

LCFC Flag Football Rules



Objective

The first rule of flag football is straight forward: there's no contact allowed. That includes tackling, diving, blocking

g, and screening. Instead, players wear flags that hang along their sides by a belt. To “tackle” the person in possession of the ball, the opposing team needs to pull one or both of their flags off.

While flag football rules are designed to keep players safe, you'll find that they also create an engaging, fast-paced version of football without the physical contact.

Rules

- All passes must be forward pass and received beyond the line of scrimmage.
- No handoffs are permitted.
- The quarterback has 3 seconds before a rusher is eligible to rush.
- The quarterback is not allowed to run unless defender decides to rush.
- Any defensive player is eligible to rush.
- Interceptions are returnable (even on extra point attempts.)
- If both teams do not play, both teams will receive a tie. Tiebreaker will be decided by points scored at the end of season.
- All fumbles are considered dead balls (fumble recovery or fumble returns not allowed.)
- 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.
- There are no kickoffs to begin games or after a touchdown is scored. Instead, the ball will be placed on the offensive team's 10-yard line.
- There are four downs with 1st down markers every 15 yards. Red zone is 10 yards only.
- 1st downs are completed when the ball crosses the next 1st down marker from the original line of scrimmage.
- 2 women must always remain of the field whether offense or defense (***unless both teams are in agreeance to rest at the same time***).
- Women must be involved in at least one of every 4 plays.
- All offensive penalties result in a loss of down and yardage.
- All defensive penalties result in a 5 yards progression of the ball.
- Pass Interference (PI's) result in an automatic first down and ball is placed at the spot of the foul.

- Refunds are only issued if LCFC is at fault for cancelling the football league.
- All players must show up at the designated time on the schedule and be in place for game time (this includes being in the prayer circle).
- Games will start on time! (Any team not on time will lose a 1st down every 2 mins you are late). Must have at least 6 players in place to start without additional penalty (can start with 5 men and 1 woman) (***no exceptions***).



The Clock

- **Game Length:** Games consist of two (2) fifteen (15)-minute halves with a running clock and two-minute warning at the end of the second half. A game will be considered played in full when second half starts. No games will be rescheduled for weather or for any reason.
- **Two-Minute Warning:** A two-minute warning is given to both team captains when there is two minutes remaining in the second half or immediately after the play if the two-minute point is reached during a play. The clock is stopped during the warning and starts at the next snap.
- **Stopping the Clock:** Prior to the two-minute warning the clock stops only at a time out, during an injury, at an official's discussion. The clock will continue to run after an offensive score unless the 2 min warning has been given. The clock stops at the two-minute warning. During the last two minutes of the second half, the clock stops for:
 1. incomplete passes (starts on snap)
 2. out of bounds (starts on snap)
 3. time outs (starts on snap)
 4. official's time outs (starts on "ready" whistle)
 5. penalties (starts on snap if clock was stopped, starts on "ready" whistle if clock was running)
 6. punts (starts when ball hits foot).
 7. An offensive or defensive score

The referees have the ability to stop the clock for judgment calls and re-setting the ball at the line of scrimmage.

Time Outs: Each team receives one time out (60 seconds) per half, which cannot be carried over into the next half. If an injured player delays the game, the officials stop the clock and the injured player must sit out at least one play.

Time Between Plays: The offensive team is allowed 30 seconds between plays. The 30-second clock begins when the ball is reset for the next play.

Overtime

- Home team calls the toss to determine the team that chooses to be on offense or defense first.
 - I. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - II. The referee will determine which end of the field the overtime will take place on.
- Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one – or two-point play of their own.



- a. **Example:** Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
- b. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
- c. Starting with the 2nd overtime, both teams must “go for the two” from the 10-yard line.
- d. Starting with the 3rd overtime, each team will get 1 play from the 5-yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
- e. Final Score will be recorded to include all points scored for each team.
- f. All regulation period rules and penalties are in effect.
- g. There are no timeouts.
- h. Interceptions are returnable in OT, and worth 2 points.

Scoring

1. **Touchdown:** 6 points
2. **PAT (point after touchdown): 1 point** (5-yard line) or **2 points** (10-yard line)
3. **Safety:** 2 points
 - a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
4. Extra points that are returned equals 2 points.
5. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
6. After one team is winning by 28(4 touchdowns) or more, the game is over. Once a 28 or more-point advantage is gained, no PAT will be attempted.
7. ***Forfeits are scored 28-0 for the winning team.***
8. The coaches, officials and scorekeeper must sign the score sheet. If a coach does not sign the score sheet before leaving the field, the scorekeeper will note on that score sheet and the score will be FINAL.

