

**COVINGTON FAMILY YMCA**  
**Adult Flag Football**

**General Rules and Procedures**

**If worried about INCLEMENT WEATHER, call the rain out line at 770.312.2477**

1. The game will be divided into two 20-minute halves, and a 5-minute half time. The clock will run continuously, except for time-outs, until the ONE-minute warning of the each half. The clock will stop for the following: incomplete pass, out of bounds, time out, touchdown or safety and extra point, change of possession, and on a penalty. The clock will start on the snap.
2. The game will begin with the coin toss. Winner will choose to play offense or defense; defense will choose which goal to defend.
3. There will be 8 players on the field.
4. Teams must have at least 6 players to start a game.
5. Teams have MAXIMUM of 5 minutes from **scheduled starting time** if they are waiting for the 6<sup>th</sup> player. Any team that forfeits will not be eligible for the playoffs.
6. No steel cleats baseball or stick-um.
7. **Cursing will be penalized as personal foul. Second offense will put player out of the game.**
8. Shorts and pants with **belt loops or pockets are prohibited**. If present, they must be taped.
9. The offense will start on the 15-yard line. First downs are received by crossing the 20-yard line, midfield, and the 20-yard line.
10. The Offense has 25 seconds between plays. Referees will call out 10-second warnings.
11. Each team has 2 time-outs per half. If not used, they are lost. A time-out is 1 minute.
12. Once a player gains control of the ball, a fumble is considered dead at the spot where control was lost, unless another player gains control before the ball hits the ground. If a player pitches the ball to another player and it hits the ground before control is gained, the ball is dead where it hit.
13. Muffed snaps are dead at the spot where the ball hits the ground.
14. A touchback brings the ball out to the 15-yard line.
15. No players, OFFENSE or DEFENSE may line up in the neutral zone.
16. Once the flag is pulled off, the player is down. The ball will be spotted according to where it was when the flag was pulled.
17. If a player is running and his flag falls off, play reverts to ONE hand touch. Anytime the ball carrier touches the ground with any part of his body, other than his hands or feet, he is down.
18. The ball may not be advanced by diving, rolling, or hurdling. These will be penalized.
19. The ball must be snapped **between the legs** to a player at least 2 yards behind the center.
20. Motion may be made if it is parallel to the line of scrimmage; forward motion will be illegal procedure and will be flagged and assessed after the play.
21. POINTS: Touchdown= 6, Extra points: 1 from 3 yard line, 2 from 10 yard line, 3 from 20 yard line, SAFETY=2. Defensive score on extra point try is always worth **3** points.
22. A team must announce its intention to punt. **NO FAKE PUNTS**. On punts, both teams must have at least 5 on the line. All players **MUST** remain still until the ball is kicked. Punts are returnable, and there will be no rushing the punter.
23. MERCY RULE: If a team is ahead by 19 points or more with two minutes or less the game is over.
24. NO CONTACT, Offensive blockers must have hands behind their back or at side. They are to get in the way of the rushers without making contact. If the rusher makes flagrant contact with the blocker, he will be penalized.
25. The ball may be thrown laterally anytime. However, once it has crossed the line of scrimmage, it may not be thrown forward.
26. Only ONE FORWARD pass may be thrown during a down.
27. In order for a pass to be completed, the receiver must have one foot in bounds.
28. The offense must have 5 players on the line of scrimmage at the snap.
29. After a score, the opposing team takes over on the 15-yard line.
30. Ball carrier must make an attempt to avoid contact with a defender, no Stiff-arming, or running over a defender. This includes a ball carrier spinning into a defensive player.
31. If rules are not covered below, we will be playing by National Intramural Recreation Sports Association (NIRSA) rules.

## Responsibilities of Coaches

1. Coaches are responsible for the conduct of their team and keeping their players under control.
2. Coaches are responsible for fielding a team of a minimum of 6 players.
3. Referees will keep the clock on the field.

## Penalties

If rules are not covered below, we will be playing by National Intramural Recreation Sports Association (NIRSA) rules.

1. OFFSIDES: 5 yards. The ball is dead on offensive and defensive off sides before the snap.
2. SHIELDING THE FLAG: 10 yards from spot of foul. Includes shirt not tucked in, slapping hands away, and stiff-arming.
3. PERSONAL FOUL: 10 yards and automatic 1<sup>st</sup> down (if on defense). Includes arguing, cursing, rough play, fighting, mouthing, non-verbal displays of non-Christ like attitude, holding someone up to strip the ball, roughing the passer, flagrant running over blocker, pulling flags off before player catches the ball.
4. TACKLING BALL CARRIER: Inadvertent- 5 yards. Intentional- 10 yards.0
5. HOLDING: Offensive-10 yards and repeat the down, Defensive- Offense can take play or 10 yards and repeat the down
6. CLIPPING OR OTHER ILLEGAL BLOCKS: 10 yards from spot of the foul and repeat the down.  
LEGAL BLOCKS: All legal blocks are screen blocks. You may not cut-block, block from behind, block below the waist, or run through players while on offense or defense. All blocks must be made with hands behind back.
7. PASS INTERFERENCE: Defense: 10 yards and automatic 1<sup>st</sup> down. Offense: 10 yards and repeat the down.
8. DEFENSIVE ILLEGAL USE OF HANDS: 5 yards and repeat down. A defensive player must go around blocks. It is illegal to run through a blocker or to push them aside with your hands. Flagrant running through a blocker is a personal foul.
9. DELAY OF GAME: 5 yards
10. ILLEGAL FORWARD PASS: 5 yards and loss of down.
11. OTHER PENALTIES: All other football penalties are applied as needed.

## Overtime

Both teams will get one possession on the 10-yard line with 4 downs. If a touchdown is scored, extra point options are the same as regulation. If after two overtimes teams are still tied, after scoring touchdowns, teams must go for the 2-point conversion. A coin toss will determine who goes first.