

## 9 MAN FOOTBALL RULES

Flag football is not intended to take the place of a rugged contact sport such as regular football. It is a game utilizing many of the same basic skills with a MINIMUM OF CONTACT. Defensive lineman must go around, not through the offensive lineman. Offensive players may shield block with arms extended.

5 players must line up on the line of scrimmage.

The 3 interior linemen are ineligible as pass receivers.

No fumble recoveries. Ball is dead when it hits the ground.

No pushing the ball carrier out of bounds.

No tackling of ball carrier. A score is awarded if last defender tackles the ball carrier.

1<sup>st</sup> downs are awarded at both 20 and 40 yard lines.

5 yard bump and run coverage is allowed.

Bad snaps are dead where they hit the ground.

Ball carrier may not lower their head or charge over defenders.

Teams must declare on 4<sup>th</sup> down.

Runners are down if their knee touches.

A ball carrier with 0 or 1 flag only has to be touched to be down.

No flag guarding. This is a 5 yard penalty from the spot of the foul.

No diving to advance the ball. No hurdling.

No kickoffs. Play starts at the 20 yard line. No rushing on punts or kicking attempts.

2 point stances only.

Snapper must snap ball between his legs.

10 yard penalty for violation of any of the above rules.

### EQUIPMENT:

All jerseys must be tucked in. Flag football belt must be on outside of shirt with entire flag visible.

Rubber cleats only.

Mouth guards are recommended.

### PERIODS AND TIME:

Playing time will be 2 20 minute halves with a 5 minute half time break. The clock will run continuously for the first 18 minutes and stop during the last 2 minutes of each half (incomplete passes and out of bounds).

2 time outs per half per team

Overtime will consist of each team getting 1 possession (4 downs) from the opponent's 20 yard line. All possessions will go toward the same goal.

A coin flip will be used to start game and overtime.

The offense has 20 seconds to put ball in play once the official sets the ball and declares it ready.

### SCORING:

Touchdown= 6 points. Safety 2 points.

Extra point= 1 points from the 3 yard line or 2 points from the 10 yard line.

Intercepted 2 point conversions by defense may be returned for 2 points.

Kicking= point after touchdown= 1 point. Field goal=3 points.