

LINCOLN COUNTY

FLAG FOOTBALL RULES

1	For 1/2nd Grade: Only direct handoffs are permitted—there are no laterals or pitches anywhere on the field . At the first grade level, you must attempt a forward pass on 1st downs.
2	For 3/4th Grade and 5/6th Grade: Laterals are allowed. If a lateral is fumbled, the ball is DEAD immediately, a 5 yard penalty AND it is a loss of down. (I.E. Offense on first down, player A runs the ball and tries to lateral to player B and the ball is fumbles. The play is blown dead at spot of the fumble and Offense loses 2nd down. It is now 3rd down from the spot. If the spot is a first down by passing the line to gain, it will be second down on next play.) Laterals behind the line of scrimmage and beyond the line of scrimmage are allowed with the danger of the down penalty. Double Passes and Shuffle Passes are allowed.
3	There is no running the ball on offense when the ball is on the 5 yard line or closer including going for 1 pt PAT attempt
4	The quarterback has a 6 second pass clock to get rid of the football. Each game will have a QB tee that has a timer that starts when the ball is snapped. If the QB has not thrown or handed off the ball when the buzzer sounds, it is deemed a sack and loss of down.
5	The quarterback can't run with the ball unless: they are rushed and the defense crosses the line of scrimmage, they hand off (or pitch the ball in 3/4 or 5/6th grade) the ball first or they pass the ball first.
6	Scoring: 1. Touchdowns are worth 6 points. Extra points from the 5 yard line for 1 pt attempt (no rushing), or from the 10 yard line for 2 pt attempt. This can be an offensive touchdown or an interception return for touchdown. 2. Field goal: You can go for 3 points by throwing the ball from the line of scrimmage and hitting the crossbar of the uprights. This does not include the uprights or the post under the crossbar. Must hit crossbar.
7	First Downs: A. 3 downs to get to 25 yard line B. 3 downs to get to the 10 yard line going in C. 2 downs to score from inside 10.
8	Offensive players <u>must not</u> block or shield the ball carrier or receiver after the catch. If the offensive player does shield or block, the play is dead immediately and it is a 10 yard penalty from the spot of the penalty AND a loss of down . (If receiver catches the ball on 2nd down, gains 4 yards and then on the 20 yard line a shielding infraction occurs. The ball is taken back to the 30 yard line AND it is now 3rd down.)
9	Any defensive player lined up seven yards off the line of scrimmage is eligible to rush, they are called RUSHERS . If the rusher crosses the Line of Scrimmage the QB can run without a handoff, throw or lateral. (ie the offense is on the 40 yard line. The Rusher must start on the 33 yard line. Once the Rusher crosses the line of scrimmage, the QB may rush past the line of scrimmage)
10	Defensive Rushers must start 7 yards from the line of scrimmage on the defensive side. If they cross that line before the ball is snapped, it is an automatic 5 yards and an automatic FIRST DOWN . If someone is a rusher they have to hold their hand up to designate they're a rusher as QB is saying cadence.
11	Offensive players may not CHARGE defenders. Charging is when the offensive player challenges their opponent for space without using their arms or elbows. 10 yard penalty from spot of penalty with a loss of down.
12	An offensive player may not FLAG GUARD . This is when the ball-carrier intentionally obstructs the defender's access to their flag by slapping the defenders hand, holding onto their flag, or something of that nature. 10 yard penalty from spot of penalty with a loss of down. Juking, spinning, ducking is not an example of flag guarding.
13	If the ball is handed off, ANY defender may rush.

	<u>Defensive Players:</u> 1. Defensive pass interference: (The player significantly hinders an eligible receiver's opportunity to catch the ball) 14 AUTOMATIC FIRST DOWN at SPOT OF THE FOUL 2. Defensive Holding: (The Player restrains another player who is not in possession of ball past initial 3 yards from the Line of scrimmage) 5 yard penalty and automatic first down
	<u>Defensive Players:</u> 15 Unnecessary roughness (beyond necessary methods to pull the flag of an opponent) and Unsportsmanlike conduct (include excessive celebration, using abusive language, punching or kicking an opponent) 10 yard penalty from spot and an automatic FIRST down.
	<u>Defensive Players:</u> 1. Offsides (A player crosses the line of scrimmage before the ball is snapped) 2. Illegal Rush (The rusher is not lined up at least seven yards off the line of scrimmage) 16 3. Illegal flag pull (A player pulls the flag off an opponent before they have full possession of the ball) 4. Roughing the Passed (A player makes contact with the passer after they've thrown a forward pass) 5. Taunting (A type of unsportsmanlike conduct where the player purposely creates ill will between teams) ALL RESULT in a 5 yard penalty and an AUTOMATIC First Down
	<u>Offensive Players:</u> 1. Unnecessary Roughness and 2. Unsportsmanlike Penalty (Examples include excessive celebration, using abusive language, punching or kicking an opponent) RESULT in a 10 yard penalty and LOSS OF DOWN. — 3. False start (A player moves in a way that indicates the start of the play before the ball is snapped) 17 4. Illegal Forward Pass (A player throws the ball forward once they are past the line of scrimmage) 5. Offensive Pass Interference (The eligible receiver significantly hinders the defensive player's opportunity to intercept the ball) 6. Illegal motion (Players shifting (not motioning) and not coming to a complete stop before the ball is snapped) 7. Delay of game (Team fails to snap the ball and put it in play - 30 second play clock) 8. Illegal procedure (A technical rules violation, such as illegal formation) All are a *** 5 YARD LOSS and LOSS of DOWN ***
18	Interceptions are returnable for TD back to 40 yard line (6 points) and on extra point attempts (2 points)
19	The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground (IE wrist, elbow, forearm, knee, etc)
20	All offensive flag football penalties result in a loss of down and yardage. (IE Offensive PI, blocking, flag guarding)
21	All defensive flag football penalties result in an automatic first down and some are associated with yardage.
	<u>Field Setup:</u> 1. Split HS field in half at 50 yard lines. 22 2a. <u>1/2 Grade:</u> Split field length wise down middle of field 2b. <u>3/4th and 5/6th Grade:</u> From one sideline to the opposite hash mark. 3. Cones at 25 yard line and 10 yard line for the line to gain. See chart below
23	Every game begins with a coin toss to determine which team will start with the ball (there's no kickoff). Whoever takes ball first will be on defense to begin 2nd half.
24	Games are two 20 minute halves, and the clock only stops for injuries, half-time and timeouts (each team has one 60-second timeout per half). If timeout is not used it is carrier into 2nd half. Halftime is 5 minutes.
25	Offense starts on 40 yard line going into End zone.
26	Can the QB run in flag football? No, they must hand it off behind the line of scrimmage, or complete a forward pass. But if handed off, the quarterback can then run to receive a pass. If the defense RUSHES the QB and cross the line of scrimmage the QB can run. The Center is also allowed to be a WR after snapping the ball.

27	Offensive Delay of Game: Offense is allowed 35 seconds from the end of the previous play to snap the ball. If delay of game is called it is the loss of down. Clock will stop in FINAL minute of the game.
28	Offensive play clock is 35 seconds from the end of previous play.
29	If a coach, parent, or player is kicked out of a game for any reason they are suspended for the next game as well.
30	Additional rules may be required to be and may be applied at a later time.