

2020 Fresh Faith Flag Football

Rules of Play

1. Fumbles are dead balls and a loss of down.
2. QBs have 5 seconds to get rid of the ball.
3. Teams consist of 3 to 11 players on the field at once.
4. 30 seconds to run the play once the whistle is blown.
(The last 2 minutes in each half the running clock will end so stalling by coaches will not be allowed. The clock will restart on the whistle).
5. 1 timeout per half.
6. 10-20 minute running halves depending on time.
7. Touchdowns are worth 6 points.
Extra points are worth 1, 2, or 3 points depending on which location tried from.
8. The offensive team gets 3 downs to cross midfield and receive a first down.
9. Once the midfield is crossed, the offense gets 3 downs to score a touchdown.
10. When a flag is retrieved the defense should hold it up or point out where the flag is.
11. Off-sides or illegal motion is a five yard penalty, as most penalties are.
12. Illegal contact is 5-15 yards depending on the severity.
13. Arguing with the ref(s) can lead to 15 yards of penalty and potentially a disqualification of the player.
14. Coaches arguing can lead to forfeit.
15. If a girl or 5 yr old catches/earns an extra point, the value of the extra point doubles (only for one point conversions).
16. Blitzing is NOT legal.
17. No knocking players down for ANY reason.
18. No diving for flags.
19. Defensive players must be two steps (2yards) away from the line of scrimmage.
20. Defense can be man to man or zone.
21. Flags must be located on each hip and easily seen.
22. The LAST 2 minutes of each half: the clock stops after incomplete pass or timeout and..

- a) A legitimate referee timeout for injury or equipment issue.
- b) Offensive player steps out of bounds BEFORE his/her flag is taken.
- c) A touchdown stops the clock

23. Play starts on the 5 yard Line.

24. Practice/warmups 30 minutes before your game starts.

25. Most other rules are applied from NFHS or Ohio High School Rules.

26. No metal cleats

27. No foul language or arguing with refs or coaches

28. Coaches to refrain from yelling.

29. Stay positive and always use the principal WWJD.

30. Spectators who argue with coaches, refs or other spectators will be asked to leave the property and may lose privileges of attending future games.