

FLAG FOOTBALL RULES CHEAT SHEET

Game is played under NIRSA rules.

TIMING

Four twelve- minute quarters. Teams change sides after first & third quarters

Running clock for first 22 minutes of each half.

Clock only stops during running clock for:

* Team time out

* Referee time out

* End of 1st and 3rd quarters.

There shall be a 2-minute warning in each half

Back judge announces time remaining after each play in last two minutes (if there's no visible clock)

Half time is five minutes

TIME OUTS

3 time outs per half, no carryover: A time out is 1 minute long

FIELD

Field should be lined with:

2 end lines, 2 goal lines, 2 20 yard lines, 1 40 yard line (midfield), 2 side lines, hash marks (15 yards in from each sideline at both goal lines, at both 20 yard lines, and at midfield).

2 14 yard marks

2 10 yard marks

2 3 yard marks

Pylons (12 Total – 6 in each end zone)

Note: These lines may be different from the pre-drawn markings on a synthetic turf field.

TEAMS

Team consists of 7 players.

Minimum of 5 players are required to start the game to avoid a forfeit.

Team can continue with fewer than 5 players if team has a chance to win.

STARTING THE GAME

The ball will be placed at the 14 yard line at the start of the first and third quarter and after each score.

Team has 4 downs to reach the next zone yard line.

A new series of 4 downs is awarded after reaching each zone line (Zone lines are the 20, the 40 and the other 20).

TEAM BOXES

Team Boxes shall be between the 20 yard lines and at least 2 yards off the sideline.

All substitutes and coaches must be inside their team boxes prior to the snap of the ball.

No coaches may enter the field.

PUTTING THE BALL IN PLAY

The Snap:

The Snapper is the only player required to be on the line of scrimmage.

The player receiving the snap must be 2 yards behind the snapper. (DIRECT SNAP IS ILLEGAL)

Only one offensive player may be in motion, but not in motion toward the opponent's goal line.

Any snap that touches the ground is dead.

Delay of game: The ball must be snapped w/in 25 seconds of the referee declaring the play ready.

The defense must remain one yard back from the line of scrimmage (the forward point of the football)

Two Ball spotters (or small disk cones) shall be used to delineate the offensive and defensive scrimmage lines (teams shall be responsible for supplying these – the officials shall indicate the scrimmage lines if the ball spotters are missing and report the lack of spotters to the league office) .

The Pass

Only one forward pass per down.

Any player may catch or throw a pass.

Passer must have at least one foot on the ground behind the line of scrimmage.

If a passer crosses the line of scrimmage, she may return to behind the line of scrimmage to make a legal pass.

Any incomplete pass that touches the ground is dead.

The Run

Any player may run the ball.

Any fumble that touches the ground is dead. A fumble that is still in the air is a live ball.

Defenders may not attempt to strip the ball from the runner

The Punt

Prior to 4th down Referee must ask team A if they plan to punt. Referee must declare Team A's intention to punt.

There are no quick kicks or fake punts.

Team A captain may decide to punt on any down. After such announcement the ball must be punted.

No players may enter the neutral zone until the ball is punted.

Punters may not delay the game – they must punt in a continuous motion after receiving the snap.

The punt can be returned if caught in flight or if it is picked up prior to coming to a complete stop.

If the ball touches any player then the ground it is dead. If the ball comes to complete stop on the ground it is dead

A muffed punt caught in the air by the kicking team can't be advanced but once the punt is secured, the kicking team can recover and advance a fumble caught in the air. However, the ball is dead if a muffed punt or a fumble touches the ground.

SCORING

A Touch down is 6 point

A Try from the 3 yard line is 1 point

A Try from the 10 yard line is 2 points

A Try from the 20 yard line is 3 points

A Safety is 2 points

Mercy Rule

During the last 2 minutes of the Game if there is a 19 point difference the game is over.

OVERTIME

Each team shall receive a series of four downs from the ten yard line after which the team that is ahead shall be declared the winner. Additional series of four downs per team will be played if the contest remains tied until one team has won the contest.

PLAYER EQUIPMENT

The Jersey must be long enough to be tucked in during the entire down

or short enough to be 4 inches above the player's waistline

Jersey must not cover flags

Pants or shorts must be opposite color of the flags.

Each player must wear a quick release belt with 3 flags

The home team shall wear dark jerseys; the visitors shall wear white jerseys. Players' pants must comply with NIRSA rules and shall not have pockets or belt loops. **All players must wear a mouthpiece (AAA league rule – there shall be no exceptions to this rule – upon discovery, the player simply can't enter or return to the game without the mouthpiece).**

POINTS OF EMPHASIS

Officials and coaches must know the personal fouls listed in the NIRSA rules and the penalties that attach to those fouls. It is a point of emphasis that tackling a runner by grasping or encircling an opponent with one's hands or arms and taking them to the ground as in tackle football results in a disqualification. Unnecessary contact, driving or running into an opponent, and throwing runners to the ground without grasping or encircling them as in tackle football are personal fouls (see the NIRSA rules for enforcement)