

Flag Football Overview

Field dimensions – U14 and younger, 40 yds x 25 yds with two 10 yd end zones, U16 and older 50 x 25 yds with two 10 yd end zones.

Flag football is a 5 v 5 game. Teams may play a game with 4 players.

Mouthguards mandatory. Jewelry removed or covered up and secured.

Football: U8 and U10 use the Nike Jr Peewee. U12 use Nike Vapor One (junior size) or Nike Jr Peewee. U14 and U16 use the Nike Vapor One (junior or youth), U18 use the Nike Vapor One (official or youth). In terms of Wilson footballs Jr Peewee is K2, junior size is TDJ, youth size is TDY and official size is TDS.

Players must not wear shorts or pants that have pockets, belts, press studs or clips of any kind. Shorts or pants must of a colour different from the flags.

The official game length is two 20 minute halves. After the referee whistles in the next play the offense has 20 seconds to put the ball into play. The time clock runs continuously and is only stopped for time outs and injuries. The clock restarts with the snap of the ball. Each team has two 60 second time outs per half. Unused time outs do not carry over.

Coin Toss – winner of coin toss has choice to defer, ball or end, loser of toss has next choice

Zone 1 is the zone preceding the mid-line. Zone 2 is the zone after the mid-line.

Team A starts possession on 5 yd line of zone 1. Three downs to cross the mid-line. If Team A is successful they have 3 downs to score a touch down. If unsuccessful then Team B gets possession on the 5 yard line of their zone 1.

If Team B intercepts Team A then it can return the ball until the player is flagged. Team B can score a touch down on an intercepted pass. If Team B intercepts a pass and the player is flagged then Team B scrimmages at the point of flagging. If the player is flagged in Team B's zone 1 (anywhere) then Team B has 3 downs to cross the mid-line. If they cross the mid-line they have 3 downs to score a touch down.

The center must snap the ball between his/her legs. The person who receives the ball from the center is the quarterback. The quarterback cannot advance the ball across the line of scrimmage by running the ball. The quarterback can throw the ball forward, lateral or hand off the ball to another player. Once the quarterback hands off or laterals the ball then the quarterback is no longer considered the quarterback. The player who receives a lateral or hand off can run the ball past the line of scrimmage, throw the ball, lateral or hand off the ball.

Spinning is allowed but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage. One foot, at least, must remain in contact with the ground.

Any forward pass must be thrown from on or behind the line of scrimmage. The forward pass must be thrown past the line of scrimmage (in U20 and senior, a forward pass does not have to be past the line of scrimmage). Laterals and hand offs must be behind the line of scrimmage. Forward hand offs are not allowed in U18 and younger. In U20 and senior forward hand offs are allowed behind the line of scrimmage. They are considered a forward pass.

Offensive players other than the center can be in motion prior to the snap. They cannot pass the line of scrimmage before the ball is snapped.

Defensive players other than the rusher must line up at least 1 yd from the line of scrimmage. A defensive player who lines up directly over the center must be 3 yds away from the center unless the line of scrimmage is in the no run zone. In this case the defensive player can be 1 yd from the line of scrimmage.

Any player who lines up 7 or more yards from the line of scrimmage can rush in across the line of scrimmage once the ball is snapped. A rusher bean bag is placed 7 yds in front of the line of scrimmage bean bag where the center snaps the

ball from. A defensive player who lines up within 2 yards of the rusher bag must not be interfered with by any offensive player including the center while taking a direct path to the quarterback. If a center remains motionless after the snap then the center cannot be called for rusher interference. Rushers cannot line up within one ft on either side of the rusher bean bag.

Once the quarterback laterals or hands off the ball any defensive player can move past the line of scrimmage. Once a quarterback fakes a lateral then any defensive player can move past the line of scrimmage. Once a quarterback fakes a hand off by turning to the player and there is proximity to the player then any defensive player can move past the line of scrimmage.

A quarterback has 7 seconds to make a forward pass. Once the ball is lateralled, fake lateralled, handed off or fake handed off then the 7 second rule no longer applies.

If a team scrimmages from the 5 yd line or less in zone 2 then the offence is in the no run zone. This means that if the quarterback laterals or hands off the ball then the player who gets the ball cannot advance the ball by running past the line of scrimmage.

There are no fumbles. The ball becomes dead at the spot at which the ball is dropped. If the quarterback does not gain possession of the ball during the snap, the ball will be placed at the line of scrimmage and result in a loss of down. If a lateral or hand off results in the ball falling to the ground then the ball is dead and is scrimmaged from the spot of last possession with loss of down.

A play is ruled dead when an official blows the whistle, flag is pulled, ball carrier steps out of bounds, ball carrier dives or jumps, points are scored, any part of the ball carrier's body other than hand or foot touches the ground, ball touches a goal post, ball touches and official, and when the flag of a player with possession of the ball falls off.

The offensive team on the field must huddle after a time out or change of possession.

A touchdown is scored when a player has possession of the ball in the end zone. A player has possession of the ball in the end zone when the flag of at least one hip is on or past the goal line (vertical plane). A touchdown is worth 6 points. Converts from the 5 yd line score one point. Converts from the 12 yd line score two points. If the defense makes an interception on an attempted convert and returns the ball into the end zone they will score two points.

A safety touch is worth two points. A safety touch occurs when a player is flagged in his/her own end zone. If a player intercepts a pass in his/her end zone and gets flagged there is no safety touch. This includes if a player intercepts a pass outside his/her end zone but momentum carries he/she into the end zone. A safety touch is awarded if any player with the ball enters his/her end zone under his/her control and then gets flagged.

Overtime consists of sudden death converts. Each team attempts a convert (1 pt or 2 pt). If still tied repeat until there is a winner.