

# Texins Flag Football Rules

## What is Flag Football?

The first rule of flag football is pretty straightforward: there's no contact allowed. That includes tackling, diving, blocking, and screening. Instead, players wear flags that hang along their sides by a belt. To "tackle" the person in possession of the ball, the opposing team needs to pull one or both of their flags off.

While flag football rules are designed to keep players safe, you'll find that they also create an engaging, fast-paced version of football without the physical contact.

Here's a list of basic flag football rules:

- All passes must be forward and received beyond the line of scrimmage
- The quarterback has seven-second pass clock to get rid of the ball
- The quarterback can't run with the ball unless it was handed off first
- Offensive players must steer clear of the rusher and may not get in his/her way
- Any defensive player lined up seven yards off the line of scrimmage is eligible to rush
- If the ball is handed off, any defender may rush
- Interceptions are returnable (even on extra point attempts)
- The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground
- All offensive flag football penalties result in a loss of down and yardage
- All defensive flag football penalties result in an automatic first down and some are associated with yardage.

## Equipment

- Official Adult Football
- Flag Football Flags
- No metal cleats will be permitted
- All players must wear the same colored team shirt
- Mouthguards are encouraged

## Playing Field

- The playing field will measure 70 yards x 30 yards  
*50 yards of playing space, 10-yard end zones on each end of the field*

## Length of Game

A game is played until one team reaches or exceeds the point cap or time cap. Games will be broken into two 20-minute halves with a continuous clock and 3 minute half time.

**In the playoffs** if a game is tied at 40 minutes overtime rules will take effect:

- Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.

Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.

If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.

Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line

## Time-Outs

Each team will have (1) 1-minute time out per half \*Game clock will stop for time outs\*

## Initiate Play

- Offense and defense is determined with rock, paper, scissors at the beginning of the game

- The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown
- If the offensive team fails to cross midfield, on 3 downs, and elects to “punt” on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line
- Play is 5 v 5

### **Scoring**

- Player must score with 1 foot in the endzone
- Each touchdown is worth 6pts
- PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
- Interceptions returned for scores during regular gameplay are worth six points, conversions or overtime are worth two points.
- Safety: 2 points

### **Substitutions**

- Players not in the game may replace players in the game after a score, injury or timeout