

MURRYSVILLE SPORTZONE

FLAG FOOTBALL RULES

Age Divisions:

- Adult

Field Dimensions:

- 66 yards x 30 yards
- 8 yard end zones
- 1st down at the 25 yard line (mid-field)

Universal Rules:

Note that there are different rules for each division and that these are just the general rules for all divisions

All divisions play 5 on 5 and have a maximum of 10 players per roster.

ALL players **MUST** wear a mouth guard during games.

NO metal spikes. Plastic spikes are permitted.

Both flags **MUST** be on the sides of players.

There is **NO** flag guarding. Players are not allowed to bat away or block defenders hands reaching for the flags.

Touchdowns are worth 6 points. A safety is 2 points.

Extra points can be made from the 5 yard line for 1 point, or from the 10 yard line for 2 points (No field goals).

Games will be two 20 minute halves with a five minute half-time break in between. Opening offensive possession is awarded to the home team, and after the half, teams switch sides and possession is awarded to the away team.

Teams receive possession at the five yard line and have three downs to score a touchdown or make it past the first down marker (mid field). If a team is downed past the first down marker they have three plays to make it into the end zone. If the team fails to do so, the ball is turned over to the opposing team and placed on their five yard line.

When the ball is spotted for play, the offense has 30 seconds to snap the ball.

ALL PASSES MUST GO FORWARD! There are **NO LATERALS!**

There are NO fumbles. A fumble results in a dead ball spot and loss of down at the point of the fumble. No change of possession.

Blocking is only permitted at the line of scrimmage. NO DOWNFIELD BLOCKING!

NO DIVING! Players are not permitted to dive for flags or for better field positioning.

Each team may take two 60-second time-outs that **STOP** the clock. The clock runs continuously when not in time-out, **BUT DOES STOP AT THE 2 MINUTE WARNING IN THE SECOND HALF. AFTER THE 2 MINUTE WARNING, THE CLOCK STARTS AND STOPS LIKE AN INTERSCHOLASTIC GAME.**

The offense **MUST** supply at least 1 lineman who is ineligible to receive.

Quarterbacks **ARE PERMITTED to run with the ball.**

An interception results in change of possession **AND THE BALL CAN BE RETURNED.**

One defensive player **IS ALLOWED** to rush the quarterback after the snap. Defender must be 5 yards back and **DOES NOT have to wait 5 SECONDS.**

Penalties:

Offensive:

Offensive Offsides:	5 yards
Delay of Game:	5 yards
Illegal Motion:	5 yards
Illegal Forward Pass:	5 yards
Holding:	5 yards and loss of down
Block in the Back:	5 yards and loss of down
Intentional Grounding:	5 yards and loss of down
Offensive Interference:	5 yards and loss of down
Offensive Downfield Blocking:*	10 yards and loss of down
Flag Guarding/ Stiff-Arming:	10 yards from spot of foul and loss of down

Defensive:

Defensive Offsides:	5 yards
Illegal Rushing:	5 yards
Illegal Contact :	5 yards and 1 st down
Block in the Back	5 yards and 1 st down
Defensive Interference:	1 st down at spot of foul
Illegal Flag Pull:	1 st down at spot of foul
Roughing the Passer	10 yards and 1 st down
Unnecessary Roughness:	10 yards and 1 st down
Unsportsmanlike Conduct:	15 yards and 1 st down

General:

- If a controversial or perceived unfair play or action occurs, referees may act upon it as they wish, handing out suitable penalties or ejections as they deem fair.
- Referees have the power to eject players for the use of vulgarity, fighting or anything else they feel is unsportsmanlike (even intentional penalties by an individual).
- All penalties will be assessed from the line of scrimmage except flag guarding, illegal flag pulling and defensive interference (spot fouls).
- Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.