

Flag Football By-Laws

NFL FLAG Football Official rules are used except as follows:

Equipment –

1. The Marshall Recreation Department will provide jersey's, flags and belts along with footballs.
2. Players must wear shoes. Football cleats are encouraged; no exposed metal.
3. Must remove watches or jewelry.
4. NFL FLAG jerseys must be worn during play. Jerseys must be tucked in if they hang below the belt line.
5. Sweat pants or shorts are recommended. Also mouth protection may be encouraged

Game –

1. Each game will start with a coin toss. The winner will select offense or defense. The loser of the coin toss will select direction.
2. The offensive team takes possession of ball at its 5-yard line and has (3) plays to cross midfield. Once a team crosses midfield, they will have (3) plays to score a touchdown.
3. If the offensive team fails to score or cross midfield, the ball changes possession and the new offensive team starts at its own 5-yard line.
4. All possession changes, except interceptions, start on the offense's 5- yard line.
5. Teams change sides at half and possession changes to team who started the game on defense.

Field –

1. No running 5-yards prior to offense reaching midfield or end zone. No-Run Zones are in place to prevent teams from conducting power run plays while in the 5-yard zones.
2. Stepping on the boundary line is considered out of bounds.

Rosters-

1. Home teams wear dark color jerseys; visiting teams wear light.
2. Teams must consist of at least five players, with a maximum of ten. Five players on the field at a time (may play with four).

Timing-

1. Games will consist of two twenty minute halves. The clock only stops for timeouts (officials may stop clock at their discretion, such as injury). Each team has one 60 second timeout.
2. Halftime is three minutes long.
3. Once ball is placed, team has 30 seconds to snap the ball.

Live Ball/Dead Ball-

1. Ball is live at the snap and remains live until whistled dead by official.
2. A player that gains possession of the ball in the air is in bounds, if at least one foot touches inside the boundary first while maintaining possession.
3. Defense may not mimic offensive signals.
4. Substitutions are allowed on any dead ball.
5. Play is ruled "dead" when:
 - a. The ball hits the ground (there are no fumbles, it is a dead ball).
 - b. The Ball carrier's flag is pulled or while they are in possession of the ball with one or no flags. Receivers catching ball with one or no flags is ruled dead instantly.
 - c. The ball carrier steps on the boundary line or outside of it.
 - d. A touchdown, PAT or Safety is scored.
 - e. The 7 second pass clock expires (ball is placed at original line of scrimmage).
 - f. Inadvertent whistle. Offense has two options when this occurs
 - i. Take ball where it was when whistle blew and down is consumed.
 - ii. Replay the down from the original line of scrimmage.

Running/Passing/Receiving-

1. Ball spotted where runner's feet are when flag pulled.
2. Quarterback cannot run beyond the line of scrimmage may scramble behind line of scrimmage.
3. No Laterals or Pitches of any kind. Player taking handoff may throw ball from behind line of scrimmage. Once ball is handed off all defensive players are eligible to rush.
4. No diving, leaping or jumping to avoid flag pulls. Only time runners may leave their feet is to avoid collision.
5. No Blocking or screening at any time. No running with ball carrier.
6. Passes must be from behind the line of scrimmage. 7 second pass clock for quarterbacks if not thrown play is dead ball is placed at line of scrimmage.
7. All players are eligible to receive passes even quarterback if ball was handed off behind the line of scrimmage.
8. Only one player in motion of the offensive side at a time.
9. Simultaneous possession is awarded to the offense.
10. Interceptions are returnable but not on conversions after touchdowns.

Rushing the Passer/Flag Pulling-

1. Rushers must start at least 7 yards from line of scrimmage at snap of the ball.
2. Must be behind rush line before snap of the ball if rushing, so if you cross line and get back over before snap of ball it is considered a legal rush.
3. Rushing can occur from anywhere after ball is handed off.
4. Rushers cannot make contact with passer. Offense cannot block or impede rusher.
5. Sack occurs if quarterbacks flag is pulled behind line of scrimmage. Safety awarded if this occurs in the end zone.
6. NO TACKLING, illegal to try and strip the ball.
7. Flags that fall of ball carrier will count at a flag pull.
8. No flag guarding.

