



Spectators Guide to Flag Football



Key Words:

Offence/Defense –team with possession of the ball/the opposing team

Dead Ball/Live Ball –period time immediately before or after the play/period of time the ball is in play.

Downs (1,2,3,4) – The offence has 4 attempts or “downs” to advance the ball.

No Run Zone – Areas on the field where the ball can only be passed.

Shielding – An act ball the ball carrier to prevent a defender from pulling their flags.

The Game:

Start of a Game: The match begins with the flip of a coin between the captains from each team. The winner of the coin flip determines first possession & may choose offense, defense or end of field to defend. The winner may defer it's choice to the second half.

- The game shall consist of two 20-minute halves (running time) until the last minute of each half at which the clock will stop all dead ball whistles.

Start of Play:

- All possessions, except an interception, start at the offensive teams' 5 yard line.
- The offense has four (4) plays to cross the mid-field.
- Once they cross the mid-field, they have four (4) additional plays to score.
- If the offence fails to cross the mid-line or score a touch down in the prescribed number of plays the opposite team starts on their 5-yard line.

During Play:

- The ball carrier may not spin, dive, hurdle, stiff arm, or use either arm to shield a defender from grasping his/her flag.
- The ball is marked at the spot where the position of the ball is when the payer is declared down (carrier's flag belt is pulled or hand/knee touches the ground.)
- No fumbles, no run back on interception and no contact between players

Scoring:

- **Touch Down:** Six Points, **Extra Point:** One Point from the 5-yard line or 2 points from the 10-yard line or **Safety:** Two Points

Overtime:

- Coin Toss – determines first possession
- Each team receives 2 plays from midfield – the team gaining the most points or gaining a yardage advantage is award one extra point and wins the games
- Exception to the rule: Interception – the team that intercepts the pass automatically wins the game. (there are no run backs on Interceptions)
- If both teams are still tied at the end of the overtime, then this procedure is continued until a winner is determined.