

# Great Valley Flag Football Rules Summary

## Game Set Up

- Game is two 20 min halves running clock\*; with a 2-minute halftime.
  - Each team has 2 time-outs PER GAME.
  - \*Final minute of second half – “stop clock” mechanic will be used for games still in question.
- A coin toss will determine which team gets first possession.
- All drives start from the 5-yard line with the exception of an interception or failed 4th down conversion, where defense takes over at the spot.
- Offense has 4 plays to cross mid-field for a first down. On 4<sup>th</sup> down offense will have option to “punt”. No kicking occurs, if “punt” is declared, the possession is turned over and the other team begins possession on their own 5-yd line.
- Once a team crosses mid-field they are award a 1<sup>st</sup> down.
  - For K/1<sup>st</sup> grade – the offense has 4 plays to score a TD.
  - For 2<sup>nd</sup>/3<sup>rd</sup> grade – the offense has 3 plays to score a TD.
  - If the offense fails to reach the endzone, the possession is turned over and the other team begins possession on their own 5-yd line.
- 5 players on the field at time for each team. A legal offensive formation is 1 Center and 2 Wide-Receivers ON THE LINE with 1 Quarterback and 1 Running Back in the backfield.
  - All offensive players (including the Center) are eligible receivers.
- Point After Touchdown: 1 point from the 5-yard line; 2 points for the 10-yard line.
  - Interceptions returned on PAT’s are worth 2 points.

## Basic Game Play

- Shirts must be tucked in the flag belt and flags positioned on the hips at the beginning of every play.
- The ball must be snapped between the center’s legs.
- The ball is declared dead if any portion of the ball carrier’s body, other than their hands and feet, touch the ground.
- If a player is legally or illegally deflagged during a play and then comes into possession of the football later during the same play, they must be downed by one-hand touch.
- Fumbles end the play when they hit the ground.
- Ball carriers may not dive, lunge, or fall forward in order to advance the line to gain.
- Diving by the defense to capture the ball carrier’s flag IS legal.
- Flag guarding is not allowed - Flag guarding is the act of a ball carrier denying a defender the opportunity to capture their flag in any physical way.
- The quarterback has 7 seconds to pass the ball if there is no rush. If the ball is not thrown, then the play is dead. After the ball is ruled dead, it is returned to the line of scrimmage.
- Stripping or attempting to strip the ball from a player’s hand, including the quarterback, is illegal.
- **Rushing is ONLY allowed for 2nd grade divisions and up** and is NOT allowed for 1st grade and below. Players that blitz/rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

## Overtime

- A coin flip determines first possession. Teams will go in reverse order if more than 1 OT is required.
- Teams may elect to go for 1 or 2 points.
- Interceptions are returnable for 2 points.

<b>Penalty</b>	<b>Yardage</b>	<b>Penalty Assessment</b>	<b>Result</b>
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	5	Previous spot	Loss of down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	<b>By the Offense:</b> Loss of down <b>By the Defense:</b> Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	<b>By the Offense:</b> Loss of down <b>By the Defense:</b> Automatic 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead ball – Previous spot	Replay down**
False Start	5	Dead ball – Previous spot	Replay down**
Offsides	5	Previous spot	Replay down**
Illegal Rush	5	Live ball – Previous Spot	Automatic 1st down
Encroachment	5	Dead ball – Previous spot	Automatic 1st down**
Cool Down Period	0	No foul	Player must sit out 5 plays
Illegal Shift or Illegal Motion	5	Previous spot	Loss of Down
Stripping or Attempted Stripping	5	Spot of the foul	Automatic 1st down
Illegal Contact	5	Previous spot or spot of the foul	<b>By the Offense:</b> Loss of down <b>By the Defense:</b> Automatic 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal Participation	5	Previous spot	<b>By the Offense:</b> Loss of down <b>By the Defense:</b> Automatic 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of the foul	Automatic 1st down
Impeding the rusher	5	Previous spot	Loss of down
Charging	5	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line