



## **Flag Football Rules**

**Schedules are viewable on Team Sideline:**

<https://teamsideline.com/sites/penmetparks/schedules>

### **Eligibility:**

- Player must be going into the 1<sup>st</sup> thru 8<sup>th</sup> grade
- Only players on the roster are eligible

### **First Down/Stoppage of Play:**

- All possessions will start at the 40-yard line
- Each team on offense will have 4 plays to reach the 20-yard line
- The team must pass the 20-yard line to receive 4 more downs to score
- If the offense does not reach the 20, the ball is turned over to the opposing team's offense
- The ball will be spotted once the offensive player's flags are pulled by a defender
- All pass plays **MUST** be beyond the line of scrimmage
- There are no pitches allowed, shovel pass is OK if ball passes the line of scrimmage
- There is no blocking allowed

### **Scoring/Interceptions:**

- 6 points will be awarded for a TD
- P.A.T's will start from the 3 yard line after a score for two points
- An interception results in a change of possession, **interceptions are live**
- Offense has 20 seconds to call a play
- Play is started with the snap of the ball
- QB has 7 seconds to throw the ball. An incomplete pass will occur if the ball is not thrown after the allotted time
- A defender pulling the ball carriers flags stops the play. When in doubt officials will blow the whistle to ensure unnecessary roughness is discouraged.
- The offense will consist of 7 players
- 3 players must be on the line of scrimmage at the snap, one end on each side of the center
- There must be at least one remaining back, (besides the QB) in the backfield, all players may go for a pass
- The defense will consist of 7 defenders on the field at any given time
- A defender may NOT rush the passer

### **Game Time/Time Outs/Finishing Drives**

- The game will be two (2) 20-minute halves long (running clock)
- Each team will be allowed two (2) time outs (30 seconds long) per half; it will stop the running clock
- No other time will the clock stop unless for injuries

### **Fumbles**

There are no fumbles. Once the ball hits the ground, the play is over, and the next down is played. This includes a fumbled QB center exchange.

### **Penalties**

- All 5-yard penalties inside the 5 result in half the distance to the goal line
- All 10-yard penalties inside the 10 result in half the distance to the goal line

### **Offensive Penalties and Result**

- Delay of game: 5 yards from the L.O.S.
- Illegal procedure: 5 yards from the L.O.S.
- Blocking: 5 yards from the original L.O.S.
- QB passed the L.O.S.: 5 yards from the L.O.S.
- Pass interference: 10 yards from the L.O.S.
- Unnecessary Roughness: 10 yards and loss of down (X2 = ejection)
- Unsportsmanlike Conduct: 10 yards and loss of down (X2 = ejection)

### **Defensive Penalties**

- Holding: 5 yards from the L.O.S.
- Pass interference: 10 yards from the L.O.S. and automatic first down
- Unnecessary Roughness: 10 yards and automatic first down (X2= ejection)
- Unsportsmanlike Conduct: 10 yards and automatic first down (X2= ejection)
- Coaches are allowed on the field, but must remain behind by at least 5 yards during the game.
- A mouthpiece IS required for ALL PLAYERS
- NO metal cleats

**THE FOLLOWING MAY RESULT IN IMMEDIATE EJECTION,  
FOLLOWED BY SUSPENSION AND/ OR REMOVAL FROM THE  
LEAGUE:**

- Blatant disregard for player safety
- Obvious & overly excessive acts of violence
- Harassment of officials, supervisors, opposing coaches, or PenMet Staff
- Taunting or heckling of players