Equipment

- Teams are strongly encouraged to wear their league assigned T-shirts or a similar color.
- No metal cleats allowed
- There are no substances such as stick-um allowed either on the ball or on players hands.
- Flags must be worn at all times while players are on the game field.
- Flags must be worn on the outside of the participants clothing.
- Flags cannot be tied, tucked into clothing, or have a t-shirt covering them.
- Teams should bring a game ball to play with



Offense

- The team on offense must have **5** players on the line of scrimmage.
- The football must be snapped from the ground
- All members of the offense are eligible receivers.
- A ball carrier **IS DOWN** when his/her knee or body touches the ground.
- A receiver is **not** down if their flags are pulled before they have possession of the ball.
- If a receiver's flags are pulled prior to catching a ball he/she will be downed by the one hand touch method
- Possession of the ball means: control of ball and one foot on the ground in bounds.
- An offensive player may not advance the ball by diving or jumping.
- There is no flag guarding allowed (flag guarding is described as an offensive player purposely swatting an opponent's hand away from their flag or by obstructing a defensive player from pulling their flag when they have possession of the football).
- Offensive blockers may not use their hands or arms in an aggressive or forceful manner, including pushing, pulling or grabbing. Elbows must be kept at the side of the body.
- In order for an incomplete pass to be ruled a Girl Play the pass from the male QB must be a clear attempt towards a female player - a referee's judgment call.
- Whoever catches the ball shall be deemed the intended receiver. If a male catches the ball during any play, it shall be ruled a male play (unless thrown from a female quarterback). Likewise, if a female catches the ball during any play, it shall be ruled a female play.
- A sack of a male QB during the mandatory Girl Play results in a failure to utilize the girl play and a penalty will be assessed. If the penalty is declined, the play counts as if a girl play was used.
- A pulled flag behind the line of scrimmage on the quarterback while the ball is in his/her hands results in a sack regardless of whether the QB's arm is in motion for a pass or not. Quarterbacks may pump fake to avoid a sack.
- If the quarterback is sacked on a female play the play either stands and the yard loss is counted, or a penalty is accepted with no of loss of down and 5-yard penalty
- The only penalties that include loss of down is intentional grounding and illegal forward pass

Special Teams & Fumbles

- On 4th down, teams must announce their intention to either punt or play out the 4th down situation. There are no fake punts.
- In a punting situation neither the offensive nor defensive team may cross the line of scrimmage until the ball is punted.
- All offensive players other than the punter must stand on the line of scrimmage until the ball has been kicked.
- The defense must keep four players on the line of scrimmage.
- When the ball is punted, the ball is downed when:
- Touched by the kicking team



- The receiving team touches the ball and then it hits the ground
- If the punted ball hits the ground first, it is still a live ball
- ***Blocking down field - only screen blocking is allowed - no contact is allowed.***
MINOR INCIDENTAL CONTACT IS THE MAXIMUM CONTACT PERMITTED!!!
- ***There are NO FUMBLE RECOVERIES.*** All fumbles are a dead ball when it hit the ground. The new line of scrimmage will be marked at the point of the fumble. (No fumbling the ball forward) A fumble in the air or a lateral pass can be caught by the defense and this will be ruled a turn over.

Defense

- The defense must line up behind the defensive line of scrimmage (approximately 2 yards back from the line of scrimmage). A cone will mark the defensive line on each play.
- Defensive rushers must be lined up on the line of scrimmage from a standing position.
- There is no 3-point, or 4-point stances allowed
- If a team scores a safety, they will be awarded 2 points and the ball on their own 12-yard line.
- NO running rushes permitted. A running rush is described as a defensive player running forward towards the line of scrimmage while saying the rush count.
- The Referee will Count the 4 second rush. When the referee signals RUSH the defense may begin to move/run toward the QB.
- Defensive rushers may not use their hands or arms in an aggressive or forceful manner, including pushing, pulling or grabbing. Elbows must be kept at the side of the body.

PENALTIES

- 5 Yard infraction - Any non-aggressive or non-flagrant foul
- 10 Yard infraction + player warning - Any aggressive or flagrant foul or un-sportsman-like conduct
- Any player involved in fighting or excessive un-sportsman-like behavior will be ejected from the game and automatically be suspended from a minimum of 1 game.