

Flag Football Men's Summer League Rules

Equipment/Attire:

- Teams are to have matching Jersey's w/ Numbers
- Individuals must wear pocketless pants/shorts
- Cleats/Turf shoes are allowed – NO Metal Spikes
- Gloves, Leggings, Head bands, Wrist bands, Mouth pieces are permitted
- Must wear a shirt at all times
- Just leggings are not allowed
- Billed Hats are prohibited. Beanies are fine to wear
- Flag Belt MUST have 3 flags (1 on each hip, 1 behind)

General League Rules:

- Team first possession is decided by coin toss (Winner of coin toss decides who gets ball first or which side of field to defend)
- Each game is two 18-minute matches (w/ 3-minute warning)
- If both teams agree, they can skip the break and play through
- 3-minute warning starts football clock. Incomplete passes, touchdowns, timeouts will stop the clock in regulation
- Out of bound plays will not stop the clock during regulation until 3-minute warning is in effect
- 3-minute warning will be issued
- Teams are allowed 2 timeouts
- 20 sec play clock
- Any fumble is ruled a dead spot
- Field is broken down into 4 zones, each 20 yards per Zone
- No Kick offs – rather, each team starts a new drive on their own 15 yd. line (making the 1st down on 5 yds long)
- You have 4 downs to push the ball into the next zone or any other zone on the field. Once in a new zone, the downs start over
- 4th down – team has the option to punt or play
- After decision is made team must call time-out to change
- Touchdowns are worth 6 points
- PAT points are as follows1 pt from 5 yds....2 pts from 10 yds ...3 pts from 20 yds ...
- ANY physical contact is a Flag (includes blocking)
- Non-Moving 'screens' are allowed
- Only 7 players on the field per team. You must have at least 5 players or it is a forfeit.

In Game Rules

- Offensively, a team must have no less than 3 players on the line of scrimmage (Ref will say 'line set')
- A center is required to hike the ball, the player receiving the hike must be at least 3 yards off the line.
- There is a 1 yd. neutral zone to separate the offense and defense.
- Crossing the neutral zone before the snap is Off Sides
- Defensively a team can rush however often, and however many players they want. Recommended that at least 1 player rushes ever play (QB can run whenever)
- Pitches/Laterals are allowed, but they must be behind the ball carrier.
 - ONE forward pass per play
 - Forward pitches are a flag when beyond the line of scrimmage
 - Unlimited backwards passes/pitches
 - If a pitch/pass is backwards behind the line of scrimmage the new ball carrier can still throw a forward pass.

Sportsmanship Rules

- There will be NO taunting opposing teams (speaking negative about another team or players plays)
- Touchdown Celebrations are allowed; keep it clean!
- Competitive trash talk is not allowed
- Profanity is a Flag
- Taunting is a Flag
- Yelling at the Ref is a Flag
 - You can contest/ask about a call
- Any form of profanity or taunting will first result in 15-yard penalty AND THEN REMOVAL From game/premises for profanity and removal of game for taunting
- Any physical gesture towards opposing teams will not be tolerated
- Multiple Flags from one person, on the same call, may result in removal from the game and/or season.
- Mercy Rule is in place if one team is up by 21 pts. Or more at 3 minute warning of the second half the game will end, OR if 40-0 at the half.

Overtime

- If regulation time runs out and both teams are tied, overtime begins.
- New coin toss to see who gets the ball first
- Each team will be given 1 overtime opportunity (1 chance to score)
- Team will be placed at the 20 yd line and give 4 opportunities to score a TD
- Extra points are the same
- If both teams score/don't score equal points and are still tied after their 1 overtime opportunity the game will be called a DRAW/TIED.