

Adult Flag Football Rules:

Section 1: Field/Game Specifications

- **Field Dimensions:** The playing field measures **78 yards long** and **32 yards wide**.
 - This includes:
 - **60 yards of field of play** (between the end zones)
 - **Two 9-yard end zones**, one at each end of the field
 - **Field Division:**
 - The 60-yard field of play is divided into **four 15-yard sectors**
 - **Pylons** will be placed at each corner of both end zones to denote the **goal lines**
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Section 2: Offensive Possession & First Downs

- **Starting Position:** Each offensive possession begins at their own **15-yard line**.
- **First Down Structure:**
 - The offense is given **four downs** to advance the ball to the next designated line to gain:
 1. From the **15-yard line to the 30-yard line** (mid-field)
 2. From the **30-yard line to the opposing 15-yard line**
 3. From the **15-yard line to the end zone** for a **touchdown**
- **Turnover on Downs:**
 - If the offense fails to reach the line to gain after 4 downs, possession changes to the opposing team.
 - Any turnovers on downs results in starting possession at your own 15-yard line.

Section 3: Team Composition & Equipment

Team Size

- Each team fields **6 players on the field at a time**.
- Teams must have a **minimum of 5 players** to start or continue a game.
- **Substitutions** can be made between plays and during stoppages but not during live play.

Roster

- Teams may have 12 players on the roster, but only **6 players per team** may be on the field during play.

Equipment

- **Flag Belts:** All players must wear a belt with **two flags** (placement may be side or side/back depending on the league).
 - **Football:** A standard **official size football** may be used (agreed upon by both teams or provided by the league).
 - **Attire:** No metal cleats, loose-hanging shorts, or clothing that covers the flag belt. Players may not wear jewelry.
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Section 4: General Gameplay Rules

Game Duration

- **Two 20-minute halves**
- **Running clock** except for the final **2 minutes of the second half**, when standard clock rules apply:
 - Incomplete passes
 - Out of bounds
 - First downs
 - Penalties
 - Scores
- **2 timeout per team per half** (60 seconds in length)
- **NO overtime** during regular season **ONLY** playoffs
 - Each team gets possession from the 15-yard line, first team to score in a round where the other does not is declared the winner

Snapping the Ball

- All plays must begin with a **legal snap** from center position Or See section 6 for penalty.
 - The offense lines up with the ball on the ground.
 - All players are set for at least one second.
 - The quarterback cleanly receives the ball and begins the play.
 - The ball must be snapped within **30 seconds** of the referee's ready signal.

Line of Scrimmage

- The offense must have **at least 1 player on the line of scrimmage** at the snap.
- The defense must remain **1 yard off the line of scrimmage** until the ball is snapped.

Motion

- Only **one player may be in motion laterally** at the time of the snap.
- No forward motion is allowed before the snap.

Passing

- There is **no limit** to how many forwards passes a team can attempt on a down, as long as only one is thrown per play.
- **Laterals** and **backward passes** are permitted behind the line of scrimmage.

Rushing the Quarterback

- Defensive players may **rush the quarterback** after a **2-second count**, unless:
 - The ball is **handed off, lateraled, or pitched** behind the line of scrimmage, in which case the defense may rush immediately.
- **Blitzing** (rushing immediately with no count) may be allowed **once per four downs**

Flag Pulling

- A play ends when:
 - The ball carrier's **flag is pulled**
 - The ball carrier steps out of bounds
 - A **flag belt falls off** and the player is touched with one hand
 - The player **falls to the ground** (knee or elbow touches)
 - The ball hits the ground/ no fumbles

Blocking

- No downfield contact blocking: Unlike tackle football, you cannot engage a defender physically downfield.
- No holding, clipping, or tripping.
- No "crackback" or blindside blocks.
- No blocking a defender who is going for the flag.

Section 5: Scoring & Extra Points

Scoring Values

- **Touchdown:** 6 points
- **Extra Point Attempt** (following a touchdown):
 - From the **5-yard line:** 1 point
 - From the **10-yard line:** 2 points

- **Interception on Extra Point Attempt:** if returned you will receive the points the attempted team was supposed to earn, for example if you return a 2-pt attempt, you will get 2 points.

Defensive Scoring

- **Interception Returned for Touchdown:** 6 points

Turnovers & Dead Balls

- **Fumbles** are dead at the spot—there are no live fumbles.
 - If the ball is dropped or lost, it is **spotted where it hits the ground**.
 - **Interceptions** can be returned by the defense until the ball carrier is downed (flag pulled or steps out).
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Section 6: Penalties & Infractions

Infraction	Penalty
Offside (Offense or Defense)	5-yard penalty; replay the down
Illegal Snap	5-Yard Penalty
False Start	5-yard penalty; dead ball
Delay of Game	5-yard penalty
Illegal Motion or Shift	5-yard penalty
Illegal Forward Pass	5-yard penalty and loss of down
Pass Interference (Offense)	10-yard penalty and loss of down
Pass Interference (Defense)	Automatic first down at spot of foul
Holding or Illegal Contact	10-yard penalty
Flag Guarding	10-yard penalty and loss of down
Unsportsmanlike Conduct	15-yard penalty and potential ejection
Unnecessary Roughness	15-yard penalty and potential ejection
Blocking or Screening	10-yard penalty
Illegal Flag Pull	10-yard penalty

Flag Guarding

- **Flag guarding** includes:
 - Stiff-arming

- Covering or swatting away a defender's hand
 - Lowering the ball or arm to protect the flag
- Results in a **10-yard penalty and loss of down**

Rough Play

- No contact is allowed. This is a **non-contact league**.
 - Examples: shoving, tackling, blocking, or initiating physical contact.
- Penalties may result in **ejection** for repeated or dangerous violations.

Section 7: Overtime Procedures

Overtime Format- Playoff only

- Each team will have **one possession** from the opponent's **15-yard line** (first-and-goal).
- Coin toss determines possession:
 - Winner chooses to play offense or defense first.

Rules of Overtime

- Teams have **four downs** to score a touchdown.
- If the score remains tied after both teams have had a possession:
 - A second round begins with teams switching order (e.g., if Team A started first in round one, Team B goes first in round two).
 - Repeat until a winner is determined.

Extra Points in Overtime

- After a touchdown, teams must attempt a **1-point (5-yard)** or **2-point (10-yard)** conversion.
- If one team scores a touchdown and successfully converts their extra point and the other team fails to match it, the game ends.

Section 8: League Variations

Blitz Count Customization

- **2-second count** before defenders can rush.
- **1 blitz per 4 downs** with no count

Mercy Rule

- If a team is leading by **28 or more points** with **5 minutes or less** remaining, the game may be called.

Forfeits

- A team must have **at least 5 eligible players** at game time.
- After a **5-minute grace period**, a forfeit is declared if a team cannot field the minimum.

Sportsmanship & Conduct

- **Respecting Officials:** All calls are final. Zero tolerance for fighting, abusive language, or unsportsmanlike behavior. Team captains are responsible for team conduct & communication with the officials.

Appendix: Key Definitions

- **Line of Scrimmage:** Imaginary line across the width of the field where the play begins.
- **Dead Ball:** A ball is considered dead when it hits the ground, a player's flag is pulled, or a player steps out of bounds.
- **Live Ball:** The ball is live from the snap until the play ends.
- **Flag Guarding:** Illegally obstructing the defender's access to a flag.
- **Eligible Receiver:** Any player lined up legally (including lineman) at the snap is eligible to receive a pass.