



FLAG FOOTBALL RULES

"PYLON 2 PYLON" (P2P) flag football is 6 vs 6 for co-ed and 5 vs 5 for Girl's league on a 50 yard field that is 30 yards wide with 7 yard end zones.

The offensive team plays for a first down at midfield and a touchdown in the end zone.

Running and passing plays are allowed, although there are **"no running zones"** at midfield and near each goal line.

The defensive team covers receivers, rushes the passer and grabs flags to make "tackles".

GAME BASICS

- A coin toss determines first possession
- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield for a 1st down. Once a team crosses midfield, divisions K, 1st/2nd and 3rd/4th Grade have four (4) plays to score a touchdown and divisions 5th/6th and 7th/8th Grade have 3 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Interceptions may be returned
- Teams change sides after halftime. Possession changes to loser of coin toss.
- For divisions K/1st, 1st/2nd and 3rd/4th Grade....one (1) Coach is allowed on field per team.
- For Girls League and co-ed division K/1st and 1st/2nd grade...side snap of the football is allowed, football must be set on the ground and centers feet must be behind the football.

PLAYERS/GAMES

- Teams must field a minimum of 5 players at all times.
- Teams consist of minimum 8 players, maximum 9 players.
- ALL PLAYERS MUST PLAY A MINIMUM 3 OUT OF THE 4 QUARTERS (EVERYONE SITS ONE FULL QUARTER).
- SUBSTITUTIONS ARE ONLY ALLOWED AT THE QUARTER BREAKS UNLESS THERE IS AN INJURY OR 9 PLAYER ROTATION.
- GIRLS LEAGUE IS FREE SUBSTITUTION

PLAY ADVANTAGE RULE (8/9 vs. 7 only)

If one team has eight (8) or nine (9) players and the other team has seven (7) players.....The coach with seven (7) players, must notify the Referee prior to the start of the game that he only has seven (7) players. The referee will then notify the

other coach who then has the OPTION to identify which of the seven (7) players MUST sit one quarter. The seven (7) player teams coach will decide which quarter this player will sit. If this is not identified prior to the start of the game, for whatever reason, and later recognized during the game. the eight (8) or nine (9) player teams coach can still identify the player that must sit. It is both the Referee and seven (7) player Coach's responsibility to recognize and identify this prior to the start of the game.

GAME TIME/OVERTIME

- Games are played with 10 minute running quarters (40 minutes), one minute water break between quarters and a five minute halftime.
- If the score is tied at the end of 40 minutes, teams move directly into overtime (except Kinder). The following tie-breaker system will be used for all overtime games.
 - Coin flip determines possession
 - Ball is placed at Midfield
 - After three (3) plays, the referee will mark where the ball ended up (cone, flag, etc)
 - Opposing team will now take over at midfield run their three (3) plays going in the same direction.
 - Whichever team gains the most yards on three (3) plays wins the game
 - If both teams are tied after three (3) plays, we do it again until there is a winner.
 - Negative net yards on offense will count against you. Other team must still run their 3 plays.
 - If the ball is intercepted and returned for a touchdown, the game is over.
- 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.
- Two (2) timeouts per half and they do not carry over to the 2nd half if unused.

SCORING

Touchdown: 6 points Extra

Point:

1 point (played from 5-yard line) or 2 points (played from 10-yard line)

If an extra point try is intercepted and returned the defense will get 1 point for a 1 point conversion and 2 points for a 2 point conversion.

Mercy Rule: If a team is leading by 30 points or more at the beginning of the 4th quarter or at any time during the 4th quarter the game is officially over and scoring ends. The losing team has the opportunity to decide how to finish the game. They may decide to keep the game as is, to play offense only, defense only, or etc....

RUNNING

- The quarterback cannot run with the ball.
- Handoffs, laterals and pitches are allowed as per NFL rules.
- NO CENTER SNEAKS!!

- No-Running zones located approx. three (3) yards from each end zone (as marked) and approx. three (3) yards on either side of midfield (as marked) are designed to avoid short yardage, power-running situations. **The referees will announce "No Run Zone". All passes attempted in this area, must go in flight beyond the line of scrimmage.**
- The player who takes the handoff, lateral or pitch can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, lateraled or pitched, all defensive players are eligible to rush.
- Spinning is allowed and players can leave their feet.
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- Player running with the ball must make an effort to avoid **INTENTIONALLY** running over or initiating aggressive contact on the defensive player. Penalty, if called, is unsportsmanlike conduct.

RECEIVING

All players are eligible to receive passes (including the QB, if the ball has been handed off, lateraled or pitched behind the line of scrimmage as per NFL Rules). As in the NFL, only one player is allowed in motion at a time. A player must have at least **one foot inbounds** when making a reception. Receivers must line up more than 1.5 yards from either side of the center(tackle box). Receivers lined up inside tackle box will receive 5 yard penalty.

