

**AUBURN PARKS AND RECREATION DEPARTMENT
2022 FLAG FOOTBALL RULES**

1. POLICY AND PURPOSE

It is the policy of Auburn Parks and Recreation to promote the development of strong character, a right attitude, and a sense of responsibility and citizenship in all sport participants, using the game of football as a vehicle. It is the purpose of Auburn Parks and Recreation to achieve this goal through fair play, good sportsmanship, and congenial fellowship. It is strictly against the policy of Auburn Parks and Recreation for any person, either as a participant or a spectator, to engage in arguments, to use abusive language, to harass officials, or to exhibit any behavior not in concert with the general intention of this policy statement.

2. LIABILITY

The Auburn Parks and Recreation Department and officials, coaches, managers, referees, and any supervisory personnel are not responsible for injuries to person or damage to property. This is entirely the responsibility of persons participating, such as: players, coaches, managers, officials, parents, and spectators--all of whom participate at their own risk.

3. CONDUCT

A. In the event a player is removed from a game by an official because of unsportsmanlike acts on the field, that player will be suspended for one game. If that player is removed from a game for a second time, he will be banned from further participation in flag football.

B. Should spectators, parents, or coaches display conduct unbecoming or detrimental to the league, the official shall have the responsibility of informing the coaches that should this conduct continue, he will penalize the team whose conduct is in question. Should this misconduct continue at future games by the same persons, they will be barred from attending league games.

4. AWARDS

No team or individual trophies will be presented by APRD.

5. PRACTICE TIME

Teams can practice once a week for up to an hour and a half. Teams having a bye may practice twice the week of the bye.

6. REMOVING THE FLAG

A. A defensive player may not hold, punch, or knock the ball carrier down in an attempt to remove the flag.

B. A player must have his flags to advance.

7. TIME OUTS

A. Each team is allotted **two time outs per half**.

B. After a team's two timeouts have been exhausted, requests for timeouts may be allowed only for the benefit of an injured player who must leave the field for one play.

8. BALL IN PLAY BECOMES DEAD BALL

A. A live ball becomes dead as provided by the rules or when an official blows his/her whistle (even though inadvertently) or otherwise declares the ball dead.

1. When it goes out of bounds or when it touches the goal line (vertical plane) of the ball carrier's opponents.

2. When any part of the ball carrier, other than his hand or foot, touches the ground.

3. When a touchdown, touchback, safety, or extra point is attempted.

4. When a forward pass strikes the ground or is caught simultaneously by the opposing players.

5. When a backward pass, fumble, or muff by a player touches the ground.

6. When a ball carrier has his flags removed.

9. BALL CARRIER MANEUVERS

A. A ball carrier may not use his hand in a hacking motion to knock the hand of a would- be de-flagger from the flags. The ball carrier is not allowed to hit the defensive player in the face in any manner. *Violation will result in a major distance penalty (10 yards).*

B. In protecting his flags, the ball carrier must adhere to the following rules:

1. The ball carrier may not use a stiff arm on the defensive player in any manner *(10 yards)*.

2. Any attempt by the ball carrier to knock the hands of the defense away from the flag is a foul and *shall draw a major distance penalty (10 yards)*.

3. In scoring, the ball carrier must have flag belt attached when crossing the goal line. After a touchdown, the official must de-flag the person who scored.

C. Hurdling--While trying to advance the ball, the ball carrier must keep his feet. Attempts to avoid an opponent by jumping or diving over or into him shall be a violation (10 yards) * A player may dive to achieve yard to gain, just not over a player.

10. BLOCKING

A. The Offensive Screen Block shall take place without forcible contact.

B. The screen blocker shall have his/her hands and arms behind the back or crossed over the chest.

C. Any use of the hands, arms, elbows, legs or body to initiate contact during an offensive player's screen block is illegal.

D. A blocker must be on his/her feet before, during, and after the screen.

E. A player who screens shall not:

1. Make contact when assuming position at the side or in front of a stationary opponent.

2. Take a position close to moving opponent such that the opponent cannot avoid contact.

3. After assuming the legal screening position, move unless the blocker moves in the same direction as the opponent

F. Double team blocking is permitted in the interior line only (tackle to tackle).

G. Blocking or pushing a ball carrier that is running near a sideline for the purpose of knocking him out of bounds and stopping his progress is a foul. Flag must be pulled. *This is a penalty of 10 yards.*

H. Knee blocking or tripping used in slowing down the ball carrier for the purpose of capturing his flag belt shall be a foul with a penalty of 10 yards.

