

Touch/Flag Football Rules

Rules:

Coach Staff determines first possession. (Rock, paper, scissors)

Games may begin with a offensive possession.

The offensive team takes possession and has (4) four downs to get a first down. The offense must pass mid Field to get a first down.

Contact:

No Contact, No Tripping, No Pushing, No Swiping to block flags

Only defense with body movement

Scoring:

Touchdown: 6 points / Extra point: 1 point (played from 5-yard line)

Conversion: 2 points (played from 10-yard line) / Safety: 2 points

Running:

The quarterback may run with the ball once the defense crosses the line of scrimmage.

Direct handoffs and pitches behind the line of scrimmage are permitted. Offense may use multiple handoffs or pitches.

Absolutely NO laterals past the line of scrimmage.

The player who takes the handoff can throw the ball from behind the line of scrimmage.

Once the ball has been handed off, all defensive players are eligible to rush past the line of scrimmage.

Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).

The ball is spotted where the ball carrier's feet are when the flag is pulled not where the ball is.

No running the ball in the no run zone. The no run zone is 5 yards from the endzone. It will be marked by a different color cone.

Receiving:

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

As in the NFL, only one player is allowed in motion at a time.

A player must have at least one foot inbounds when making a reception.

Passing:

All passes must be forward and received beyond the line of scrimmage.

Shovel passes are allowed but must be received beyond the line of scrimmage.

Interceptions change the possession and can be returned.

No running the ball in the no run zone. The no run zone is 5 yards from the endzone. It will be marked by a different color cone. Within the no run zone, you must throw the ball to an offensive player.

Dead Balls:

The ball must be snapped between the legs, or off to one side, to start play.

Play is ruled "dead" when:

Ball carrier's flag is pulled or falls off.

Ball carrier steps out of bounds.

Ball carrier's knee or body hits the ground.

Touchdown or safety is scored

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback:

All players who rush the passer must be lined up on the 7 yard line (cone will be moved by coaches every down) Any number of players can rush the quarterback if lined up on the 7 yard line
Once the ball is handed off, the counting rule is no longer in effect. Remember, no tackling is allowed.
All passes need to be in front of the quarterback.

Penalties

Defense:

Off sides 5 yards and Replay down

Interference 10 yards and Replay down

Illegal flag pull 10 yards and (before receiver has ball).replay down

Illegal rushing 10 yards and (starting rush from inside 7-yard marker) replay down

Offense:

Illegal motion 5 yards and loss of down. (more than one person moving, false start, etc.)

Flag guarding 10 yards (from line of scrimmage) and loss of down.

If the offense does not make the first down, the other team takes possession and resets at the 40-yard line. First down is at 25 yards.

Flag Football Terms:

The line of scrimmage is an imaginary line that extends through the football from one sideline to another, separating the field into offensive and defensive sides.

- In a huddle, a team groups together to get instructions from the quarterback, team captain or coach.
- Offense: team unit working to score points by passing and running the ball.
- Quarterback calls signals, throws passes, hand off the ball, and runs the ball.
- The cadence is the signal the quarterback uses to begin the play.
- The snap is the exchange of the ball from the center to the quarterback.
- The Center snaps the ball to the quarterback to begin each play. The center is allowed to catch the ball in flag football. (Note: Offensive linemen block defenders in full contact football and are not allowed to catch the ball.)
- Running backs often handed the ball from the quarterback and run toward the opposite team's end zone. They can also catch or pass the ball.
- A hand off is when one player hands the ball to another.
- Play action is when the quarterback fakes a hand off and then throws the football.
- Receivers run pass patterns to get open to catch passes and can be handed to ball.
- A pass pattern (route) is a direction or directions a player will run in with the intention of receiving a pass.
- A completion is a successful pass and caught between two players on the same team.
- Defense: team unit working to prevent the offense from scoring by pulling the flags, intercepting the ball, and other means.
- A tackle in flag football is simply pulling the flag off of the player who has possession of the football.
- Defensive linemen try to stop all movement toward their team's end zone.
- Defensive backs are in charge of stopping receivers from catching the ball.
- An interception is the act of catching the other team's pass to gain possession for the defensive team.
- A sack is the pulling off of the quarterback's flags behind the line of scrimmage.
- The end zones are located at both ends of the field, where touchdowns are made.

Rope will mark line - downs – easy to move

