

Shadow Creek Sports NFL Flag Football Rules – Key Points



No Contact: includes tackling, diving, blocking, and screening

Uniforms:

- **League-provided Shirts must be worn and tucked into shorts**
- **No red or yellow shorts allowed**
- **No jewelry allowed**

Game Play: 2, 20-minute halves; clock only stops for timeouts (each team has three), injuries and half-time

How to Play:

The starting team begins on its own 5-yard line and has 4 downs/plays to cross midfield for a first down.

- If the offensive team crosses midfield, they have 3 downs to score a touchdown.
- If the offense fails to advance after 3 tries, they have 2 options: they can "punt," which means they turn the ball over to the opposing team who starts its drive from its own 5-yard line, or they can go for it. But if they still fail to cross midfield, the opposing team takes over possession from the spot of the ball.

Offense:

- No blocking or "screening" is allowed
- The QB cannot run with the ball unless it was handed off first
- The QB can throw the ball away to avoid a sack
- All passes must be forward and received beyond the line of scrimmage (no laterals or back passes)
- The ball-carrier cannot prevent a defender from pulling down their flags (ex: stiff arm, cover their flag with their open hand, or lower their elbow)
- A sideline catch is legal as long as 1 foot comes down in the field of play
- Offensive penalties result in a loss of down and yardage

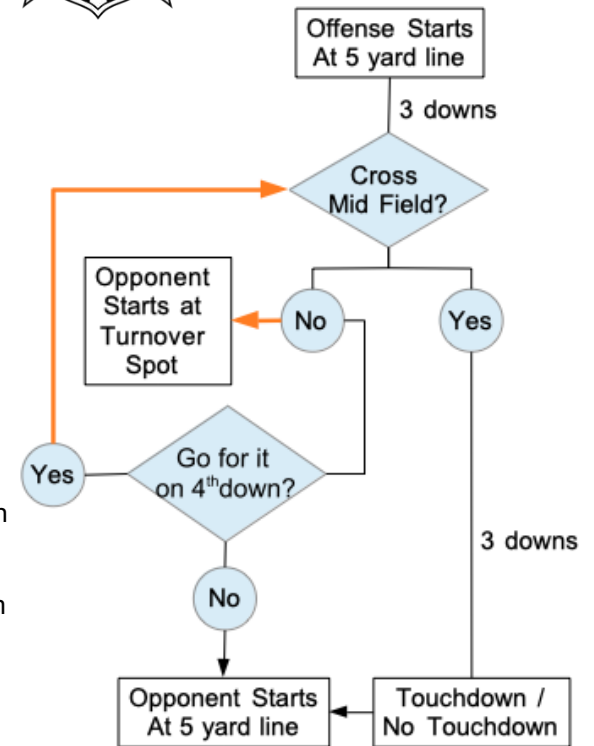
Defense:

- Any defensive player lined up 7 yds off the line of scrimmage when the ball is snapped is eligible to rush the passer/QB
- Once the ball is handed off, any defender may rush
- Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags
- Defenders cannot attempt to strip or pull the ball from the ball-carrier at any time
- Interceptions are returnable for 2 points
- Defensive penalties result in an automatic first down and some are associated with yardage

Dead Ball - ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground, a touchdown/PAT/safety is scored, whistle blows.

Fumbles – There are NO fumbles; the ball is dead. If the ball is fumbled forward then it will be spotted where the ball carrier lost possession.

Spot of the Ball – the ball is spotted where the ball-carrier is when the flag is pulled or inadvertently falls off during the play.



Scoring

Touchdown	= 6pts
PAT from 5yd	= 1pt
PAT from 10yd	= 2pts
Safety	= 2pts
Extra point returned	= 2pts

28 point margin → Coaches: use strategies for keeping the game fun for both teams; If up by 28, leading team should drop to 4 players, not rush the passer, use players at different positions, give your best players a breather.

Conduct

**FOUL, OFFENSIVE OR CONFRONTATIONAL LANGUAGE WILL NOT BE TOLERATED
FANS OR COACHES WILL BE ASKED TO LEAVE!**

**FOUL PLAY WILL NOT BE ALLOWED
PLAYERS WILL BE BENCHED**



This is NOT the NFL.

There are NO college scouts watching your player.

Kids will feed off of your behavior, as coaches and parents, so be reasonable, flexible, and respectful.

ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	+5 yards and automatic first down
Stripping	+10 yards and automatic first down

iii. Offensive spot fouls

Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down