**Sportsplex Inc. Flag Football Rules**

1. No team shall have more than 15 players on their roster. The game is played with 8 players a side. A minimum of six players must be on the field in order to play the game. NO CLEATS ALLOWED, FLATS AND TURF SHOES ONLY. All shirts must be tucked in, shorts should not have pockets.
2. Two 25 minute halves shall constitute a regulation game. Running time will be used for all games, excluding playoffs. There will be no overtime except during playoff games.
3. Time will stop only for (a) timeouts called by officials, (b) time outs called by teams, who are allowed only 2 two-minute timeouts per game. During the playoffs, the clock will stop during the last two minutes of each half.
4. **Each team must have at least 4 players on the scrimmage line.** All players are eligible to receive a pass or run with the ball.
5. Substitutions are ONLY made in between plays.
6. *Blocking-* an open hand, straight arm block is permitted. Blockers must stay on their feet and contact with the opponent must only be between the shoulders and waist. Downfield blocking is permitted after a pass reception or during a running play but not when the ball is in the air.
7. *Diving* to remove a flag is legal. Diving to block or advance the ball is illegal.
8. The ball carrier cannot block their flag with their hand or jump to avoid a defender.
9. Defensive players cannot hold or stop the forward progress of a ball carrier in attempting to pull a flag.
10. A pass receiver must have one foot inbounds for a legal reception.
11. After a touchdown, the team has the option of going for a 1 (2 yards) or 2 (5 yards) point conversion.
12. A first down will be awarded when the offensive team passes the half-way line.
13. A team cannot run for a first down or touchdown if the ball is spotted within 5-yards of the first down or goal line, this is called the “no-run” zone.
14. There are no kickoffs; teams will start at their own 15-yard line.
15. If a team chooses to punt, the other team will start with the ball on their 15-yard line.
16. Scoring: touchdown- 6 points, extra point (pass or run)- 1 or 2 points, safety- 2 points
17. The ball carrier is down when they are completely deflagged. If a flag falls off during play, the ball carrier will be considered down when touched by 1 hand. A sack is when the passer is deflagged while arm is in motion but the ball has not left the passer’s hand.
18. A fumble is a dead ball at the point where it touches the ground.
19. **Penalties:** (ANY EXCESSIVE CONTACT WILL RESULT IN UNSPORTSMANLIKE CONDUCT AND POSSIBLE EJECION AT THE DISCRETION OF THE STAFF OR REFS)

* Offsides on offense or defense is a five yard penalty or result of the play. Defense may recover and return to the line if no contact with no penalty.
* A false start by the offense is a five-yard penalty and stops the play before it happens. This is an automatic penalty and no play.
* Illegal blocking and clipping is a ten-yard penalty at the spot of the foul or the result of the play.
* Illegal flag guard is a 10 yard penalty from the spot of the foul and a loss of down.
* Illegal procedure, including too many men on the field and more or less than 4 men on the line of scrimmage will result in a five-yard penalty or result of the play.
* Holding or illegal use of the hands by the offense will result in a ten-yard penalty or result of the play. If the holding occurs in the endzone it will result in a safety.
* Holding or illegal use of the hands by the defense will result in a five-yard penalty and an automatic first-down.
* Offensive pass interference will result in a five-yard penalty and a loss of down, or the result of the play.
* Defensive pass interference has 3 conditions:

1. Interference less than ten yards from the line of scrimmage will result in a ten-yard penalty and an automatic first down.
2. Interference over ten yards will be considered a completed pass and an automatic first down.
3. Interference in the endzone will result in a first down and the placement of the ball at the one-yard line.

* Intentional grounding will result in a five-yard penalty and a loss of down. In the endzone, it will result in a safety.
* Tackling the ball carrier will result in a 15-yard penalty from the spot of the foul and may result in the ejection.
* Unsportsmanlike conduct or unnecessary roughness will be a 15-yard penalty. The offending player may be subject to ejection by the refs or staff.