

Touch/Flag Football Rules

- Teacher determines first possession.
- The offensive team takes possession after a kick off and has (4) four downs to pass mid court (indoors) or make two completions (outdoors).
- The ball must be thrown by, caught by or possessed by the opposite sex at least once to get a first down.

Scoring

Touchdown:	6 points
Extra point:	1 point (played from 5-yard line) or 2 points (played from 12-yard line)
Safety:	2 points

Running

- The quarterback may run with the ball once the defense crosses the line of scrimmage.
- Direct handoffs and pitches behind the line of scrimmage are permitted. Offense may use multiple handoffs or pitches.
- Absolutely NO laterals past the line of scrimmage.
- "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, (indoor rule)
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush past the line of scrimmage.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled or the player is touched, not where the ball is.

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 the NFL, only one player is allowed in motion at a time.
- A player must have at least 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 must be received beyond the line of scrimmage.
- Interceptions change the possession and can be returned.

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.
- 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 who rush the passer must count to five (one Mississippi, two Mississippi, etc.). Any number of players can rush the quarterback.

Once the ball is handed off, the counting rule is no longer in effect, and all defenders may go behind the line of scrimmage. Remember, no tackling is allowed.

Sportsmanship/Roughing

If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the tournament. **FOUL PLAY WILL NOT BE TOLERATED.**

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Penalties

All penalties will be called by the referee.

Defense:

Offsides

Interference

5 yards and automatic first down

10 yards and automatic first down

Illegal contact

(holding, blocking, etc.)

10 yards and automatic first down

Illegal flag pull

(before receiver has ball)

10 yards and automatic first down

Illegal rushing

(starting rush from inside 7-yard marker)

10 yards and automatic first down .

Offense:

Illegal motion

(more than one person moving, false start, etc.)

5 yards and loss of down.

Illegal forward pass

(pass received behind line of scrimmage)

5 yards and loss of down

Offensive pass interference

(illegal pick play, pushing off/away defender)

10 yards and loss of down

Flag guarding

10 yards (from line of scrimmage) and loss of down

Flag Football Terms

- **Offense:** team unit working to score points by passing and running the ball.
- **In a huddle,** a team groups together to get instructions from the quarterback, team captain or coach.
- **Quarterback** calls signals, throws passes, hand off the ball, and runs the ball.
- **Running backs** often take the ball from the quarterback and run toward the opposite team's end zone. They can also catch or pass the ball as they run.
- **Receivers** catch passes and can run the ball.
- **The center** snaps the ball to the quarterback to begin each play. The center is allowed to catch the ball in flag football. (Note: offensive linemen block defenders from getting to ball in full contact football.)
- **The line of scrimmage** is an imaginary line that extends through the football from one sideline to another, separating the field into offensive and defensive sides.
- **The cadence** is the signal the quarterback uses to begin the play.
- **The snap** is the exchange of the ball from the center to the quarterback.
- **A completion** is a successful pass and caught between two players on the same team.
- **A hand off** is when one player hands the ball to another.
- **Defense:** team unit working to prevent the offense from scoring by pulling the flags, intercepting the ball, and other means.
- **Defensive linemen** try to stop all movement toward their team's end zone.
- **Defensive backs** are in charge of stopping receivers from catching the ball.
- **An interception** is the act of catching the other team's pass to gain possession for the defensive team.
- **A sack** is the pulling off of the quarterback's flags behind the line of scrimmage.
- **The end zones** are located at both ends of the field, where touchdowns are made.