

Men's Flag Football Rules

22 minute halves. 1 time out per half.

During the last 2 minutes of second half the clock will stop for timeouts, incomplete pass, a player goes out of bounds, a team scores, first downs (until cone is placed), QB spiking the ball, and penalties

Misuse of consecutive offensive penalties is considered unsportsmanlike conduct. Under 2 minutes the clock will not stop for offensive penalties

If, for any reason, the game is cancelled with the second half already started the game will be considered final.

Offensive- all players are eligible receivers. Only 1 man may be allowed in motion when the ball is snapped. The man in motion has to be moving parallel to the line of scrimmage or backwards.

Only 3 players are allowed in the backfield at the snap.

Pursuing the QB is allowed after 4 Mississippi (counted by the Center) or during the defensive teams 1 blitz per four downs.

The quarterback may only run once per procession.

Running the ball in "RED ZONE". The "Red Zone" is considered to be the space between (including) the five-yard line of the end zone that the offense is attacking up to the goal line. While in the red zone, the ball may not be advanced on a running play.

The defense must yell BLITZ when blitzing. If BLITZ is not yelled by the defense, a five-yard penalty will be assessed for defensive offside.

The defense may rush immediately if a handoff/lateral takes place behind the line of scrimmage. This is not counted against your blitz if you haven't used it already.

If there is Defensive offside and the offense accepts the call the defense will get there blitz back. If the offense declines the penalty the defense loses their blitz.

BLOCKING - Blocking is allowed at or behind the line of scrimmage. Blocking on or behind the line of scrimmage must be done with open hands between the shoulders and the waist of the defensive player and done in a pass protection manner. CUT BLOCKS, DRIVE BLOCKS, BLOCKIN IN THE BACK, PILING ON A PLAYER ON THE GROUND and CRACK - BACK BLOCKS are illegal and will result in an UNNECESSARY ROUGHNESS PENALTY.

NO downfield blocking! A player may shadow block for his teammate, but no contact is allowed. PICKING off a defensive player by initiating contact is considered downfield blocking, this is not allowed. Due to the danger of picking, a player may be ejected if such an action persists.

Defense cannot block/bump a receiver on the line of scrimmage.

If a defensive player is on the ground all blocking rules above still apply. Offensive players may not pile on or lay on the defensive player to keep him on the ground. They may still block him as stated above. This will result in an UNNECESSARY ROUGHNESS penalty.