



Flag Football Rules

The Leagues:

1. Cedar City Recreation offers Co-ed flag football for boys and girls.
2. There are three age division in the league: 1st & 2nd Grade - 3rd & 4th Grade - 5th & 6th Grade.

Game Structure:

1. The field dimensions will be 40 Yards wide by 80 yards long, with grid lines 20 yards apart.
2. Each team will play with eight (8) players on the field.
3. If one of the teams does not have 8 players it is not a forfeit, they would then borrow a player from the other team or play 7 on 7.
4. All players must play a minimum of one half of the game.
5. All players must have one turn sitting out before a player is asked to sit out for a second time.
6. At least four (4) players minimum must carry the ball during each game.
7. The game will consist of four (4) ten (10) minute quarters.
8. The quarter breaks will be one (1) minute.
9. Half time will be 5 minutes.
10. The game clock will be a running clock and only stopped for time outs and at the official discretion for injury's.
11. Each team will be giving two (2) one (1) minute time outs per half.
12. Unused time outs from the first half may not be carried over to the second half.
13. Touchdowns = 6 points
14. Extra Points= The ball will be spotted on the three (3) yard line. One (1) point will be awarded for rushing/running the ball into the end-zone. Two (2) points will be awarded for throwing the ball into the end-zone. If the ball is intercepted on an extra point attempt the play will end.
15. Safety = 2 points.
16. If the score is tied at the end of the game it will remain tied, there are no overtime periods.

Equipment & Uniform:

1. Each player must use the Cedar City Recreation issued flags for the game.
2. Flags must hang down from both sides of the waist.
3. The flags may not be rolled up or tied to the belt.
4. Each player will wear the Cedar City Recreation issued red/white reversible jersey.
5. Jerseys must be tucked in at times as not to cover the flags. If a shirt is hanging over the flags a flag guarding penalty will be called.

6. Players may wear tennis shoes or rubber cleats. No metal cleats allowed.
7. Players are not allowed to play with hard or plaster casts.
8. Ball Size
 - a. 1st & 2nd Grade – Pee Wee
 - b. 3rd & 4th Grade – Junior
 - c. 5th & 6th Grade – Junior

Game Rules:

1. The game is started by giving a team possession of the ball on the 20-yard line.
2. There are no kickoffs, punts, or onside kicks in flag football.
3. The play begins by the ball being snapped to the quarterback. Direct hand-offs, a toss or a pitch behind the line of scrimmage are all legal snaps.
4. Anyone behind the line of scrimmage can receive the snap.
5. There are no fumbles in flag football.
6. Players must have one foot inbounds when making a catch.
7. Interceptions may be advanced. Except for interceptions during an extra-point attempt.
8. Flag Removal/ Tackling – A tackle in flag football is made by removing on flag from the belt of an offensive player advancing, holding or carrying the ball.
9. An illegal tackle is when a player physically tackles another player or uses unnecessary roughness.
10. If a ball carrier has even one (1) flag fall off while running the ball, the defense should then touch the ball carrier anywhere stop the play and cause the ball to be downed.
11. The ball is dead when
 - a. The ball carriers flag is removed.
 - b. The ball hits the ground.
 - c. The center does not get the ball to the quarter back (fumble.)
 - d. The ball carriers knee hits the ground.
 - e. The ball carrier steps out of bounds.
12. Offense
 - a. You may have one offensive coach in the huddle if needed, once the huddle breaks the coach must be 10 yards back and may not run with the play.
 - b. You may only have one player in motion at a time
 - c. There must be three (3) offensive linemen on the line of scrimmage.
 - d. All players are eligible to receive a pass, including the quarterback, if the ball has been handed off or pitched behind the line of scrimmage.
 - e. The quarterback cannot receive the snap and then hand it directly back to the center.
 - f. A first (1st) down is given when a gain of yardage passes the next 20-yard line.
 - g. A team has four (4) downs to reach the next line to gain a first (1st) down.
 - h. When it is 4th down the referee will ask the offensive team if they wish to play the down or turn the ball over to the other team. If they choose to turn the ball over to the other team, that team will get possession on their own 20-yard line. If they choose to go for it on 4th down and fail to gain a 1st down, the other team will get possession where the play ended. If the ball is within the final 20 yards, the opponent will get possession on their 20-yard line.

- i. Offensive blocking, this is when a player impedes the defenders line of play by putting their body between the ball carrier and the defender. The blocker is not allowed to use hip, elbows, leg, knees or extend their arms to block.
- j. On an incomplete pass behind the line of scrimmage, the ball is dead at the spot of incomplection.

13. Defense

- a. Coaches can line up the defense, once the huddle breaks the coach should move behind the safety.
- b. Defensive alignment – a team may have up to three (3) defensive linemen, positioned one (1) yard off the line of scrimmage. All other defensive players must start at least three (3) yards off the line of scrimmage.
- c. Encroachment will be called if a defensive player jumps past their assigned starting yard line.
- d. After the snap, only two (2) players can rush the quarter back across the line of scrimmage. These two players must start 5 yards pack from the line of scrimmage.
- e. Once the ball has been handed off all defenders may rush.
- f. If the quarterback decides to run or is outside the tackle box, all defender may rush.

Penalties:

Offense

- 1. False Start – 5 yd penalty
- 2. Illegal Blocking – 5 yd penalty
- 3. Flag Guarding – (Spot Foul)
- 4. Illegal Forward Pass – 5 yd penalty
- 5. Pass Interference – 5 yd penalty
- 6. Delay of Game – 5 yd penalty

Defense

- 1. Encroachment – 5 yd penalty
- 2. Illegal Rush – 5 yd penalty
- 3. Pass Interference – (Spot Foul) Automatic First Down
- 4. Illegal Tackle – 5 yd penalty

