

# FLAG FOOTBALL RULES

## Marshall Lions Ice Fisheree Festival – January 18th 2025

Lion Matt Browne Contact Info: 608-209-9359 madmully55@gmail.com

### The Game

- No contact or blocking allowed
- No stiff arms or swatting away people pulling flags
- No holding onto flags if they are falling off
- A coin toss determines choice of starting with the ball or deferring to the second half
- No wrapping players up just to pull their flags
- The ball is spotted where the flag is pulled or starts to fall off
- No Handoffs
- There will be no kickoffs, offensive drives will start at 5 yard line after touchdown or start of half
- Interceptions and punts can be returned (not on PAT tries)
- Games will consist of two 15 minute halves with a 5 minute half time
- Teams will have 15 seconds to snap the ball once it is spotted
- Teams will have 3 downs to cross midfield for a first down
- Teams will have 1 timeout per half (1 minute)
- 5 on 5 on the field. 10 persons allowed on roster. You can only play for one team.
- Field size is 60 yards x 30 yards with two 10 yard end zones
- Be ready to play 15 minutes before your scheduled time. If we are ahead of schedule we will start early
- No oversized winter jackets to be worn while playing

### Scoring

- A touchdown is worth 6 points, PAT is 1 point from the 5 yard line
  - A safety is worth 2 points

### Overtime

- A coin toss determines first team to get the ball
- Each team will have 1 possession in overtime
- Each team will have a turn with the ball at the 5 yard line with 1 play to score
  - This process will continue until only 1 team scores

### Rushing the Quarterback

- There will be a “five apple rush”, then the defense can rush
  - Unless the ball is pitched, then defense can rush immediately
- The QB may not pass the line of scrimmage unless rushed
- No linemen or blockers

### Passing/Receiving/Running

- Receiving players must have at least 1 foot in bounds
- A player may not intentionally run out of bounds and make a reception
- If a receiver catches the ball without flags they are down immediately
- The ball can be pitched left or right laterally or backwards, but not straight behind the QB
  - The player may then throw the ball or run
  - If the ball is pitched the defense may rush immediately

## Punting

- Teams must announce that they will punt (no fakes)
- All Players must stand in place until the ball has been punted
- Any punt caught by the receiving team may be returned
  - If the ball is touched by the receiving team and fumbled the kicking team may retrieve the ball
- A team will start a drive at the five yard line if a punt results in a touch back

## Penalties

- All penalties will be called by the referee
- Taunting/Misconduct
  - 1<sup>st</sup> offense: warning, 2<sup>nd</sup> offense removed from remainder of game, 3<sup>rd</sup> offense-removed from tourney
- Defensive penalties (10 yards and automatic 1<sup>st</sup> down)
  - Pass interference
  - Illegal contact (holding, bump and run, tackling receiver, wrapping up to pull flags etc.)
  - Illegal flag pulling (before the receiver has the ball)
  - Taunting/Misconduct
- Offensive penalties (10 yards and loss of down)
  - Penalties on 4<sup>th</sup> accepted by defense will be replayed; if declined and there was no touchdown or 1<sup>st</sup> down on the play, the ball would then be turned over.
  - Illegal forward pass
  - Pass interference
  - Flag guarding (swatting away arms or stiff arming)
  - Delay of game
  - Taunting/Misconduct
- All penalties are assessed from the original line of scrimmage
- The game cannot end on a penalty, unless the penalty is declined

## Equipment

- Illegal equipment includes
  - Jewelry that can be pulled, shoulder pads, helmets
  - Flag must be on the side of the body (sides and back)

## Substitutions

- All substitutions must be made in between plays
- All players leaving the field must be off the field before the ball is snapped
- An injured player must sit out a minimum of one play

Questions? Lion Matt Browne Contact Info: 608-209-9359 madmully55@gmail.com

