



CSL Flag Football Rules

FLAG RULES

Flag Football is a popular five-on-five game filled with fun and action. In this game, the offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed. The defensive team covers receivers, rushes the passer, and grabs flags to make "tackles."

The Basics

A Coin Flip will determine which team gets the ball first.

Home team will wear white jerseys.

There are no kickoffs or punts.

The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.

If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

All possession changes, except interceptions, start on the offense's 5-yard line.

Teams change sides after halftime. Possession changes to visiting team.

Timing

Games are played to 36 minutes running time. 18 minutes per half, halftime will be a 3-minute intermission, for K-3rd grade athletes. 20 minutes per half, halftime will be a 3 minute intermission for 4th -6th grade athletes.

Each time the ball is spotted, a team has 30 seconds to snap the ball. Officials will make sure both teams are ready for play before the ball is snapped and the referees are in position. Teams will receive one warning before a delay-of game penalty is enforced.

Each team has 3 60-second timeouts per game.

Officials can stop the clock at their discretion.

Scoring

Touchdown: 6 points.

Extra point: 1 point {scored from 5-yard line} or 2 points {scored from 12-yard line}. Interceptions on extra points can be returned for 2 points.

Safety: 2 points

Running

Offense may use multiple handoffs, but handoffs directly back to the center are not allowed.

"No-running zones" located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations.

Spinning is allowed, but players cannot leave their feet to avoid a defensive player {no diving}

The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Intentional contact is not allowed anywhere on the field and will be penalized. Offensive players will be allowed to mirror the defensive players.

No laterals or pitches of any kind beyond the line of scrimmage.

The quarterback can run with the ball behind the line of scrimmage, when scrambling but cannot run past the line of scrimmage.

Only direct handoffs or pitches behind the line of scrimmage are permitted. Offenses may use multiple handoffs or pitches behind the line of scrimmage.

Receiving

All players are eligible to receive passes {including the quarterback if the ball has been handed off behind the line of scrimmage}.

As in the NFL, only one player is allowed in motion at a time.

A player must have at least one foot inbounds when making a reception.

Passing/Rushing the Quarterback

A special marker, or the referee, will designate 7 yards from the line of scrimmage that the player may rush the QB.

All defensive players must be a minimum of 3 yards from the line of scrimmage when the ball is snapped.

Exception-if a ball is spotted inside a "no-running zone", defensive players can line up to the goal line/first down marker {line to gain}. If they do, they cannot rush the quarterback.

Passing

Shovel passes are allowed.

Pitches are allowed only behind the line of scrimmage.

A player who takes a handoff can also throw the ball from behind the line of scrimmage.

Any type of forward pass in the "no running zone" must go beyond the line of scrimmage.

Interceptions may be returned.

Dead Balls

Play is over when: III Ball carrier's flag is pulled III Ball carrier steps out of bounds III Touchdown or safety is scored III Ball carrier's knee hits the ground III Ball carrier's flag falls out

Play begins with a center to quarterback exchange. The ball can be snapped off to one side to start play.

Substitutions may be made on any dead ball.

There are no fumble recoveries. The ball is spotted where the ball hits the ground.

Sportsmanship/Roughing

If the field referee witnesses any acts of tackling, elbowing or any other unsportsmanlike conduct, the game will be stopped, and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

Offensive language is also illegal. Officials have the right to determine "trash talking". (Trash talk is talk that may be offensive to officials, players or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player will be ejected from the game.

Any coach instructing their player(s) to tackle or intentionally push another player will be penalized and possibly suspended from future games.

Penalties

All penalties will be called by the referee.

Only coaches may ask the referee questions about rule clarifications. Players cannot question judgment calls.

Games cannot end on a defensive penalty unless the offense declines it.

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Defensive Penalties

Offside: Five yards

Interference: 5 yards and automatic first down

Illegal contact: (holding, blocking, etc.) 5 yards and automatic first down

Illegal FLAG pull: (before receiver has ball) 5 yards and automatic first down
Illegal rushing: (starting rush from inside 5-yard marker) 5 yards

Breakaway Tackle: Tackling or intentionally pushing a runner with the ball if they have a clear pathway to the end zone will result in a Touchdown for the offense

Offensive Penalties

Illegal motion (more than one person moving or moving toward the LOS) Five yards and will repeat the down.

False Start: (movement simulating the snap) Five yards and will repeat the down

Illegal forward pass: (pass thrown beyond line of scrimmage) 5 yards and loss of down.

Offensive pass interference: (illegal pick play, pushing off/away defender) 5 yards and loss of down

FLAG guarding: 5 yards (from line of scrimmage) from where the foul occurred

Illegal contact: (holding, blocking, etc.) 5 yards and loss of down

Delay of game: Clock stops, 5 yards

Running play in no run zone: Play stopped and loss of down

Charging: Ball Carrier **INTENTIONALLY** runs into defensive player. 5 yards and loss of down

Equipment

Equipment will be provided to all players (balls, jerseys, flags). To provide a quality program, please take good care of the equipment. Other teams will be using the equipment, so it is important that we all work together in providing the kids safe and maintained equipment.

Attire

Cleats are allowed, except for metal spikes. Inspections must be made. All players must wear a protective mouthpiece; there are no exceptions. Jerseys must be worn during play and should always be tucked into shorts/pants while playing flag football. The players may wear pants or shorts. Shorts and pants must have NO pockets or pockets need to be duct taped.

Referee

Will be provided. Coaches are to manage their team from the sideline. Coaches will work with the referee to ensure the fun and safety of all players during the game. Yelling at or complaining about the ref WILL NOT be tolerated.

