



# FLAG FOOTBALL PLAYING RULES

The following rules are derived from the National Adult Flag Football Association (NAFFA). Certain rules have been modified by GO Sports Unlimited and are listed below:

## GAME

1. The game will consist of two (2) 22 minute halves with the clock running except for the last two minutes of each half. The clock will stop on all timeouts.
2. There are (2) timeouts per half.
3. There is a :25 second play clock.
4. During the regular season, the clock will not stop in the first half except for timeouts and 2:00 min warning. Teams intentionally wasting clock will be penalized and clock will start on the snap at referee's discretion.
5. For playoffs, games tied after regulation will result in an Overtime period. Each team will get one (1) series from the opponent's 20 yard line to attempt to score a TD. If the game is tied after the first OT, additional OT periods will be played, and teams that score a TD must attempt at least a 2 point extra try.
6. Mercy Rule: 35 points anytime in the second half after the losing team has had one series. If in the second half at the 2:00 minute warning a team is in the lead by 25 points, the game will end.

## FIELD

1. The field of play will be approx. 38 yards wide by 80 yards long with 10 yard end zones.
2. The field dimensions may change slightly based on the available space to play at a field or park.

## PLAYERS

1. 8 players constitute a co-ed team. 6 players are required to start a game (at least 2 females).
2. No More than 5 males can be on the field at any time.
3. During the regular season teams may "pick up" players to avoid playing short handed; however a minimum of 6 players must be rostered players. Pick ups must be current participants of GO Sports Unlimited.

## EQUIPMENT

1. No jewelry may be worn on the field.
2. No pants or shorts with pockets are allowed.
3. No hard billed hats are allowed.
4. Each player must wear shoes that cover the entire foot.
5. NO metal cleats – screw in cleats are allowed but wearing metal cleats will result in an ejection.
6. Each team must provide it's own football. Footballs should be standard size. There are no requirements regarding ball pressure. The referees will be the sole judge of a legal ball.
7. Each player must wear a one-piece TRIPLE THREAT belt without any knots at the waistline with three (3) flags attached.

## GENERAL

1. There are no kickoffs – teams start at their 14 yard line.
2. All defensive pass interference penalties are at the spot or 10 yards (whichever is greater).
3. Teams may accept a penalty, but decline the yardage.
4. Players ejected from a game must sit out the remainder of that game plus at least ONE additional game. At the discretion of the League Director, ejected players may be removed from league play.
5. **FORFEITS:** GO Sports Unlimited reserves the right to remove teams from playoffs that have forfeited 2 or more regular season games. Teams with a forfeit on their record will automatically drop to the bottom of any tie breakers.



## CO-ED AND SPECIAL RULES

1. A male may not advance the ball past the line of scrimmage in the first 20 mins of each half. Penalty for Illegal Advancement is 5 yards and loss of down (LOD).
2. A NO Run Zone will be enforced from the 3 yrd line. Players may not run past the line if the play begins at or inside the 3 yard line. Penalty is 5 yards and LOD.
3. **A female must be an operative player at least every 3<sup>rd</sup> play.** Penalty is LOD from previous spot.
4. An operative player can be: an intended receiver, primary runner who gains yards past the line of scrimmage (LOS), a QB who passes the ball past the LOS.
5. An operative player is NOT a player who hands the ball off or receives a handoff and fails to advance the ball past the LOS
6. On a "closed" play where a female must be an operative player, a male player may pass to another male player and it be legal if a female then receives a direct pitch. If the pitch is not caught, then it is ruled an incomplete pass and the ball returns to the previous spot.
7. Any player can receive the snap as long as they are 2 yards behind the LOS.
8. The last two (2) mins of each half are open and there are no co-ed restrictions.
9. Special Rule: After scoring, the scoring team can elect to give the opposing team the ball at the 20 yard line instead of the 14 yard line in order to keep the opponent from using up the clock. Once this is done, the scoring team must give their opponents the ball at the 20 yard line until the end of the game.

## DEFINITIONS

1. Series of Downs – a team shall have 4 downs to advance to the next zone line to gain.
2. Punts – All punts must be declared and cannot be faked. Receiving team cannot attempt to block punts.
3. Minimum Line Players – The offensive team must have at least one (1) player on the LOS.
4. Restraining Line – The restraining line for the defensive team is one (1) yard for the rush.
5. Spot of the Ball – The farthest point of the ball will dictate where the ball is spotted for the next play. The point of the ball must cross the plane of the endzone to be a Touchdown.
6. Scoring: Touchdowns are worth 6 points, safeties are worth 2 points. A female touchdown by run, pass or catch is worth 9 points.
7. Extra Point Try: Running or passing from the 3 yard line = 1 point. 10 yard line = 2 points, 20 yard line = 3 points. A successful run, pass or catch by a female is worth 2 points from the 3 yard line, and worth 3 points from the 10 or 20 yard line.
8. Blocking: Teammates of a runner or passer may use screen blocking, but shall not used interlocking arms. Screens must take place without contact. Any use of arms, legs, or elbows during a screen may result in a penalty. Downfield screen blocking is allowed.