

# 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

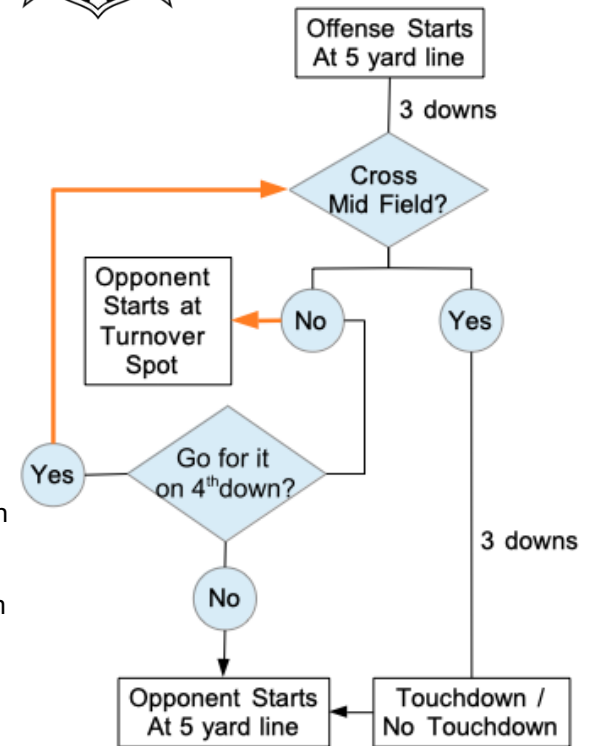
## Defense:

- 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 **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 inadvertently 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, 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.

### 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