



## Spring 2025 Adult Flag Football Rules

1. FIELD DIMENSIONS AND BALL:
  - The field will be 70 yards long and 40 yards wide, with 10-yard end zones.
  - Center yard line and end zones will be marked by paint.
  - The ball used will be official adult size
2. GAME RULES:
  - A coin toss between the head coaches and team captains will determine the first possession.
  - The offensive team starts at the 5 yd. line and has 4 plays to cross midfield.
  - On 4<sup>th</sup> down, the offensive team has the option to punt or go for it.
  - If the offensive team goes for it on 4<sup>th</sup> down and doesn't get a 1<sup>st</sup> down or touchdown, the defensive team will get the ball wherever the offensive team last advanced the ball.
  - The teams change directions for the second half.

PLAYERS:

  - Teams must field a minimum of 5 players at all times.
  - Adult division games are 7 on 7
3. TIMING/OVERTIME:
  - 25-minute halves with a 5-minute intermission. Running clock (the clock will ONLY stop for injuries and timeouts)
  - Three 60-second timeouts per half.
  - OT will start with one team at midfield, they have 4 plays to score. If they score, the ball then goes to the other team at midfield, and they have 4 plays to match or beat the first team. If they outscore the first team, the game is over. If the game is tied after the first two series, we will restart overtime at the 10 yard line, and if a team scores a touchdown, they must go for 2.
  - Each time the ball is spotted a team has 30 seconds to snap the ball.
  - Officials can stop the clock at their discretion.
4. SCORING:
  - Touchdown - 6pts.
  - 1 extra pt. – Pass/run 5yds.
  - 2 extra pt. – Pass/run 10yds.
5. RUNNING:
  - The quarterback cannot run the ball beyond the line of scrimmage unless he is being flushed out by a blitz

- NOTE: If a team is winning by 20 points or more, the QB of that team is not allowed to run.
  - Only 1 player may go in motion parallel to the line of scrimmage each play.
  - Laterals are allowed behind the line of scrimmage. This allows for pitching the ball in the backfield. Laterals are not permitted past the line of scrimmage.
  - 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 may rush.
  - Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving or hurdling).
  - Offense players can only block with hands out and open palms. NO ARMS EXTENDED IN ANY DIRECTION.
  - The ball will be spotted where the ball is, not where the player's feet are. Players may extend the ball out in order to reach the first down or end zone, but no diving
6. RECEIVING:
- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
  - Only 1 player may go in motion parallel to the line of scrimmage each play.
  - Player must have one foot in bounds when making a catch.
7. PASSING:
- Swing passes and pitches behind the line of scrimmage count as a run.
  - At least one forward pass attempt every 4 plays is required. No more than 2 consecutive runs allowed per set of downs. Play count for required pass attempt resets at first down and change of possession and does not apply to PAT attempts.
  - Shovel passes are a forward pass.
  - Interceptions may be advanced by the runner. Ball will be placed where the flag is pulled.
8. DEAD BALLS:
- 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.
    - A fumble occurs anytime after the QB has possession
    - Touchdown or safety is scored.
    - If any other body part of the ball carrier, except hand or foot touches the ground.
    - If Ball carrier's flags fall off, then first defender to touch
9. RUSHING THE QUARTERBACK:
- Defensive blitz of the quarterback is allowed after 3 seconds.
  - The defense may blitz as many as they want after the 3 seconds unless the ball is handed off
  - The rushing defender cannot run into the center or hit the QB's arm (Illegal contact penalty).
  - NOTE: If a team is winning by 20 points or more, blitzing the QB is not allowed by that team.
10. PENALTIES:
- All penalties will be called by the referee.
  - No penalties will result in a loss of down, just a loss/gain of yardage, and the down will be repeated (unless defensive penalty gives offense a first down).

12. NO HIDDEN BALL TRICKS:
- A team may not snap the ball/hand it off and huddle up to hide the location of the ball

DEFENSE:

- Offsides - 5 yards
- Pass Interference - 10 yards, automatic 1st down.
- Holding (offensive or defensive) - 10 yards
- Illegal flag pull (pulling flag before ball carrier has ball) - 5 yards
- Illegal contact -5 yards

OFFENSE:

- Illegal motion/false start (more than 1 player moving) -5 yards, replay the down.
  - Offensive pass interference (illegal pick play, pushing off/away defender) -10 yards, loss of down.
  - Flag guarding-mark next down -5 yards from spot of foul.
  - Delay of game-5 yards
11. Referees determine incidental versus illegal contact during each play. All penalties except flag guarding will be assessed from the line of scrimmage.
12. Only the team captain may ask the referee questions about rule clarification and interpretations. Players and fans cannot question judgment calls.
13. Sideline interference will not be tolerated. All sideline interference calls will be left to the judgment of the referees.
14. Games cannot end on a defensive penalty, unless the offense declines it.
15. ATTIRE:
- No metal spikes or metal cleats allowed.
  - All players will wear a flag belt correctly. Shirrtails must be completely tucked in. No clothing is permitted to cover the flag or flag belt.
  - All jewelry must be removed before entering play.
16. FLAG GUARDING
- A ballcarrier may not stiff arm a defender who is trying to pull a flag.
  - No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier.
17. PLAYER SUSPENSION:
- If a player is ejected from a game, he will be suspended for 1 complete game. A second ejection during the course of the season will result in a suspension for the remainder of the season. If the season is over then the penalty will be applied to the next sport that person coaches.
  - The Town of Atoka will not tolerate in any way physical abuse, verbal threats, destruction of city property or the property of a city employee. Penalties will include an automatic year suspension from participating in any Town of Atoka activity, and charges will be filed if necessary

18. SPORTSMANSHIP/ROUGHING:

- Foul play will not be tolerated. If in the opinion of the referee, a player has committed any unsportsmanlike act (tackling, elbowing, cheap shots, blocking, etc.), the game will be stopped, and the player will be benched for the rest of the half. The second offense will result in an ejection from the game.
- Trash talking of any kind is illegal. Officials will determine offensive language. If trash talking occurs, the official will bench the player for the rest of the half. The second offense will result in an ejection from the game.
- League officials are permitted to discontinue player, coach, or parent from league with no refund of fees at any time due to unsportsmanlike conduct.
- NO TOBACCO products of any kind are permitted on the practice or game fields or anywhere in the vicinity of any and all players, coaches, parents, etc.