



Flag Football Rules

Format:

- 5 players (at least 2 females on the field at all times)
 - A team may play with 4 players minimum (must have 1 females)
 - Substitute players are ENCOURAGED.
- Double-Elimination Tournament
- Two 12-minute halves, running clock (clock able to be stopped in the final minute of the 2nd half)
- Overtime – 1 play per team. The team with the most yards gained wins.
- Mercy Rule – a team up by 28 points or more at any point in the game will be declared winner

Equipment:

- NO METAL CLEATS ALLOWED (Rubber or Molded Cleats, or Tennis Shoes ONLY)
- Provided youth sized football (Must leave ID as collateral)
- Provided flag belts for each player on the field. Must be worn properly, 2 on the side, 1 in the back, clipped, not tied in the front.

Sport Specific Rules:

- **NO CONTACT**
 - Contact is PROHIBITED indefinitely. It is the responsibility of ALL players to avoid contact and remain aware of other players on the field.
 - Incidental contact may occur when making a play on balls in the air. Excessive contact will result in a penalty.
 - While on offense, once the ball is caught / handed off to the receiver / running back, all other offensive players are NOT permitted to intentionally engage, block, pick, or otherwise impede any defender from pulling the ball carriers flags.
- **Scoring**
 - Touchdown = 6 points
 - Extra Point from 5-yard line = 1 point
 - Extra Point from 10-yard line = 2 points
 - Safety = 2 points
- **Offense**
 - The QB cannot run the ball past the line of scrimmage at any time.
 - All players are eligible to receive passes.
 - One foot must be in bounds to complete a catch (Offense or Defense)
 - First Down = cross the “Mid-field Line”
 - Center must snap the ball to start the play, between legs or from the side.
 - If the snap hits the ground, ball is dead at spot.
 - A player runs out of bounds voluntarily is not eligible to receive a pass.
 - NO BLOCKING
 - Players may not block or screen block a defender to assist their teammate.
 - NO RUN ZONE – located 5 yards from the Mid-field line & 5 yards from the Goal line
 - Handoffs are NOT ALLOWED in the No Run Zone.
 - NO LATERALS
 - A team may only pitch/pass the ball backwards ONCE behind the line of scrimmage.
 - Electing to PUNT on 4th down will place the ball on the opposite 5 yard line.
 - ONLY QB OR CENTER may wear a towel to wipe down ball, must be worn in front.
- **Defense**
 - “Down” an offensive player by removing their flag belt
 - May remove flag belt while offensive player is making the catch, no sooner.
 - A player whose flags fall off incidentally will be down where the ball is received.
 - A player whose knee, hip, or elbow touches the ground will be considered “down”

- May rush from the line of scrimmage after a 5-second count by the official.
- FUMBLES = DEAD BALL
 - If an offensive player loses possession, the ball will be placed where it hit the ground. (Cannot advance the ball forward on a fumble)
- Interceptions may be returned.
- **Other**
 - NO FLAG GUARDING
 - Flag guarding is an attempt to block an opposing players path to your flags. You may not use your arms, the ball, or your clothing to deflect an opponent's hand from grabbing your flag. (Includes STIFF ARMS)
 - Wearing a mouthpiece is HIGHLY RECOMMENDED. Available on-site for a small fee.
 - Teams are allowed one (1) timeout per half. (30 seconds)
 - Teams switch ends at half time.
 - Coin flip to decide 1st possession.
 - PENALTIES:
 - 5 yards from line of scrimmage, redo the down
 - False Start – An offensive player moving prior to the snap
 - Encroachment – A defensive player lined up past the line of scrimmage
 - Delay of Game – not snapping the ball within the 30 second play clock (kept by official)
 - 5 yards from the line of scrimmage, loss of down
 - Illegal pass – throwing/lateralizing the ball when past the line of scrimmage
 - 5 yards from the spot of the foul, loss of down
 - Flag guarding – explanation above
 - 10 yards from the line of scrimmage
 - Excessive contact – Any contact that is not incidental (Automatic 1st Down)
 - Offensive pass interference (Loss of down)
 - Roughing the passer (Automatic 1st Down)
 - Spot foul
 - Defensive Pass Interference, includes face guarding (Automatic 1st Down)
 - Unsportsmanlike Conduct penalties will result in EJECTION.

After your first two rounds, game times are subjected to change. If not present at the start of your game, your game will be forfeited!

Akron Corporate Challenge staff members and officials reserve the right to settle any disputes, as well as, interpret, modify, and enforce all rules and regulations.