

PBL COED FLAG FOOTBALL

The Game

Rules of play as published by the National Federation of State Athletic Associations will cover all play with the following exceptions:

1. The game is played by 8-man teams. The progress of the ball carrier is stopped when a defending player removes his flag belt.
2. Belts must be sized to fit each player. Each belt has 3 flags that are 16 inches in length and 2 inches in width. The flag belts are triple-threat type, which require the entire belt to be removed. The belt fastener must consist of a spring-loaded clamp, resembling a clothespin, attached to one end of the belt and clipping onto the opposite blank end. All players must have flags.
3. The field is to be a minimum of 70 yards by 30 yards with 5-yard end zones. Center zones shall be 20 yards.
4. There will be 4 quarters of 10 minutes each, with an intermission of 5 minutes between halves and 2 minutes between quarters.
5. The clock shall be running time except:
 - Time-outs.
 - After a touchdown. Clock does not start until ensuing kickoff is touched in play by the receiving team.
 - Last 2 minutes of each half according to Federation Football Rules.
 - If the offense commits a delay of game penalty.
 - Upon declaration of a punt. Clock does not start until the ball is punted.
 - On penalties, until ball is ready for play.
6. Each team will be allowed 2 timeouts per half. Each time-out will last 1 minute.
7. A tie score is final except in the playoffs. During playoffs, a tie at the completion of the game is broken in the following manner: The winner of a coin flip will have the option of starting on offense or defense. **The ball will be put into play at the 20-yard line. Each team will have 4 downs to advance the ball to the goal line. If a team does not score by four downs their total yardage is counted. If a team loses possession of the ball, the other team takes over on offense and the ball will be placed on the 20-yard line. The team that loses possession does not regain their downs.**

8. Substitutions are unlimited.
9. Scoring:
 - Touchdown = 6 points
 - Extra Points: 3 yards out = 1 point; 5 yards out = 2 points
 - Safety = 2 points (Ensuing free kick, from 20 yard line regardless of field size)
10. To start the game, a coin is tossed and the winner must choose one of the following privileges (the winner may not defer this privilege to the second half):
 - To kick or receive the football
 - To defend a goal
11. Note: Before the second half starts, the captain who lost the toss is given the choice of the two privileges and the opponent is granted the other.
12. Between quarters the teams shall switch goals.
13. A fumbled ball is dead, unless caught in the air by a trailing teammate (lateral). The ball is spotted at the spot of the fumble or where the ball hit the ground, whichever is less advantageous to the offensive team. Reminder: for the play to be considered a fumble, the offensive player must first establish possession.
14. There must be a minimum of 5 players on the offensive line.
15. Offensively, everyone is eligible for a pass.

Players and Equipment

1. Numbered jerseys of the same color and all team members must wear matching shorts with no pockets. All shirts must be tucked in so that the entire flag belt is visible. Referees should inform players to tuck in shirts if they notice it before a play. If the ball carrier's shirt is untucked, the ball is dead at the spot of the first legitimate flag-pull attempt made by the defense. This does not apply if a defender pulls the shirt out of the shorts of the ball carrier.
2. The official ball shall be of rubber construction and of intermediate size.
3. Regular football equipment such as shoulder pads, kidney pads, and forearm pads are prohibited.
4. No casts of any kind are permitted.

5. All players must wear shoes. If wearing cleats, only non-metal ones are allowed.
6. All players must wear flags of the same color. They must, however, contrast with the color of the shorts being worn.
7. The flag belt must be clipped in such a manner that it will come off with one pull. It is illegal to create loops and knots with the belt to make it more difficult to pull off. Any player in violation will be warned, penalized and will be ejected from the game on a 2nd offense.
8. Players may wear football pants (as long as all teammates wear them) or kneepads.
9. All players must be wearing a mouthpiece.
10. Fair play and sportsmanship must be the attitude of everyone involved.

11. Flag football is intended to be a finesse sport. While a certain amount of contact is allowable, dangerous and/or excessive contact and collisions must be avoided. Referees are to pay special attention and penalize and warn the player(s) responsible. The second warning to a player will result in ejection.

***A note to coaches:** Blockers should be taught to get in the way of the defensive player and stay in his way or perhaps turn or move the defensive layer in a particular direction. Defensive players should be taught to go around the blockers. In the same spirit, warm-ups before games should be appropriate to Middle School flag football. No blocking bags are allowed.

****Referees are responsible for checking the equipment of all players before the game.**

Rules - Offense

1. Downs: If the offense fails to advance the ball to the next zone in 4 downs, it shall lose possession of the ball at the spot where the ball is blown dead after the fourth down.
2. To start any offensive play, including punts, the ball must be passed between the legs of the center to a teammate. If any portion of the ball touches or crosses the line, the next zone is played.