11. RUSHING THE PASSER

A. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.

B. A special marker, or the referee, will designate seven yards from the line of scrimmage.

C. Any number of players can rush the quarterback as long as they are behind the seven yard marker once the ball is snapped.

D. Players not rushing the quarterback may not cross the line of scrimmage, even if the quarterback runs outside the imaginary tackle box. On line defencers may rush when the ball is handed off, pitched or lateraled. -updated

E. If the quarterback fakes a handoff, this is considered a run for the discretion of the officials, and defensive players may rush. QB may not run out of a fake hand off.

F. Teams are not required to identify their rusher(s) before the play. Rushers have to start 7 yards from the line of scrimmage.

G. The defensive player must run around a blocker without making forcible contact with the blocker during the play. Penalty for this violation is 10 yards.

12. QB RUN/ ROLLOUT/ PASS

A. The QB may not do a **direct** run, whether taking the ball off of the back of the center or out the shotgun position. The exceptions to QB run are: The QB may run the ball once the seven yard defensive rusher(s) have crossed the line of scrimmage (as long as QB is inside the tackle box) [See C] or after the ball is put into play.

B. The QB may fake a handoff and roll out on a bootleg, but the QB cannot run out of the fake handoff-bootleg, he can either hand it off, pitch or pass the ball. If the QB sets to pass and does not, it will result in either a sack (if flag is pulled) or a dead ball (if grounded or thrown out of bounds).

C. If a QB rolls out and attempts to throw the ball and a 7yd defender crosses the line he may run the ball, but only when the attempt to throw is inside the imaginary tackle box. Once the QB runs outside the tackle box he can no longer run and must pass the ball, even if the 7 yard defender crosses the line.

D. Pocket passing- The QB can run the ball once the 7 yd defenders cross the line of scrimmage.

E. QB may do a sprint out, but can only pass out of the sprint out.

13. NO RUN ZONE

A. No run should take place in the No Run zone, (toss, hand off, pitch, lateral, shuffle, etc. are all prohibited)

B. Pass must be a forward pass. The pass can take place behind the line of scrimmage, but must take place at least 1 yard outside the tackle box.

6/7 FLAG ONLY

C. Defense may not rush at any time in the NO RUN zone. QB has 10 seconds to throw the ball. IF ball is not thrown in 10 seconds, the play will result in a dead ball, (turnover if on 4th down). No penalty shall take place if ball is not thrown in 10 seconds.

8/9 Flag & 10-12 Flag

C. Defense in the No Run Zone- There may be a max of 1 rusher in the No Run Zone, rusher must come from seven yards deep. There is No time Limit to throw – Defense has the option to rush.

13. (Continued) if a run takes place in the no run zone, it will not be penalized by yardage but by the loss of the attempted down. If it is 4th down or conversion attempt, it will result in turnover on downs.
14. **STARTING PERIODS**
A. Each half shall start with the ball put in play on the offensive team's **5 yard line**.
B. The game officials shall toss a coin in the presence of the two field captains. The winner of the toss shall choose one of the following options: 1) To play defense, 2) To play offense, or 3) To defend either goal line. The losing captain of the toss shall make a choice from the remaining options. These privileges shall be reversed at the start of the second half.
The teams will exchange goals at the start of the 2nd half.
15. **OFFICIAL GAME CLOCK**
Each game will consist of a 40 minute running clock. (2- 20 minute halves)

