

RAMMS FLAG FOOTBALL RULES

Updated 8/6/2025

1.0 PURPOSE

1.1 The intent of the program is to provide clean, wholesome recreation for a maximum number of youngsters. Adults who are involved have the opportunity, through their words and actions, to assist young people in learning to win, as well as lose, while preparing the youngsters for further football opportunities during their careers.

2.0 GAME RULES

2.1 Games are played according to the Official Rules of Football, except as modified below and the RAMMS Code of Conduct.

2.2 For clarity, once the ball is snapped, the play has occurred and the down is counted. There will not be a repeat of that down unless the rules of penalties allow that down to be replayed. In essence, there will not be any 'do-overs' due to an error, mistake, or collision of the players, when not deemed a penalty.

2.3 During a game, teams shall be on separate sidelines. The home team shall be on the side which has the scoreboard.

2.4 There's no contact allowed. That includes tackling, diving, blocking, and screening. No jumping spin moves are allowed

3.0 PLAYERS/PARTICIPATION

3.1 In the 5 on 5 leagues, a team must have no less than 4 players at the start of a game through completion of the game or a forfeit will occur.

3.2 It is the policy of RAMMS that all players MUST play at least one-half of every game in the field, unless specifically authorized under these rules, see below. It is very important to attend all practices. Generally, players who do not attend practices and/or games may be subjected to less playing time than they would otherwise receive in both regular season and playoff games. Any coach who wishes to play a player less than one-half of a game must discuss the situation with the Director of Football Operations and receive permission. Violations of this Rule 3.3 shall result in a game forfeiture.

3.3 Playing time. No substitutions are allowed, unless by injury, during each Offensive or Defensive series. By way of example, the same players who start an Offensive or Defensive series will be the same players that end the series, unless by injury. No player shall sit out more than 2 series in succession, regardless of length. The first infraction will result in a 15-yard penalty and loss of down. The second and subsequent infractions will result in 6 points for the opposing team, plus a 15-yard penalty and loss of down.

3.4 The RAMMS approved Head and Assistant Coach MUST wear the RAMMS Flag Football coaching shirt during the game.

3.5 Coaches are responsible for their players AND fans conduct before, during and after games. Teams may be penalized with Personal Fouls/Unsportsmanlike Conduct for inappropriate behavior from their bench or fans (See Rule 9.8 and 9.9). Unsportsmanlike Conduct penalties are subject to review by the RAMMS D&R Committee for possible Code of Conduct violations and, if warranted, further disciplinary action (See Rule 15.3).

3.6 Refer to Rule 12.0 for Substitutions.

4.0 REGULATION SCORING

4.1 Touchdown = 6 pts.

4.2 Point After Touchdown attempted from 5yd. line = 1 pt. (Pass Only)

4.3 Point After Touchdown attempted from 10 yd. line = 2 pts. (Pass or Run)

4.4 Safety = 2 pts.

4.5 A touchdown occurs per the rules of football. A touchdown is scored the instant the ball crosses the plane of the goal line.

4.6 Point After Touchdown returned for a score by the defense = 2 pts (regardless of attempt from 5 yd line or 10 yd line)

5.0 GAME LENGTH/TIMING

5.1 Two-20 minute half's with a running clock. Half's will end when there is "no time" left on the game clock. Half's will not end on a defensive penalty, in which case the penalty yards will be assessed and another play will be run.

5.2 Five-minute halftime.

5.3 Each team has 1 timeout per half during the regular season. Each team will have 2 timeouts per half in the post season.

5.4 Clock stops when:

5.4.1 Time out is called.

5.4.2 Last 2 minutes of 2nd half and ball carrier is called "out of bounds" or an incomplete pass. Otherwise the clock is a running clock.

5.4.3 Injury

5.4.4 "Delay of Game" penalty. (See Offensive Penalties-Rule 9)

5.4.5 Defensive Penalty

5.4.6 Last 2 minutes of 2nd half during a Change of possession the clock will be stopped for up to 30 seconds to allow for the offensive and defensive teams to take the field, huddle, and call the next play.

