

ADULT FLAG FOOTBALL

Semi-Contact

- Offense- Offensive line are allowed to use hands to block. Any player is allowed to block downfield during a pass/run.
- Defense- Defensive linemen are allowed to use moves (spins, rips, etc...) to get past the offensive linemen. Defensive players are allowed to use their hands to get past a blocker at any point during the play. Bull rushing is not allowed.
- With rules being semi-contact, roughness and physical play will NOT be allowed and will be called a penalty.

General Rules

- A coin toss determines first possession.
- The offensive team takes possession of the ball at the 5 yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) additional plays to score a touchdown.
- If the offense fails to gain a first down or score, the ball changes possession and the opposing team takes over where the change of possession happens.
- 5 minute halftime. Whichever team started the game on defense, takes possession to start the second half.

Players

- Games are played 5v5.
- Teams must field a minimum of four (4) players at all times.
- All players must sign a waiver form prior to participating. Rosters may NOT be added to once the first tournament game begins.

Timing/Overtime

- Games consist of two, twenty minute halves with running time, except during the final minute of each half.
- For the final minute of each half the clock will stop after 1st down, out-of-bounds, incomplete passes, and change of possessions.
- If the score is tied at the end of 40 minutes, teams move directly into overtime. Coin toss will determine first possession. Each team will have the opportunity to score in overtime. It will be based off of college football overtime procedures. There are no time outs in overtime.
- In overtime, each offensive possession will start at midfield.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has (2) 60-second time outs per half. Timeouts cannot be carried over to the second half.
- Officials can stop the clock at their discretion.

Scoring

- Touchdown: 6 points
- Conversion: 2 point (played from 10-yard line)
- Safety: 2 points
- Returned 2 point conversion: 2 points

Running

- The quarterback (or player receiving the snap) cannot advance the ball by running, only when rushed upon.
- Offense may use multiple handoffs.
- A player who takes a 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 vertically to avoid a defensive player. Diving is allowed.
- The ball is spotted where the ball is when flags are pulled.

Receiving

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

Passing

- Interceptions and fumbles can be returned for a score.
- All snaps must be shotgun formation.

Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- There will be NO DIVING for fumbles. Players may kneel or scoop the ball to gain possession, but never dive.
- 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.

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.
- Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. The referee will designate seven yards from the line of scrimmage.

Punting

- Offensive teams are allowed the option to punt on any down and must alert the official that offense is going to punt.
- Defense is not allowed to rush to block the punt.
- Offense may not run down the field until the ball has been kicked by the punter.

Penalties

All penalties will be called by the officials.

Defense:

- Offsides - 5 yards
- Interference - 10 yards and automatic first down
- Illegal contact (holding, blocking, etc.) - 10 yards
- Illegal flag pull (before receiver has ball) - 10 yards and automatic first down
- Illegal rushing (starting rush from inside 7 yard mark or bull rushing) - 10 yards

Offense:

- False Start - 5 yards
- Illegal forward pass - 5 yards and loss of down
- Offensive pass interference (illegal pick play, pushing off/away defender) - 10 yards
- Flag guarding/stiff-arming - 10 yards (from spot)
- Delay of game - 5 yards
- Illegal Contact (holding) – 10 yards

Other Penalty Notes:

- Referees determine incidental contact that may result from normal play.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question calls.
- Games cannot end on a defensive penalty, unless the offense declines it.

Attire/Equipment

- Molded or rubber cleats, as well as turf shoes, are allowed. No metal spikes. Inspections may be made at any time by the referee or any intramural representative.
- Flags provided by YMCA staff and must be worn by all players in the game and returned after each game.
- Mouth Guards are encouraged.

Sportsmanship/Roughing

- If a representative or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game may be stopped and the player may be ejected. FOUL PLAY AND/OR EXCESSIVE ROUGHNESS WILL NOT BE TOLERATED.
- Foul language will also not be tolerated. Officials have the right to determine offensive language. (This includes talk that may be offensive (or meant to incite) to officials, opposing players, teams, or spectators. If foul language occurs, the referee will give one warning. If it continues, the player or players may be ejected from the game.