

South Coast YMCA of Orange County Flag Football Rules

Field

The playing field is 30 yards (90 feet) wide by 60 yards in length.
End zone is 7 yards deep.

General Rules

- Coin toss determines first possession.
- There are seven players on the field at all times for both the offense and defense.
- Game will consist of two 20-minute halves with a running clock. The clock stops only for injury or regular timeouts. Halftime is three minutes.
- Each team is allowed two one-minute timeouts per half.
- A fumble occurs, defense cannot recover the ball and stripping is illegal.
- A coach from each team are allowed on the field.

Kicking/Punts Rules

- Kickoffs will take place from the kicking team's own 20 yard line. The ball must remain in bounce. If the ball kick or rolls out of bounce, the ball will be place at mid-field.
- All punts must be declared prior to the snap of the ball. **Three players from** the receiving team must be 5 yards of the line of scrimmage. Punts are considered a free kick. There is no rushing the kicker. There will be no center snap on punts. The kicking team may not release downfield until the ball is punted. Punts traveling out of bounds are spotted where the ball leaves the field. The ball may touch the ground prior to the receiving team gaining possession. The ball is declared dead if touched by the kicking team. Incidental contact to the ball by the receiving team does not constituted possession.

Hikes

- First bad hike in a series of 4 downs, the team loss yards and down. Any additional bad hike in the same series the team losses the down, but not the yard.
- If a team received a new series of four downs, the rules apply again.

Running

- Handoffs and pitches behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- Absolutely NO laterals of any kind.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving) or diving for extra yards.

- No running up the middle. All running plays must be one yard out side of either guard.

Receiving

- 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.
- A player must have at least one foot inbounds when making a reception.
- A receiver catches a pass missing one or both of their flags, the ball is placed at the spot of the reception.

Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.

Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
 - Ball carrier’s flag is pulled.
 - Ball carries steps out of bounds.
 - Touchdown or safety is scored.
 - Ball carrier’s knee hits the ground.
 - Ball carrier’s flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback

- All players who rush the passer must be a minimum of 3 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback.
- Once the ball is handed off, the 3 yards rule is no longer in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate 3 yards from the line of scrimmage.

Sportsmanship

Unsportsman like conduct by players, coaches, or fans/parents will not be tolerated. They will be given a warning. If it continues, the offender will be asked to leave the field. If the same offender continues to be a problem the following week, he/she will be banishment from the league.

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 player or players will be ejected from the game.

Unnecessary roughness is one warning then out of the game.

Points

- Touchdown 6 points
- Extra point from the 2 yard line 1 point
- Extra point from the 5 yard line 2 points
- Safety 2 points
- Runback a interception on extra point 2 points

- Since we are not officially keeping score, there are no winners or losers. No overtime will be played. There are no playoff system. The goal is to teach the participants the fundamentals of the game. Scoring is part of the game but not the main focus.

Penalties

All penalties will be called by the referee.

Defense:

- Off sides 5 yards repeat the down
- Interference 10 yards and repeat the down
- Illegal contact (holding, blocking, ect) 10 yards and repeat the down
- Illegal flag pull (before receiver has ball) 10 yards and repeat the down
- Illegal rushing 5 yards repeat the down

Offense:

- Illegal motion (more than one person moving, false start, ect) 5 yards and loss of down
- Illegal forward pass (pass received behind line of scrimmage) 5 yards and loss of down
- Offensive pass interference (illegal pick play pushing off/away defender) 10 yards and loss of down
- Flag guarding 10 yards for the sport of foul and loss of down
- Delay of game Clock stops, 5 yards and loss of down

Games cannot end on a defensive penalty, unless the offense declines it.

Attire

-Cleats are allowed, except for metal spikes. Inspections must be made. All players must wear a protective mouthpiece; there are no exceptions.

-Players must have shirts tucked in, with flags properly displayed. Every player must have two flags and must not be wrapped around the belt loop.