

Gold Coast League

Flag Football Rules

*Modified 7.19.2024*

**Field, Equipment, and Uniform**

1. Field
	1. The playing field will be 80 yards long by 40 yards wide with 10-yard end zones.
		1. \*See field diagram for proper marking\*
	2. The designated home team is responsible for making sure the field is lined properly and field markers are in place.
		1. Yard markers should be visible for both teams to indicate the goal lines, 20 yd lines, and 40-yard mid field line. Endzone pylons should also be present on the four corners of each endzone. If padded endzone pylons are not available, bright colored cones will suffice.
		2. Down markers are not required but suggested.
	3. Teams will assume benches on opposite sidelines.
		1. If space does not allow benches on opposite sidelines, teams must share a sideline. In this case, coaches may not cross the 40-yard line and enter the other teams bench area.
2. Game Ball
	1. (A) teams will play with a YOUTH size ball.
	2. (B) and (C) teams will play with a JUNIOR size ball.
	3. Wilson TDY and Nike Spiral Tech are approved game balls.
		1. The home team is responsible for providing an approved game ball. However, each team may use their own game ball on offense if they choose.
3. Belts
	1. Each player’s belt must be a one-piece design, have three flags permanently attached, and have a quickly release clip.
	2. Each team is responsible for providing their own belts
	3. Flags cannot match the color of the team’s shorts.
4. Uniforms
	1. The HOME team will wear WHITE/LIGHT jersey tops.
	2. The AWAY team will wear DARK jersey tops.
	3. Jersey tops must be tucked in at all times during game play.
	4. Shorts cannot have pockets.
		1. Due to risk of injury, players with pocket shorts will be ineligible.
	5. No jewelry of any kind is allowed during game play.

**Game Play**

* 1. Each team will have 7 players on the field at a time.
	2. The offensive team is not allowed to block or shadow block
		1. Offensive players without the ball must remain stationary when near a would be flag puller. They may not interfere with the defensive team’s ability to pull the ball carriers flag. However, the may set a pick similar to basketball as long as they are set before contacting a defensive player.
	3. The neutral zone separating the offensive and defensive line of scrimmage is as follows:
		1. (A) teams = 5 yards
			1. For (A) teams, there will be a short rush when the ball is less than 5 yards from the next first down line or goal line. In this case, the defensive line of scrimmage will be the goal line or the first down line.
		2. (B) and (C) teams = 7 yards
			1. For (B) and (C) teams, there will not be a short rush. When the ball is less than 7 yards from the next first down line, the defensive team will line up 7 yards from the ball as usual.
				1. When the ball is at the goal line, the offensive line of scrimmage will go back to the 7-yard line if the offensive team’s flag is pulled short within 7 yards of the goal line. In this case, the defensive line of scrimmage will always be the endzone.
	4. The offense must have at least 3 players on the line of scrimmage when the ball is snapped.
	5. The ball must be snapped into play by passing it through the center’s legs into the quarterback’s hands.
		1. No side saddle snapping.
	6. The offensive play clock will be set at 25 seconds.
	7. All offensive players are eligible receivers, including the center.
	8. Only one offensive player can be in motion at a time and cannot turn up field until the ball is snapped.
	9. An unlimited number of legal laterals, pitches, or handoffs are permitted anywhere on the field.
	10. An offensive player that steps out of bounds is not an eligible receiver, unless the player was forced to step out of bounds by a defensive player.
	11. One foot must be in bounds for a legal catch.
		1. If the boundary is straddled and the player simultaneously has one foot in bounds and one foot out of bounds, the catch is incomplete.
		2. If a player is kneeling, sitting, or laying on the ground, he can make a legal catch. However, the ball is dead at that point immediately upon reception.
	12. If a player fumbles the ball or falls to the ground when running (i.e. any body part touches the ground besides the feet), the play will be dead and the ball will be marked at that spot.
	13. If a flag belt falls off of a ball carrier unprovoked by a defensive player, the play is dead immediately and the ball will be marked at that spot.
		1. If a receiver’s flags fall off unprovoked by a defensive player, they are still an eligible receiver but the play will be called dead immediately upon a reception. The player cannot advance the ball from that spot.
	14. A defender who intercepts a ball in the endzone not during an extra point attempt may choose to advance the ball out of the endzone or voluntarily down the ball in the endzone by dropping to a knee.
		1. A downed interception in the endzone will result in beginning the offensive possession at the 20-yard line.
		2. If a player’s flags are pulled in the endzone after an interception, the ball will be down and the team will get the ball on offense at the 20-yard line.
1. **Scoring**
	1. A touchdown is worth 6 points.
	2. A Point After Touchdown (PAT) will be attempted after each touchdown during regulation play.
		1. For (A) teams, they may choose to go for 1 point from the 5-yard line and 2 points from the 10-yard line.
		2. For (B) and (C) teams, they may choose to go for 1 point from the 7-yard line and 2 points from the 10-yard line.
			1. A defender who intercepts a ball in the endzone during a PAT attempt may choose to try and return the interception down the field to their own endzone.
				1. A successfully returned interception during a PAT to the defensive teams endzone will be worth 2 points.
				2. An unsuccessful return will result in not points and a kickoff will
	3. During regular season, any game that is tied at the end of regulation will end that way and the game will be over.
	4. During the championship game, a tie score at the end of regulation will result in overtime.
		1. A coin toss will determine who begins on offense. For all subsequent overtimes, teams will alternate offensive control of the ball.
			1. Each team will begin with their offensive possession with the ball at the 20-yard line.
				1. Each team has four downs to score a touchdown

If a touchdown is scored, a PAT will follow. For the first overtime, teams may choose to go for 1 point from the 5-yard line or 2 points from the 10-yard line. Beginning with the second overtime and each one following, each team MUST go for two after a touchdown is scored.

