



GAMETIME FLAG FOOTBALL



RULE BOOK



START OF GAME

Coin Toss determines Possession.
Punts start 1st & 2nd half. Ball is kicked from teams' own 10 yard line
Teams alternate sides and possessions at start of each half.

Possession starts at 10-yard line
4 downs for first down - 30-yard line
4 downs for first down - 10-yard line
2 downs inside 10 yard line, starting with 3rd and goal.

A Turnover inside opponents 10-yard line will be spotted on Offensive teams 10-yard line.

PUNTS

Punts start 1st & 2nd half. Ball is kicked from teams' own 10 yard line. If they declare a punt during an offensive possession the ball is punted

from LOS. Punts must take place from the middle of the field.

3 Players on the receiving team
5 Players on the kicking team

GAME-TIMES

League games - **Two 18-Min. Halves**
Tournaments - **Two 15-Min. Halves**

First Half - The clock rolls continuously with only these exceptions:
Timeouts & scores under a minute.
The extra point will be an untimed down and the clock will resume on the snap after the conversion.

Second Half - "**Official Clock**" is in effect in the **LAST MINUTE** of the second half **if the score is within 16 points.**

"OFFICIAL CLOCK" will stop for:

- Incomplete passes,
- Out of bounds,
- Extra point attempts,
- Defensive penalties (except off-sides),
- Sacks,
- 5-second fouls,
- Changes of possession.

The clock will stop until the ball is set for:

- First downs,
- Defensive offsides, and
- ALL offensive penalties

PUNTS are untimed downs in the last minute of **BOTH halves.**

Change of possession - Teams must wait for the Official to restart play before they snap the ball.

Time-Outs - 2 per half
Timeouts not allowed with 21 point lead or more in the second half.

SCORING

TD= 6 pts.
Extra Points - 5 Yards = **1pts**
10 Yards = **2pts**

Extra Points Ints returned = 2 pts

Defensive hold on Extra Point Interception = Automatic 2pts for defensive team

What is considered a catch?

Possession of a catch is when a player controls the ball while touching **one or both feet**, or any body part other than his hand(s) to the ground inbounds.

Inbounds is determined by the lines and/or field cones

OVERTIME

Both Teams have **2 plays** to score from 10 yard line. Teams must always go for the win on extra point attempts in Overtime.



ball and the players' body must be across LOS.

If the QB catches a batted pass behind the LOS the QB has the option to either run or pass.

How long does the QB have to throw the ball?

5 seconds The timer starts at the snap of ball.

The ball must be completely out of the QB's hand or **5 yard penalty** will be assessed.



Can the QB catch a batted ball?

YES, and he has the option to **run or throw with no 5 second clock**. Throws must be made behind the LOS.

Do players need to check in with Official on Substitutions?

NO, but players must be in the field of play before the snap and have entered from their team's common sideline. **Only 5 players are allowed to break the huddle**, 6 or more will result in a **5-yard penalty** and replay of down.

Substitutions can only be made if the same ball from the previous snap is used.

OT is unlimited. Play clock is in effect

SPOTTING OF THE BALL

The balls forward progress is measured at the farthest advancement of the **BODY OR BALL** when flag is pulled.

Is a player on the ground Automatically down?

NO, player must be touched **while on the ground** to stop forward progress.

Taking -a- Knee
Will not stop the clock. It will however end your progress and end the play.

Is Intentional-Grounding Illegal?

YES, Ball must reach the LOS in or out of bounds to be legal.

What happens on an Inadvertent whistle?

The team in possession of the ball has the option to either replay the down or to take the play at the point the whistle was blown.

What if inadvertent whistle occurs during an INT?

Ball will be marked at the spot where the whistle was blown.

Are ALL players eligible catch the ball?

YES, However like ALL catches they must be made across the LOS. The

FORMATIONS

There are **NO** formation restrictions.

Does the center need to snap the ball between his legs?

YES, Quarterback must receive the ball directly from between the centers legs.

Wild/muffed snaps are dead and spotted where the ball first hit the ground.

Are Double-Passes allowed?

YES, Double passes are allowed behind the line of scrimmage, and are subject to the 5 second rule. The initial pass **MUST GO BACKWARDS**. Dropped double passes are blown dead and spotted where the ball is dropped.

NOTE: Once the initial backward pass is made the **5 yard rush rule is no longer in effect** and player can rush from anywhere on the field.

Are hand-offs legal?

YES, However they cannot be Advanced only thrown and are subject to 5 Second rule.

Are Down-field-Laterals legal?

YES, after catching the ball players get **1 lateral**. The ball must travel behind the progress of the initial receiver. Dropped laterals are spotted where the ball lands or at the spot of the initial receiver, whichever nets the least yardage. **A lateral dropped into the end zone results in a safety.**

What is Flag-Guarding?

Players using their body, hands, arms or ball to impede a players ability to pull the flag. In addition, the ball carrier cannot lower his head or shoulders to charge through the opponent. An offensive ball carrier must attempt to avoid the defender and cannot collide with a defender to take him out of play. Flag guarding

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carriers a 5-yard penalty.

A QB flag guard in the end zone results in a safety.

