

Section 1

**Official
National Flag Football Rules
Of The
United States Flag Football Association**

**RULE 1
THE GAME, FIELD,
PLAYERS AND EQUIPMENT**

Section 1. General

The Game

ARTICLE 1. The game shall be played between two teams of eight players each on a rectangular field and with an official football.

Goal Lines

ARTICLE 2. Goal lines for each team shall be established at opposite ends of the field, and each team shall be allowed opportunities to advance the ball across their opponent's goal line by running, passing, or kicking it.

Winning Team

ARTICLE 3. The teams shall be awarded points for scoring according to rule and, unless the game is forfeited, the team having the larger score at the end of the game shall be the winning team.

Supervision

ARTICLE 4. The game shall be played under the supervision of four officials: a Referee, Umpire, Linesman and Field Judge (four-man system). Duties of each of the officials can be found in the appendix.

Team Captains

ARTICLE 5. Each team shall designate to the Referee a field captain. The field captain or a designated representative will speak for the team in all dealings with the officials. A field captain's first choice of any option shall be irrevocable.

Section 2**Persons Subject to the Rules**

ARTICLE 6. All Players, substitutes, coaches, trainers and other persons authorized within the team area are subject to the rules and shall be governed by the decisions of the officials.

Section 2. The Field**Dimensions**

ARTICLE 1. The Field shall be a rectangular area with lines and zones as shown in the diagram. In case of facility limitations, the length and width of the field can be modified.

Inbounds — Out-of-Bounds

ARTICLE 2. The lines bounding the sidelines and the end zones are out-of-bounds in their entirety, and the inbounds area is bound by those lines. The entire width of each goal shall be a part of the end zone.

Team Area

ARTICLE 3. On each side of the field a team area is designated between the 20 yard lines for the use of the teams, coaches, and authorized team attendants.

Goals

ARTICLE 4. Each goal shall consist of two uprights, extended 20 feet above the ground and 23 feet 4 inches apart, measured inside to inside, and no more than 24 feet apart measured outside to outside. The two uprights shall be connected by a horizontal bar, the top of which is 10 feet above the ground. The use of goals is optional.

Pylons

ARTICLE 5. Soft, flexible pylons shall be placed at the inside corners of the four intersections of the goal lines, end lines and sidelines.

Down Marker

ARTICLE 6. A down indicator, which shall be located at the sideline of the line of scrimmage opposite the press box, shall be used to indicate the number of the down.

Obstructions

ARTICLE 7. The Officials of the game should inspect the field and the surrounding area and remove, or order removed, any obstruction which might prove dangerous to players.

Section 3**Section 3. The Ball****Specifications**

ARTICLE 1. The official ball shall be leather and shall meet the recommendations for size and shape for regulation football. Men: NFL Official Wilson Ball. Women: Official Wilson TDY Youth League.

Administration

ARTICLE 2. The Referee shall be the sole judge of any ball offered for play and may change the ball during play at his discretion.

Section 4. Players and Playing Equipment**Players**

ARTICLE 1. For convenience a player is referred to as a lineman or backfieldman.

Contrasting Colors

ARTICLE 2. Players of opposing teams must wear contrasting colors. The referee shall designate which team shall make a change, if necessary.

Equipment

ARTICLE 3. All players must wear regular football jerseys with blocked solid colored numbers contrasting with the jersey on the front and back of the jersey, pants and shoes, of a material which cover the foot (canvas, leather or synthetic) with a sole of leather, rubber, or composition with or without rubber cleats. Shoes with removable cleats permitted provided no metal is showing. Stocking caps, ski caps, watch caps (soft) are permitted.

Flags

ARTICLE 4. Each player on the field will wear a belt at the waistline with two (2) flags attached, but not tied thereto: one flag on each side of the body. Each flag should extend or hang from the waist. Flags should be 3 inches wide, and USFFA Approved, (Flag-A-Tag).

Wrapping, tying, or in any way securing the flags to the uniform or belt, other than prescribed by rule, or intentionally removing a flag during play, is illegal: *Penalty: 10 yards and possible disqualification. SONIC Socket Release flags will be used, or current style from Flag-A Tag.*

Section 4

Illegal Equipment

ARTICLE 5. No player wearing illegal equipment shall be permitted to play. The Umpire will decide the legality of all equipment. Illegal equipment shall include:

- a. Any equipment which, in the opinion of the Umpire, would confuse or endanger other players.
- b. Helmets, padded uniforms, sole leather or other hard or unyielding substance on the hands, wrist, forearms or elbows, no matter how covered or padded.
- c. Any projection of metal or other hard substance from a player's person or clothing.
- d. Any metal shoe cleats as distinguished from regulation football shoes.
- e. Jerseys or attachments which tend to conceal the ball by closely resembling it in color.
- f. Any slippery or sticky substance on a player's person or clothing.
- g. Electronic or other signal devices for the purpose of communicating with any outside source.
- h. Regulation shoulder pads.
- i. Baseball style caps or caps with hard visor, any head covering, except as shown on page 7.

NOTE: If illegal equipment is discovered by an official (1) it may be replaced during the interval between downs; (2) the player shall leave the game; (3) the team shall be charged with a time-out. An official's time-out shall be declared to permit prompt repair of equipment which becomes illegal or defective through use.