**Starter Flag Football – Rules and Regulations**

**General**

* 9 Week Season – 2 Practice Weeks Followed by 7 Game Days
* Two halves each 24 minute running clock - 2 minute halftime
* Puck toss to determine which team wins toss and can choose to receive at start of game or halftime
* Offense starts at own 2 yard line
* 4 plays to reach first down line which is the midfield line – can choose to ‘punt’ on 4th down
	+ if you punt then other team gets possession on own 2 yd line
* If a 1st down is made then you have four downs to score. If you do not score, the other team gets the ball on their 2 yd line
* Play is called down once the ball carrier flag is pulled/goes out of bounds or fumbles or incomplete pass
* Once the ball touches the ground it is a deadball. Fumbles are called down where player fumbled.

**No run zones:**

* Within 5 yards of first down line and within 5 yards of endzone
* All pass plays must be a forward pass beyond the line of scrimmage

**Scoring:**

* 6 points for a touchdown
* Extra point(s)
* 1 pt from 5 yard line (must be a pass)
* 2 pt from 10 yard line (can be run or pass)
* Interception returned on extra point play is worth 2 points
* Safety is 2 points

**Offense:**

* Center must either do traditional snap through legs or bend down and toss/hand ball back to QB
	+ Center cannot be first handoff – no center sneaks
* QB cannot run the ball – unless someone takes direct snap and hands to QB (QB cannot run on passing downs either, must throw away or get sacked)
* QB has seven seconds to throw ball
* You can have multiple handoffs as long as it is behind the line of scrimmage
* If your QB hands off behind line of scrimmage, that player can run or pass as long as they stay behind the line of scrimmage
* Any number of players can be on line of scrimmage, but must have at least one (center to snap ball)
* Passes must be forward beyond the line of scrimmage
* No blocking of any kind, no interfering with the rusher
* Players not with the ball should stop running as to not interfere with defense trying to make the stop

**Defense:**

* Can line up anywhere on field, including on line of scrimmage.
* You are not allowed to pass the line of scrimmage unless the ball is handed off or you are a rusher
* All rushers must be lined up 7 yards away from line of scrimmage, will be designated by a puck
* You may have multiple rushers, as long as they are all lined up at the rush line
* No contact, must try to avoid hitting any ball carrier or QB
* Interceptions can be returned, if flag is pulled prior to touchdown then that team gets the ball where flag was pulled and normal down rules apply once on offense.

**Coaches:**

* Up to 2 coaches per team allowed on field
* All players must be able to touch the ball on offense, meaning they are able to run, throw or receive the ball.
* All players must have equal playing time.
* All players must have equal opportunity to play each position

**Penalties** –

* Flag guarding – ball carrier either stiff arms, blocks defenders hand or jumps out of the way of the defender – issue a warning to other coach on first offense/any subsequent offense – play will be replayed from previous spot
* Pass interference – replay down
* Rusher crossing rush line before the snap will result in replay of down

**Equipment**

* Jerseys must be tucked in
* flags must be on hips of all players – will need to be readjusted throughout the game
* mouthguards required