PASSING

- The QB has a seven (7) second "pass clock" in divisions K, 1st/2nd and 3rd/4th Grades and a five (5) second "pass clock" in divisions 5th/6th and 7th/8th Grade. If the QB does not get rid of the ball within the five (5) or seven (7) seconds, play is dead, loss of down. Once the ball is handed off, the five (5) or seven (7) second rule no longer is in effect.
- Shovel passes are allowed
- Interceptions may be returned

DEAD BALLS

- Divisions 3/4, 5/6 and 7/8 - The ball must be snapped between the legs to start play.
- 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
 - Ball carrier's flag falls out
 - Ball carrier's flags are not positioned on the side of the hips (slide to back side by tailbone). This is very subjective and up to the ref to determine the severity of the issue. Warnings MAY be given instead of dead ball. It is Coach & Players responsibility to check this throughout the game.

****NOTE: THERE ARE NO FUMBLES (therefore NO STRIPPING OF THE BALL). THE BALL IS SPOTTED WHERE THE BALL HITS THE GROUND****

RUSHING THE QUARTERBACK

- All players who rush the QB must be a minimum of seven (7) yards from the line of scrimmage in divisions 1st/2nd and 3rd/4th Grades, or ten (10) yards in divisions 5th/6th and 7th/8th Grade (as marked by ref) when the ball is snapped.
- No rushing in Kinder.
- Any number of players can rush the QB. Players not rushing the QB may defend on the line of scrimmage only until the ball leaves the QB's hands.
- Once the ball is handed off, the seven (7) or ten (10) yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven (7) or ten (10) yards from the line of scrimmage.

Remember, NO BLOCKING, TACKLING, OR STRIPPING OF THE BALL IS ALLOWED. ATTEMPTED STRIPPING OF THE QUARTERBACK WILL RESULT IN A PERSONAL FOUL.

SPORTSMANSHIP/ROUGHING

- If the field Official/Referee or Commissioner witnesses any acts of tackling, elbowing, cheap shots, blocking or ANY unsportsmanlike act, the game will be stopped and the player/coach or fan may be ejected from the game.
- The penalty, if called, is a dead ball at point of infraction and automatic 1st down.
- If penalty is against the offense, then 10yds +loss of down, from original line of scrimmage.

It will ALWAYS benefit the other team.

****FOUL PLAY WILL NOT BE TOLERATED****

- Trash talking is illegal.
- Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.)
- If trash talking occurs, the referee may give one warning and if it continues, the player(s), coaches and fans will be subject to ejection from the field and premises.
- The game will not continue until the ejected party has left the premises. If they do not leave, the ref will forfeit the game immediately and award the Win to the opposing team.
- Anyone ejected from a game (player, coach, fans), for any reason, will not be allowed on the premises for the next game.
- If they are ejected a 2nd time during the season, they will not be allowed on the premises for the next **TWO (2)** games and are subject to dismissal from the league with **NO REFUND**.

****UNSPORTSMANLIKE CONDUCT BY ANYONE WILL NOT BE TOLERATED****

PENALTIES (ALL PENALTIES CAN BE DECLINED) All penalties will be called by the

referee. DEFENSE:

Offsides

5 yards and repeat down

Interference

Spot foul and automatic 1st down.

Illegal Contact

(Holding, blocking, etc)

10 yards and automatic 1st down.

Illegal Flag pull

(before receiver has ball)

10 yards and automatic 1st down

Illegal rushing

(starting rush from inside 7-yard or 10-yard marker)

10 yards and automatic 1st down

"Last Man Standing"

(last defender tackles ball carrier, instead of pulling flag) Automatic

Touchdown

Stripping the ball (Personal Foul)

10 yards and automatic 1st down

PENALTIES (ALL PENALTIES CAN BE DECLINED) All penalties will be called by the

referee. OFFENSE:

Illegal motion

(more than one person moving, false start, etc.)

5 Yards and repeat down

Illegal forward pass

(pass thrown beyond line of scrimmage) 5

yards and loss of down

Offensive pass interference

(Illegal pick play, pushing off/away defender)

10 yards and loss of down

Flag guarding

Spot foul

10 yards

Charging

(Intentionally running over defender) 10

yards and loss of down

Delay of Game

Clock stops, 5 yards and repeat down

Impeding the Rusher (Personal Foul)

10 yards and loss of down

Pre-snap penalty under 1 minute

Clock stops

5 to 10 yard depending on penalty type

*****1.5 yard spacing from center*****

5 yard loss

Referees determine incidental contact that may result from normal run of play. **All penalties will be assessed from the line of scrimmage except defensive interference and flag guarding**

Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

STANDINGS

Official league standings and playoff seedings* are determined based on the following:

- 1) Win/Loss Winning PCT (All games are included)
- 2) Head to Head
- 3) Avg Pts. Allowed per game
- 4) Coin Flip

*NOTE – For playoffs, all 1st place teams get top seeds, then rule above is applied.

ATTIRE

Cleats are allowed, except for metal spikes. Inspections will be made.

All players must wear a protective mouthpiece; there are no exceptions!!

Official P2P Team jerseys, shorts and P2P Flags must be worn during play.

Flags must be of a different color than the shorts.

Shorts must be a solid color.

No stripes or pockets are allowed on the shorts.

P2P commissioners and/or referees will determine if there are any uniform violations.

Any violation of the attire rule should be rectified ASAP. If violation continues the Head Coach is subject to a 1 game suspension and the game is subject to forfeit as determined by the P2P Commissioners.

NOTE: THERE ARE NO KICKOFFS, AND NO BLOCKING IS ALLOWED

COACHES COACH – PLAYERS PLAY – REFEREES REF – FANS CHEER