

Flag Football Study Guide

Rules

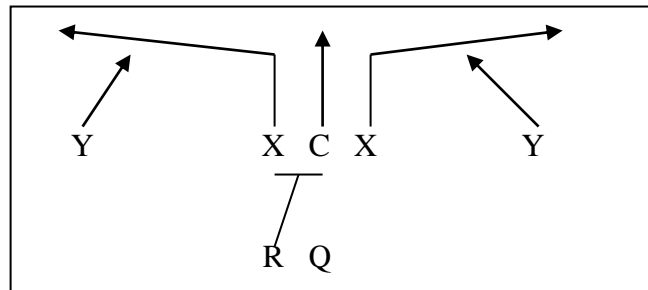
- Length of field is sideline to sideline in Flag Football (regulation game is 100 yards)
 - End Zones are each approximately 10 yards long (sideline to yellow soccer sideline)
- Offense has 4 (four) downs to make a 1st down or score
 - 1st down marker in Flag Football is hash lines
 - Regulation Football gets 4 downs to go 10 yards (for another 1st down) or score
- Offense and defense must be on their side of the Line of Scrimmage at the time of snap.
 - Penalty = Offsides – 5 yard penalty
- All Players are eligible pass receivers
- Regulation Football game offensive linemen are ineligible
 - Signified by numbers 50-79
 - Numbers 1-49, and 80-99 are eligible + only the last player on the line of scrimmage is eligible
- All forward passes must be done behind the line of scrimmage
 - Penalty = Illegal Forward Pass – Loss of Down and 5 yard penalty
- Offense and Defense must have an unobstructed opportunity to catch a passed ball
- Penalty = Pass Interference – 15 yard penalty

Scoring

- Touchdown = 6 points
- Extra Point Running = 1 point (regulation football = 2)
- Extra Point Passing = 2 points (regulation football = 2)
- Regulation football Field Goal = 3 points
- Regulation football extra point kick = 1 point
- Safety = 2 points

Other Flag Football Specific Rules

- No Flag guarding
- No Spinning while running with the ball
- Fumbles – Ball is dead at spot of fumble – do not dive for the ball
- No Tackling
 - Penalty = Unsportsmanlike Conduct – 15 yards
- No Rough Play
 - Penalty = Unsportsmanlike Conduct – 15 yards



Sample Play