

OBYFCL Flag Football Rules

There will be 8 players per side; less than 7 would result in a forfeit. You may start with 7 and finish with 6 due to injury. If a team drops to 6 due to an ejection, then game is called a forfeit loss no matter of score. If a team drops below 6, then game is called and results in a forfeit loss no matter of score. You cannot start a game with 6 players.

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 will 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 4 players up on the line maximum and 4 players minimum back off the line 5 yards, except goal line defense. All 8 can move forward after the snap. The 4 players on the defensive line must be lined up no wider than the outside shoulder of the widest offensive lineman.

Extra Points

2 points for a run/pass from the 5 yard line.

Defense can NOT return an extra point attempt for a score.

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.

45 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 4 players minimum on the offensive line of scrimmage.

Offensive line must have center covered on both sides by a guard.

Offense may not have more than 3 linemen on one side of center: **(te, tackle, guard, center, guard)**. **Penalty is illegal formation and 5 yards.**

All offensive line gaps will be standard one foot distance at most. – **Penalty is illegal formation and 5 yards.**

The ball is dead on a fumble.

If a player loses a flag or the flag belt, they are down where the flag falls off.

If the player begins a play without the flag belt - **Penalty is 5 yards.**

Two point stance only for offense and defense.

All players must have shirts tucked in. – **Penalty is 5 yards.**

An offensive player may not leave his feet to advance the ball (Diving or jumping over a player). Penalty is loss of down and 5 yards.

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 shielded from the flag -

Penalty Guarding 10 yards.

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

There are no alterations of the flags or flag belts allowed at all. Any such acts will result in a 15 yard unsportsmanlike penalty and ejection of coach if determined to be done to gain an advantage by the officials.

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 penetration is allowed in the A gaps at anytime - **Penalty is 5 yards.**

Defensive tackles may lineup on outside shoulders of the center but can not make contact with the center until he raises to a standing position.- **Penalty : Illegal contact 5 yards.**

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.**

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.