



# Elk River Flag Football Rules of Play

## Rules

- Each team will have a designated color.
- A coin toss will determine first possession; the team losing the coin flip will select the end zone to defend.
- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown. If the offense fails to score, the opposing team takes possession on its 5-yard line.
- If the offense fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, **except interceptions**, start on the offensive 5-yard line.
- Teams change sides after 25 minutes, but possession does not change and the clock does not stop.

## Players, Uniforms, Officials, and Game Schedules

- **Five Players per team on the field – (5 on 5).**
- All players must receive equal playing time and must be given the option to play each position.
- Uniforms, flag belts, and footballs are provided by the league.
- Jerseys must be tucked in so there will be no interference with flag pulling.
- Rubber soled shoes or spikes with molded, non-removable cleats are allowed.
- It is strongly suggested that all players wear a mouth guard.
- Game day sessions consists of **15-minute practices followed by a 45-minute game.**
- Coaches may schedule additional team practices.
- Games will be officiated by the Team Coaches – Game Facilitators (Staff) may assist coaches.

**Concerns about officiating shall be directed to Parks and Recreation. Any verbal or physical abuse of a referee or league official will result in a suspension from league play for the rest of the season.**

## Timing/Overtime

- Games are running time. Two 20-minute halves with a 5-minute halftime.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
- Each team has one 60-second time out and one 30-second timeout per half, (game clock does not stop).

## Running

- The quarterback **shall not** run with the ball.
- Only direct hand offs behind the line of scrimmage are permitted. Offense may use multiple hand offs.
- “No Running Zones,” located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short yardage, power running situations.
- The player who takes the hand off can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players **shall not** leave their feet to avoid a defensive player.
- No diving is allowed.
- The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is located.

## Receiving

- All players are eligible to receive passes including the quarterback if the ball has been handed off behind the line of scrimmage.
- As in other forms of football, only one player is allowed in motion at a time.
- A player must have one foot inbounds when making a reception.

## Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but they must be received beyond the line of scrimmage.
- The quarterback has a seven second “pass clock.” If the pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start at the 5-yard line.

## Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
  - Ball carrier’s flag is pulled
  - Ball carrier steps out of bounds
  - Touchdown or Safety is scored
  - At the point of an interception (interception run backs are not allowed)
  - Ball carrier’s knee hits the ground
  - Ball carrier’s flag falls out

**Note:** There are no fumbles. The ball is spotted where the ball hits the ground.

## Rushing the Quarterback

- All players must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- Any number of players may rush the quarterback.
- Once the ball is snapped, all defenders may rush.
- A special marker, or the referee, will designate seven yards from the line of scrimmage.

**Remember, no blocking or tackling is allowed.**

## Sportsmanship/Roughing

- If the referee witnesses acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike conduct, the game will be stopped and the player will be ejected from the game.
- Trash talking is illegal. Officials have the right to determine offensive language. Trash talk is any language or gestures that may be offensive to officials, opposing players, teams, or spectators.
- If trash talk occurs, one warning may be issued. If it continues, the player or players will be ejected from the game.

## Penalties

### Defense

- **Off sides:** 5 yards and an automatic first down.
- **Interference:** 10 yards and an automatic first down.
- **Illegal Contact:** (holding, blocking, etc.) 10 yards and an automatic first down.
- **Illegal Flag Pull:** (before receiver has the ball) 10 yards and an automatic first down.
- **Illegal Rushing:** (starting rush from inside the seven yard marker) 10 yards and an automatic first down.

## Offense

- **Illegal Motion:** (More than 1 person moving, false start, etc.) 5 yards and a loss of down.
- **Illegal Forward Pass:** (Pass received behind the line of scrimmage) 5 yards and a loss of down.
- **Offensive Pass Interference:** (Illegal pick plays, pushing off/away from defender) 10 yards and a loss of down.
- **Flag Guarding:** 10 yards from line of scrimmage and a loss of down.
- **Delay of Game:** Clock stops, 10 yards and a loss of down.

Referees determine incidental contact that may result from normal run of play.

All penalties will be assessed from the line of scrimmage.

Only the coach may ask the referee for rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

**Note:** There are no kickoffs or blocking; tackling is not allowed.

