



2020 Schedule 2020 Rules

The first rule of flag football is pretty straight forward: **there's no contact allowed.** That includes tackling, blocking, and screening.

FLAG FOOTBALL FIELD TERMS

Boundary lines: The outer perimeter lines around the field, including the sidelines and back of the end zone lines.

Offense: The team who has possession of the ball and is trying to advance to the opponent's end zone for a touchdown.

Defense: The team who doesn't have possession of the ball and is trying to prevent the other team from scoring by pulling the ball-carrier's flags down.

End zone: The two end zones, located on opposite sides of the field, are the scoring areas. The goal line, which a player must cross to score a touchdown, is the start of the end zone.

No run zone: Flag football rules include no run zones that are located five yards before each goal line and the midfield. If the ball is spotted within a no run zone, the offensive team must use a pass play to earn a first down or touchdown. The objective is to prevent power football in tight spaces, limiting contact.

Line-to-gain: The line the offense must cross to get a first down or score.

Line of scrimmage: This is an imaginary line that expands the width of the field and runs through the point of the football. It indicates where teams can't cross until the play has begun.

Backfield: The part of the field directly behind the line of scrimmage.

FLAG FOOTBALL GAME TERMS

Charging: An illegal movement made by the ball-carrier to a defensive player who has established position on the field. It includes lowering their head or initiating contact with their shoulder, forearm or chest.

Dead ball: This refers to the period of time directly before or after a play, when the ball isn't in motion. In flag football, a dead ball commonly happens when the ball touches the ground, the ball-carrier's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground.

Downs: A down is the period after the ball is snapped and the team is attempting to advance down the field. In flag football rules, teams have four downs to cross midfield. If they successfully cross midfield within four downs, then they have three downs to score a touchdown.

Flag guarding: This happens when the ball-carrier prevents a defender from pulling down their flags. For example, they might stiff arm, cover their flag with their open hand, or lower their elbow. It is illegal and results in a penalty.

Lateral: A backward or sideways toss of the ball by the ball-carrier. Reminder: laterals are not permitted in flag football.

Live ball: This is the period of time when the ball and play is in motion. It's generally used in regard to [penalties](#)—live ball penalties are enforced before the down is considered complete.

Passer: The passer is the person throwing the ball. This term is more common in flag football because the passer doesn't necessarily have to be the quarterback.

Rush line: An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage. In other words, any defensive player who is positioned seven yards off the line of scrimmage is eligible to rush.

Rusher: The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or blocking the pass. Offensive players must steer clear of the rusher. When the ball is handed off, any defender may rush.

Shovel pass: A pitch attempted beyond the line of scrimmage. The quarterback “shovels” the ball directly forward to a receiver. These are legal, whereas laterals and pitches are illegal plays.

NFL FLAG football

1. Teams compete 5 on 5.
2. Field is 20 yards wide and 50 yards long, with two 5-yard end zones and a midfield line.
3. Every game begins with a coin toss to determine which team will start with the ball (there's no kickoff).
4. Games are two 15 minute halves. The clock only stops for timeouts (each team has three), injuries and half-time.
5. The starting team begins on its own Goal line and has four downs (essentially four plays) to cross midfield for a first down. If the offense fails to advance after three tries, they have two options: they can "punt," which means they turn the ball over to the opposing team who starts its drive from its own Goal line, or they can go for it. But if they still fail to cross midfield, the opposing team takes over possession from the spot of the ball.
6. If the offensive team crosses midfield, they have four downs to score a touchdown. In NFL FLAG football, a touchdown is 6 points and a safety is 2 points (1-point conversion from the 5-yard conversion line). Once the offensive team has the football at the 5-yard conversion line, they must pass. There is no running inside that 5-yard zone. The ball is dead when: it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground.
7. Defensive Rusher must Start back 7 yards. Only one person can rush the quarterback. If the Quarterback hands off the football, then the defense can come in. Maybe NO rushing for the Younger teams. Quarterback is not allowed to run the Football. Every four downs you must Throw the Football at least 2 Times.

FLAG FOOTBALL POSITIONS

Picture a traditional offensive line in tackle football, all 11 players. Now, remove the linemen. This is where the idea of 5 on 5 flag football comes from—it's essentially the shell of tackle football, without the linemen. In other words, from an offensive standpoint, everyone can catch the pass, creating a continuous, fast-paced game. Here's a closer look at flag football positions, and what skills are needed for both offense and defense:

8. OFFENSE – Quarterback, Wide Receivers, Running Backs

9. DEFENSE – Rushers. Defensive Backs

DEFENSE

Without linemen in the mix, there are really two kinds of flag football defensive positions: rushers and defensive backs. Rushers try to get to the quarterback as quickly as possible, while defensive backs line up to face wide receivers, or even farther back as safeties.

OFFENSE vs DEFENSE

QUARTERBACK

This player receives the snap from the center and initiates the play either through a handoff or pass. The quarterback cannot directly run with the ball across the line of scrimmage without first handing the ball off to a teammate and then receiving a second handoff back or receiving a pass.

Q

CENTER

This player's main responsibility is to snap the ball to begin the play, a critical skill at all levels of football. Once the center has snapped the football to the QB – either directly or from a pistol or shotgun formation – they are eligible to go out for a pass and catch the ball.

C

WR

WR

WR

WIDE RECEIVER/BACK

Any player who does not initiate the snap nor receive the snap is considered an eligible receiver/back and can either receive a handoff or catch a pass.

DB

DB

DEFENSIVE BACK

The defensive backs play the short pass first and the run to the outside. Opposite to how (S) Safeties play (i.e. pass first then run), the defensive backs guard against the run first then pass.

R

RUSHER

Any player who rushes the quarterback must be a minimum of seven yards from the line of scrimmage at the snap. For fields that do not include yard lines, officials will mark this seven-yard zone before every play.

S

S

SAFETY

The Safety is the defensive QB, especially in flag football. Their role is to lead the defensive team and to cover anyone who get loose. If a wide receiver is getting open deep, he/she covers and helps out.