



# YMCA OF METROPOLITAN FORT WORTH FLAG FOOTBALL RULEBOOK

## 1. Game

- a. The game will start with the home team on offense. The visiting team will get to determine which direction they will go on offense.
- b. Teams will have players on the field at the same time.
- c. The offensive team will take possession of the ball on their own 5-yard line and has 4 downs to cross midfield. Once a team crosses midfield they will have 4 downs to score a touchdown.
- d. If the team does not cross midfield or score a touchdown in their 4 downs it will be a turnover on downs and the defensive team will start their drive on their own 5-yard line.
- e. Teams change sides after half time and the visiting team will start the second half on offense.

## 2. Uniform & Equipment

- a. All players must wear mouth guards while on the playing field.
- b. Players should remove jewelry and hard billed hats. Players may wear soft shelled helmets or sunglasses.
- c. Players must have shirts tucked into shorts or pants.
- d. We recommend players wear shorts or pants that don't have pockets.
- e. All divisions play with a pee-wee size ball.

## 3. Field

- a. Fields will be 64 yds by 25 yards with 7 yd endzones.
  - i. Midfield to endzone is 25 yards

## 4. Game Times

- a. Games will be two 20-minute halves with a running clock.
- b. Halftime is 5 minutes
- c. Once the ball is spotted the offensive team has 30 seconds to snap the ball
- d. Each team gets 30 second timeout per half. They do not carry over.
- e. Clock will stop at referees' discretion for timeouts and injuries.
- f. If the game is tied at the end of regulation, the game will be recorded as a tie.

## 5. Scoring

- a. Touch Down: 6 points
- b. PAT (Point After Touchdown): 1 point (5-yard line) or 2 points (10-yard line)
  - i. PATs from the 5-yard line must be passing plays
- c. Safety: 2 points

## 6. Live Ball/Dead Ball

- a. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- b. A receiver is considered in bounds if the receiver touches in bound with any body part while in possession of the ball.
- c. Substitutions may be made on any dead ball
- d. Play is ruled "dead" when:
  - i. The ball hits the ground (there are no fumbles, play is called dead when the ball hits the ground and placed where the player lost possession)
  - ii. The ball-carriers flag is pulled.
  - iii. The ball-carrier steps out of bounds.
  - iv. TD, PAT, or safety is scored.
  - v. The ball-carrier's knee or arm hits the ground.
  - vi. The ball-carriers flag falls out.
  - vii. The 7 second pass clock expires.
  - viii. Ball-carrier leaves their feet to dive or hurdle a player.

## 7. Formations

- a. Offensive teams must have at least one player on the line of scrimmage (the center) and up to four players on the line.
- b. Once set only one player can go in motion at a time.
- c. The center can snap the ball either between their legs or by straddling the line of scrimmage and picking up and handing the ball to the quarterback with two hands.

## 8. Running

- a. The ball is spotted where the ball is when the flag is pulled.
- b. The quarterback cannot run the ball.
- c. The quarterback cannot hand the ball off directly to the center.
- d. No pitches or tosses, all balls must be handed off.
- e. No blocking or screening is allowed at any time.
- f. Flag obstruction – all jerseys must be tucked in. The flags must be on the hips and free of obstructions.

## 9. Passing

- a. All passes must be thrown with one hand from behind the line of scrimmage and must go beyond the line of scrimmage
- b. The quarterback has a seven second pass clock. If not thrown in that time the play is dead.
- c. Quarterbacks cannot catch their own passes.

## 10. Receiving

- a. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- b. All players should be set at the time of the snap.
- c. Interceptions are returnable. If they are not returned for a touchdown the team will start at their own 5-yard line.

## 11. Defense

- a. All defensive players must start 5 yards off the line of scrimmage.
- b. Defensive players may not cross the line of scrimmage until the ball has been handed off.
- c. A legal flag pull takes place when the ball-carrier is in full possession of the ball
  - i. Defenders should not leave their feet or dive to make a flag pull.
  - ii. Defenders may not attempt to strip or pull the ball from the ball-carrier.
  - iii. Defenders may not pull the flag of players not in possession of the ball.

## 12. Coaches

- a. One coach may be on the field for each team.
- b. Pre-snap coaches may huddle with their team and help get players set in their position.
- c. Once the offense is set:
  - i. The defensive coach should be 5 yards deeper than the deepest defender.
  - ii. The offensive coach should be 5 yards behind the offensive player closest to the line of scrimmage.
- d. During the play both coaches should maintain a safe distance from the play.

## 13. Penalties

- a. Defensive Pass Interference – Ball placed at spot of foul and automatic first down
- b. Defensive Stripping – 5 yards on the end of the run
- c. Offensive screening, blocking, or flag guarding – 5-yard loss and loss of down.
- d. Defensive Illegal Rush – 5 yards from LOS and replay down
- e. Illegal Flag Pull – 5 yards from LOS and replay down
- f. Taunting – 5 yards from end of play
- g. Unnecessary Roughness – 10-yard penalty & player must be subbed out for 2 plays
- h. Illegal Forward Pass (a pass that does not cross LOS) – counted as an incomplete pass
- i. Offensive Pass Interference – 5 yards and loss of down
- j. Delay of Game – 5 yards and loss of down