

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, yellow, or green shorts allowed
- No jewelry allowed

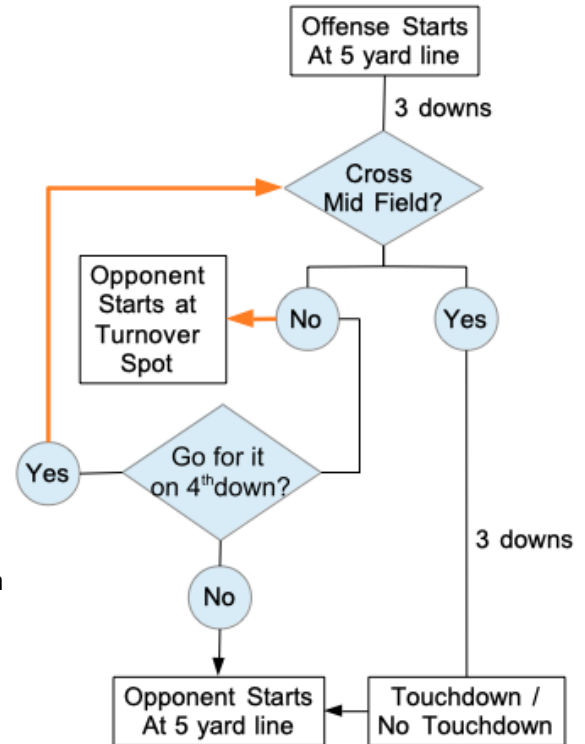
Game Play

2, 25-minute halves; clock only stops for timeouts & injuries
Time outs: 1 per half

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
- Passes may be thrown backwards behind the line of scrimmage.
- Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only.
- Shuffle passes or forward passes must be beyond the line of scrimmage.
- 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 if 1 foot comes down in the field of play
- Offensive penalties result in a loss of down and yardage

Defense

- Up to 2 defensive players lined up 7 yds off the line of scrimmage are eligible to rush the 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 **on conversions after touchdowns** for 2 points.
- Interceptions during a normal play are returnable for 6 points.
- **In overtime**, interceptions at any time 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 falls off during the play.

Scoring

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

28 point margin → Coaches: use strategies for keeping the game fun for both teams; If up by 28, weaker team can add an extra player and leading team should 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.**

Kids will feed off of poor parent behaviors coaches and parents.
Please be reasonable, flexible, and respectful.

Yell to cheer on your players – not to harass the officials or others.
Keep all comments positive, clean, and profanity free.
Compliment ALL players, not just one child or team

Penalties

Defensive spot fouls

Defensive pass interference	Automatic first down
Holding/Illegal Contact	+5 yards and automatic first down
Stripping	+5 yards and automatic first down

Offensive spot fouls

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Holding/Illegal Contact	+5 yards and automatic first down
Stripping	+5 yards and automatic first down

Defensive Penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside / illegal substitution	+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

Offensive Penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start / illegal substitution	-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
Taunting	-5 yards from line of scrimmage and loss of down