

2023



East Point Flag Football League

■ RULE BOOK ■

AGE CONTROL DATE: JAN 1ST 2023

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GAME

- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
 - The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss chooses which direction it will defend. There is no option to defer to 2nd half.
 - 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 three (3) downs to score a touchdown.
 - If the offensive team fails to cross midfield, on 3 downs, and elects to "punt" on 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 midfield, the opposing team will start its possession from the spot.
 - If the offense fails to score, after crossing midfield the ball changes possession and the new offensive team starts at its 5-yard line
 - Teams change sides after the first half. Possession changes to the team that started the game on defense.
- ★ **Coach on field:**
- 4U - 2 Coaches
 - 6U – 1 Coach
 - 8U – 1 Coach (until week 4)
 - 10U & Middle School – No coach on the field
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SCORING

- Touchdown: 6 points; Safety: 2 points
- Extra point: 1 point (from 5-yard line) OR 2 points (from 10-yard line)
- Interceptions returned for scores during regular game play are worth 6 points, conversions or overtime are worth 2 points.
- Overtime winner: Add 1 or 2 points to winning team's score which is determined on their FINAL position and if they scored from 5 or 10-yard line.
- Once a team scores to a 28 or greater point margin, the game is over, and team does not attempt an extra point. (i.e., 35-7)

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LIVE BALL / DEAD BALL

- The ball must be snapped between the legs to start play (Shotgun or under Center).
 - Substitutions may be made on any dead ball. You must always substitute from the same side of the field.
 - Team must have a maximum of five (5) players on the field at a time.
 - The play is ruled “dead” when:
 - Ball-carrier’s flag is pulled
 - Ball-carrier steps out of bounds
 - Incomplete pass
 - Ball hits the ground
 - Touchdown, PAT or safety is scored
 - Ball-carrier’s knee hits the ground
 - Ball-carrier’s flag falls out (ball is spotted where the flag is on the ground)
 - Receiver has one (1) or no flags when catching the ball (ball is spotted where the receiver caught the ball)
 - Any player who starts a play without a flag is down where he or she touches the ball.
 - There are no fumbles. Ball is spotted where the ball-carrier’s feet were at the time of the fumble.
 - In the case of an inadvertent whistle, the offense will take the ball where it was when the whistle blew down or the original line of scrimmage.
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TIMING

- Middle School – 44 minutes running time (22 minutes each half)
 - 10U & 12U – 40 minutes running time (20 minutes each half)
 - 6U & 8U – 36 minutes running time (18 minutes each half)
 - 4U - 30 minutes running game time (15 minutes each half).
 - Regulation clock the last 2 minutes of the game.(Defensive penalty=dead ball)
 - Halftime is 2 minutes long (Teams changes sides of the field)
 - Timeouts: 3 per game (30 secs)
 - Each time the ball is spotted, a team has 30 seconds to snap the ball.
 - Officials can stop the clock at their discretion. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play.
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RUNNING

- The QB cannot run beyond the line of scrimmage with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Teams may perform multiple handoffs as long as they remain behind the LOS.
- The player who receives the handoff can throw the ball as long as he or she remains behind the line of scrimmage.
- Absolutely NO pitches or laterals of any kind
- The ball is spotted where the runner has the ball when the flag is pulled.
- Center sneak play is not allowed. The QB may not handoff the ball to the center on the first handoff of the play.
- “No Run Zones” are located 5 yards before midfield and the goal line in each offensive direction for all divisions.
- If the ball is spotted on or inside the “No Run Zone,” the offense MUST use a pass play to achieve a touchdown.
- No diving or hurdling

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PASSING

- All passes must be forward and must be received beyond the line of scrimmage (LOS). Only one (1) forward pass per play.
- Absolutely NO screen passes of any kind are allowed behind the LOS nor laterals or pitches beyond the LOS.
- Shovel passes are allowed but must be received beyond the LOS.
- If the QB's flag is pulled before the ball leaves his or her hand, the play is ruled dead and the ball is spotted where the QB's feet are at the time of the flag pull.
- If a pass is tipped/ blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass.
- The QB may throw the ball to avoid a sack. Pass must go beyond the LOS.

