



# **FIVE TOWNS FLAG FOOTBALL OFFICIAL LEAGUE RULES**

## **League Rules**

- Each game is 40 minutes, running time, except for the last minute of the 1st half and the last minute of the 2nd half.
  - In the last minute, a timeout, incomplete pass, or running out of bounds stops the clock.
- 1 timeout in each half per team. The timeout does not carry over if not used.
- The entire game with halftime should be a total of 50 minutes.
- Please come 10 minutes before your game is scheduled to begin.
- There will be no overtime in the regular season.
- In the 1st / 2nd / 3rd 4th / 5th 6th grade leagues the coach will be the quarterback. There will be a line with rushing but the QB can't run past the line of scrimmage. In the 7th 8th grade the players will act as the quarterback.
- Barring any unique circumstances and exceptions, if a team cannot field five players or more, the game will be a forfeit but we will play the game so everyone can enjoy.
  - If both teams have less than five players each, it is a tie

## **Gameplay Rules**

### As a receiver/ball carrier:

- No jumping or spinning. The play is blown dead from the spot of the infraction.
- Blocking the flag will be called a penalty. The line of scrimmage will be moved back 5 yards from where the flag was blocked (if you are running with your hands near your flags, that is considered blocking the flag).
- Stiff arming is also under this category of blocking the flags.

- If the referee deems the flag obstructed (flags behind the back, shirt tucked out, “titzis interference”, etc.) or a player has only one flag, the play is dead from the first place the player was touched by the defense after the catch.
- If a player with the ball is on the ground (one knee), the play is blown dead. He does not need to be touched.
- A catch is 1 foot in bounds.
- There are no fumbles - the play is dead from the spot.
- No hand offs or any passes behind the line of scrimmage.

#### Offense / Defense:

- The lineman snapping the ball is not an eligible receiver.
- After the ball is snapped, the ref must count to “8 rush, rush” before the D-line can cross the line of scrimmage.
- There is one blitz every four downs. The rusher does not have to yell blitz on that play before they cross the line. Any amount of players on defense may blitz.
- If the snap is dropped/mishandled/botched, the play is still live.
- For the 7th/8th grade league only: the quarterback may cross the line even if he is not being rushed but only before the 50 yard line. After the 50 he can’t run. The QB can only run once every 4 downs behind the first down marker.
- First down is at the 50 yard line- once you pass it you can’t get another first down.
  - If the QB is sacked behind the first down, after already getting the first down on that drive, the offense doesn’t get another first down should he cross the line.
- The D-line cannot line up away from the line.
- Once the ball crosses the goal-line, it is a touchdown. Each touchdown is worth 1 point; there are no 1 or 2 point conversions.
- A safety is worth 0.5 a point and results in a change of possession.
- There are no kickoffs in the league. If the team wants to punt on 4th down the other team will get the ball at the 20 yard line
- Pass interference is a spot of the foul and no loss of down for the offense.
- There is no shoving, holding or tackling. This will result in a 5 yard penalty and no loss of down. Same applies to the offense with a loss of down.