



Adult Flag Football Rules

YMCA FACILITY POLICIES

- All YMCA facilities and game and practice locations are smoke, tobacco, and alcohol-free zones. All facilities and locations are pet/animal-free zones for the direct safety of the kids.

SPORTSMANSHIP

- If the referee or supervisor witnesses any acts of tackling, elbowing, cheap shots, and/or unsportsmanlike conduct, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Any trash talking, foul language, or taunting intended to embarrass, ridicule, or demean others under any circumstance will not be tolerated. 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. The first offense is a warning; the second offense is ejection from the game.

EQUIPMENT

- Teams are to wear matching shirts/uniforms (numbers are not needed).
- Mouth guards are highly recommended. Rubber cleats are optional, metal spikes are not allowed.
- The YMCA will provide footballs and flags for games. An Official-sized football will be used for all games.
- Games will be played approximately on a field 70 yards long and 33 yards wide.

ROSTERS

- **Players must sign the team roster to participate in any game.** A player may sub on opposing teams ONLY to make 6 players on the field. Subbing for other teams is only allowed if a team has less than 6 players from the roster at the game. Should teams have 6 players, subs from other teams are not allowed. This rule will not be applied to tournament games.
- All rosters will be locked for tournament games. Team roster additions must be made by the last scheduled game of the regular season. No player is eligible for the tournament unless he/she has signed the roster. Players must play 1 game in the regular season to be eligible for the tournament. Players may only be on one roster, except for the sub-rule.

GAME TIME/TIME OUTS/OT

- Games will be two 20-minute halves (running clock) with a 5-minute halftime. Clock will stop the last minute of each half on 1st downs, out of bounds, incomplete passes, PAT's, and change of possession.
- Overtime will begin with a coin toss to determine first possession. Each team will have the opportunity to score with the possession beginning at midfield. College Football OT rules will be used.
- Teams have 30 seconds to snap the ball once the ball is spotted.
- Each team has two 60 second timeouts per half, no carryover. Clock will stop for timeouts.
- Officials can stop the clock at their discretion.

START OF GAME

- The game is started with a captain's meeting with the referee at midfield.
- The meeting will consist of captains and officials discussing confusing rules, confirmation of rosters being signed, and coming to terms on any rule modifications.

GENERAL RULES

- Games will be played 6v6.
- Teams must field a minimum of 4 players at all times.
- A coin toss will be used to determine first possession. Losing team of coin toss will begin the second half with the ball.
- Possessions will begin at the 5-yard line. Teams have 4 plays to cross midfield (1st down) and 4 additional plays to score a touchdown.
- Safeties will be counted.
- PAT's are worth 1 point from the 5-yard line and 2 points from the 10-yard line. Teams get to decide either option. PAT's may be returned and are worth the score that the offensive team was attempting.
- If teams fail to gain a 1st down or score a touchdown, the ball changes possession and the opposing team takes over where the change of possession happens or has the option to punt.
- Substitutions can only be made on dead balls.

OFFENSE

- The quarterback cannot run the ball past the line of scrimmage unless the defense rushes and crosses the line of scrimmage.
- The ball must be snapped between the legs, not off to one side, to start play.
- Once the ball has been handed off/tossed/passed behind the line of scrimmage, the rush rule no longer remains in effect.
- The ball is spotted where the feet are when the flag is pulled, not where the ball is located at the time of pull.
- If the ball carrier accidentally loses the flag belt or falls down, the ball is dead at that spot (receiver is still eligible, but if catches pass, is down at that spot). In case of a clear path to a touchdown, the TD will count. Will be made by the officials.
- All players are eligible to receive passes/hand offs/pitches.
- A player must have at least one foot in bounds when making a reception.
- The ball is dead when the ball carrier's knee hits the ground.
- Blocking is allowed on the line of scrimmage on the defender's upper body on the front side ONLY. **Blockers may use their hands/arms to block but not to extend or displace the defender which will result in a penalty.**

RUSHING

- All players who rush the QB must be a minimum of 7 yards behind the line of scrimmage. The referee will step off the 7-yard rush line.
- Rushers may try and go around offensive blockers, but not through blockers (bull-rushing). Penalty will be called.

PUNTING

- Teams have the option to punt, but must first notify the officials.
- Defense is not allowed to block the punt.
- Punt team may not run past the line of scrimmage until the ball has been punted.

PENALTIES

- **Unsportsmanlike Conduct** (swearing, disrespecting officials, opposing team, etc.)--10 yard penalty and automatic 1st down or loss of down depending on offense/defense. May result in ejection.
- **Personal Foul** (intentional flagrant actions beyond illegal contact)—Players may first be given a warning and then ejection if actions continue. 10 yard penalty and loss of down or automatic 1st down.
- All penalties within 5 yards of the end zone will be half the distance to the goal line.
- Games cannot end on a defensive penalty, unless offense declines it.
Defense:
 - **Offsides**—5 yards and replay down
 - **Pass Interference**—10 yards and replay down
 - **Illegal Contact** (holding, bull rushing blockers, tackling, pushing)—10 yards and replay down
 - **Illegal Rushing** (start rush inside 7-yard marker)—5 yards and replay downOffense:
 - **Offsides**—loss of 5 yards and replay down
 - **Illegal Forward Pass** (throwing a pass beyond line of scrimmage)—loss of 5 yards and loss of down
 - **Illegal Contact** (stiff arming, holding, charging, pushing, excessive blocking: blocking from behind) - loss of 10 yards and loss of down
 - **Offensive Pass Interference** (illegal pick, pushing off defender)—loss of 10 yards and loss of down
 - **Flag Guarding/Stiff Arming**—loss of 5 yards from the spot of occurrence
 - **Delay of Game** (more than 30 seconds to begin next play)— loss of down