



## ***ST. JOHN PARISH PARKS AND RECREATION NFL FLAG FOOTBALL RULES***

- The first rule of flag football is straight forward: 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.
- Here's a list of basic flag football rules:
  1. All passes must be forward and received beyond the line of scrimmage.
  2. Only direct handoffs are permitted-there are no laterals anywhere on the field.
  3. The quarterback can't run with the ball unless it was handed off first.
  4. Offensive players must steer clear of the rusher and may not get in his/her way.
  5. All offensive players are eligible for a pass.
  6. Defensive players must be seven yards off the line of scrimmage to be eligible to rush. (Any Player may rush).
  7. If the ball is handed off, any defender can rush.
  8. Interceptions are returnable (even on extra point attempts)
  9. The ball is dead when it hits the ground, the offensive player flag is pulled from their belt, the ball carrier steps out of bounds, or the ball carrier touches the ground.
  10. ALL OFFENSIVE FLAG FOOTBALL PENALTIES RESULT IN A LOSS OF DOWN AND YARDAGE.
  11. ALL DEFENSIVE FLAG FOOTBALL PENALTIES RESULT IN AN AUTOMATIC FIRST DOWN WITH YARDAGE.

### **GAME OVERVIEW:**

1. Every Game begins with a coin toss to determine which team will start with the ball (there's no kickoff).

2. Games are two 15 min half for 5-7 age group and 20 min half for 8-10 age group.
3. The clock only stops for timeouts (each team has 3), injuries and half time.
4. The starting team begins on its own 5-yard line and has four downs to cross midfield for a first down. Four downs after crossing midfield to make a touchdown.
5. Offense fails to advance after three downs, they have two options:
  - A. Punt- turn the ball over to the other team who starts its drive from its own 5-yard line.
  - B. Go for it- but if they fail to pick up the first down, the opposing team takes over possession from the spot of the ball.
6. A touchdown is 6 point and safety 2 points ( 1 pt conversion from the 5 yard line and 2 pt conversion from the 10 yard line)

### **FIELD TERMS:**

1. Boundary lines: Sidelines and End Zone
2. Offense: team with the ball
3. Defense: team without the ball
4. End Zones: Scoring Area
5. NO RUN ZONE: located five yards before each goal line and midfield. Must use a pass play to earn a first down or touchdown.
6. Line to gain: Offense must cross to get a first down or touchdown.
7. Line of scrimmage: Team can't cross until the ball is in play

### **GAME TERMS:**

1. DEAD BALL: When it hits the ground, offensive player flag is pulled, ball carrier steps out of bounds, or the ball carrier touches the ground.
2. FLAG GUARDING: The ball carrier prevents a defender from pulling their flags. This result in a penalty.
3. RUSH LINE: Seven yards from the line of scrimmage

### **EQUIPMENT:**

1. Flag football flags and belt
2. Shorts
3. Mouthguard

4. Cleats
5. Football gloves: Not required

**POSITIONS:**

1. Quarterback
2. Center
3. Wide Receiver, running backs, or a mix of both

**DEFENSE PENALTIES:**

1. Pass interference- Automatic 1<sup>st</sup> down
2. Holding- 5 yards
3. Stripping- 10 yards
4. Unnecessary Roughness-10 yards and a 1<sup>st</sup> down
5. Offside- 5 yards
6. Illegal rush- 5 yards
7. Illegal flag pull- 5 yards
8. Roughing the passer – 5 yards and a 1<sup>st</sup> down
9. Taunting- 5 yards and a 1<sup>st</sup> down
10. Unsportsmanlike conduct- 10 yards and 1<sup>st</sup> down

**OFFENSE PENALTIES:**

1. Unnecessary Roughness- 10 yards
2. Unsportsmanlike conduct- 10 yards and a loss of down
3. False Start- 5 yards
4. Illegal forward pass- 5 yards
5. Illegal motion- 5 yards
6. Pass interference- 5 yards and a loss of down
7. Impeding the rusher- 5 yards
8. Illegal procedure- 5 yards