5.5 Ball is spotted

5.5.1 Offense has 30 seconds to snap ball once Referee has spotted ball (1 “Delay of Game” warning per half is allowed to each team).

5.6 Overtime-In O.T. “Regulation Scoring” for T.D., P.A.T. safety and interceptions apply.

****NEW****Overtime format is as follows:

5.6.1 Visiting team calls the coin toss to determine the team that chooses to be on offense or defense first.

5.6.2. 1st OVERTIME: Each team will get one (1) play from the defense’s 5-yard line for one point or the defense’s 10-yard line for two points. Each team has the choice to go for 1 or 2 points in the first OT.

Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win. If the second team on offense in an overtime round fails to beat or match the team that went first, the game is over. If teams are still tied, Team B starts on offense and Team A starts on defense (see 5.6.2.b)

5.6.3. Starting with the 2nd overtime, both teams must attempt a 2 point conversion from the 10-yard line. OT will be over if one team scores and one team does not. If both teams fail to score, repeat plays from the 10 yard line until there is a winner.

5.6.4 This process continues with teams alternating offense or defense each round of OT.

5.6.5. The Final Score will be recorded to include all points scored in the overtime periods

5.6.8 The referee will determine which end of the field the overtime will take place on.

5.6.9 All regulation period rules and penalties are in effect.

5.6.10 There are no timeouts.

5.6.11 Interceptions are returnable in OT, and worth 2 points – this would result in the end of the game.

6.0 FIELD DIMENSIONS

6.1 The 5 of 5 field dimensions will be approximately 50-53 yards by 30 yards (end zone to end zone, sideline to sideline).

6.2 The 5 on 5 Mid-Field Line will be at 25 yards.

6.3 NO RUN ZONE as marked at Mid-Field, also applicable at the 5-yard line of both end zones.

7.0 GAME START AND PLAY

7.1 At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.

7.2 At the beginning of each half, the ball will be kicked off. The receiving team will begin its offensive possession where the return ends, or where the ball is downed. If the ball is kicked into the end zone and not returned, the receiving team will start at its own 5-yard line. If the kick is muffed and declared dead, the ball will be spotted where first touched. If the ball is kicked out of bounds, it will be placed at the 10 yard line.

7.2.1 There is no Onside kickoffs

7.2.2 If the team kicking off touches the ball, the ball is blown dead and the receiving team will start where the kicking team touched the ball.

7.2.3 Freshman division kicks off from midfield. Sophomore division kicks off 5 yards behind midfield. Junior division kicks off from their own 10 yard line. Senior division kicks off from their own 5 yard line.

7.2.4 For the 2nd half, teams will change direction. Possession will begin with a kickoff.

7.3 Offense then has 4 downs to cross midfield. (If the offense fails to cross midfield in 3 downs, they can choose to go for it or punt. If they do not cross midfield after the 4th down, the opposing defense gets the ball where the 4th down play ended. If the offense chooses to punt a change of possession will occur, with the ball being spotted for the opposing offense at their own 5-yard line.)

7.4 If offense crosses midfield it then has 3 downs to score. If the offense fails to score in 3 downs, change of possession will occur, with the ball being spotted for opposing offense at their own 5-yard line.

7.5 Communication with Referees. Only Coaches are authorized to speak to the Referees. No other individuals, players, parents, siblings, fans, etc. shall speak to the Referees. Each Team will be given one warning. Subsequent violations will be penalized pursuant to Rule 9.9.

8.0 OFFENSIVE TEAM

8.1 Center/Quarterback Exchange

8.1.1 The ball must be snapped between legs, not off to one side, to start play.

8.1.2 Quarterback may not hand the ball to center between the legs immediately post-snap.

8.2 Player Motion/Formations

8.2.1 Only 1 player is allowed in motion at a time.

8.2.2 Any number of players are allowed on or off the “Line of Scrimmage” but all players except one motion player must be set for 1 second when the ball is snapped.

