

# Flag Football Rules – Trophy Sports Club

(as of 4/10/2026)

## Positions:

- One optional center, two wide receivers, one qb, & up to two running backs.
- If no center, qb can begin play by holding ball at normal spot & yelling "hike."

## Field position/advancement:

- Visiting team has ball first; begins at far end of field
- Up to 4 plays to get 1st down (midfield)
- Up to 4 more plays to get touchdown
- Quarterback must throw or hand off (no qb runs, no punts or field goals)
- Player down when any flag pulled
- Upon change of possession, begin again at far end of field

## Rushing:

- No rushing the quarterback at the 3<sup>rd</sup> grade level
- Other levels can send one rusher (must count 7 apples)
- A team cannot lose yards (even if quarterback sacked)

## Fumbles & interceptions:

- Fumble ends play (no change of possession)
- Qb bobble prior to 7 apples not a fumble
- Interception changes possession but no run-backs

## Scoring:

- Touchdown worth 6 points; always go for 2 point conversion; no safeties.

## Off-limits:

- No blocking or tackling
- No flag-guarding
- No interfering with a receiver
- No crossing routes