

Flag Football Handout

Number of Players:

Each team should have 7 players

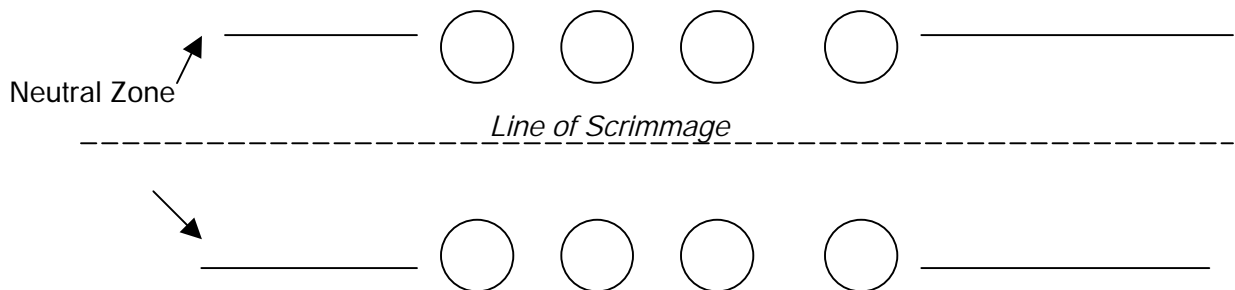
Length Game:

2 x 22 minute halves-with a 3 minute half time

Punting:

On fourth down the referee will ask the offensive team if they wish to punt. If they do then the referee will inform the defense.

Line of Scrimmage:



The offense must have a minimum of 4 players. Once the centre has placed their hands on the ball no offensive player may enter the neutral zone. Until a legal snap no defensive player may encroach, touch the ball, stand in, or in any other way interfere with the offensive team.

Penalty: Dead Ball Foul, Encroachment- 5 yard penalty

Backward Passes and Fumbles

Any ball passed backward or fumbled in the field of play can be caught or intercepted by any player. Any ball that is fumbled during a touchdown attempt is 'dead' once it touches the ground.

Forward Passes and Interceptions

A player must catch the ball with at least one foot in bounds. If a player loses the ball as they hit the ground it is not a catch. If two players catch it at the same time the ball belongs to the team that 'snapped' the ball.

Scoring:

Touchdowns=6 points

Extra Points: 1 point if from the 3 yard line

Extra Points: 2 point if from the 10 yard line

Extra Points: 3 point if from the 20 yard line

Safety=2 points

A team can only change their mind not to take the extra point by calling a timeout

Personal Fouls

- Players shall not:
- Punch, Strike or attempt to steal a ball from a player in possession
- Trip an opponent
- Contact an opponent on the ground
- Throw the runner to the ground
- Hurdle another player
- Contact a player either before or after the ball is declared 'dead'
- Deliberately run into a defensive player
- Physically tackle the runner(the player can be ejected)

Any other act of unnecessary roughness

Screen Blocking

A player can attempt to block a defensive player by positioning themselves in the path of their opponent. However they must not cause the first contact and must give their opponent time to stop. The blockers arms should be by their side or behind their back and if the defender is stationary then they must be at least one normal step away from the defender.

Obstructing the Runner

A defensive player shall not hold , grasp or obstruct the forward progress of a runner when trying to remove the flag belt

The Flag Belt

The flag belt must be visible and access easily achieved. If a player loses their belt then they may be tackled by a one handed touch by a defensive player. Only a player with the ball can have their flag belt removed. If a defensive player deliberately removes the belt of a player not in possession of the ball it is a Personal Foul. If a player scores then the referee should check the flag belt to make sure it could be removed. If it was illegally secured then the score is disallowed, the player ejected and a 10 yd penalty given.

Guarding the Flag Belt

Players are not allowed to use any part of their body or the ball to prevent an opponent from removing their Flag Belt.