

# Lehi Recreation Flag Football Quick Glance

## GAME RULES

1. **GAME TIME**..... TWO, RUNNING, 20 MIN HALVES [5 MIN HALF]
2. **KICKOFF**.....EACH HALF STARTS WITH KICKOFF
3. **JERSEYS**..... MUST BE WORN & TUCKED IN
4. **TEAM SIZE**.....SEVEN MAN [KINDER = SIX-MAN]
5. **JEWELRY**.....CANNOT BE WORN- NO EXCEPTIONS!
6. **COACHES**.....K-2ND BOTH; 3/4 - OFF; 5/6 - OFF 4 GAMES; 7-9 NONE
7. **SCRIMMAGE LINE**.....MUST START WITH LEGAL SNAP - FIRST SOUND!
8. **SCRIMMAGE - OFFENSE**.....AT LEAST 4 PLAYERS ON LINE
9. **SCRIMMAGE - DEFENSE**.....DESIGNATED RUSHERS 10 YDS BACK

## DEAD BALL FOULS (WHISTLE)

1. **ENCROACHMENT** – DEFENSE..... 5 YD.  
- DEFENSE CROSSES LINE OF SCRIMMAGE EARLY
2. **PROCEDURE** – OFFENSE..... 5 YD.  
- ILLEGAL: MOTION, FORWARD PASS, SUBSTITUTION, FALSE START, ETC
3. **DELAY** – EITHER TEAM..... 5 YD.  
- K-2ND = 60 SEC....3RD-9TH = 25 SEC
4. **PERSONAL FOULS**.....10 YD.

## LOSS OF DOWN

1. **INTENTIONAL GROUNDING**.....5 YD. - SPOT  
- OFFENSE THROWS BALL WITHOUT REALISTIC CHANCE OF COMPLETION TO AVOID SACK
2. **OFFENSIVE PASS INTERFERENCE**.....10 YD. - PREVIOUS SPOT  
- OFFENSIVE PLAYER SHOVES DEFENDER BEFORE MAKING A PLAY ON BALL
3. **ILLEGAL FORWARD/BACKWARD PASS**...5 YD. - SPOT
4. **HAND OFF TO LINEMAN**.....5 YD. - PREVIOUS SPOT  
- BALL HANDED TO ANOTHER PLAYER ON LINE OF SCRIMMAGE
5. **PLAYER OUT OF BOUNDS**.....10 YD. - PREVIOUS SPOT  
- A PLAYER MAY NOT GO OUT OF BOUNDS & BACK IN TO MAKE A PLAY
6. **ILLEGAL USE OF HANDS**.....10 YD. - SPOT/1st DOWN
7. **CLIPPING**.....10 YD. - SPOT
8. **JUMPING AND HURDLING**.....10 YD. - SPOT
9. **RUNNING OVER**.....10 YD. - SPOT

## AUTOMATIC FIRST DOWN

1. **DEFENSIVE PASS INTERFERENCE**.....10 YD.-PREVIOUS SPOT  
- DEFENSE MAKES CONTACT TO OFFENSE BEFORE PASS THROWN - OR PUSHES TO IMPEDE A CATCHABLE FORWARD PASS
2. **DEFENSIVE HOLDING**.....10 YD.-PREVIOUS SPOT
3. **TRIPPING**.....10 YD.-SPOT
4. **DEFENSIVE TACKLING**.....10 YD.-SPOT
5. **DEFENSIVE PUSH OUT OF BOUNDS**...10 YD.-SPOT

## PERSONAL FOULS

1. **ILLEGAL BLOCK**.....10 YD.-SPOT  
- HANDS MUST BE FACING SELF- CROSSING CHEST OR WAIST
2. **HIDEOUTS**.....10 YD.-SPOT  
- NEAR OUT OF BOUNDS, LAYING ON THE GROUND, OR BEHIND ANOTHER PLAYER
3. **LINE BUCK**.....10 YD.-SPOT  
- BALL CANNOT BE RUN WITHIN 1 YD OF CENTER UNLESS PRECEDED BY A DISTINCT LATERAL PASS
4. **FLAG GUARDING**.....5 YD.-SPOT  
- INCLUDES TYING OR OTHER OBSTRUCTING BELT FROM BEING ABLE TO BE PULLED
5. **UNSPORTSMANLIKE CONDUCT**.....15 YD.-PREVIOUS SPOT

**THROW THAT FLAG AND BLOW THAT WHISTLE LOUD!**

**ANY PENALTY MAY BE DECLINED.**