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RUSHING THE PASSER

- **4U & 6U ONLY**: Players are not allowed to rush the quarterback. They may rush behind the line of scrimmage only after a handoff; players must be at least 5 yards from the line of scrimmage. The QB has only 7 seconds to pass or hand the ball off.
- Players that rush the passer must be 7 yards from the line of scrimmage when the ball is snapped. Before each play, an official will mark off 7 yards from the LOS.
- The rusher has a clear path to the passer and any interference by the offense to impede his or her path will be considered screening.
- If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff or passed ball.
- Players not rushing the passer may defend on the line of scrimmage but may not enter the backfield unless the ball is handed off.
- Players rushing the passer may attempt to block the pass, however NO contact can be made with the QB in any way.
- *A legal flag pull takes place when the ball carrier is in full possession of the ball. A defensive player may not pull the flags off a player who does not have possession of the ball. Defenders can dive to pull a ball carriers flag, but cannot hold, tackle or run through the ball carrier when attempting to pull their flags. It is illegal to attempt to strip or pull the ball from the ball carrier. Flag guarding is the attempt by the ball-carrier to obstruct the defender access to the flags by stiff arming, dropping the hand, arm, shoulder or head or intentionally covering the flags with the football or jersey. Flag guarding is NOT allowed.*

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OVERTIME

- Overtime winner is determined by whichever team scores more points within a single overtime period. Winner of the coin toss chooses offense or defense first. **There are no timeouts in overtime.**
- Each team takes turns getting one (1) play from the defense's 5 yard line for one point or defense's 10 yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one or two-point play of its own.
- Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line.
- Starting with the 3rd overtime, each team will get 1 play from the 5 yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
- Final points earned by winning team, in the FINAL overtime, will be added onto the winning team's total score. The losing team will not earn any additional points.
- Interceptions are returnable in overtime and worth 2 points.

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EQUIPMENT

- All players **MUST** wear mouth guards at all times while on the field.
 - All flag belts must be NFL Flag belts and cannot be the same/similar color as the uniform shorts or pants.
 - All game balls must be NFL Flag footballs.
 - Player jerseys must be tucked in at all times or the flag must lay on top of the jersey.
 - Shorts with pockets are not permitted.
 - Players must remove all jewelry.
 - All players must wear shoes. Cleats are allowed. However, cleats with exposed metal are not permitted.
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RECEIVING

- All players are eligible to receive a pass (including the QB if the ball has been handed off behind the LOS).
- Only one (1) player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.
- Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead.
- Once the ball is advanced beyond the LOS, the remaining offensive players cannot impede the defense from attempting to pull the offensive player's flag. (No screening or blocking; no running next to the ball-carrier)

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FOULS / PENALTIES

- The referee will call all penalties, all penalties will be assessed from the line of scrimmage, except for SPOT FOULS.
- Referees determine incidental contact that may result from normal run of play. This is considered a judgement call.
- Players cannot question judgement calls. Only the team captain or the head coach may ask the referee questions about rule clarification and rule interpretations.
- Games or halves cannot end on a defensive penalty unless the offense declines.
- If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal.
- Loss of down means that down is consumed.

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Defensive Spot Fouls

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| Defensive Pass interference | Automatic 1 st Down |
| Holding | 5 yards from the spot Automatic 1 st Down |
| Stripping | 10 yards from the spot Automatic 1 st Down |

Defensive Penalties

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|---------------------------------|---|
| Offside/Illegal Sub | 5 yards Automatic 1 st Down |
| Illegal rush | 5 yards Automatic 1 st Down |
| Illegal flag pull | 5 yards Automatic 1 st Down |
| Roughing the passer | 5 yards Automatic 1 st Down |
| Unsportsmanlike conduct | 10 yards Automatic 1 st Down |
| Defensive unnecessary roughness | 10 yards Automatic 1 st Down |

Offensive spot fouls

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|---------------------------------|------------------------------------|
| Screening, blocking, charging | 5 yards from the spot Loss of Down |
| Flag guarding | 5 yards from the spot Loss of Down |
| Offensive unnecessary roughness | 5 yards from the spot Loss of Down |

Offensive

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|-----------------------------|---------------------------------|
| Offside / false start | Dead ball, 5 yards, Replay Down |
| Illegal forward pass | 5 yards from LOS, Loss of Down |
| Offensive pass interference | 5 yards from LOS, Loss of Down |
| Illegal motion | 5 yards from LOS, Loss of Down |
| Delay of game | 5 yards from LOS, Loss of Down |
| Impeding the rusher | 5 yards from LOS, Loss of Down |
| Illegal Procedure | 5 yards from LOS, Loss of Down |
| Unsportsmanlike conduct | 10 yards from LOS, Loss of Down |

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4U Division

- ★ Game Time - 30 minutes running game time (15 minutes each half).
- ★ No Run' zones are eliminated. Teams may run the ball anywhere on the field.
- ★ Snaps MUST be under center.
- ★ If the ball falls to or touches the ground during the initial center to quarterback exchange, the play is ruled a 'Do Over' with no loss of down, once per down. On a second consecutive occurrence, the down is consumed.
- ★ NO BLOCKING ALLOWED
- ★ Defenders must be at least 5 yards from the line of scrimmage.
- ★ The QB has only 7 seconds to pass or hand the ball off.
- ★ 2 timeouts per game
- ★ 2 coaches on the field