



Parks & Recreation

Tega Cay 13U Flag Football Rules

Game Set Up

- Games will be played on a 50 x 40 field with 5-yard end zones. There are designated no run zones located 5-yards in front of midfield and 5-yards in front of the endzone.
- Games are two (2) 27-minute halves with a 3-minute half time. Game clock is running clock for entire game.
- Play Clock: The offense has 35 seconds to run a play once the ball has been spotted by the referee.
- All teams must use a Youth size football.
- Each team gets (2) 30-second Timeouts per half.
- All players must play at least one half.
- The home team is responsible for a scorekeeper.
- Games can end in ties.

Player Attire

- Mouthpieces are optional
- All jerseys must be tucked in
- No metal cleats are allowed.
- Casts must be padded and inspected by the coach and officials before the player is allowed to play.
- Flag belts must be worn while on the field of play. Belts must be secured around the waist and cannot be altered, modified, or damaged.

Players and Coaches on The Field

- Each team will play 6 v. 6. A team may start a game with 5 players; the opposing team must drop down to 5 players as well.
- There will be one lineman (the Center). Centers must snap the ball (centers may use traditional snap or side snap) but are still eligible receivers. The other five players will be a combination of quarterback, running backs and receivers. A minimum of three offensive players must be on the line of scrimmage (LOS) prior to the snap.
- No coaches will be allowed on the field during play.
- There will be a (2) referees on the field. They are responsible for calling penalties, spotting the ball, keeping time and score.
- Any participants, coaches and/or spectators that get ejected from a game, regardless of reason, will serve a one (1) game suspension. Depending on the circumstances for which they were ejected it may require a meeting with the league director and/or a longer suspension.

Rules of the Game - Offense

- All players are eligible for passes.
- Quarterbacks are not allowed to run after receiving the snaps. The QB can become a receiver or ball carrier after handing the ball off to another player. The Quarterback is designated as the first player to receive the snap from the Center.
- The Quarterback may pick up a fumbled snap and continue the play. However, if any player fumbles the ball after a handoff or reception the ball will be marked down at the spot of the fumble.
- Quarterbacks have 6 seconds to throw the ball. If they do not get rid of the ball within 6 seconds, it will be a loss of down and the ball placed at the original LOS. (Sidelines may not count out the 6 seconds).
- Quarterbacks must keep both feet behind the LOS when attempting a pass. Passes do not need to cross the LOS.
- Receivers must have at least 1 foot in bounds for it to be a completed pass.
- If an offensive player's flag belt is to fall off, or has less than 3 flags, prior to receiving a handoff or pass; the player is down at the spot of possession.
- If an offensive player's flag belt comes off after gaining possession of the ball he is considered down at the spot, even if no defender is nearby.
- Only (1) one player can be in motion at a time. A "shift" with multiple players moving is allowed if all players are re-set before the snap.
- Teams have (4) four downs to cross mid-field. Crossing mid-field will result in a first down. Teams then have (4) four downs passed the mid-field line to score a touchdown. (Failure to get a first down or score will result in a turnover).
- Once a team crosses mid-field or gains possession past mid-field, the "No Run" rule will not be enforced if a penalty or a negative play pushes them behind mid-field into the "No Run Zone".
- The offensive team may punt. A punt will result in a change of possession and the ball placed on the other team's 5-yard line.
- "Trucking" or a ball carrier running into/over a defensive player is not allowed. A ball carrier must make an attempt to avoid contact with any defensive player in an established position. Trucking will result in a verbal warning for the entire team. If an official deems the "trucking" to be intentional, that player may be subject to ejection from the game.
- **Blocking is not allowed.** Offensive players may use their body to screen a defender with their arms directly at their sides. Offensive players, with any part of their body, cannot initiate contact with a defensive player or it will be considered blocking and result in a penalty.
- In the "No Run Zone" a backwards pass is a lateral and scored as a running play. If a team laterals the ball, they must throw it forward before advancing beyond the line of scrimmage. Once the ball is lateraled the defense is free to cross the line also.

Rules of the Game – Defense

- The defense cannot rush the Quarterback. Defensive players can cross the LOS once the ball has been handed off or a pass is thrown by the Quarterback.
- Defenders must only attempt to pull an offensive player's flag in order to get them down.
- If a defender grabs an offensive player's jersey or shorts, they must release prior to pulling the flag. Failure to do so will result in defensive holding.

- Attempting to strip or pull the ball out of a ball carrier's possession is illegal. This will be flagged as illegal contact.
- Jamming a receiver at the LOS is not allowed.
- Tackling is not allowed. Tackling will result in a verbal warning for the entire team. If an official deems a tackle was made intentionally, that player may be subject to ejection from the game.

Scoring

- Touchdowns will result in 6 points.
- After a score, teams will have the opportunity to attempt a 1 or 2-point conversion. The 1-point conversion will take place from the 5-yard line and the 2-point conversion will take place at the 7-yard line.
- Interceptions by the defense can be returned for the point amount the offense was attempting to score. Points will be rewarded to the defense if the offense commits a penalty that hinders the return of an interception during an extra point play.
- Safeties will result in 2 points for the defensive team along with possession of the ball on their own 5-yard line.
- Following a touchdown there will be no kickoffs. The ball will be placed on the opposing team's 5-yard line.

Penalties

Offensive Penalties – 5 Yards from Line of Scrimmage

- False Start
- Offsides
- Delay of Game
- Too many players on the Field
- Illegal Formation (Less than 3 players on the LOS)

Offensive Penalties – 5 Yards from Line of Scrimmage & Loss of Down

- Run play in designated No-Run Zone
- Offensive Pass Interference
- Unsportsmanlike Conduct
- Quarterback Crossing Line of Scrimmage

Offensive Penalties - 5 Yards from Spot of Foul & Loss of Down

- Flag Guarding
- Illegal Contact (Blocking, Trucking, Stiff Arm)

Defensive Penalties – 5 Yards from Line of Scrimmage

- Too Many Players on the Field
- Offsides

Defensive Penalties – 5 Yards from Line of Scrimmage & Automatic 1st Down

- Rushing the Quarterback
- Defensive Pass Interference
- Unsportsmanlike Conduct

Defensive Penalties – 5 Yards from Spot of Foul & Automatic 1st Down

- Illegal Contact (Tackling, Tripping, Holding)