BLOCKING

Blocking must always be done with extended arms and open hands. **Absolutely no blocking is allowed below the waist or above the shoulders.** Blocker and rusher must always keep their hands off the opposition's face, head or neck.

Blocking rusher from behind is not allowed (unless contact is maintained when rusher spins) Once contact is lost there is no blocking to the back. No holding. **It is illegal to cross the line of scrimmage to block. DOWN FIELD BLOCKING IS NOT ALLOWED.**

5 yard penalty will be assessed on all these infractions.

What's Impeding-the-Rusher?

Offense player cannot block, chip or get in the way of the defensive rusher past the Line of Scrimmage. They must avoid the rusher once they cross the LOS. This infraction carries a 5-yard penalty. Offensive players can only block behind the line of scrimmage.

BUMP-AND-RUN NEW

Is bump and Run Legal?

NO, Defensive backs cannot bump.

PASS-INTERFERENCE

Whats the difference between Illegal-contact and pass interference?

Illegal contact is any contact deemed not incidental by the official **before** the ball is thrown.

Pass Interference is any contact not deemed not incidental by the official **after** the ball is thrown. **This penalty is a spot foul.**

Pass Interference = Automatic 1st Illegal Contact = 5 Yard Penalty

Face guarding by defense is illegal Defender must look back for the ball if he puts his arms up. In the case of a tipped ball, defender must play the ball, NOT the player.

Is Stripping Allowed?

NO, Stripping is a 5 yard penalty.

If player is attempting to catch a ball in the air can the defender push them out?

NO, should they do so, the official will use discretion to determine if offensive player would have landed in bounds or out.

PASS RUSH

Defensive rusher(s) must start rush five yards from line of scrimmage. If rusher jumps offside, then goes back behind rush mark, he may still rush. Rusher must go for the QB's flags or straight up to block the pass. There is absolutely no knocking the

ball out of the QB's hands.

How many players can rush?

There is no limit.

What is bull rushing? Is it allowed?

NO, Rusher can not drive directly through the blocker. Think Charge/Block in basketball.

What is considered Roughing-the-Passer?



When the passer is hit **BEFORE, DURING or AFTER** a pass. Excessive contact to the body is a penalty. **Some contact is allowed if** the defender is going for the flag and contact is ruled incidental by the official.

This is a **10-yard penalty** and is tacked on to the end of the play.

DISRUPTING THE GAME

Any players or coaches attempting to disrupt the game in any way can be ejected at the officials discretion without warning.

3 STRIKES RULE

Strike 1 - Warning
Strike 2 - 3:00 Minute penalty
Strike 3 - Ejected from the game

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FIGHTING

Anyone throwing a punch or fighting will automatically be thrown out of the game with suspension to be determined by GT staff.



OFFSIDES

If offensive player(s) line up offside, it is a dead ball play. If defensive player lines up offside, it is a live ball play.

What is Illegal-Motion?

Any Forward motion during the snap of the ball. Players and LOS markers must be set before the ball is snapped. Only one player can go in motion on any given play.

Are offensive Picks illegal?

Yes. This call is made at the Officials discretion



What is the Last-Man-Rule?

If a defensive player tackles, pushes, or holds in an effort to stop the offensive player from scoring and there is **no defender between the ball carrier and the goal line the offense will be awarded a touchdown.**

Can defense recover Fumbles or muffed snaps?

NO, both are dead at the point of fumble, and cannot be advanced.

PENALTIES

OFFENSIVE

Offside=5 yards + replay of down (dead ball penalty.)

Delay-of-game=5 yards + replay of down (25 seconds allowed between plays.)

Intentional-grounding=5 yards + loss of down

Illegal-pass across the LOS =5 yards + loss of down (quarterback crosses line of scrimmage before releasing ball.)

Illegal-catch-(receiver) =5 yards + loss of down (receiver catches ball behind line of scrimmage.)

Illegal-blocking =5 yards + loss of down.

Illegal-downfield blocking =5 yards from the spot of foul.

Illegal-motion =5 yards + replay of down.

Diving or jumping in an attempt to score or avoid flag pull=loss of down at point of foul (ball returned to spot the player left his/her feet.)

Offensive interference =5 yards + loss of down

Flag-guarding =5 yards from the spot of foul. This penalty can only be assessed if the flag has not been pulled.

Unsportsmanlike-conduct =10 yards from end of play.

Safety = 2 points and offensive team must punt ball to defense. ALL offensive penalties taking place in the endzone result in a safety.

DEFENSIVE

Illegal-rush = 5 yards + replay of down, or decline penalty.

Illegal-flag-pull/holding= 5 yards marked from end of run or down over This call is made at refs discretion

Pass-interference= Spot foul + automatic first down

Stripping-the-ball= 5 yards.

Roughing-the-passer = 10 yards + automatic first down.

Unsportsmanlike-conduct= 10 yards + automatic first down

DEAD BALL PENALTIES CAN BE DECLINED BY THE OFFENSE.

(Example: offsides before the snap by the defense)

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WOMENS RULES

Redzone

3 plays to score in the red zone.
(inside the 10)



Rushing

Qb can run once every new set of downs.

No Run Zone

Qb cannot run in the red zone.
(inside the 10)

Bump Rule

Defensive backs cannot bump.

