



# VB Field House

## Adult Flag Football Rules

Players **ARE NOT** allowed to wear shorts with pockets even if they turn their pants inside out. - **NO POCKETS.**

### 1. The Basics:

- a. Each team will be given 4 downs to either make a first down or make a touchdown.
- b. A coin toss determines first possession. The home team is listed on the left of the schedule. The visiting team will call the coin toss. The winner of the coin toss will have two options, receive (play offense) or defer (play defense). The team that receives the ball in the first half will play defense to start the second half.
- c. The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, they have four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- d. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- e. All possession changes, EXCEPT interceptions, start on the offense's 5-yard line. Interceptions MAY be returned and will be ruled down at the spot where the ball carriers flag is pulled unless the result of the interception is a touchdown.
- f. Teams change sides after the first 20 minutes. Possession changes to loser of coin and the clock does not stop.
- g. There are no kickoffs, and no blocking is allowed.
- h. Tie-Breakers: 1. Points for win and tie 2. Head-to-head. 3. Points against 4. Coin toss

## **2. Players/Game Schedules:**

- a. All divisions will play 7-on-7. Teams must field a minimum of 5 players.
- b. The Field House has the option to combine divisions if needed in order to fill teams to have enough teams to run a league for that season.

## **3. Timing/Overtime:**

- a. Games are 2 – 20-minute halves which consist of a running clock. If the score is tied at the end of a **REGULAR** season games the game WILL end in a tie.
- b. If the score is tied at the end of REGULATION, during the playoffs, teams move directly into overtime. First possession in overtime will be determined by a coin toss as discussed in rule 1b. **HOWEVER**, in overtime the first team to score wins. (Note: No time will be put on the play clock).
- c. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game or penalty is enforced.
- d. Each team will have two 30-second time-outs per half.
- e. Officials can stop the clock at their discretion.

## **4. Scoring:**

- a. Touchdown -6 points.
- b. Extra point: -1 point (played from 5-yard line is a PASS/RUN) or -2 points (played from 12-yard line is a PASS/RUN)
- c. Safety: -2 points.
- d. If a team attempts to pass for a one- or two-point conversion and the defense intercepts the ball and runs it back for a touchdown, this will result in two points for the defensive team.

## **5. Running:**

- a. The quarterback CANNOT run with the ball over the line of scrimmage unless being rushed by the defense. If there is no rush the quarterback MUST remain behind the line of scrimmage.
- b. The quarterback is the designated player that lines up directly behind the center. Note: (In the event that the ball is hiked over the head of the quarterback where one of the offensive players catches the ball and is the first offensive player to maintain control of the ball then he/she is now considered to be the quarterback).
- c. Laterals and pitches ARE allowed.

- d. The player who takes the handoff can throw the ball from behind the line of scrimmage.
- e. Once the ball has been handed off, all defensive players are eligible to rush.
- f. Spinning is allowed, but players CANNOT leave their feet to avoid a defensive player (diving is not allowed by offensive ball carriers).
- g. The ball is spotted where the ball carrier's feet are when the flag is pulled, NOT where the ball is.

#### **6. Passing:**

- a. Only 1 forward pass allowed (Shovel passes are allowed). Shovel pass is a forward pass.
- b. Interceptions may be returned.
- c. There is no time limit on how long the QB has to throw the ball. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage). Only ONE player is allowed in motion at a time.

