

## EMFC Flag Football Rules

1. 7 Players on offense and 7 on defense
2. Game field will be 45 yards long.
3. Games will consist of (4) nine minute quarters with an eight minute halftime.
4. The clock will run constantly stopping only for scores, injuries with 1 timeout allowed each half.
5. The offense will have 4 downs to reach midfield which will be the 23 yard line to obtain 4 more downs to score.
6. Once the ball is spotted by the officials for play the offense will have 20 seconds to run a play.
7. The snap can either be a side snap or normal snap between the legs of the center. For age groups 8-9, 10,11 and 12 the snap needs to be between the legs of the center.
8. If the QB fumbles the snap the ball is still alive and can be picked up and the play completed.
9. The offense must have a center and along with the center two other players must line up on the line of scrimmage.
10. Once the ball is snapped the QB must either handoff, pitch or throw the ball and will have 7 seconds to do so otherwise the QB is ruled down at the position he is located when the time expires. This will count as a completed down.
11. The QB cannot advance the ball past the line of scrimmage unless he hands off or pitches the ball to another player then he can receive a handoff, pitch or forward pass and advance the ball past the line of scrimmage.
12. All players are eligible to go out and receive a forward pass.
13. After the ball passes the line of scrimmage the ball cannot be handed off or pitched to another player. If this occurs then the play is dead at the spot this occurs.
14. A player who receives the ball behind the line of scrimmage can handoff, pitch or throw a forward pass.
15. Once the offensive team reaches the 5 yard line then they have to pass the ball past the line of scrimmage, except that in the K-7 age group can run the ball.
16. If a runner other than the QB fumbles the ball the play is dead and the ball is spotted at the site of the fumble.
17. The ball carrier cannot dive if so then a 5 yard penalty is assessed from the spot at which the dive started.
18. The ball carriers feet determine the spot of the football when a flag is pulled, not the location of the football.
19. There is no blocking on the line of scrimmage, in the offensive back field or downfield was the ball is snapped.
20. One player on offense can be in motion before the ball is snapped.
21. A completion consists of a receiver gaining control of the football while having at least 1 foot in bounds.
22. If a player catches a pass on their knees then the play is down at the spot the catch is made.
23. An offensive player cannot deter a defensive player from getting their flag by knocking the defenders hands away. If this occurs then the ball is down at that spot.
24. There is no punting or kickoffs.

25. The defensive team can rush as many men as they like however those players who are rushing the QB must be lined up seven yards off the line of scrimmage. The defense can line other men closer to the line of scrimmage, however they can only rush once the ball leaves the QB's hands.
26. Pass interference will be a 15 yard penalty without the loss of down. Holding will be a 10 yard penalty without loss of down.
27. In the K-7 age group at least 3 players must be lined up seven yards off the ball.
28. Interceptions may not be returned. Change of possession will then start at the 45 for the intercepting team.
29. Coaches are allowed on the field 1 for offense and 1 for defense. These coaches must be at least 10 yards behind the deepest player at the start of the snap.
30. Every child plays at least one series on offense and defense and at least two full quarters.
31. Coin toss will determine who has first possession. Winning coin toss allows option of taking ball first or deferring to first possession in the 2<sup>nd</sup> half.
32. To determine home team referee will flip coin. He will appoint one team as heads and the other as tails. Which ever side the coin lands on is designated as home team and then the visiting team will call the coin toss for possession.
33. No foul language or unsportsmanlike conduct allowed. First offense 15 yard penalty. 2<sup>nd</sup> offense ejection for remainder of the game.
34. No extra point tries. Touchdowns will count 7 points. In case of ties then each team will have one possession to score from the 20 yard line. If neither team scores game ends in a tie. Or if both teams score then game ends in tie.
35. All shirts must be tucked in in order to not impede with flags.
36. Gate entry fee will be \$2.00 for adults. Kids free.