

LGYS Flag Football

Rules of Play

General rules of play (all ages)

Players Rosters may consist of twelve players. The official amount of players on the field is seven (**7 vs. 7**). A team may participate with a six player minimum - any less than six players is a forfeit. The team with seven players does not have to match the number of players on the field; therefore, the team with seven players may play with seven. In the case where both teams have large rosters, the coaches, mutually, can agree to play with eight (8) players on the field. Or if one team has a large roster and the opposite team has seven or less players, the coaches, mutually, can agree to allow players to play on the opposite team.

All players, including linemen, are eligible to advance the ball and complete receptions.

Only eligible players are allowed to participate. Eligibility requires that they are registered and on the official roster. Therefore, "pickups" are not allowed.

Game Games consist of 16 plays per team per game. The plays are divided into four plays per quarter per team (Not including extra point)! The game time limit is one hour! There are no first downs; thus, a team has four plays to score.

Field Field is 25' x 50'. The goal line is the regulation field "side line". The back of the endzone is five yards past the goal line and is not marked. PARENTS AND SPECTATORS MUST STAY OFF THE GRASS AND ON THE TRACK AT ALL TIMES!

Start The ball will be placed on the ten yard cone running the distance of the field. Extra point is placed on the three yard line.

Touchdown A touchdown consist of any player that crosses the goal line with the ball and does not have their flags pulled. A touchdown may consist of any player catching the ball in the endzone and is not out-of-bounce. A touchdown consists of six points. Officials have the right to check the offensive scorer's flags for fairness.

Extra point An extra point is an attempt after a touchdown. For all rushing completions, one extra point will be awarded. For all passing completions, two extra points will be awarded. Extra point is placed on the three yard line.

Interception An interception is when a player from the defensive team catches the ball thrown from the offensive team. Interceptions may be advance for possible touchdown. Interceptions that are not advanced are issued three points. After the interception (score/extra point), the ball will return to the offensive team for finish their four play quarter.

Receptions A reception is when a player from the offensive team catches a pass to advance the ball. A player must have one foot in bounce for a reception to occur.

Line of scrimmage Offence must have four players on the line of scrimmage with three being linemen. Defense must have three linemen that are lined up 1 ½ yards from the offensive lineman. Only three lineman rushers may rush the quarterback. All others must wait until the line of scrimmage is broken by advancing the ball.

Uniform All players must have their jersey tucked in at all times. Offensive players must where flags – optional for defensive players. Shorts or pants may not be the same color as the flags. Only soft molded cleats are allowed. No jewelry or metal including zippers and buttons.

Dead ball A dead ball is when a player is advancing the ball and their flags are pulled or a rusher runs out of bounce. A dead ball also consists of anytime the ball hits the ground – the ball is dead where it hit the ground. Therefore, no fumbles. If flags fall off unintentionally, then the play will be blown dead where the offensive player is touched with one hand by any defensive player.

5 yard penalty

- Flag guarding
- Jumping or diving to advance the ball
- Hands to face
- Pulling on clothing
- Piling (“dog piling”)
- Tackling ***
- Showboating
- Tripping
- Holding
- Stiff-arming
- Lowering shoulder

*** If Tackles are deemed non-incidental, the 5 yard penalty will be awarded at the infraction point and replay the down.

2 yard penalty

- Encroachment or off sides

4 & Under

Use Ball in hand snap all season. The quarterback must call the cadence after the coach “sets” the team for play.

6&Under

First four games – ball in hand snap. Last four games must use side snap from the center lineman.

8&Under

First four games – side snap from the enter lineman. Last four games must use under center snap.

OFFICIAL'S AUTHORITY: An official assumes authority 15 minutes prior to the scheduled game time, and until they have left the field. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final, unless ruled otherwise by the supervisor on duty or the Director. The official has the right to eject players or have them sit out part or all of the game. Fans, coaches, and spectators are a part of a team and any fouls they commit will go against their team.