



St. Anthony Football Boosters

Flag Football Rulebook - Grades 1-4

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Overview

- The first rule of flag football is that there's no contact allowed.
- That includes tackling, diving, blocking, and screening.
- Jerseys need to be tucked in. Extra belt strap needs to be cut off and taped off. Flags at the sides of the body.

Basic flag football rules:

- All passes must be forward and received beyond the line of scrimmage. No laterals
- Only direct handoffs are permitted—there are no laterals or pitches anywhere on the field
- NO FLAG GUARDING
 - Penalty is loss of down and with ball returning to original line of scrimmage
- The quarterback has seven-second pass clock to get rid of the ball
- The quarterback can't run with the ball unless it was handed off first, no QB sneaks
- Offensive players must steer clear of the rusher and may not get in his/her way

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- No rushing the passer
 - If the ball is handed off, any defender may rush past the line of scrimmage
 - Interceptions are not returnable. Extra points are not returnable
 - The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet touches the ground
 - Fumbles are a loss of down, not a turnover
 - All offensive flag football penalties result in a loss of down and yardage
 - All defensive flag football penalties result in an automatic first down and some are associated with yardage. The first down is awarded from the point of the penalty or the original line of scrimmage whichever is closer to the the endzone.

Field

- Field dimensions are 25 yards by 40 yards.
- Each new possession starts at the 40 yard line
- The Offense gets 4 downs to get a first down at the 20 yard line. After reaching or crossing the 20, the offense gets 4 downs for a touchdown. No running inside the 5 yard line.

Timing

- Game consists of two halves of 25 minutes with a running clock. The clock stops the last 2 minutes of each half. Time is kept by the referee.
- Halftime is 3 minutes
- The referee has discretion to stop the clock
- No overtime

Scoring

- Touchdown = 6 points
- Extra point from 5 yard line = 1 pt
- Extra point from 10 yard line = 2 pt
- All extra points are pass only

Live Ball/Dead Ball

- Play is ruled “dead” when:
 - The ball hits the ground
 - If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground
 - The ball-carrier’s flag is pulled
 - The ball-carrier steps out of bounds
 - A touchdown or PAT is scored
 - The ball-carrier’s knee or arm hits the ground
 - The ball-carrier’s flag falls out.
 - The receiver catches the ball while in possession of one or no flag(s).
 - The 7 second pass clock expires.
 - Inadvertent whistle - replay down
 - The ball-carrier leaves their feet other than jump cuts, spinning or to avoid a downed player on the field of play. No jumping over players

Running

- The ball is spotted where the ball is when the flag is pulled.

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- No QB sneaks
 - Direct handoffs behind the line of scrimmage only. Offense can use multiple handoffs
 - No pitches or laterals
 - No running inside the 5 yard line
 - Any player who receives a handoff can throw the ball
 - Defense can rush after a handoff
 - NO FLAG GUARDING
 - Penalty is loss of down and with ball returning to original line of scrimmage
 - No blocking or screening
 - Spinning is allowed. Jumping to advance the ball is not allowed. Jumping to avoid a downed defender or to catch the ball is allowed.

Passing

- Shovel passes are allowed but must be received beyond the line of scrimmage
- QB can pass the ball to avoid a 7 second sack
- QB has 7 seconds to throw. If “sacked” ball is placed back at original line of scrimmage

Receiving

- All players are eligible to receive passes
 - Including the QB if handed off first
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offensive

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- Interceptions are not returnable. Team that intercepts the ball will start possession at the 40 yard line.

Rushing the Passer

- No rushing the QB unless the QB hands the ball off first

Flag Pulling

- A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.
- If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is not allowed.
 - Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

Penalties

Offensive Penalties

5 yards from line of scrimmage and loss of that down

- False Start
- Offsides
- Offensive impeding
- Delay of game
- Running from the no run zones
- Offensive pass interference

5 yards from spot of foul and loss of that down

- Flag Guarding
- Jumping or diving to advance ball
- Intentional contact (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

Defensive Penalties

5 yards from line of scrimmage and automatic 1st down

- Intentionally removing a receivers flag belt before they contacts ball

5 yards from spot of foul and automatic 1st down

- Defensive pass interference
- Intentional contact (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)