

Flag Football Rules

CMYFCC Flag Football is a five-on-five game filled with fun and action. In this game, the offensive team plays for a first down at or across the 25, again at or across the 10, and a touchdown in the end zone. Running and passing plays are allowed

The Basics

- Each possession starts at the 40-Yard line, the team has 4 downs to get the ball to the 25 yard line.
- Once a team crosses the 25, it has four more plays to cross the 10 yard line
- Once a team crosses the 10, it has four more plays to score a touchdown.
- If the offense fails to score or is intercepted, the ball changes possession.
- The ball can be snapped between the legs, or off to one side, to start play.
- There are no fumbles. The ball is spotted where the ball hits the ground.
- There are no kickoffs, and no blocking is allowed.

Players/Game Schedules

Teams must field a minimum of four players at all times.

Timing

- Games are played in two 40 minute halves with a running clock. Halftime should be 5 minutes.
- Each time the ball is spotted, a team has 35 seconds to snap the ball.
- Each team has one 60-second and one 30-second time-out per half.

Running

- The quarterback cannot run with the ball past the line of scrimmage.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs
- 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.
- 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.
- Laterals and backward pitches are NOT allowed beyond the line of scrimmage.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

Passing

- Shovel passes are allowed.
- Interceptions are not returned.

Dead Balls

Substitutions may be made on any dead ball. Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- Ball carrier's knee hits the ground
- The ball is fumbled and hits the ground
- Ball carrier's flag falls out

Rushing the Quarterback

All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

Once the ball is handed off or thrown, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.

Sportsmanship/Roughing

If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player should be warned, if repeated the player should be removed from the game.

Flag Guarding

Flag guarding is not allowed.

Attire

- Cleats are recommended.
- Players are suggested a protective mouthpiece.
- No pockets or hoops on shorts.
- No hats.