#### **7. Starting and Ending a Play:**

- a. The ball must be snapped between the legs, not off to one side, to start play.
- b. The clock will stop after a dead ball, or change of possession, ONLY in the 2<sup>nd</sup> half in the last minute of regulation.
- c. Substitutions may be made on any dead ball.
- d. A Play has "ended" when: — Ball carrier's flag is pulled — Ball carrier steps out of bounds — Touchdown or safety is scored — Ball carrier's knee hits the ground (NOT hand). Note: There are no fumbles. The ball is spotted where the ball hits the ground. **If the flag falls the defensive player must touch the player (runner) in order for him/her to be considered down.**
- e. Coaches are required to stand 5 yards from the furthest player on both offense and defense. (example: if your quarterback is in the shotgun you should be 5 yards behind the quarter back or if your safety is line up as the deepest defender than you shall be 5 yards behind the safety).
- f. Coaches CANNOT direct the offense or defense once the play has started. (example: you know that the offense is going to run a sweep to the left/right you CANNOT yell out they are going left or they are going right).
- g. Coaches CANNOT assist (hold or push) a player to a spot in an attempt to help them either make a play or prevent them from making a penalty. (example: holding a player who keeps jumping off-sides or assisting (pushing) a player to make a play on another player).

h. Any violation of the above rules will result in illegal participation by the coach and the penalty will be administered as outlined in 10/n under penalties.

i. Coaches can be on the field for age groups 5-6, 7-8, 9-10, and 11-12. Any age division 13 and older coaches cannot be on field, and must make all coaching actions from the player's box.

J. There are NO three (3) point stances allowed in youth football for either the offensive or defensive players.

### **8. Rushing the Quarterback:**

a. All players who rush the passer must be a minimum of SEVEN yards from the line of scrimmage. If a player who is lined up seven yards from the line of scrimmage and is drawn off sides by a false snap count by the offense MUST reset seven yards from the line of scrimmage prior to him/her rushing the passer.

b. Any number of players can rush the quarterback, as long as they are seven yards from the line of scrimmage.

c. Once the ball is handed off, the seven-yard rule is no longer in effect, all defenders may go behind the line of scrimmage. It is the coaches' responsibility to have their rushers mark off SEVEN yards from the line of scrimmage.

d. Remember, NO blocking or tackling is allowed.

### **9. Sportsmanship/Roughing:**

a. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.

b. FOUL PLAY WILL NOT BE TOLERATED. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the coach, player or players will be ejected from the game.

c. Attire cleats are allowed, except for metal spikes and screw ins. Inspections must be made.

**10. Penalties:** All penalties will be called by the referee.

a. Defense: Offside Five yards and automatic first down.

b. Interference 10 yards and automatic first down.

c. Illegal contact (holding, blocking, etc.) 10 yards and automatic first down.

d. Illegal FLAG pull (before receiver has ball) 10 yards and automatic first down.

- e. Illegal rushing (starting rush from inside 7-yard marker) 10 yards and automatic first down.
  - f. Unsportsmanlike Conduct- 15yds - Penalty will be assessed from the end of the run. If the penalty occurs to prevent a touchdown, then it is at the referee's discretion to award a touchdown.
  - g. Illegal motion (more than one person moving, false start, etc.) Five yards and loss of down.
  - h. Illegal forward pass (pass thrown beyond line of scrimmage) Five yards and loss of down.
  - i. Offensive pass interference (illegal pick play, pushing off/away defender) 10 yards and loss of down.
  - j. FLAG guarding 10 yards (from line of scrimmage) and loss of down.
  - k. Delay of game 5 yards and loss of down.
  - l. All penalties WILL be assessed from the line of scrimmage unless otherwise stated.
  - m. Coaches or players cannot question judgment calls. The official will provide interpretation of any rule that the coach may have (RULES ONLY).
  - n. Illegal participation by a coach – 10 yards and loss of down.
- \*\*\*Regulation Clock during final (1) minute of the game (2nd half only) unless there is a 21-point lead.
- \*\*\*During the regulation clock, the clock will stop only on dead balls. A dead ball only consists of incomplete passes, when a player steps out of bounds, a penalty or a change of possession. The clock will also stop when first downs are achieved (after the referee sets the ball for play - the clock will start). The clock will not stop if there is a 21 point lead EVEN during time outs).

Referees determine incidental contact that may result from normal run of play.

Games cannot end on a defensive penalty unless the offensive team declines the penalty.