Basic Rules Breakout Sections

Player Equipment and Playing Field

- No jewelry allowed. This includes rings, earrings, necklaces, bracelets, rubber bands, Livestrong bracelets, etc.
  - Exception: Medical alert bracelet, or something of religious significance.
- No metal cleats allowed.
- Athletic shorts must be worn. No jeans, khakis, etc. **No pants with pockets or belt loops are allowed.**
- All teams must wear designated shirt colors – we do not provide jerseys for teams.
  - If a team is not wearing their designated shirt color, the game can continue as long as the opposing Team Captain agrees that the shirt color worn does not conflict with their own shirt color.
- Shirts must remain tucked AT ALL TIMES.
- Leg/knee braces and arm casts cannot have unyielding material protruding - it must be covered.
- No hats with bills, bandanas in knots.
- No towels attached at the waist. Play cards can be worn on wrist.
- Basically, if anything is hanging off, out, etc., it must be dealt with.
  - Penalty for any Illegal Equipment during game (after warning) - **Failure to Wear Required Equipment (5 yards)**
- In Flag Football, the field is divided into four (4) 20-yard zones.
- The offensive team has four (4) downs to cross the next line to gain.
- Know that the next zone line to gain is not “set” until the ready for play signal is made by the referee.
- **Always know where the next line to gain is.**
- Play will begin with the ball on the 14-yard line, 20-yard line to gain, at the beginning of the game, after a touchdown/try, and after a touchback, provided there are no penalties involved.

Game Procedures – Players, Grace Period, Timing/Timeouts, Stop Clock Procedures

- Each team will have seven players; six players are required to begin a game.
- Teams are given a 5-minute grace period to start the game - if they do not have enough players after the 5 minutes, it is a forfeit. Sportsmanship affected if not enough players at game time, but game is started within grace period.
- Each team will have three 60-second timeouts per game.
- The game is divided into two halves, each 20 minutes in length.
- The clock will run continuously for the first 19 minutes of the first half and the first 18 minutes of the second half (except on timeouts).
- In the last minute of the 1st half and the last 2 minutes of the game, we will stop the clock in the following situations:
  - Incomplete Pass - On the snap.
- **Ball Out-of-Bounds** - On the snap.
- **Penalty and Administration** - depends on previous play.
- **Touchdown** - On the snap.
- **Timeout** - On the snap.
- **First Down** - on ready whistle (if deflagged inbounds); on snap (if player runs out of bounds).
- **Touchback** - On the snap.
- **Change in Possession** - On the snap.
- **Know when you need to stop/start the clock. Work as a team to get the timing correct!**

  - The offense has 25 seconds from the ready whistle to snap the ball. This clock starts when the ball is marked ready for play by the “R” Official.

**Game Procedures – Overtime Procedures, Scoring, Onside Kick and Mercy Rule**

- **ALL games** (regular season and playoffs) if tied will go to overtime.
- **Overtime Procedures**: Official will select an end zone. All overtime periods will be played toward the same end zone.
  - Begins with coin flip - team winning selects offense or defense.
  - The offense will have 4 downs from the 10-yard line to score.
  - On an interception, if the defense returns the ball for a touchdown, the game is over.
  - If still tied after the first overtime period, the team starting first on defense will start on offense.
  - Overtime will continue until one team has scored, and the opposing team has no opportunity to be on offense.
- **Mercy Rule (2nd half)**: 19 or more points ahead with 2 minutes remaining.
- **A touchdown is worth 6 points. Extra points**: From the 3-yard line (1 point), from the 10-yard line (2 points), from the 20-yard line (3 points).
  - Interception on a conversion try = ball is dead.
- **After each score, we must remove the flag belt from the player who scored to ensure that it is not illegally secured.**
- **Onside Kick**: On all scoring plays in the second half, after attempting the Try (whether successful or unsuccessful) and if still trailing by any amount, the scoring team can elect for an “onside kick.” Once the Team A captain elects for an onside kick, he/she may change the decision only when a Team A or Team B charged time-out is taken. If the team elects for the onside kick they will receive one attempt, similar to a conversion, from the 20-yard line.
  - If the play results in Team A converting the attempt, Team A will receive possession of the ball at their own 14-yard line to begin a series.
  - If the play does not result in Team A converting the attempt, Team B will receive the ball at their own 34-yard line to begin a series.
  - All penalties will be enforced as if they occurred during a Try. The clock will operate as if this play is a Try.
No points can be scored during an onside kick attempt.

Game Terminology and Dead Ball Situations

- Dead Ball Foul - A foul which occurs in the time interval after a down has ended and
  before the ball is next legally snapped
- Live Ball Foul - A foul which occurs during a down
- Simultaneous with the Snap - An act which becomes a foul when the ball is snapped.
- Previous Spot - the spot where the ball was snapped
- Spot of the Foul - where the foul occurred on the field
- Succeeding Spot - the spot following the end of a played down
- Loose Ball Play - Action during a punt, a legal forward pass, a backward
  pass/snap/fumble made from behind the scrimmage line, and the run or runs that precede
  them
- Running Play - Any action that is not a loose ball play
- Loss of Down Foul - an offensive foul that results in the loss of playing down
- Automatic First Down Foul - a defensive foul that results in an automatic first down for
  the offense
- Dead Ball Situations – the ball is dead when:
  o It goes out-of-bounds
  o Any part of the ball carrier, other than their hand or foot, touches the ground
  o The ball carrier may place the ball to the ground, as the ball is part of the hand,
    without being declared down
  o A touchdown, touchback, safety, or try for point is made
  o A forward pass touches the ground
  o A forward pass is caught simultaneously by two opponents or teammates
  o A backward pass, fumble or snap touches the ground
  o A ball carrier is de-flagged
  o A ball carrier is touched with one hand between the shoulders and knees when
    they do not have a flag belt on
  o A muffed scrimmage kick touches the ground
  o An inadvertent whistle occurs
  o A scrimmage kick that has stopped moving, is touched by the kicking team, or
    crosses the plain of the receiving team’s goal line