

## REGIONAL FLAG FOOTBALL RULES DRAFT\*\*

### NFL Flag Rules Apply

- All drives begin on the 5 yard line; except in case of turnovers or loss of 4<sup>th</sup> down
- Only (1) first down is possible per drive (at mid field)
- 4 downs on both sides of the field. “Punt” (opposing team starts at 5 yard Line); “Go for it” (Opposing team get’s ball where it was last downed)
- The “no run zone” rule will apply, 5 yards before the first down and 5 yards before the endzone
- 2 point conversions are throw or run with the ball snapped from the 10 yard line.
- 1 point conversion is a must throw from the 5 yard line.
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- No fumbles, play is dead if the ball hits the ground (including fumbled snap)
- No blocking
- Center is eligible to catch passes
- Flags must be at hip and over the shirt; shirt tucked if possible
- Defense can’t cross the line of scrimmage until the QB gets rid of the ball OR If the ball is handed off, any defender may rush
- Forward passes must be received across the line of scrimmage. Pitches, laterals, and backwards passes are permitted behind the line of scrimmage only.
- The 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
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- 1 Coach on the field.
- No 7-second pass rule (but encourage QB to pass in a timely manner)
- No official score keeping or game officials required
- Safeties enforced.
- Two 20-minute running halves.
- Each team gets one timeout per half.