8.2.3 A legal motion is when the ball is snapped is when a player is moving parallel to the line of scrimmage.

8.3 Running

8.3.1 Runs are not allowed in “NO RUN ZONES” which are located 5 yards from First Downs and 5 yards from End Zones. This rule is designed to avoid “short yardage” or “power running” collisions.

8.3.2 The Quarterback is not eligible to run the ball past the “Line of Scrimmage”.

8.3.3 Only direct handoffs behind the “Line of Scrimmage” are allowed. Multiple handoffs behind the “Line of Scrimmage” are allowed. Lateral OR pitches are not allowed anywhere on the playing field.

8.3.4 A player that receives a direct handoff can throw the ball from behind the “Line of Scrimmage”.

8.3.5 Spinning is allowed. Lateral moves to the left and right are allowed. Jump spins are not allowed.

8.3.6 Flag guarding is not allowed. Refer to 9.5.

8.3.7 Blocking is not allowed. Once a player has the ball, all other offense players need to stop running to avoid screen blocking or obstructing the defense players path to the offensive player with the ball.

8.3.8 Straight arming is not allowed.

8.3.9 Once a runner has passed the line of scrimmage or the receiver has caught the ball, all other offensive players shall avoid motion that prevents the defense from pulling the flag of the ball carrier.

8.3.10 If a runner dives, leaps, or jumps and creates contact with another player, it will be treated as a personal foul per 9.8.

8.4 Passing

8.4.1 All passes must be forward and received beyond the "Line of Scrimmage". (Shovel or Screen passes must be beyond the "Line of Scrimmage".)

8.4.2 Senior Division-The Quarterback has a 5 second "PASS CLOCK". If the Quarterback has not thrown the ball within 5 seconds, play is dead at the spot Q.B. last possessed the ball. Once the ball has been handed off the 5 second rule does not apply.

8.4.3 Junior Division-The Quarterback has a 5 second "PASS CLOCK". If the Quarterback has not thrown the ball within 5 seconds, play is dead at the spot Q.B. last possessed the ball. Once the ball has been handed off the 5 second rule does not apply.

8.4.4 Sophomore Division-The Quarterback has a 7 second "PASS CLOCK". If the Quarterback has not thrown the ball within 7 seconds, play is dead at the spot Q.B. last possessed the ball. Once the ball has been handed off the 7 second rule does not apply.

8.4.5 Freshman Division-The Quarterback has a 7 second "PASS CLOCK". If the Quarterback has not thrown the ball within 7 seconds, play is dead at the spot Q.B. last possessed the ball. Once the ball has been handed off the 7 second rule does not apply.

8.5 Receiving

8.5.1 All players are eligible to receive a pass (including the Quarterback if the ball has been handed off).

8.5.2 A player must have one foot in bounds when making a reception.

8.6 Coaches on field of play

8.6.1 One Coach is allowed on the field of play while their offense is on the field for Freshman and Sophomore divisions. The Coach must be approximately 5 yards behind his furthest set offensive player and may not interfere with the play on the field in any way.

8.6.2 Junior division, one coach is allowed on the field of play while their offense is on the field.

8.6.3 Senior division, no coach is allowed on the field of play for offense.

8.7 Fumbles

8.7.1 If the ball is fumbled, anywhere on the field, the play is whistled dead, and the ball is marked at the spot the ball was fumbled, and the team that fumbled retains possession.

9.0 OFFENSIVE PENALTIES (All offensive penalties are 5 yards, unless otherwise noted) * denotes Spot Foul (ball will be spotted 5 yards from spot of the foul)

9.1 Illegal motion (more than one person moving)

9.2 False start

9.3 Illegal forward pass (pass received behind "Line of Scrimmage")

9.4 Offensive pass interference (illegal pick, pushing off defender)

9.5 Flag guarding

9.5.1 The intentional or unintentional act by the ball carrier by using their hands, arms, body, or the ball to deny the opportunity for an opponent to pull or remove the flag. These acts are; swinging of the arm, straight arm in the vertical position, dropping and swinging the arm that is carrying the ball, dropping the shoulder and arm to block the pulling of the flags, or other like motions.

9.5.2 If a player behind the line of scrimmage is penalized for flag guarding, the 5-yard penalty is assessed from the line of scrimmage and there is no loss of down.