A. The clock will run continuously except for the **last minute of each half** and for timeouts, injuries, and scores. It will stop simultaneously for punts and start back once the ball is spotted. In the last minute, the clock will run as in regular football. (All clock rules will stay the same) they will not adjust according to the new AHSAA rule.
16. **MUFF-FUMBLE**
A. Anytime a fumble touches the ground, the ball is dead.
B. Muff is the unsuccessful attempt to gain possession. A muffed is dead when it hits the ground.
17. **SUBSTITUTIONS**
A. A legal substitution is the replacement of a player or player vacancy by an eligible substitute.
B. Incoming substitutions and replaced players must observe the following restrictions:
1. No incoming substitute and replaced player shall be on the field simultaneously while the ball is in play.
2. A player who leaves the field between downs shall not return until the end of succeeding play.
NOTE: ALL PLAYERS MUST PLAY AT LEAST HALF THE PLAYS IN A GAME, EITHER OFFENSE OR DEFENSE. There is No penalty on players playing a full game (offense & defense), but all players must play at least half the game.
18. **SCRIMMAGE**
A. All plays from scrimmage must be started with the ball in contact with the back of the center or with the QB in the shotgun position and the QB making the call Down, Set and/or Hut. The play may start on either Down, Set or Hut in sequence. No silent counts. The center may do an angle toss from the shotgun position to snap the ball in the 6 & 7 age group. *Must snap between the legs in 8/9 and 10-12
B. Each team will play **nine** players on the field for 6/7. 8 for 8/9 and 7 for 10-12
C. **6/7 Flag** There must be 5 players on the line of scrimmage until the ball is snapped. Exception to this rule: If the number of participants drop due to lack of players, the number on the line will decrease. IE. 8 on 8, there must be on 4 on the line, etc. **8/9** There must be 4 on the line, **10-12** there must be 4 on the line. . Players not assigned to the line must be at least one yard behind their line of scrimmage with the exception of one player who may be less than one yard behind the line, if he is directly behind the center.
D. The quarterback may not do a direct run when snapping the ball from the back of the center or out of the shotgun position.
E. No player, of either team, shall encroach upon the neutral zone after it has been established.
F. No players shall interlock their legs.
G. No offensive player shall make a false start, including a false movement or variation in signals

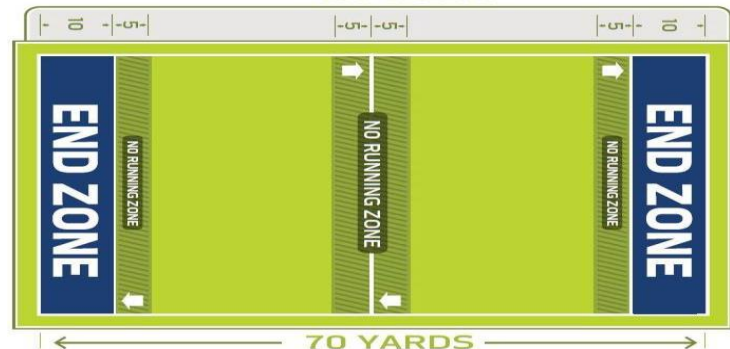
to cause opponents to encroach.

H. When the ball is put into play, one offensive player may be in motion.

I. No player of the offensive team shall assume a position near the sidelines which in any manner resembles a sleeper play (*5 yard penalty*).

J. Field length will be 70 yards. There will be a **no run zone** 5 yards away from the mid field mark, and 5 yards away from the endzone. If the offensive team is penalized while in the 5 yard no run zone, the no run zone still stands. Only forward passes may take place in the no run zone (See Rule #13).

K. All players are eligible receivers.



19. DOWNS

A. A down is a unit of the game which starts with the QB putting the ball into play, and ends when the ball becomes dead. Between downs is any period when the ball is dead.

B. The offensive team takes possession of the ball at its 5 – yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has (4) downs to score a touchdown.

C. If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on the 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.

D. If the offense fails to score, after crossing midfield, the ball changes possession and the new offensive team starts its drive on its own 5- yard line.

20. SAFETY

A. In the event of a safety, the ball will be placed on the ten yard line of the defending team where they will gain possession of the ball. 2 points will be awarded.

21. BACKWARD PASS

A. A ball carrier may hand or pass backwards at any time.

B. A backward pass or fumble may be intercepted by an opponent before the ball hits the ground and can be advanced.

C. When a backward pass or fumble hits the ground in bounds, or out of bounds, between the goal lines, it becomes dead and belongs to the team in last possession. EXCEPTION: FOURTH DOWN

D. If a backward pass or fumble hits the ground in the end zone, it shall be ruled as a safety.

22. FORWARD PASS

A. The team putting the ball in play by scrimmage is entitled to throw a pass beyond the line of scrimmage, providing the pass is thrown from a point behind the scrimmage line.