3. Offensive players may move around before the snap as they wish. However, all offensive players must be set for at least one second before the snap. An exception to this would be if the offense has a player in motion at the time of the snap. One player may be in motion moving parallel or backwards from the line of scrimmage.
4. There will be a 30-second time limit between plays. If this time is exceeded, the clock will stop until the next snap of the ball.
5. No hideouts are permitted. That is, the offense cannot intentionally try to hide a player on the field. (All players must be five yards from the sideline.)
6. On a fumbled snap, a handoff that is fumbled, or backward pass or lateral, once the ball hits the ground, it is immediately dead and put in play where the ball hits the ground.
7. No intentional move with the hands, elbows, or shoulders shall be made by the ball carrier to prevent the defender from removing his flag (flag guarding).
8. Any player who loses his flags while in possession of the ball will be allowed to retain the ball. The ball will be declared dead at the spot where the flag was lost.
9. The ball carrier may not run into a defender in an effort to prevent his flag from being removed.
10. The ball carrier may not hurdle or dive in order to advance the ball. If he does, the ball will be declared dead at the spot where he left the ground (penalty).
11. The ball carrier may spin one time per defender. If he spins twice, the ball will be declared dead at the spot of the second spin.
12. No running plays are allowed directly over the center of 1 yard to his left or right, except on broken plays. Referees are to place a beanbag type device 1 yard away from the ball on both sides.
13. Arms may not be extended while blocking. Use of hands is in violation.
14. The team that has the ball in play from the line of scrimmage may throw a forward pass. There may be more than one legal forward pass during a down, but each must be thrown behind the original line of scrimmage. Blocking - Teammates of the ball carrier may contact opponents with their arms provided:

- The elbows are entirely outside the shoulders.
- The hands are closed or cupped with the palms not facing the opponents.
- The forearms are approximately parallel to the ground, in the same horizontal plane and extended more than 45 degree's from the body.
- The blocker's hands may not be locked and he may not swing, throw or flip his elbow or forearm so it is moving faster then the shoulder of the opponent and have at least one foot in contact with the ground during the block. Blocking from the rear is always clipping in flag football.

15. The ball will be placed in the middle of the field after each play.

Rules - Defense

1. Defenders shall not impede the progress of the ball carrier in an attempt to remove the flag.
2. It shall be illegal to dive at the ball carrier from the forward plane. Diving from the side and behind is legal.
3. Use of the defensive forearm shiver technique on the line is forbidden. Canning the center is forbidden.
4. Defensive players attempting to block a pass may not contact the passer (roughing the quarterback). A passer may be contacted if the defender is sincerely attempting to remove the passer's flag.
5. It shall be a foul to tackle, hack, straight-arm, trip, push, hold or rough another player. Defenders may not contact an offensive player with extended arms. Bump and run defense on wide receivers is not permitted at anytime.
6. Defensive players cannot rush 1 yard either side of the beanbags.

Punting / Kicking

1. On fourth down, the offense must announce to the referee its intention to either punt the ball or attempt a play to try and maintain possession of the ball or score. If the decision is to punt, the announcement must be made within the 30-second time limit to run a play. Upon the announcement of a punt, the referee shall stop the clock and give the receiving team enough time to set up its return team. When set, the official will blow the whistle which gives the offense 15 seconds to punt the ball. The clock will re-start when ball is punted.

2. The punting team must have 7 players on the line of scrimmage in a reasonably stationary position until the ball is punted. The receiving team must have at least 5 players in a reasonably stationary position at the line of scrimmage. These players may not leave their feet to block or catch the punt.
3. The kickoff will be from the 30-yard line on an 80-yard field, and from the 20-yard line on a 60-yard field.
4. The kicking team may move as it wishes prior to the kick without crossing the line of scrimmage before the ball is kicked.
5. No on-side kicks allowed. Once the kicking or punting team touches a live ball, it becomes dead at that spot and becomes the possession of the receiving team.
6. The receiving team of a kickoff must have at least 5 players in a reasonably stationary position on the front line. These players are to be positioned 10 yards away from the ball. The players on the front line may not leave their feet to block or catch the kick.
7. If the receiving team touches the ball and then the ball touches the ground, the ball is dead at the spot it touched the player or where it hit the ground, whichever is less advantageous to the receiving team.
8. The kicking/punting team can never gain possession on a kick/punt. Therefore, a ball that hits a receiving player and is caught in the air by the kicking/punting team will be declared dead following the same provisions of a fumbled ball as described in rule # 12 of the "The Game."
9. Following a touchback, the ball is placed on the 20-yard line.
10. If a kickoff goes out of bounds, the receiving team has the choice of a 5-yard penalty and re-kick or it may take possession of the ball at the spot where the kickoff went out of bounds.
11. No interception or kick-off can be returned from the end zone.

