

## OBYFCL Flag Football Rules

9 Players per side, less than 7 would result in a forfeit. You may start with 7.

Field 80x30 yards.

First down every 10 yards.

Team area – all coaches and players must be between the 20 yard lines.

### **Kicking/Punting**

No kickoffs or punts or extra points. Teams must run plays for extra points. For kickoffs the ball will be placed on the 20 yard line and teams run their offense from there. No punts. All punts are declared and ball is moved 25 yards down the field for the new line of scrimmage. Inside the 25 yard line is half the distance to the goal. On defense the lineup is now 5 players up on the line and 4 players back off the line 5 yards. All 9 can move forward after the snap. The 5 players must be lined up no wider than the outside shoulder of the defensive line.

### **Extra Points**

2 points for a run/pass from the 3 yard line.

Defense can return an interception on the extra point for 2 points.

### **Rules about the Clock**

Game consists of two 20 minute halves with stopped clock only after timeouts, injury and in the last 2 minutes of each half.

30 second play clock is in effect.

Three timeouts per half.

Half time is 10 minutes.

### **Tie Games**

Tie games are decided by the shootout method with the ball place on the 10 yard line.

Defense may return the ball for a touchdown.

All extra points must be attempted.

### **Special Rules**

Offense must have 5 players on the line of scrimmage.

Offensive line must be balanced between the tackles.

The ball is dead on a fumble.

If a player loses a flag or the flag belt, one hand touch prevails.

If the player begins a play without the flag belt - **Penalty is loss of down.**

Two point stance only for offense and defense. No three or four point stances allowed.

All player must have shirts tucked in. – **Penalty is loss of down.**

Offensive Players may not leave their feet to advance the ball.(ex. Diving or hurdling another player)

**Penalty loss of down and 5 yards.**

### **Equipment**

No metal cleats.  
No pockets or belt loops on pants.  
Must have numbers on jerseys.  
Soft knee pads may be worn on knees.  
No arm, hand or wrist pads or braces may be worn.  
Baseball, football, or golf gloves may be worn.  
No hats with extended bills may be worn.

### **Blocking**

Open hand blocking is allowed on every play.

### **Defensive Rules**

No slapping at the ball – **Penalty: Unsportsmanlike conduct, 10 yards and automatic first down from the spot of the foul.**  
The defender may not use contact to break up a pass – **Penalty Illegal Contact 10 yards**  
No defensive holding – **Penalty 5 yards.**  
No tackling - **Penalty: Unsportsmanlike conduct, 10 yards and automatic first down from the spot of the foul.**

### **Guarding the Flag Belt**

Runner shall not guard their flag by using their hands, arms or the ball to deny an opponent to pull the flag. – **Penalty Guarding 10 yards.**  
Lowering the shoulders in such a manner that the defender is shield from the flag - **Penalty Guarding 10 yards.**

Stiff arming or running directly in a defender (intentional) - **Penalty: Unsportsmanlike conduct, 10 yards.**

### **Automatic Ejections**

Verbal abuse of players, coaches, or officials.  
All fighting will result in both participants being ejected.  
If a player, coach or parent is ejected from a game, they must immediately leave the field and are suspended for the next game. There will be no exceptions.  
If a team is caught playing a suspended player the game will be forfeited.