



Flag Football Rules

Each game will begin with a coin toss. The team listed first on the schedule is considered the home team and will call heads or tails. The winner of the coin toss will then choose which team will kickoff. After halftime the team that received the opening kickoff must kickoff to the other team to begin play.

The playing field will be 35 yards wide and 60 yards long. Each end zone will be 10 yards deep. The field will consist of four, 15 yard zones.

The game will consist of four, twelve minute quarters, with a three minute halftime and one minute between quarters. Each team is allowed two, 45 second timeouts per half. No overtime in the case of a tie.

The size of the football is:

5 – 7 year olds – Comparable in size to an Antioch Pee Wee Football

8 – 14 year olds – Comparable in size to an Antioch Junior Football

Scoring is as follows:

Touchdown - 6 points

Conversion (from 5yd line) - 1 point for running play OR 2 points for passing play

Safety - 2 points.

The game will be played seven on seven. Each team will therefore have a maximum of 14 players allowed on their roster. Every child must play at least half of every game.

No forfeits. If team has less than seven at game time, both teams will play with the same amount of players

The head coach has the authority to limit game playing time of any player on their team who continually misses practices without a valid excuse, or that may have caused disciplinary problems during a prior practice or game.

The NYS jersey, flags and an approved mouthpiece are required to be worn in order to participate. Each jersey must be tucked in and no jewelry, hats, open toed shoes, or metal cleats may be worn.

All offensive penalties sustain a five yard penalty and must replay the down.

All defensive penalties incur a ten yard penalty and an automatic first down.

Any unsportsmanlike conduct by any player, coach, or spectator will result in immediate ejection, a 15 yard penalty and loss of down. The game will resume once the violator has left the premises.

Interceptions are allowed and may be run back for a touchdown. Fumbles are dead at the spot of the drop.

The removing of a player's flag that does not have possession of the football will result in a 10 yard penalty.

Physical contact may not be used to stop the ball carrier or to remove their flag. Absolutely no physical contact with receivers with the intent of altering their route will be allowed. No pass interference.

Defensive rushing is allowed only after a hand-off, toss, or any similar reverse lateral exchange between the Quarterback and receiver/runner. The defense may not cross the line of scrimmage until the ball leaves the Quarterback's hands.

Only one offensive rushing play is allowed in any series of downs. A second attempted rushing play will result in an offensive penalty. All other plays must include a forward pass. A forward pass is a pass that is thrown from behind the line of scrimmage, by an offensive player, in any forward motion including underhand, sideways, or shuffle pass. The forward pass MUST cross the line of scrimmage. Any pass that is thrown to a receiver behind the line of scrimmage will be considered a rushing play.

Once the ball is snapped, the official will start a five second count. The offense has five seconds from the snap of the ball to throw the forward pass or complete a hand-off/lateral. If a pass/hand-off/lateral is not attempted before the five second time allowed, the play is whistled dead and the offense will start the next play from the original line of scrimmage.

If pitch, handoff, or lateral occurs player may not throw a forward pass and this will constitute as the teams one rushing play of series (no halfback pass, double pass).

A first down will be earned every time a team advances the ball into a new zone. If your team has been penalized you must make up the lost yardage and still enter the next zone to earn the first down.

There is a 30 second time limit between plays. (Clock starts with the official's whistle.) Official will provide a warning on first violation. A five yard penalty will be enforced for each violation after the warning.

Huddles are optional. One coach allowed on the field for both offensive and defensive teams.

All offensive plays must begin with a center snap. Traditional or side snaps will be accepted.

Direct snaps to any offensive rusher or running back are not allowed and will be ruled an offensive penalty if attempted. (No "Wildcat" formations; No Quarterback sneak/draw)

All seven players on offense are eligible receivers, including the center.

One player is allowed in lateral motion at snap of the football. Players may line up in the backfield.

Catches must be made with a minimum of one foot in bounds.

Straight-arming or other types of flag guarding are not allowed. If a player's flags fall off then the player is immediately down at that spot and play is over.

Offense may screen block (hand contact only). No arm extension or holding allowed.

Punting is allowed on fourth down only. No rushing the punter. There are no fake punts. The offense must declare their intent to punt before their huddle is broken. No snap required and the offense must wait until the ball is kicked before they can cross the line of scrimmage. The receiving team may choose to have all their players downfield to catch the punt. If punt is not caught from the air it is dead where it hits the ground.

Placekicking:

5 – 7 year old division: Takes place from midfield. Opposition may line up starting at the 30 yard line

8 –14 year old divisions: Takes place from the 15 yard line. Opposition may line up starting at midfield

On-side kicks are not allowed.

If a ball is kicked through the end zone, it is a touchback and the offense will take possession at their 15 yard line.

If the kickoff goes out of bounds the kicking team must kickoff again. If the ball is kicked out of bounds for a second time, the offense will take possession at midfield.

If the receiving team drops the kickoff then the ball may not be advanced. If the ball is dropped in the end zone a touchback is called. The ball can be advanced if it is caught on the bounce.