

Appendix E: Football Rules - Flag Division

1. Each team will consist of up to 8 players on the field.
2. Playing time shall be 40 minutes, two halves of 20 minutes each. Half-time shall be 5 minutes. Playing time will be a running clock with no dead ball time stoppage except for injuries and time outs. Each team will have two (2) timeouts that may be used during the game.
3. The game should be played on a field marked as 40 X 35 1/3 yards whenever possible or as close as possible to this. With a ten (10) yard end zone. The field will be divided into four 10-yard line to gain sections.
4. The offensive team must have a minimum of 5 players on the line of scrimmage. The interior 3 linemen are ineligible. The center may snap the ball either between the legs or sidewise. The defensive team will line up at least one (1) yard off the line of scrimmage. Only 3 Defensive players may cross the line of scrimmage, at the snap. All defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. Penalty of 5 yards and replay down. (I.e., if 4 Defensive linemen cross the line of scrimmage on 2nd down, the offense will gain five yards from the line of scrimmage and replay 2nd down.)
5. All teams shall only use "Triple Threat Flag Football Belts." All shirts must be tucked in. The flag belt must be the outermost garment worn. Flags shall be placed on the hips and tailbone. Flag color shall contrast jersey main body color.
6. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:
 - a. Swinging the hand or arm over the flag belt to deny the opportunity for an opponent to pull or remove the flag.
 - b. Placing the ball in possession over the flag belt to deny the opportunity for an opponent to pull or remove the flag.
 - c. Lowering the shoulders in such a manner which flag guards.
 - d. Stiff arming is considered flag guarding.
 - e. Improperly wore flag belt. Flag belts shall be always worn correctly.

Tying of the belts is not allowed.

Penalty for flag guarding: Spot of foul, play is dead and loss of 5 yards. (I.e., if the ball carrier gains 15 yards, then flag guards and gains another 10 yards,

the ball would be spotted at the 15 yards gained and then the 5-yard penalty will be marked off)

7. Gameplay:

- a. There will be no kickoffs or punts.
- b. All possessions start on the 40-yard line. Teams will have 4 downs to make it to the next line to gain. If they succeed in making it past the line to gain, they will have 4 more downs to move the ball across the next line to gain.
- c. If the offensive team fails to make the next line to gain after 4 downs the defensive team will take possession at the 40-yard line.
- d. Extra points will be 1 attempt from the 5-yard line, 1 point for running try and 2 points for a passing try.
- e. If there is a loss of possession by the ball carrier, the ball is dead at the spot of the loss of possession and the offensive team retains possession. If this occurs on 4th down and the line to gain has not been crossed, the fumble will result in a change of possession according to rule 7.c.
- f. If there is a bad snap, the ball is dead and returned to the line of scrimmage. There is NO loss of yardage, only a loss of down. If this occurs on 4th down, the bad snap will result in a change of possession according to rule 7.c.
- g. Interceptions cannot be returned. After the interception, the play is dead, and the intercepting team takes possession according to rule 7.c.
- h. One coach for each team may be on the field and behind the play. Once the play has started the coach must be silent and stay out of the action.
- i. This is an instructional level and as such no score will be kept.
- j. A play ends when the following occurs:
 - A. Ball carrier's flag is pulled.
 - B. Ball carrier's knee touches the ground.
 - C. Ball carrier steps out of bounds.
 - D. Ball carrier loses their flag belt
 - E. Ball carrier dives, jumps or leaps; ball is spotted where the runner left their feet.
 - F. Ball carrier is called for flag guarding.

8. Size of game ball will be Mini or Pee Wee sized inflatable football made of leather, composite, or rubber.
9. The home team is responsible for supplying officials. The visiting team may, if requested, supply an additional official.
10. Equipment Safety: Mouth guards, Softshell head gear are required.
11. The home team has the option to choose offense or defense to start the game. The visiting team has the option to choose offense or defense at the start of the second half.
12. Blocking with hands is allowed. All blocking is to be done below the shoulders and above the waist.