

**Here's a list of basic flag football rules:**

- Teams will hit 2 no Run Zone areas – 1 - before crossing mid-field and 1 - 5 yards before the end zone.
- All passes must be forward , passes in the No-Run Zone must be at least 1 yard outside the tackle box.
- Direct handoffs, pitches or laterals are allowed.
- The quarterback has seven-second pass clock to get rid of the ball.
- The quarterback can't run with the ball unless it was handed off first.
- Offensive players may screen block with arms crossed at chest, behind back, or crossed at waist.
- Defensive players cannot run over a offensive player, must make an attempt to get around.
- Any defensive player lined up seven yards off the line of scrimmage is eligible to rush. Only 1 rusher is allowed.
- If the ball is handed off, any defender may rush
- Interceptions are returnable (even on extra point attempts)
- The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground