



Pride Sports USA - Flag Football Official Rules [PrideSportsUSA.com](http://PrideSportsUSA.com)  
2.22.21

1. (defense) - No jamming
2. (Offense) - No blocking/ pick routes
3. Passing only - only a forward pass can cross LOS
4. 5 seconds for the ball to pass LOS
5. 4 tries to go 10 yards & 4 tries to score in red zone
6. Pass Interference = First down/ Loss of Down
7. Interceptions are live
8. PAT - 10 yards 2 points/ 5 yards 1 point ONE TRY
9. 25 seconds in between plays
10. One person must snap the ball THEY CANNOT RUN A ROUTE AFTER SNAPPING

OT is shootout 4 chances to score as many points as possible in the red zone from 5 yards

No time outs - the clock is always running

No wrapping up or flag wrapping

No ball stripping

Any player can do any roll at any time

Those not in the game MUST STAY ON THE SIDELINES

Too many players on the field = automatic First down (defense) or loss of down (offense)

No lateral passes after ball crosses LOS

FUMBLE = play dead where fumbled - NO DOG PILES

Stop watch for 25 sec timers

Set iPhone for half times

### Playoffs

The top 4 teams in each division will make the playoffs.

### Uniforms

Each team will receive an official Pride Sports USA uniform. All players must use this as their official team uniform for games.

Players must be in their uniform to play.

Alterations

Players may only cut off the sleeves.

Players can not print/draw or put anything on their uniforms.

Players (if cutting the sleeves off) may not cut into any of the logos printed on the shirt.

If any of these rules are broken (the player must pay \$15 for a new uniform)