



## 2021 Rookie Flag Football Rules

### Game Overview:

- All games will consist of two 15 minutes halves with a running clock. The clock will stop for time outs and injuries ONLY.
- Games will be played in a 6v6 format. If there is not enough players present, 5v5 can be played.
- Score **WILL NOT** be kept for games.
- 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.
- The away team will begin play at its 5-yard line to start the second half
- The away team may also choose what end zone they would like to defend.

### **OFFENSE:**

- There must be an offensive lineman immediately to each side of the center.

1 center, 2 tackles (each side of the center), 1 QB, 1 or 2 RB's, and 1-2 WR's

- The center must snap the ball to the QB. The center IS NOT eligible to receive a handoff (no center sneaks)

If the center snap is fumbled/falls to the ground, the down may be replayed w/o 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.

-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 results 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 where the fumble occurred and will retain possession. If the fumble occurs on fourth down (and the player DID NOT cross midfield for the first down), 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 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! Ball carriers may spin to evade the defender.

**There is no blocking allowed.** All blockers must stand straight up w/o moving and cannot extend arms into the defender. If an offensive player attempts to 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 the QB and RB), and a cornerback (matched up with the 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.

-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 the 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 that spot. A receiver is still eligible without flags, but will be down immediately when the ball is caught.

