

Flag Football Rules for Trophy Sports Club

(April 25, 2017)

Periods:

- Games will begin with coach prayer (home team coach or delegate prays).
- There will be two periods (one after the practice and one after the devotional).
- Each period will begin when ready and will end with a horn blast; any play currently in progress counts.
- Home team will wear vests over their t-shirts (home team will alternate each week).

Players/Positions:

- We plan to play up to 7-on-7 (though teams can play 3-on-3, 4-on-4, etc. if players are out of town or teams are smaller).
- Positions: See "Flag Football Positions and Plays" on website; a coach can modify.
- All players at the line of scrimmage are eligible downfield receivers.
- Player quarterback for older ages; coach or delegate quarterback for younger ages.
- Defense can play man-to-man or zone (zone works well if outnumbered).
- Each player must wear a belt w/ two unhindered flags; shirt should be tucked in & flags positioned evenly at player's sides.
- All players play all of the time (no subs).
- A team with more players can lend a player for the day so that all players can play the entire game.
- Players should periodically be shifted to different positions (each series or half).

Basic Play:

- Visiting team gets the ball first; for period two, the team that's behind gets the ball first.
- On every change of possession, the offense begins at the cone between their goal & midfield.
- Go with minimal huddle time; have a couple plays with multiple options (use your whiteboard).
- Involve all players on offense (look for different receivers or ball carriers each play).
- Basic patterns: 3 & out, 3 & in, curl (button hook), fly (straight), post (veer toward middle), flag (veer toward corner).
- Each play will begin w/ a hike from the center position; hikes can be done shotgun-style (between legs) or off to the side.
- A player is down when a flag is pulled off, or his knee or the ball in his hand touches the ground, or the ball is fumbled.
- A hike that is dropped will result in a redo (no loss of down).
- Coaches need to make sure that things keep moving without delay.
- A team has four opportunities/plays/downs to make a 1st down or touchdown (three if both coaches prefer).
- Each drive, a team can make only one first down (by passing the midfield line), and then must go for a touchdown.
- A touchdown is worth 6 points; a team must always go for a 2-point conversion (from 3 paces out).
- There is no blocking/contact or stiff-arms.
- The quarterback cannot run (no quarterback dual threat).
- A running back can run or pass (dual threat), but cannot receive the snap directly.
- One optional pre-identified blitzer can rush from seven yards back once the quarterback receives the snap.
- The offense must stay out of the way of the blitzer (no blocking & no patterns that may collide with the blitzer).
- Any defender can rush once the ball is handed off.
- An interception is a turnover; for reasons of safety, the ball cannot be run back.
- A fumble is not a turnover; the player is down at the point of the fumble.
- Also for safety, there shall be no crisscrossing patterns by receivers.

Penalties:

- Unnecessary contact:
 - o Committed by offense: loss of down, ball stays at the point of the foul or the previous line of scrimmage.
 - o Committed by defense: half the distance to the 1st down marker or goal line, & redo down; penalty can be declined.
- Offsides (or rush too soon): whistle blows, ref counts off five paces, and redo the down.
- We encourage coaches/players to help make the game fair by practicing integrity:
 - o A player can admit committing a penalty.
 - o A coach whose team is benefitting from a bad call can decline to accept it.
- Any player who displays bad sportsmanship (e.g., taunting) will sit for the rest of the period and must apologize.