9.5.3 If a player advances the ball beyond the line of scrimmage and is penalized for flag guarding, the 5 yard penalty is assessed from the spot of the foul and the down is not replayed.

9.6 Delay of game

9.7 Straight arming*

9.8 Personal Foul (taunting, tackling, tripping, kicking, contact to head, elbowing, blocking, "jamming" receivers, etc.) shall result in a 15-yard penalty and a loss of down. TWO in game from same player results in ejection;

9.9 Unsportsmanlike Conduct shall result in a 15-yard penalty and a loss of down.

Unsportsmanlike Conduct penalties are subject to review by the RAMMS D&R Committee for possible Code of Conduct violations and, if warranted, further disciplinary action (See Rule 15.3).

9.10 The ball must be snapped between the legs of the Center.

9.11 Penalties shall be enforced on PAT (extra point) attempts. If a Team attempting a 1 point PAT from the 5 yard line (See Rule 4.2) is penalized, the ball shall be spotted at the 10-yard line. If successfully converted from the 10-yard line, the PAT attempt shall only be awarded 1 point. (See Rule 4.3)

9.12 Penalties within the 5-yard line shall be half the distance to the goal line.

9.13 Penalties may be declined.

9.14 Flag Guarding, refer to 9.5.

10.0 DEFENSIVE TEAM

10.1 Rushing the Quarterback.

10.1.1 Any number of players can rush the Quarterback. All players who rush the passer must be a minimum of 10 yards as marked by the Referee with a field marker, from the "Line of Scrimmage" when the ball is snapped. Players not rushing the passer may defend on the "Line of Scrimmage".

10.1.2 When rushing the quarterback, (or the player with the ball behind the line of scrimmage) the rushing player, once he crosses the line of scrimmage, cannot intentionally block the pass, they must go for the flag of the player. If their hands are up in the air, the referee will call a penalty – 15 yards plus first down. Passes can be blocked if the defensive player has not crossed the line of scrimmage.

10.1.3 The rushing player(s) do not have to announce themselves.

10.2 Rushing Ball Carrier. If the ball is handed off to a running back or wide receiver behind the line of scrimmage ALL defenders are eligible to rush the ball carrier, regardless of the line of scrimmage.

10.3 Zone, man to man or any combination of defenses are allowed.

10.4 "Jamming" receivers or intentional contact is not allowed.

10.5 Interceptions.

10.5.1 If the ball is intercepted by the Defensive team, the Defensive team becomes the Offensive team and play continues until the player with possession of the ball has their flag removed.

10.6 Coaches on field of play

10.6.1 One Coach is allowed on the field of play while their defense is on the field for Freshman and Sophomore divisions. The coach must be a minimum of 15 yards past the line of scrimmage and may not interfere with the play on the field in any way. Any violations, after allowing for one warning, will result in a 5 yard automatic first down penalty being assessed.

10.6.2 No coach is allowed on the field of play while his/her defense is on the field for Junior and Senior divisions.

11.0 DEFENSIVE PENALTIES (Defensive penalties 11.1 and 11.4 are 5 yards; Defensive penalties 11.2, 11.3 are 5 yards and automatic first down; and Defensive penalties 11.5, 11.6 and 11.7 are 15-yard penalties and an automatic first down)

11.1 Offside/Encroachment – 5 yards

11.2 Pass Interference – 5 yards plus first down

11.3 Illegal flag pull (before receiver has ball) – 5 yards plus first down

11.4 Illegal rushing (starting rush from inside marker) - 5 yards

11.5 Making contact with the Quarterback's Arm, while the Quarterback is attempting to throw a forward pass. To avoid injury, defenders who are within arms reach of the Quarterback should be trying to pull the Quarterback's flag. -15 yards plus first down

11.6 Personal Foul (See Rule 9.8) – 15 yards plus first down

11.7 Unsportsmanlike Conduct (See Rule 9.9) – 15 yards plus first down.

12.0 SUBSTITUTIONS

12.1 It is the intent of RAMMS to avoid loss of play caused by lack of players.

12.2 A Senior Division team may fill their roster with substitute players from the Junior Division for regular season games. A Junior Division team may fill their roster with substitute players from the Sophomore Division for regular season games. A Sophomore Division team may fill their roster with substitute players from the Freshman Division. Freshmen Division teams are not eligible for substitute players. The Director of Football Operations must approve all substitute players. A substitute player may be called up by a particular team only once per season.

