



Louisburg Recreation Commission Flag Football Rules

Players:

- Teams must field a minimum of 4 players to start a game, a maximum of 5 players is allowed on the field.
- A mouthpiece must be worn at all times.
- Cleats are allowed, no metal spikes.
- Flags must be positioned on the player's side of the body (left/right side) and such that the flag attachment at the belt is pointed outward. Jerseys/shirts must be tucked in at all times.
- Unsportsmanlike conduct or play will not be tolerated (tackling, cheap shots, elbowing). Offensive language will not be tolerated. Officials have the right to determine unsportsmanlike play and offensive language and players can be ejected from the game.
- No tackling is allowed. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- Blocking is allowed per the following rule: An offensive player may present themselves in front of a defensive player with their arms bent, raised to chest level and with fists clenched. An offensive player's arms cannot extend out to the defensive player. The correct form may occur anywhere on the field. Physical contact is not allowed.

Game Clock and Scoring:

- Games are played with a running clock.
 - Kindergarten-2nd Grade: will play two 15-minute halves with a running clock.
 - 3rd/4th Grade: will play two 20-minute halves with a running clock.
- Time only stops at halftime, coach's timeout, or a referee timeout. Each team has one 60 second timeout and on one 30 second timeout per half. Halftime is 5 minutes.
- A touchdown is 6 points
- Extra point is 1 point
- Safety is 2 points
- If the score is tied at the end of regulation, teams move directly into overtime. A coin toss determines first possession in overtime. The first team to score wins.

General:

- There will be a blue line “safety zone” designated along the spectator’s sidelines for the safety of the players, referees, and spectators. Spectators will have to stay behind the blue line.
- Game balls will be provided and checked before each game by the referee, that ball will be used for the entirety of the game. Only LRC footballs will be allowed to be used for games.
- Youth size football will be used.
- A coin toss determines first possession.
- There are no kickoffs.
- The offensive team takes possession of the ball at their 5 yard line and has 4 plays to cross midfield. Once they cross midfield they have 4 plays to score a touchdown. If the offensive team fails to cross midfield or score, possession of the ball changes and the opposition starts their possession from their 5 yard line.
- All possession changes, except interceptions, start on the offense's 5 yard line.
- Teams change sides after the first half of play and possession changes.
- After a ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is called.
- The ball must be on the ground at the snap to start the play. An incomplete snap results in a dead ball.
- Only snaps between the legs are allowed, snaps off to one side are not allowed.
- One player is allowed in motion at a time prior to the snap, the player may not be moving toward the line of scrimmage at the time of the snap.
- There are no fumbles. The ball is spotted where the ball hits the ground. Anytime the ball touches the ground it is dead.
- The play is over when the ball carrier steps out of bounds, ball carriers’ flag is off or pulled off, receivers’ flag is off or pulled off, or the ball carriers’ knee or hand hits the ground.
- Substitutions may be made on any dead ball.
- Games cannot end on a defensive penalty, unless the offense declines it.

Rushing the quarterback:

- Rushing the quarterback is not allowed at the Kindergarten-2nd Grade level.
- Rushing the quarter is allowed at the 3rd/4th Grade level, per the following rule: All players who rush the quarterback must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- Any number of players can rush the quarterback.
- Players not rushing the quarterback must defend at the line of scrimmage.
- Once the ball is handed off the seven yard rule is no longer in effect and all defenders may go behind the line of scrimmage.

Running:

- The quarterback may not run the ball - the quarterback can run to avoid the defender behind the line of scrimmage but may not run past the line of scrimmage even if the quarterback is being rushed. (Only pertains to 3rd/4th Grade level, where rushing the quarterback is permitted)
- Only handoffs behind the line of scrimmage are permitted
- Multiple handoffs are allowed.
- No laterals or pitches
- No-run zones are 5 yards before the endzone and in the middle of the field, they are designated to avoid short yardage power running situations.
- The player that takes the handoff may throw the ball from behind the line of scrimmage.
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is set down.

Passing:

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a 7 second "pass clock". If a pass is not thrown within the 7 seconds the play is dead, there is a loss of down and the ball is returned to the line of scrimmage.
- Once the ball is handed off the 7 second rule is not in effect.
- Interceptions may be returned. Possession of the ball starts at the point of the dead ball.

Receiving:

- All players are eligible to receive passes.
- A player must have at least one foot inbounds when making a reception.

Penalties:

- Officials will call penalties
- All penalties will be assessed from the line of scrimmage
- Referees determine incidental contacts that may result from normal run of play
- Only the coach may ask the referee questions about rule clarifications.
- Players and coaches cannot question judgment calls

Defensive Penalties:

- Offside: 10 yards and first down
- Interference: 10 yards and first down (holding, blocking, etc.)
- Illegal contact: 10 yards and first down
- Illegal flag pull: 10 yards and first down (before player has the ball)
- Illegal rushing: 10 yards and first down (rushing inside the 7 yard line marker)

- Unsportsmanlike conduct: 10 yards and first down
 - within 10 yards of the goal, ball is placed $\frac{1}{2}$ the distance to the goal

Offense Penalties:

- Illegal motion: 10 yards and loss of down (false start, more than one person moving)
- Illegal forward pass: 10 yards and loss of down (pass received behind line of scrimmage)
- Offensive pass interference: 10 yards and loss of down (pushing off, pick play)
- Flag guarding: 10 yards and loss of down
- Delay of game: 10 yards, loss of down, AND clock stops
- Unsportsmanlike conduct: 10 yards and loss of down