



## Flag Football Rules 2016

### The Basics

The City of Brentwood Parks and Recreation department reserves the right to establish regulations at any time deemed necessary for the efficient operation of the league. All rules and regulations shall be interpreted by the BPRD as it deems proper for the efficient operation of its program.

- Practice must be held at the field assigned by the BPRD. No offsite practices will be permitted.
- A coin toss determines first possession. The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Interceptions **MAY** be returned.
- Teams change sides after 25 minutes in the oldest division. Possession changes to loser of coin toss unless deferred and the clock does not stop.
- If a flag were to fall off while running without being pulled, the play is to continue until the defender is close enough were they could potentially pull a flag if it were there or within arm's reach. This is the referee's discretion.

### Players/Participation/Game Schedules

- Teams must field a minimum of six players at all times. All players must play half of the game on offense and half of the game on defense. EXAMPLE: If a team has 11 players the 6 on offense will not play defense.
  - With the exception of the one player who will play both ways for a single possession. Coaches will designate their 6 on offense and 5 on defense (or vice versa). One player will be rotated on the defense in order to field six. That player will rotate for every defensive possession and a coach must rotate that player with a new player every possession. That player being rotated in must switch every possession for another player. A player may not play two possessions in a row and may not play another possession until every player on the offense has played both ways.
- Teams consist of 10-11 players – six on the field, with five or six substitutes.
  - In this event- The quarterback who played a majority of the first half must be different than the quarterback who plays the second half.

## Timing/Overtime

- In the oldest 11-13 year old division games are played to 50 minutes running time. There will be two 25 minute half's. Ties are allowed. Unless they are in the playoffs. If the score is tied at the end of 50 minutes in the playoffs, teams move directly into overtime. The first team to score wins.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has one 60-second and one 30-second time-out per half.
- Officials can stop the clock at their discretion.

## Scoring

Touchdown:  
6 points

Extra point:

1 point (played on the 5-yard line) the team must pass; no running plays.

2 points (played from 12-yard line) the play can either be running or passing.

If a defense penalty occurs and the offense accepts the penalty the offense gets another attempt and the ball moves half the distance to the goal.

Interceptions on an extra point **MAY NOT** be returned.

Safety:  
2 points

## Running

- The quarterback cannot run with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs. Offensive players must stop their motion once the ball has crossed the line of scrimmage.
- No running with the ball carrier.
- No QB sneaks
- No Center sneaks (quarterback takes the snap and hands it back to the center)
- "No-running zones" located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- Absolutely **NO** laterals or pitches of any kind are allowed.

## Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

## Passing

- Shovel passes are allowed.
- Passes must be beyond the line of scrimmage (no passes in the backfield).
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
- Interceptions may be returned.

## Dead Balls

The ball must be snapped between the legs, not off to one side, to start play.

Substitutions may be made on any dead ball.

Play is ruled “dead” when:

- Ball carrier’s flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- Ball carrier’s knee hits the ground

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

## Rushing the Quarterback

All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Players rushing the Quarterback may attempt to block a pass however NO contact can be made with the Quarterback in any way. Offense cannot impede the rusher.

Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

## Sportsmanship/Roughing

If the field monitor or referee witnesses any acts of pushing a player out of bounds instead of pulling a flag, tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

## Penalties

All penalties will be called by the referee. Coaches will be either accept or decline the assigned penalties.

### Defense:

Offsides

Five yards and automatic first down

Interference

10 yards and automatic first down

Illegal contact  
(holding, blocking, etc.)  
10 yards and automatic first down from the original line of scrimmage

Illegal FLAG pull  
(before receiver has ball)  
10 yards and automatic first down

Illegal rushing  
(starting rush from inside 7-yard marker)  
10 yards and automatic first down

### Offense:

Illegal motion  
(more than one person moving, false start, etc.)  
Five yards and loss of down

Illegal forward pass  
(pass thrown beyond line of scrimmage)  
Five yards and loss of down

Offensive pass interference  
(illegal pick play, pushing off/away defender)  
10 yards and loss of down

FLAG guarding  
10 yards (from line of scrimmage) and loss of down

Illegal Offensive Play (Blocking, Lateral, A pass in front of the line of scrimmage)  
Loss of down

Delay of game  
Clock stops, 10 yards and loss of down

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the team captain 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.

### **Attire**

Cleats are allowed, except for metal spikes. Inspections must be made before the game. All players must wear a protective mouthpiece; if caught without a mouthpiece during a play there will be a warning the first time and a penalty of 5 yards from the original line of scrimmage with the loss of a down. There are no exceptions.

City of Brentwood jerseys must be worn during play. Jerseys are to be tucked in at all time.

Note: There are no kickoffs, and no blocking is allowed.

