McAlester Boys & Girls Club

Flag Football Rules

Players:

1. Players must play at least half of the game. Coaches must strive to provide equal time for all players present. A player will be allowed to participate in a game if the player has missed a practice.
2. Each player must wear jersey provided. Soft, rubber cleats are required and players are encouraged to wear a mouth piece during all practices and games.

Games:

1. Each game must start on time.
2. Games will be played 8 on 8. If a team is short players, they may borrow players from another team or the opposing team.
3. At the start of the game choice of field ends and kick-off is determined by the toss of a coin.
4. Each game will consist of two 16 minute halves. Clock will stop only on time-outs and the last 2 minutes of each half.
5. Teams will be given 2 time outs per half, one minute in length. Time outs do not carry over. There will be a 2 minute half time.
6. Referees will be present.

Field Requirements and Equipment:

1. Field size will be 100 yards long by 45 yards wide with 20 yard end zones.
2. Players will use a junior size ball.

Positions:

1. A team must have a minimum of 5 players on the line of scrimmage, but could have as many as 7.
2. There can be no more than 3 players in the back field at one time.
3. All other offensive players need to be on the line of scrimmage as blockers or receivers.
4. Offensive players may be split to any width on the field.
5. There must be at least 3 defensive players on the line of scrimmage, but all players may be on the line.

Offensive Players:

1. Players on the offensive line must be set for at least one second prior to the center snap.
2. It is illegal for the quarterback to change the infliction of the snap count for the purpose of drawing the defense offside.
3. The first infraction will be penalized with a warning and a repeat of the down.
4. Later infractions will be penalized with a five yard penalty and the repeat of the down.
5. Arms and hands must be next to the body, no more than 6 inches from the chest.
6. Arms cannot be extended and there will be no shoving of other players.
7. Closed fists, forearms and head butting are also illegal.
8. No pushing a ball carrier that is running near the sidelines for the purpose of knocking the ball carrier out of bounds.
9. No three or four point stance allowed by offensive or defensive players.
10. Players are allowed to put their hands on their knees
11. Defensive players may use hands against offensive players (except offensive players passing the ball) but, hands must be open.
12. Any activity directed toward the face or eyes by a defensive player other than normal de-flagging will be considered a foul.

De-Flagging:

1. Players must have shirts tucked into pants and have flags properly displayed.
2. Flags may not be wrapped around loops or the belt.
3. Every player must wear a flag belt.
4. Flags should be a different color than a player’s shirt and pants if possible.
5. Removing flags from potential receivers before they have possession of the ball is illegal.
6. A ball carrier’s progress can only be stopped by de-flagging, dropping of the ball, dropped flag, penalty or running out of bounds.
7. The ball will be marked at the point on the field where the flag was removed.
8. Ball carriers may not use their hands or the football in any way against defenders reaching for their flags.
9. The defense may not intentionally impede the progress of the ball carrier by holding, tripping, or any other means. If, in the opinion of the referee, the impediment prevented a score, the ball will be placed on the 3 yard line with a first down.

Dropped Flags:

1. Should a player’s flag fall off during play in the back field, the ball is dead and spotted at the line of scrimmage.
2. If a player’s flag falls off after the line of scrimmage the ball carrier is considered down at the point of the fallen flag.
3. If a player’s flag falls off before a pass is caught, the player is considered down and the ball is spotted at the point of the catch.

Ball Carriers:

1. Players running the ball are not allowed to lower or butt their head, use a straight arm, use a stiff arm, hurdle another player or run directly at an opposing player.
2. Center plunges are illegal (any immediate run between the guards).
3. Delayed runs between the guards are allowed, but the ball must be received in the shotgun formation and just be handed off.
4. No player may play in the back field for more than a half.

Spotting the Ball:

1. Snap from center not cleanly handed, spot at line of scrimmage.
2. Snap from center handled and dropped later, spot at point of drop.
3. Forward pass dropped, spot at line of scrimmage.
4. Backward pass or lateral dropped, spot at point of drop.
5. Pulled flag, spot at the point of the ball at the time of the pulled flag. Where the defender drops the flag has no bearing on the spot of the ball.
6. Ball carrier goes out of bounds, spot at the point the sideline was crossed.

Points:

1. A touchdown is 6 points.
2. For an extra point, the ball is placed on the three yard line. One point for a run into the end zone and two points for a pass that is caught in the end zone. The pass must be caught inside the end zone.

Tie Games:

1. No overtimes will be played.

Huddle:

1. The offense will have no longer than one minute from the time the ball is spotted by the referee until it must be hiked.

Downs:

1. A first down is accomplished by moving the ball 20 yards from the original line of scrimmage.

Man-in-motion:

1. There is to be no movement by any players in this age group.

Coaches:

1. One coach may be present on the actual playing field to assist players in positioning themselves in huddles, directions, etc. Coaches may not interfere in any way with the actual play.

Yardage for Penalties:

1. Off sides, encroachment, illegal procedure, illegal motion, delay of game, point stance, center plunge, quarterback snap count and illegal formation 3 yards from the line of scrimmage.
2. Flag guarding and intentional grounding: 3 yards from the spot of the foul and loss of down.
3. Defensive holding (on receivers): unsportsmanlike conduct, offensive pass interference, roughing the passer, personal fouls and de-flagging players without the ball: 10 yards from the spot of the foul. Offensive holding, illegal block, clipping, tripping, tackling, unnecessary roughness, straight arming, head butting, hurdling, pushing the ball carrier out of bounds: 10 yards from the spot of the foul.
4. Defensive pass interference: first down at spot of the foul or the 1 yard line.
5. Flags tied on the ball carrier: 10 yards from the spot of foul and loss of down.

Note: a penalty may never score points. When you are in the last zone, use the lesser of penalty yardage or ½ the distance to the goal.

Exception: intentional grounding in the end zone is a safety and equals 2 points.