

~Flag Football Rules~

Event Points				Participation Points		
Total	M/F or CO-ED?	1st Place	2nd Place	3rd Place	Total	Distribution
40	M (20 pts) / F (20 pts)				10	% of Teams/School

Scoring

- Scoring will be done on a per game basis. Each game will be worth an equal number of points determined by the amount of teams each school can field. The number of games that will be played will be determined by the number of teams each school is able to field. For example, if there are 2 female games being played each game will be worth 10 points (20/2). The winner of each game will receive 10 points.

Rules

- 7 players on each team must be on the field
- Two 15-minute halves
- 5-minute half-time
- Tear-away flags will be used
- A player must cross two 10-yard markers (orange cones) for a first down
- A touchdown is worth 6 points
- The scoring team has the choice of a 1 or 2 extra-point pass attempt (3 paces for 1 point; 10 paces for 2 points)
- 2 point conversion attempts may be intercepted and returned for 2 points
- Dead ball on all fumbles (laterals can be intercepted and returned – live ball)
- Quarterbacks cannot snap the ball to themselves
- The clock will continue running except for the final two minutes of the 2nd half, assuming the game is within 16 points.
- The clock will also be stopped on change of possession.
- Referees will shout out rush count at the start of each snap. The rush count will be as follows: “1-Alligator, 2-Alligator, 3-Alligator, 4-Alligator, 5-Alligator, GO!” in all yardage situations. Players are not allowed to run UNTIL the referee has called “GO”.
- Flag football is a non-contact sport. Blocking at the line of scrimmage, downfield, or contact during pass routes or flag pulls is not allowed. No bump and run coverage.
- Receivers need only one foot in bounds with possession of the ball to be considered “in bounds”
- Each school must provide one referee per game