



FLAG (TOUCH) FOOTBALL



Objective: To carry or pass the football into the end zone to score a touchdown while preventing the opponents from scoring into your end zone.

The Game: Possession of the ball at the beginning of the game is decided by a coin flip. The team winning the toss has the choice of receiving a punt, or which goal they want to defend. The free punt will be from the conversion line. The offensive team can advance as long as they catch it. If the ball hits the ground it is a dead ball and possession is taken over from that spot. The offensive team has four plays to cross the 20 yard line. If they do so they get a first down. If not, on fourth down the offensive team has an option to punt or go for the first down. The decision must be relayed to the referee and the defensive team. If they get the first down, they have four plays to pass the second first down line (40 yd. line). If a team fails to cross the first down line after four plays or fails to score a touchdown, they lose possession of the football.

LENGTH OF GAME: According to National intramural recreational sports association rules, playing time shall be 44 minutes, separated into two halves of 22 minutes. Half-time shall be 3 minutes. There will be a running clock for the entire first half, and the first 20 minutes of the second half. The last 2 minutes of the second half will follow NIRSA timing rules (similar to NCAA Football). In the case of overtime, there will be a 3-minute intermission prior to starting overtime.

LINE OF SCRIMMAGE: The offensive team must have a minimum of 3 offensive linemen at the snap. Players in motion do not count as players on the line of scrimmage. Once the center has placed his/her hands on the ball no offensive player may enter the neutral zone. Following the ready for play whistle and until a legal snap, no defensive player may encroach, touch the ball, stand in, or in any other way interfere with the offensive team. *Penalty - Dead Ball foul, encroachment, 5 yards from succeeding spot.*

Field Size: The official size of a flag football field is 60 yards in length and 40 yards wide. The end zone is 10 yards in length on each end of the field beyond the goal line.

Players: Teams consist of at least 8-11 players.

Scoring:

A **Touchdown (worth 6 points)** is scored when a runner carries the ball across the goal line or a pass is complete into the end zone. At least one foot has to be in bounds when making a reception or scoring a touchdown.

Extra point (worth 1 point) is attempted after a touchdown is scored. The ball is played from the 3 yard line and run the ball over the goal line or kicked through the uprights.

A **conversion (worth 2 points)** is attempted after a touchdown is scored. The ball is played from the 3 yard line and passed over the goal line. A conversion point that is intercepted cannot be returned for a touchdown.

A **safety (worth 2 points)** is scored when the opponents stop the offensive progress in their own end zone.

GENERAL RULES:

Each team has one 60 second and one 30 second time out per half. The offensive team has 30 seconds to snap the football or they lose a down.

Flags must be worn on the hips properly. Players must have flags on to be an eligible receiver. If the flags are not worn properly it is a five yard penalty and a loss of down. **Flag guarding** is when a ball carrier pushes the opponents' hands away or when they protect their flags with their elbows.

The offensive team must line up on the line of scrimmage and the defensive team must line three yards off the ball. If either team is in the **neutral zone** (the space between the ball and three yards off the LOS) it results in a five yard penalty. This is referred to as **offsides**.

The ball is spotted where the offensive player's feet are when their flags are pulled.

Blocking is when the offensive players shield the defensive players from the ball carrier. Arms must be folded across the chest. The blocker must stay on his/her feet and may not trip the opponent. No holding is allowed.

SCREEN BLOCKING: Legally obstructing an opponent without using any part of the body to initiate contact. Screen blocking shall take place without contact. The blocker shall have their hands and arms at their sides or behind their back. A screen blocker cannot use their hands, arms, elbows, legs or body to initiate contact. If they do use contact it will be called a Personal Foul. Screen blockers may not: · Take a position closer than a normal step when behind a stationary opponent. · Make contact when assuming a position at the side or in front of a stationary opponent. · Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.

STIFF ARMING: Stiff arming is not allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct or ejection will result.

Rushes: The QB can run with the ball at any time or he/she can hand the ball off to a running back. Handoffs must be behind the line of scrimmage.

Passes: The Pass must be thrown from behind the line of scrimmage. The quarterback is eligible to go out and receive a pass once he/she hands the ball off. If the pass is incomplete, the ball goes back to the original line of scrimmage. If the pass is intercepted, the defensive team can advance the ball and try to score a touchdown. If the ball is caught simultaneously by the offensive and defensive player, the offensive team gets credit for the reception. Defensive players cannot hold, hit or push the offensive player going for the ball. This is called **pass interference** and the offensive team is rewarded the ball at the spot that the penalty happens. All players on the offensive team are eligible to catch a pass.

Defensive Teams are allowed three people, three yards off the line of scrimmage, rushing the quarterback after counting to three Mississippi. The defensive lineman must be three yards off the line of scrimmage (neutral zone). The defensive team is allowed one blitz every set of four downs. A **blitz** is where to defensive team can rush the quarterback immediately without counting to three Mississippi.

OBSTRUCTING THE RUNNER: A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt.

Vocabulary

Free Punt- A punt from a team's hash to start a game or after that team scores a touchdown.

Line of Scrimmage- The yard line that an offensive team starts its possession on

Neutral Zone- An area from the line of scrimmage to 3 yards off the ball where players from offense and defense cannot be in until the snap of the football

Offense- The team who has the ball and is trying to score a touchdown

Defense- The team who is trying to prevent the offensive team from scoring

Blocking- Is when the offensive players shield the defensive players from the ball carrier. Arms must be folded across the chest.

Screen Blocking- Legally obstructing an opponent without using any part of the body to initiate contact

Rushing- When an offensive team runs with the football

Passing- When an offensive team's quarterback throws the ball to the receiver

Stiff Arming- An illegal act of the offensive player pushing their opponent away

Flag Guarding- Is when a ball carrier pushes the opponents' hands away or when they protect their flags with their elbows

Offsides- When one team is lined up inside the neutral zone before the snap of the football

Pass Interference- When a member of the defensive team pushes, grabs, or has physical contact with an offensive player when the passed ball is in the air.

Touchdown (worth 6 points) - Is scored when a runner carries the ball across the goal line or a pass is complete into the end zone. At least one foot has to be in bounds when making a reception or scoring a touchdown.

Extra point (worth 1 point)- is attempted after a touchdown is scored. The ball is played from the 3 yard line and run the ball over the goal line or kicked through the uprights.

Conversion (worth 2 points)- is attempted after a touchdown is scored. The ball is played from the 3 yard line and passed over the goal line. A conversion point that is intercepted cannot be returned for a touchdown.

Safety- Is when the opponents stop the offensive progress in their own end zone. That is worth 2 points

Penalties

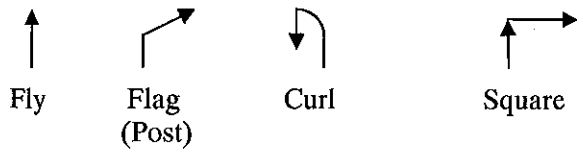
Defensive penalties:

- Off-sides- 5 yards penalty
- Pass interference- the ball is placed at the spot of the foul
- Illegal contact- 10 yards and automatic first down
- Illegal flag pull- 10 yards and automatic first down

Offensive penalties:

- Illegal motion (more than one player moving)- 5 yards and loss of down
- Illegal forward pass (pass received behind the line of scrimmage)- 5 yards and loss of down
- Offensive pass interference (pushing off)- 10 yards and a loss of down
- Flag guarding- 10 yards and loss of down

Pass Patterns:



Player Positions:

