Flag Football Rules

1. 6 vs. 6
   a. Substitutions permitted between downs
   b. may play with 5 with consent of both teams
   c. four or less players at start = forfeit
   d. No playing of non-roster players
   e. Notify AD of trades or additions prior to start of game
   f. Only players on roster are eligible for championship t-shirts and Lakeshore Bowl

2. Games start at 12:15
   a. Two 15 minute halves
   b. 3 – 5 minute halftime

3. No kickoffs, play will start on the 10 yard line

4. 60 second play clock (kept by official)

5. Running clock
   a. Clock stops during the last two minutes of the second half on incomplete passes, out-of-bounds, and touchdowns
   b. One 30 second time-out per half

6. Possibility of one first down (centerline)

7. Touchdowns = 6 points, followed by one down attempt for extra points
   a. 3 yard line = 1 point
   b. 6 yard line = 2 point

8. Extra points can be returned by the defense for 2 points

9. Overtime
   a. Coin flip to determine who starts with ball
   b. Start at the first down line (center field)
   c. 4 downs (no first downs)
      i. turnover on downs, other team resets at midfield
      ii. play will proceed to same goal unless intercepted
   d. Sudden death

10. Belt must be worn outside of clothing with flags at sides and back

11. Belt removal = stoppage of play

12. No flag guarding
    a. No spinning = stoppage of play at location of foul
    b. No slapping of defender’s hands = stoppage of play at location of foul
    c. No holding of belt to prevent removal = stoppage of play at location of foul
    d. No stiff arming of defender = 10 yard penalty and loss of down
13. Offense
   a. All players are eligible receivers
   b. No forward laterals
   c. No picks = 10 yard penalty
   d. Screen blocking only
   e. Passer may not rush unless defense crosses line of scrimmage (no sneaks)
   f. No diving with possession of the ball
   g. No fumbles
      i. If the possession of the ball is lost it is a live ball until it touches the ground. Once the ball touches the ground the play is dead.

14. Defense
   a. No tackling allowed = automatic first down
   b. Diving for flag is permitted
   c. Line up at least one yard off of offensive player
   d. No contact
   e. No impeding forward progress in attempt to grasp flag = 10 yard penalty
      i. Pulling clothing
      ii. Wrapping up of ball carrier
   f. One blitz per four downs
   g. Audible 5 (apple) count prior to rush
   h. No roughing the passer = 10 yard penalty and automatic first down
   i. Interceptions can be run back

15. Overly aggressive, physical, or emotional outburst will not be tolerated and be penalized and dealt with according to the official's discretion. Official's discretion may include:
   a. Warning player(s)
   b. Penalizing team via loss of downs and/or yardage
   c. Ejection of player(s) from game
      i. player(s) will sit out the next scheduled game
   d. Forfeiture of game
   e. Deal with administration (AD, Deans)
   f. Call the police