

FLAG FOOTBALL 8 ON 8 RULES

- 1.0 Overview of game structure
- 2.0 The Clock
- 3.0 Scoring
- 4.0 Offense
- 5.0 Defense
- 6.0 Extra Points
- 7.0 Miscellaneous Game Rules
- 8.0 Officials
- 9.0 Penalties

1.0 Overview of game structure

- 1.1 Number of players: there will be 8 players per team with 3 designated as linemen.
- 1.2 Field Dimensions: Field will be a standard football field, with fixed first down markers every 20 yards.
- 1.3 Rushing the Quarterback: There will be a FULL 2 seconds given from time of snap before the rushing of the quarterback.
- 1.4 Blocking: Traditional style blocking will be used. Blocking doesn't have to be open handed as long as contact is made between the waist and shoulders of the opposing player. The blocker may not leave their feet to make contact.
- 1.5 Fumbles: There are no fumble recoveries. The ball is always dead when it hits the ground. An incomplete lateral is a fumble. Fumbles and laterals may be caught in the air and advanced. A forward fumble that is caught in air by the other team will be considered a forward pass and can only be advanced if that was the first forward pass of the down.
- 1.6 Overtime: If there is a tie at the end of regulation there will be another coin toss to see who gets the ball first. That team will get the ball on their 25-yard line and have 4 downs to score. Then the other team will get the same. This will continue until there is an unanswered point.
- 1.7 Uniforms: All shirts must be tucked in at all times. As well as flags must be at player's sides.

2.0 Scoring

- 2.1 Game length: The game will consist of 2- 30 minute halves with a 2 minute warning given at the end of each half. If play is in progress with 2 minutes left, the 2-minute warning will be given at the plays end.
- 2.2 Stopping the clock: The clock will be stopped on 1) incomplete passes 2) ball carrier running out of bounds 3) timeouts 4) penalties

- 2.3 Timeouts: Each team will have 2 timeouts per half, lasting no more than 2 minutes. During timeouts coaches can walk onto field and players can receive something to drink.
- 2.4 Time between plays: Each team will be given up to 30 seconds between plays to reset the ball. Time will restart when the center touches the ball to snap.

3.0 Scoring

- 3.1 Points: A touchdown is worth 6 points. Safeties are worth 2 points. Extra points are worth 1 from the 5-yard line, and 2 from the 10-yard line.
- 3.2 Intercepted extra points: If the extra point is intercepted and returned to the other goal the team that intercepted the ball will receive 2 points, regardless of what the other teams attempted point value was.

4.0 Offense

- 4.1 Carrying the ball: The ball carrier can never 1) flag guard/ shield their flags with their hands 2) run directly into a defender (charge) 3) crawl 4) dive to advance the ball 5) toss the ball into the air to avoid a flag pull while in possession of the ball (self-toss) 6) stiff arm defenders 7) jump over a fallen defender. If the receiver dives to catch a ball they can advance the ball as long as they haven't been touched by the opposite team with one hand. If the flag belt comes off of the receiver a 2-hand touch rule is in effect.
- 4.2 Formations: The offense must have 3 linemen on the line of scrimmage. A center and 2 tackles. Everyone on the offense is an eligible receiver except the 2 tackles. All other players can line up where ever there play calls them to on their side of the scrimmage line.
- 4.3 Passes: Only 1 forward pass is allowed per play. A forward pass is a ball than is thrown or tossed forward. A lateral is considered a pass that is parallel of the player or on the offense side of the line of scrimmage. There are no limits on lateral passes.
- 4.4 Blocking: There is NO blocking for the ball carrier after a play is made. All offensive players must stop where they are at and cannot impend a defensive player from grabbing ball carriers flag.
- 4.5 Quarterback: The Quarterback cannot run the ball past the line of scrimmage (quarterback sneak).
- 4.6 Legal catch: A legal catch will follow college rules, one foot in bounds with possession of the ball. If the player is pushed out of bounds when the ball is caught it will be up to the official to determine if it would have been inbounds.
- 4.7 Bad snaps: Bad snaps are considered dead balls.
- 4.8 Player changes: No player changes can be made during a hurry up offense. Players can be changed without calling a time out, but they must go in before or during the huddle.
- 4.9 Center: The center is an eligible receiver, but they cannot perform a center sneak. The ball must COMPLETELY leave the centers possession first.

- 4.10 First Downs: All first downs are marked at 20 yards. The offense starts out at the 5-yard line.

5.0 Defense

- 5.1 Rushing the Quarterback: see rule 1.3
- 5.2 Formations: The defense must have 3 defenders lined up from the offensive line. The person covering the center may leave the line to cover the center if they desire (it isn't mandatory). Defensive line must line up 1 yard off the ball.
- 5.3 Bumping defenders: The defender is allowed 1 bump on an eligible receiver within 5 yards of the scrimmage line. The bump must follow the rule 1.4
- 5.4 Pass defense: The defender cannot use contact to break up a pass play. The defender cannot deflag the receiver before the catch. After the ball is touched then contact will be permitted without a pass interference penalty.
- 5.5 Tackling: Any tackle within 10 yards of the goal line will be considered a touchdown, if it is done in a purposeful way. If the ball carrier trips, the ball will be considered down where they last stood. Any tackle will be considered a personal foul.
- 5.6 Ball retrieval: It is the offenses responsibility to retrieve the ball and return it to the line of scrimmage as quick as possible.
- 5.7 Defensive audible: The defense is not allowed to imitate the quarterback's call to snap the ball trying to get an early snap. This will result in a personal foul.

6.0 Extra Points

- 6.1 See rule section 3.0

7.0 Miscellaneous Game Rules

- 7.1 Equipment: All eligible receivers and defenders must wear flags. They cannot be covered by a shirt or jersey and they cannot be of matching color of player's shorts.
- 7.2 Players must not knot flag belts, 1 flag must be at each side of player.
- 7.3 If a ball carrier loses flag belt, 1 hand touch prevails. If flag belt comes off by a defender the ball carrier is considered down at that spot.
- 7.4 All spectators need to remain 5 yards away from sideline.

8.0 Officials

- 8.1 Officials Jurisdiction: The official's jurisdiction covers the whole field and any where in view of the field.

- 8.2 Officials Disagreeing: The head official can reverse any call by other officials.
- 8.3 Inadvertent whistle: If this is to happen during a play, the team with ball possession at the time of the whistle has a choice of the play up to the point of the whistle or the down over.

9.0 Penalties

- 9.1 Enforcement notes: When the penalty charged exceeds 50% of the remaining yards to the goal it will automatically be half the distance to the goal.
- 9.2 Unnecessary Roughness: 10-yard penalty and can include an ejection. This will be any flagrant play intended to hurt or injure another player.
- 9.3 Spot fouls: Any foul including uniform infractions will call for a time stoppage, and can include a down loss.
- 9.4 Interference Fouls: Any foul dealing with interference will result in either a loss or gain of down, and a 5-yard penalty.
- 9.5 Any infraction not listed in these rules, college rules will prevail.