1. **Kickoffs and Punts**
	1. Kickoffs
		1. Kickoffs will be from the 30-yard line.
		2. On a kickoff, the receiving team must have at least 3 players on the midfield line
		3. No onside kicks
		4. When a kickoff goes out of bounds without being touched by the receiving team, they have the option of putting the ball in play at its own 30-yard line or where the ball goes out of bounds. You cannot make the kicking team kickoff a second time.
		5. No player on offense or defense, besides the kicker, may move before the ball is kicked
		6. A kicked ball that touches any part of the body of a receiving team’s player and then hits the ground is dead at that point.
			1. Muffed kicks cannot be returned.
		7. The receiving team may field a ball that bounces after being kicked and return it up field.
	2. Punts
		1. Punts must be declared clearly by the coach to the referee and the opposing team beforehand.
		2. The defensive team cannot rush the punter.
		3. All offensive and defensive players, besides the punter, must remain still until the ball is kicked
		4. A ball punted out of bounds will be played by the receiving team from the point where it went out of bounds.
		5. The punting team must snap the ball between the legs of the center to the punter’s hands.
			1. The punter may take the ball out of the center’s hands. It does not need to be a shotgun snap.
		6. A punted ball that touches any part of the body of a receiving team’s player and then hits the ground is dead at that point.
			1. Muffed punts cannot be returned.
		7. The receiving team may field a ball that bounces after being punted and return it up field.
2. **Times**
	1. (A) games will be four 12-minute quarters. The clock will run continuously except during the last 2 minutes of each half.
	2. (B) and (C) games will be four 10-minute quarters. The clock will run continuously except during the last 2 minutes of each half.
	3. Halftime will be 5 minutes
	4. Each team gets 2 timeouts per half
		1. Each time out is 1 minute long
		2. Unused timeouts from the first half cannot carry over to the second half.
	5. The clock will top at the 2-minute warning before the end of each half.
	6. Last two minutes of each half:
		1. When the clock stops for an out of bounds play, incomplete pass, or a timeout, the clock will start on the next snap
		2. When the clock stops for an injury or penalty, it will start on the ready to play whistle from the referee.
		3. When a touchdown is scored, the clock will stop and remain stopped during the PAT.
			1. The clock will start on the ensuing kickoff when it is touched by the kicker’s foot.
		4. The clock will stop for:
			1. Timeouts
			2. Injuries
			3. A scoring plays
			4. After a punt return is down
			5. A penalty
			6. An incomplete pass
			7. The ball goes out of bounds
3. **Penalties**
	1. Each team is responsible for the behavior of its fans. If a school’s fans are not controlled, an unsportsmanlike penalty can be assessed against the offending school’s coach.
		1. After 2 unsportsmanlike penalties the coach will be ejected
			1. If ejected, the coach must leave the property until the game is over.
	2. Offsides
		1. 5 yards from the line of scrimmage and repeat down.
	3. Delay of game
		1. 5 yards from line of scrimmage and repeat down
	4. Failure to have at least 3 offense players on the line of scrimmage
		1. 5 yds from the line of scrimmage and repeat down
	5. Player goes out of bounds without being forced and returns to play to receive a catch.
		1. 10 yds from line of scrimmage and loss of down
	6. Stiff arm, flag guarding, slapping or pushing defender, jumping to avoid defender, offensive charging, moving screen or blocking
		1. 10 yds from point of infraction and loss of down
	7. Failure to announce a punt
		1. 5 yds from line of scrimmage and repeat down
	8. Illegal motion
		1. 5 yds from line of scrimmage and repeat down
	9. Roughing/Running into the passer
		1. 10 yds from line of scrimmage and automatic first down
	10. Offensive pass interference
		1. Behind the line of scrimmage
			1. 10 yds from point of infraction and loss of down
		2. Beyond the line of scrimmage
			1. 10 yds from the line of scrimmage and loss of down
	11. Holding or grabbing a player’s body or uniform
		1. 10 yds from point of infraction and repeat down
	12. Pushing ball carrier
		1. 15 yds from end of the play and automatic first down
	13. Tackling
		1. Half the distance to the goal line from end of play and automatic first down
	14. Improper wear of the flag belt
		1. 5 yds from line of scrimmage and loss of down
	15. Unsportsmanlike conduct (Can be assessed against players, coaches, or fans)
		1. Spiking the ball, taunting, inappropriate end zone displays, abusive, foul, or inappropriate language, or any other inappropriate behavior
			1. 15 yds from the end of the play and loss of down
			2. Can be assessed on kick off as well.