

## **OBYFCL Flag Football Rules**

Teams should prepare to field 9 players for games. If a team doesn't have enough to field 9 players, they can agree at the coin toss to field 7 or 8. Below 6 players is a forfeit, but the teams should agree on how to split players up for a scrimmage. Also, in the coin toss, if the coaches agree, they can play with 10 or 11 players on the field.

You may start with 7 and finish with 6 due to injury. If a team drops to 6 due to an ejection, then game will result in a forfeit loss no matter of score. You cannot start a game with less than 7 players.

Field 80x30 yards.

First down every 10 yards.

Team sideline area – all coaches and players must be between the 20 yard lines.

## **Equipment**

No metal cleats.

No pockets or belt loops on pants.

Must have numbers on jerseys.

Soft knee pads may be worn on knees.

No arm, hand or wrist pads or braces may be worn.

Baseball, football, or golf gloves may be worn.

No hats with extended bills may be worn.

Only league approved flags for games.

## **Kicking/Punting**

No kickoffs or punts or extra points. Teams must run plays for extra points. For kickoffs the ball will be placed on the 20 yard line and teams will run their offense from there. No punting. All punts are declared and ball is moved 25 yards down the field for the new line of scrimmage. Inside the 25 yard line is half the distance to the goal.

## **Extra Points**

2 points for a run/pass from the 5 yard line.

Defense can NOT return an extra point attempt for a score.

## **Rules about the Clock**

Game consists of two 20 minute halves with stopped clock only after timeouts, injury and in the last 2 minutes of each half.

45 second play clock is in effect.

Defenses have to be ready to play when offenses are ready.

Three timeouts per half.

Half time is 10 minutes.

## **Tie Games**

Tie games are decided by the shootout method with the ball place on the 10 yard line.

Defense may return the ball for a touchdown.

All extra points must be attempted.

## Rules for Offense

Centers must always be covered on both sides by an offensive guard no matter the team size. - **Penalty is illegal formation, 5 yards.**

### *When Fielding 9 Players or More*

Offense must have 5 players minimum on the offensive line of scrimmage (T,G,C,G,T).

Offenses can not lineup in unbalanced lineman formations. - **Penalty is illegal formation, 5 yards.**

# of Players Fielded	Offensive Formation Options
7 Players	4 Lineman 3 Backs or 5 Lineman 2 Backs
8 Players	4 Lineman 4 Backs or 5 Lineman 3 Backs
9 Players	5 Lineman 4 Backs
10 Players	5 Lineman 5 Backs or 5 Lineman 4 Backs 1 Tight-end
11 Players	5 Lineman 5 Backs 1 Tight-end or 5 Lineman 4 Backs 2 Tight-end

Backs are defined as QB, RB, FB, Wingback, H-Back, or any receive split off from the line of scrimmage.

Tight-ends are only allowed when 10 (1-TE) or 11(2-TE) players are fielded. Otherwise these players must be used as a blocking back lined up off the line of scrimmage. **Penalty is illegal formation and 5 yards.**

All offensive line gaps can be as close as foot-to-foot but no wider than 2 feet apart. **Penalty is illegal formation and 5 yards.**

The ball is dead on a fumble.

If a player loses a flag or the flag belt while running the ball during a play, they can be downed with a one hand touch anywhere below the neck.

Ball carriers flags should be in the proper position before the snap of the ball.

If a ball carrier takes the ball without a flag belt - **Penalty is 5 yards.**

Two point stance only for offense and defense.

All players must have shirts tucked in. - **Penalty is 5 yards.**

**An offensive player may not leave his feet to advance the ball (Diving or jumping over a player, unless to avoid a fallen player). Penalty is loss of down and 5 yards.**

### **Guarding the Flag Belt**

The ball carrier can not initiate any contact with defense.

Runner shall not guard their flag by using their hands, arms or the ball to deny an opponent to pull the flag. - **Penalty Guarding 10 yards.**

Lowering the shoulder, Stiff arming or running directly in a defender (intentional) - **Penalty: Unsportsmanlike conduct, 10 yards.**

**There are no alterations of the flags or flag belts allowed at all. Any such acts will result in a 15 yard unsportsmanlike penalty and ejection of coach if determined to be done to gain an advantage by the officials.**

### Flag Rules for Contact

Open hand blocking is allowed on every play.

Hands to the face are not allowed at any time on offensive or defensive - **Penalty of 10 yards.**

No engaging of a defenseless player at any time, while on the ground or while the players back is turned. - **Unsportsmanlike Penalty of 10 yards.**

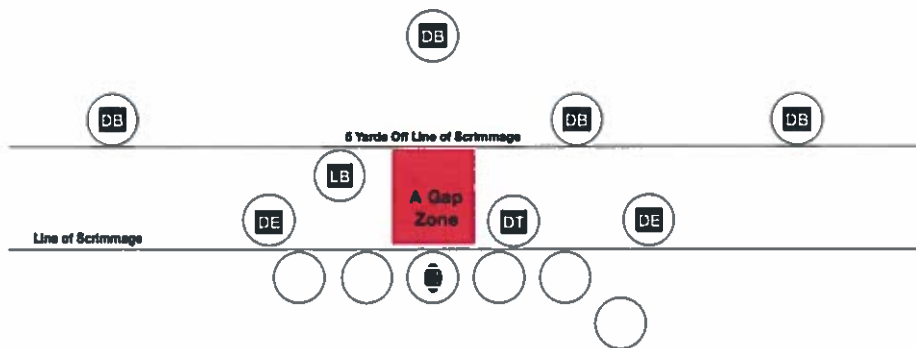
### Rules for Defensive

Defenses can not line up over or blitz through the A gaps. – **Penalty is 5 yards.**

Defenses can line up one player less than the offenses # of blockers on the line of scrimmage, inside of 5 yards, but no wider than the outside eye of the last blocker on the line of scrimmage. – **Penalty is 5 yards.**

# of Offensive Players on the Line of Scrimmage	# of Defensive Players allowed inside of 5 yards of the line of scrimmage
4	3
5	4
6	5
7	6

All other defenders must be more than 5 yards off of the ball, except for goal line defense, defenders can line up on the goal line when the ball is inside of 5 yards.



Flag Alignment Illustration

All defenders can move forward after the snap, but not through the A gaps. – **Penalty is 5 yards.**

No slapping at the ball – Penalty: Unsportsmanlike conduct, 10 yards and automatic first down from the spot of the foul.

The defender may not use contact to break up a pass – Penalty Illegal Contact 10 yards

No defensive holding – Penalty 5 yards.

No tackling - Penalty: Unsportsmanlike conduct, 10 yards and automatic first down from the spot of the foul.

No tackling the ballcarrier:

- Blatant full body tackling should result in a Unsportsmanlike Conduct Penalty of 10 yards and automatic first down from the spot of the foul.
- The defender may not pull the uniform to stop the ballcarrier - 10 yard penalty.
- Officials may choose to warn or penalize defenders that are physically pushing or pulling the body of the ballcarrier when attempting to pull flags to help keep the game safe.

### **Automatic Ejections**

Anyone Verbal Abusing or the Threatening of players, coaches, or officials.

All fighting will result in both participants being ejected.

If a player, coach or parent is ejected from a game, they must immediately leave the field and are suspended for the next game. **There will be no exceptions.**

If a team is caught playing a suspended player the game will be forfeited.