



Flag Football Official's Rules Overview

- **2 - 20 min halves- Running clock**
 - o Each team has 1 Timeout per half, the clock starts on the next snap.
- **2 Coaches** on the Field & **8 Players** at a time.
- **The ball starts on the 40-yard line.** Middle of the field.
 - o The 45-yard line is out of bounds, the play will be blown dead and the next down placed at the 40-yard line.
- **Snap-** Must be between the legs of the Center
- **Play Clock/ Flags**
 - o 60 seconds on the Official
 - o Every potential ball carry flags must be lined up (1 on each hip and 1 in the back). The official has the power to pause play for correct flag alignment.
- **3 Downs In which to move the ball to the next zone.**
 - o Zones for First Down/TD are 25 yd, 10 yd, and Endzone.
- **Penalties**
 - o All penalties will be five yards and replay the down unless the offense is unable to mark the 5 yards, the team loses a down.
- **Fumbles or Flag falls off.**
 - o Play is down at the spot offensive maintains possession.
- **Scoring**
 - o TD = 6 points
 - o 1 point @ 3 yd- a coach can pick hash. The clock is running.
 - o 2 points @ 7 yd- a coach can pick hash. The clock is running.
- **No, A Gap Runs or Blitzing** (1 yard on both sides) (Unless coming from deeper than 5 yards- Judgment call)