12.3 A team is allowed to substitute players to have a game day roster of one more player than required to field a team.

12.4 If a roster player appears so that a team now has more than the minimum number of players as discussed in 12.3, the substitute player will be replaced by the roster player and the substitute player will no longer be eligible to play in the game.

12.5 A substitute player may be called up by a particular team only once per season and is subject to the Director's/Commissioner's approval.

13.0 TEAMS AND EQUIPMENT

13.1 The Visiting Team is responsible for placing the cones on the field if they have not already been placed.

13.2 The Home Team will maintain the official scoreboard.

13.3 Each coach must maintain a copy of the rules at every game. The Home Team will report the final score to the League Commissioner within twenty-four (24) hours but preferably immediately after the game. Notify via email. List the division, both teams and the final score.

13.4 The Freshmen and Sophomore Divisions shall use a “Pee Wee” football for all games.

13.5 The Junior Division shall use a “Junior” football for all games.

13.6 The Varsity Division shall use a “Youth” football for all games.

13.7 All non-RAMMS provided footballs must be approved by the Director of Football Operations, prior to being used in a game.

13.8 Flags:

13.8.1 Each player must have a set of flags on at all times. Flags will be supplied by RAMMS. Failure to wear a flag belt will result in a dead ball, and a player not wearing flags will be called down at the point they gained possession of the ball.

13.8.2 Tampering with the flag belt in any way to gain an advantage including tying, cutting, wrapping, knotting or using foreign materials, or other such acts is prohibited. The first infraction will result in a 15-yard penalty and loss of down. The second infraction will result in 6 points for the opposing team, plus a 15-yard Unsportsmanlike penalty and loss of down. The player penalized for the second infraction will be disqualified for the remainder of the game. And the Coach’s conduct will be subject to review by the RAMMS D&R Committee for possible Code of Conduct violations and, if warranted, further disciplinary action (See Rule 15.3). A third infraction will result in a forfeit.

13.9 Jewelry shall not be worn. Religious and medical alert medals are not considered jewelry, but must be taped to the player’s chest and worn under the uniform.

13.10 NO HATS shall be worn. Beanies and tight fitting Head Gear are permitted.

13.11 Shorts and football pants are permitted, however, NO POCKETS are allowed.

13.12 Jersey must be tucked into shorts/pants at all times.

13.13 Rubber football cleats are permitted, no metal spikes.

13.14 Tight fitting wrist bands are allowed.

14.0 PLAYOFFS

14.1 Playoffs will be conducted pursuant to RAMMS Board Policy. Playoffs will be single elimination.

15.0 RAMMS BOARD POLICY:

15.1 A child shall only play in one league.

15.2 A player may play up or down in the next higher or lower division. In order for a player to play up or down (i.e., outside of his assigned class group), the player must obtain the approval of the Director of Football. If a player wants to play up, the player must attend the tryouts for BOTH the lower division and the upper division. Based on the evaluation of the coaches, a decision will be made on which division is proper for their safety.

15.3 Ejections. Any player, coach, or spectator ejected from the game by the referee for whatever reason must immediately leave the field area. Any player, coach, or spectator that has been ejected will automatically be suspended for the next game, regardless of whether it is the regular season or post season. All ejections will be reviewed by the RAMMS D&R Committee for possible Code of Conduct violations and, if warranted, further disciplinary action.

15.4 Practices. The RAMMS approved Head or Assistant Coach for each team MUST be at every PRACTICE, GAME or TEAM EVENT. NO EXCEPTIONS. NO PRACTICES, GAMES or TEAM EVENTS may be conducted without the presence of either the RAMMS approved Head or Assistant Coach.