



2016 Rookie Flag Football Rules

Game Overview:

- All games will consist of two 12 minute halves (15 minutes last two weeks) with a running clock except for timeouts and injuries.
 - o Each game will have a 3 minute halftime.
 - o A water break will be issued for all players around the 6-8 minute mark of each half (or when coaches find a break in the action). Each coach will also have one non-injury timeout per half.
- Games will be played in a 6 v 6 format. If not enough players are present, 5 v 5 can be played.
- Score **will not** be kept for games.
 - o All players should play equally, and everyone should play every position.
- Flags and balls will be provided at fields for practices and games.

Gameplay Rules:

START OF GAME

- The designated home team will start with the ball at its 5-yard line to begin play.
 - o The away team will begin play at its 5-yard line to start the second half.
 - o The away team may also choose what end zone they would like to defend.

OFFENSE

- There must be an offense lineman immediately to each side of the center.
 - o 1 center, 2 tackles (each side of the center), 1 QB, 1 or 2 RB's and 1 or 2 WR's.
- The center must snap the ball to the QB, and the center is not eligible to receive a handoff (no center sneaks).
 - o If the center snap is fumbled/falls to the ground, the down may be replayed without penalty. If the center is not able to snap between the legs, they may use a side snap.
- **ALL PLAYERS ARE ELIGIBLE TO RECEIVE A PASS.**
- Each team will have 4 plays to cross the midfield line to get a first down. If the team crosses midfield, they will have 4 more plays to score a touchdown.
 - o If a team fails to convert a first down or score a touchdown, it will result in a turnover on downs. **All turnover on downs result in the defense beginning their drive at the 5 yard line.**
- **Interceptions** may be returned for a touchdown. If the player is "tackled," the ball will be spotted where the player was tackled.
- **Fumbles** will be ruled dead at the spot the fumble occurred, and the offense will retain possession. If the fumble occurs on fourth down (and the player didn't cross the first down line), it will result in a turnover on downs with the defense starting their possession at the 5 yard line.
- All jerseys must be tucked in with one flag hanging off of each hip.
- **There is no flag guarding.** Hands should be kept above the waist, and there is no stiff arming or jumping to avoid a defender allowed. Ball carriers may spin to evade the defender.
- **There is no blocking allowed.** All blockers must stand straight up without moving, and cannot extend arms into defender. If an offensive player attempts a block, the ball will be dead at the time the block occurred.

DEFENSE

- The defense should consist of 3 linemen lined up across from the offensive linemen, 2 safeties/linebackers (matched up with QB and RB), and a cornerback (matched up with receiver).
- The defense **is not allowed to rush the quarterback.** Defenders are not allowed to cross the line of scrimmage until the ball is handed off or thrown.
 - o If a defender crosses the line of scrimmage early and impacts the play, it will result in a replay of the down. All coaches should encourage QB to throw the ball within 5 seconds.
- In order to down a ball carrier, the player must pull one flag off and **hold the flag at the spot where it was pulled until a coach arrives to spot the ball.**
- If a flag falls off accidentally, the ball is dead at the spot. A receiver is still eligible without flags, but will be down immediately when the ball is caught.

