

## BASIC FLAG FOOTBALL PLAYING RULES

### **AT THE SNAP:**

4 of 8 offensive players must be on the line. (5 yard penalty.)

### **BACKFIELD:**

At least one (1) yard behind the line of scrimmage. (5 yard penalty.)

### **BALL CARRIER:**

Shall not deliberately drive or run into a defensive player, nor straight arm, nor protect the flag. (10 yard penalty)

### **BLOCKING**

Blockers must be on their feet before, during, and after contact. (10 yard penalty).

### **DEAD BALL:**

The ball is dead when an opponent removes the ball carrier's flag.

**NOTE:** In all cases where a play is in progress and a ball carrier loses a flag either accidentally, inadvertently, or on purpose, play shall be stopped at the spot where the flag is dropped. If any player loses a flag, he still is eligible to catch a legal forward pass, but cannot advance the ball, and the ball is dead where the ball is caught.

### **DECLARED SCRIMMAGE KICK:**

There is no rushing the kicker when a team announces a declared kick to the Referee before the ready-for-play. After announcement a team must kick. Both teams must keep 4 players on the line of scrimmage until the kick is made. A declared kick may be used for the try and is worth one point. (10 yard penalty).

### **DEFENSIVE PLAYER:**

Shall not hold, grasp, or obstruct forward progress of ball carrier when in the act of removing a flag. (10 yard penalty) Exception: (5 yards and first down defensive holding)

### **END ZONES:**

Are 10 yards in width. Goal posts are on the end line.

### **EQUIPMENT:**

Shoulder pads, helmets, and hip pads are not legal equipment.

**FLAGS:**

Players must wear two USFFA approved same length flags attached to a belt at the waist. (Flag-A-Tag Flags)

**FORWARD PASS:**

All players are eligible receivers. A team may make multiple forward passes behind the neutral zone. No pass interference rule if pass stays in or behind the neutral zone.

**FUMBLE:**

Loss of possession after control: Ball is dead when it strikes the ground.

**GAME TIME:**

A regulation game is of 60 minute duration, including 4 quarters of 15 minutes each.

**KICKOFFS:**

Must be a place kick or a drop kick. Ball is kicked from the 20 yard line in a 4 zone field and from the 40 yard line in a 5 zone field.

**KICKOFF RECOVERY:**

An untouched free kick must travel 20 yards before the kicking team can legally recover unless touched by the receiving team.

**LINE TO GAIN:**

The line-to-gain in any series is the zone in advance of the ball. A new series is awarded a team when they legally advance to the next zone.

**MUFF**

An unsuccessful attempt to catch or recover the ball. Ball becomes dead when it touches the ground after a muff.

**STANCE:**

All players of *both teams*, except the snapper, may use any stance.

**TEAMS:**

The game is played between two teams of eight players per team.

**ZONES:**

A zone is 20 yards wide. Four or five zones constitute the playing area plus 10 yard end zones.