B. All players are eligible pass receivers.

C. An eligible pass receiver who leaves the field of play loses his eligibility. If the defense blocks or pushes the receiver out of bounds, he retains his eligibility.

D. If a legal forward pass is caught simultaneously by eligible receivers of opposing teams, the ball becomes dead and belongs to the team which put the ball in play. EXCEPTION: If such play was fourth down and the line-to-gain was not reached.

E. Defensive pass interference occurs when a receiver is contacted before he touches the ball or is de-flagged before touching the ball, unless the defender is playing the ball. If the receiver makes the catch, the receiving team has the option of taking the ball where the receiver caught the pass, or taking a 10 yard penalty from the previous spot and an automatic first down.

F. Offensive pass interference is screening of defenders by offensive players or illegal contact before the pass has been touched. The defensive team may take the ball where they intercept or penalize the offensive team, 10 yards and a loss of down, from the previous spot.

23. MISCELLANEOUS
- A. A three or four point stance will be allowed; therefore, the line will be moved back one yard.
 - B. The offense shall have **40 seconds** to put the ball in play after the ready for play signal to start the next play.
 - C. If the defensive player unnecessarily knocks the ball carrier down and in the opinion of the referee, the ball carrier would have scored a touchdown, then the ball carrier will be awarded a touchdown.
 - D. Extra point attempts for 6/7 & 8/9: One point attempts will be from the 2 and 1/2 yard line. Two point attempts will be from the 5 yard line. No Run Zone Rules Apply
*Age 10-12 attempts will be from the 5 yard line will be 1 point and attempts from 10 will be 2.No Run Zone Rules Apply
 - E. All ties will stand.

24. PUNTS
- When a team decides to punt, the ball will be placed at the defending team's five yard line. There are no fakes.

25. PENALTIES
- A. Major distance (10 yards)
 - 1. Unsportsmanlike conduct
 - 2. Personal foul
 - 3. Pass interference
 - 4. Illegal use of hands
 - 5. Illegal participation
 - 6. Clipping
 - 7. Tripping
 - B. Minor distance (5 yards)
 - 1. Delay of game
 - 2. Offside
 - 3. Illegal motion
 - 4. Illegal substitution
 - 5. Illegal forward pass by offense (loss of down)
 - 6. Illegal shift
 - 7. Illegally handing ball forward
 - 8. Illegal formation
 - Less than 5 people on line of scrimmage (6/7s) (Less than 4 people on the line in 8&9s & 10-12s)

26. OVERTIME
- A. There will be a total of 2 overtime periods.
 - B. Each team will have the ball on the 5-yard line. 10-12 Flag only will start at the 10 yard line They will be given four downs to try to score. If a team scores in the first overtime period, they can try either of the extra point opportunities. If both teams score the same amount of points in the first overtime a second overtime period will be played. Either team scoring a touchdown during the second overtime must attempt a two point conversion.
 - C. **Regular Season only:** If the score is tied after the second overtime, the game is declared a tie.
 - D. Overtime- NO RUN ZONE rules apply.

27. COACHES REGULATIONS
- A. A. Two coaches are allowed on the field to set the offense or defense but each coach must be backed off of the field and out of play prior to the snap of the ball. The coach is only on the field to call plays for his team. At no point shall he address an official or anyone else. Once the team breaks the huddle, the coach is to return to the sideline. If the referee rules that the coach did not leave the field prior to the snap of the ball then the opposing coach shall have the choice of accepting the play or taking a 5 yard delay of game penalty. No penalty shall be called if the coach is within 5 yards of the sideline and moving in the direction of the sideline. Exception: Teams may have one coach on the field through the duration of the play for the first two games of the season. 6/7 Flag only – May have 2 coaches on the field through first two games.

28. IF RULES ARE NOT LISTED ON THIS SHEET, HIGH SCHOOL FOOTBALL RULES WILL BE USED WHERE APPLICABLE. MOUThPIECES ARE REQuIRED!!! PLAYERS CANNOT PARTICIPATE WITHOUT MOUTHPIECE