



Alva Recreation Complex Flag Football Rules



A. THE FIELD

1. The field will be approximately 40 yards long, 30 yards wide, with end zones 8 yards deep.

B. TEAM REQUIREMENTS

1. The maximum number of players on the field per team is 5 players
2. Except for disciplinary reasons, all registered players present at a game shall participate and play at least one-half of the game. Disciplinary reasons shall be noted to the referee and opposing coach before the start of play.
3. The player running or passing the ball during a play will not be eligible to run or pass the ball the next play (will be eligible to catch the ball during the next play). This requirement is in place so that all participants will eventually have the opportunity to run or pass the ball.

C. EQUIPMENT

1. Rubber cleated shoes and screw-ins cleats will be allowed, if the screw is part of the cleat. Metal cleats will not be allowed.
2. All shirts must be tucked in. No hoods are allowed.
3. Jewelry, of any kind, may not be worn.

D. START OF THE GAME

1. Before the start of the game, the referee will conduct a captain's meeting in which he/she will designate which captain shall call the coin toss. The captain winning the toss will choose the following options. The team captain that lost the coin toss will have the following options the start of the second half.
 - a. To play offense or defense.
 - b. To choose the goal their team will defend.

E. TIMING

1. Each game will consist of two 15-minute halves, and a 2-minute halftime.
2. Time will be continuous for the first 13 minutes of each half. Only team and official time outs will stop the clock. Approximately two minutes before the end of the half, the referee shall stop the clock and inform both coaches of the time. The clock will restart on the snap.
3. Each team gets two time outs per half. Teams will receive one additional time out in an overtime game. No time outs carry over into the second half or overtime.
4. During the final two minutes of each half, the clock will stop for the following-
 - a. Incomplete pass.
 - b. Out of bounds.
 - c. Penalties.
 - d. Touchdown.
 - e. Safety
 - f. Team and official time outs.
 - g. First downs.
 - h. Inadvertent whistle (The team, against which the inadvertent whistle was blown, has the option of accepting the play or replaying the down.)

F. SCORING

1. Each touchdown is worth 6 points
2. Extra points will be as follows
 - a. Attempts for one point will be made from the two yards out.
 - b. Attempts for two points will be made from five yards out.
3. The team with the most wins at the end of the regular season will be seated first place for the tournament (if tournament is played). The team with the second most wins will be seated second in the tournament. This process will be followed until all teams are seated for the tournament. If two teams have the same number of wins, the regular season head-to-head matchup will determine who will be seated higher.

G. GAME RULES

1. Most football rules governing Oklahoma Secondary Schools Activity Association will be followed.
2. Offensive teams can hand-off or pass the football to advance play. As soon as the football crosses the line of scrimmage a lateral pass, pitch, or hand-off to a teammate is prohibited.
3. The offensive team is responsible for the ball. They must bring the ball back to the referee.
4. A team will have a series of four consecutive downs to advance to the next zone line-to-gain (and earn a first down). Upon entering a new zone, a team will be awarded a new series of downs.
5. Each member of a team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
6. The center, after assuming the position for the snap and adjusting the ball must snap the ball in one continuous motion. If in a "shotgun" formation the ball does not have to be snapped between the centers legs. No "Center Sneaks" or "Fumble Rooskies."
7. **Fumbles are dead when the ball touches the ground.**
 - a. **Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.**
 - b. **A ball fumbled into the offensive team's endzone will result in a safety. If a ball is fumbled into the opponent's end zone the result is a touchback (opponents ball on his or her own 5-yard line).**
8. An opponent may not attempt to strip the ball from an offensive player.
9. A defensive player may not remove an offensive player's flag when the offensive player does not have the ball including the quarterback.
10. An offensive player may not stiff arm or guard his/her flag from removal.
11. No spiking the ball and/or excessive celebration.
12. There will be no punts or kick-offs.
 1. If there is a need for a punt the captain will tell the official the need for a punt. The ball will be placed on their opponent's 5-yard line, first and line to go.
 2. At the start of the game, start of the second half, after a touchdown, and point after try the ball will be placed at the 5 yard line, first and line to go.

H. BLOCKING & RUSHING

1. Blocking is prohibited. Screening is allowed. A screen block shall take place without contact. The screen blocker must have his/her hands behind their back during a screen block. A player must be on his/her feet before, during, and after screen blocking.
2. There will be a one-yard "cushion" on the line of scrimmage. This is true even when the offensive team is less than one yard from scoring or making a first down. All defensive players are required to be on the one-yard line at the time of the snap. Only two defensive players will be allowed to rush. **The defensive player will make every attempt to not make contact with any player, including the quarterback. No "Bull-Rushing."** No other defensive player, other than the designated two rushers, will be eligible to cross the 1 yard cushion until the quarterback goes beyond one of his/her two tackles (as in a quarterback sweep) or he/she hands the ball off to another ball carrier.

I. FLAG BELT REMOVAL

1. When the flag belt is taken from the runner, the down shall end and the ball is dead. A player who removes the belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the removal occurred.
2. **If a flag inadvertently falls off, a player, with the ball, is ruled down where the flag fell off. If a receiver catches the ball while only having one flag they are ruled down where they caught the ball.**
3. If a ball carrier touches the ground with anything other than their hands and feet the ball is dead.
4. In an attempt to remove a flag, a defensive player may not make any contact with their opponent.

J. OVERTIME

1. Captains will have a coin toss to determine who will play offense or defense first. Each team will be given 4 plays from 20 yards away to score a touchdown. If a touchdown is scored then the offensive team has the option of going for one extra point (5 yards) or two (10 yards). If the defense intercepts the ball and returns it for a touchdown the game is over. If the intercepted ball does not score then the ball will be placed 20 yards away with 4 plays to score.

K. SUMMARY OF FOULS AND PENALTIES

All fouls and penalties will be a loss of 5 yards. There will be no loss of down occurred. As always all fouls and penalties are at the discretion of the officials.