

### **Flag Football Rules Revised**

1. A team consists of 9 players, 5 line and 4 backfield
2. Defense must be 3 yards away from the line of scrimmage (l.o.s.)
3. Touchdown=6 pts. All conversions/extra pts=2 pts. Safety=2 pts.
4. ALL penalties= 5 yards
5. A punt (kickoff) puts the ball in play at the beginning, at the half and after a score. Any player can punt from behind their quarter ( $\frac{1}{4}$ ) line. The receivers must be behind their quarter line. Both teams can move after the kick.
6. The receiver of the kick-off may run, hand-off, or lateral the ball. He/she may NOT pass it.
7. A ball that is kicked off and not caught is down where it landed. If it lands out of bounds that is where the receiving team takes over. If it lands in the endzone, it is brought out the the quarter line.
8. The offensive team lines up on the l.o.s. To put the ball in play. The defense is 3 yards back and motionless.
9. The quarterback (qb) is NOT allowed to run the ball unless they are rushed by the defense after a verbal 5 apple count.
10. A team has 4 downs to move the ball to the next quarter line of the field. A team may punt on any down, but must announce it to the officials.
11. No player may use his/her arms to block out, push, or defend any player. The ball carrier may not use their hands or arms to protect him/herself or their flags. A block is made by positioning the body in front of another player.
12. If the yardage to a first down is 3 yards or less, the team must run an outside play. (3 yards outside of the centered ball, in each direction.)
13. The ball is down if the ball carrier touches the ground with any part of the body EXCEPT for the hands/feet. The ball is down when the ball carrier's flag is pulled or steps out of bounds, or if the ball hits the ground. The person throwing a forward pass can not be downed if their arm is in forward motion.
14. A line player is anyone within 1 yard of the line of scrimmage.
15. The line of scrimmage is the imaginary line extending either side where the official puts the down down to be centered.