interceptions can be advanced by the defense. Once the pass is intercepted, the defense can attempt to score; if the team does not score, they will begin their offensive possession where their flag gets pulled or they run out of bounds.**

Dead Balls

The ball must be snapped between the legs, not off to the side, to start play.

Substitutions may be made on any dead ball.

- Ball carrier’s flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- 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. Offensive team retains possession.

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 is no longer 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. Remember, no blocking or tackling allowed.

- Blocking is defined as any intentional attempt to shield (by running or standing) the person with the ball from a defender. Any form of play that is deemed “blocking” by the official, will be called a penalty.

Sportsmanship/Roughing

Unintentional or intentional aggressive contact while attempting to pull an offensive player’s flag will result in a warning for the 1st infraction. All infractions following the warning will be an automatic first down from the spot of the infraction.

If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.

FOUL PLAY WILL NOT BE TOLERATED.

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Penalties

All penalties will be called by the referee.

Defense:

- Off sides – Automatic first down
- Interference – Automatic first down
- Illegal contact (holding, blocking, etc) – Automatic first down
- Illegal FLAG pull (before receiver has the ball) – Automatic first down
- Illegal rushing (starting rush from inside 7 yard marker) – Automatic first down
- Illegal tackling (aggressive contact with body while attempting to pull flag) – 1st offense is a warning. After 1st offense, Automatic first down.

Offense:

- Illegal motion (more than one person moving, false start, etc.) – Loss of down
- Illegal forward pass (pass thrown beyond line of scrimmage) - Loss of down
- Offensive pass interference (illegal pick play, pushing off/away defender) – Loss of down
- Flag guarding (from line of scrimmage forward) – Loss of down & return to original line of scrimmage – (behind line of scrimmage) loss of down from place of infraction
- Delay of game – Clock stops & 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.

Games cannot end on a defensive penalty, unless the offense declines it.

Attire

Cleats are allowed, except for metal spikes. Inspections must be made. All players must wear a protective mouthpiece; there are no exceptions.

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