

Flag Football Quick Facts

1. Eligible Players- Each team must consist of 7 players. 6 males and 1 female. If team does not have a female, they must play with 6.
 - a. A team is limited to TWO former varsity/junior varsity squad members.
2. Forfeit- Team must have at least five players to start the game. Once a team forfeits twice, they are automatically eliminated from the league and post-tournament play.
3. Equipment- Pockets and belt loops are unacceptable apparel. A player may not wear metal or screw on cleats.
4. During Play-
 - a. Before the game starts, a coin toss with determine who has possession of the football.
 1. Offensive team starts with the ball on the 14 yard line and must get to the 20 yard line.
 - b. Playing time is 44 minutes total (Two 22 minute halves)
 - c. Running clock until the last 2 minutes of the 2nd half.
 - d. No overtime
 - e. Two 60 second timeouts per half
 - f. 25 seconds from the time the ball is whistled ready for play to snap the ball.
5. Scoring- Touchdowns- 6 points for males and 9 points for females.
 - a. Points after touchdown: From 3 yard line- 1 point M/ 2 points F
From 10 yard line- 2 points M/ 4 points F
From 20 yard line- 3 points M/ 6 points F
6. Ball in Play, Dead Ball
 - a. If flags come off a person with the ball, it becomes two hand touch.
 - b. Side lines and end lines are out of bounds. Only 1 foot needs to touch in bounds to be considered a catch.
7. Punting, Snapping, Blocking
 - a. Players must remain behind line of scrimmage until ball is punted.

- b. Snapping is one continuous motion-between legs or to the side.
- c. Offense has to have 4 players on the line.
- d. Each offensive player must be within 15 yards of the ball before the snap.
- e. Only one offensive player may be in motion (side to side- not toward opponent's goal line.
- f. Offensive screener/blocker can't use their hands and players on either side of the ball can't make contact with one another.
- g. NO flag guarding.