

In-Bounds Training Center  
Flag Football Rules  
Friday Night Lights

GENERAL RULES

Field Size: 55 x 17 yards, end zone is 5 yards deep, first down lines 15 yards from each end zone, 1 point extra point line 2 yards from end zone, 2 point extra point line 6 yards from end zone.

Ball Size: 1st/2nd grade "Pee Wee", 3rd/4th and 5th/6th grade "Junior", 7th/8th grade "Youth"

Roster Sizes: 5v5 for all age groups. Each team must have a minimum of 5 players in order for the game to be played. Teams with less than 5 players must forfeit the game. 10 players total allowed on the roster.

Game Time: Games will be 2 x 25 minute halves "continuous clock". Halftime will be 2 minutes long. Clock will stop only for the last minute of the second half only. During the final minute of play the clock will stop for timeouts, incomplete pass, touchdown and change of possession. Extra points during the final minute will be untimed. The referee or league official has the discretion to shorten the game if necessary.

Coin Toss: Team winning coin toss can choose to be offense first or side of field.

Timeouts: Each team will be allowed 1 timeout per half, the timeout is 30 seconds in length. Timeouts cannot be carried over to the second half.

Mercy Rule: If a team falls 14 points or more behind during a game that team is allowed to run on every play if they choose.

Overtime: There is no overtime during the regular season Games that end in a tie will be scored as a tie. During playoffs (if being played) A coin toss will be held to see which team has possession first. If that team scores a touchdown the game is over. If they do not score, teams alternate positions until a touchdown is scored. The first team to score wins.

Team Box: All coaches and substitutes must remain in their designated area between the middle of the field and the 15 yard zone on their side of the field. There is not a lot of room on the edge of the field so this is to increase the safety of all participants.

Coaching: One coach is allowed on the field of play for 1st/2nd and 3rd/4th grade games. For 5th/6th Grade coaches are allowed on the field for the first 3 games of the season. No coaches are allowed on the field of play for 7th/8th grade teams. There must be an adult with all teams at

all times! This is not an option. The referee will not allow the game to be played if there is not a parent on the sideline.

Uniforms: All players must have their shirt tucked in at all times. Players with shirts untucked will be removed from the field of play.

### GAMEPLAY

1. Team starts possession on their own goal line at the start of each half and after a score. The goal line is the closest yellow line to the end of the field. "The goal box in soccer." After a punt possession starts on the 2 point conversion line closest to the team's endzone. In the 7th/8th grade league all possessions start on the goal line.
2. Team with the ball has 4 downs to advance the ball past the first down marker (Midfield) or to score a touchdown.
3. The ball is spotted where the ball is when the flags are pulled or where the offensive player steps out of bounds.
4. Center must snap the ball. Center is eligible on every play. Center may not receive handoff on any play. If snap touches the ground it is ruled down. (5th grade and higher) 1st/2nd grade they will re-snap. 3rd/4th grade teams get one free bad snap per game.
5. On 4th down if the offensive team chooses to punt "there is no actual punting of the ball" the opposing team starts with the ball on the 2 point conversion line closest to the end zone they are defending. "7th/8th grade possession starts on the goal line" If the offensive team goes for it on 4th down and does not score or fails to reach the first down line the opposing team takes possession.
6. There is no spinning, jumping or flag guarding allowed by the ball carrier. Flag guarding is at the discretion of the referee. Play is called dead at the spot of the infraction.
7. Interceptions may be returned. If a player catches a pass or intercepts a pass and a flag has fallen off during the play the player is ruled down at the spot of the catch. Interceptions on an extra point cannot be returned, play is ruled dead.
8. All fumbles will be called down at the spot of the fumble.
9. The offense has 30 seconds after the ball is reset to snap the ball for the next play. 1st/2nd and 3rd/4th grade has 45 seconds. The line of scrimmage will be marked by the referee with a disk or bean bag. The offensive team is responsible for moving the marker at the end of an offensive play where positive yardage is gained to the new line of scrimmage.
10. The offense has one running play per possession. (1st/2nd grade have unlimited runs)

11. The offensive team has 5 seconds to throw a forward pass over the line of scrimmage or to run over the line of scrimmage. There are no forward shuffle passes or screen passes.

12. Defensive team must line up one yard off of the line of scrimmage.

13. The defense has one quarterback rush (one player) per possession. If a sack occurs the ball will be placed at the spot of the tackle and a loss of down occurs. If the sack occurs in the end zone, the ball will be placed on the goal line and loss of down occurs. (No Safety) Blitzers cannot cross the line of scrimmage until the first player after the snap touches the ball.

14. Once there is a handoff or lateral, all defensive players can cross the line of scrimmage. If the runner is tackled behind the line of scrimmage it is not considered a run. Just a sack and loss of down. A play is only considered a run if the runner crosses the line of scrimmage.

15. The clock continues to run after a 5 second call and kneeling the ball. The team has 45 seconds to snap the ball.

16. Spiking the ball is allowed because it is an incomplete screen pass. See definition of screen pass in penalties.

17. Diving is not allowed. The play will be blown dead and the ball will be placed at the spot of the infraction.

18. Taunting is strictly forbidden. Coaches are responsible for the conduct of all players on the field and their parents. A player flagged for taunting must sit out the team's entire next series of downs. A player flagged for taunting twice in one game will be removed for the remainder of the game and must sit out the team's next game.

## PENALTIES

Offensive false start will result in a 5yd penalty and down repeated. (If accepted by defense) An offensive false start on their own goal line will result in a loss of down (If accepted by the defense).

Referees will correct players, look for an advantage and use discretion when calling offside penalties, especially in the 1st/2nd grade league.

Defensive off sides will result in a 5 yd penalty and down repeated. (If accepted by offense)

No contact allowed, No Pass Interference, No blocking, No tackling, No pushing, No shoving, No holding, No picking. All infractions will result in a personal foul with a 5 yard penalty and an automatic first down.

Illegal passes (underhand pass, completed screen pass, and quarterback beyond line of scrimmage) will result in a 5 yd penalty which the defense can choose to accept or decline depending on the result of play.

Ex...Quarterback throws the ball underhand and defense intercepts the ball. The defense can choose the penalty or to keep the ball.

Illegal motion will result in a 5 yd penalty and down repeated. (If accepted by defense) No more than 1 player can be in motion at any given time. Players in motion must be moving laterally from the line of scrimmage. Players in motion cannot be moving forward at the snap of the ball.

Illegal Touching occurs when a player runs out of the back of the end zone and is the first player to touch the ball. If the penalty occurs on an extra point try the attempt is no good. If the penalty occurs on a touchdown, the defense can choose to accept or decline the penalty. The penalty will be 5 yd from the line of scrimmage and down over.