

**FOOTHILL INTERMEDIATE SCHOOLS ATHLETIC LEAGUE
FLAG FOOTBALL RULES**

1. Number of Players: 9 offense, 9 defense
2. Playing Area: If possible, the field should be 100 yards and divided into 10 yard end zones and four 20-yard sections. It should be 40 yards wide. No hash marks are necessary since all plays start in the middle of the field.
3. Equipment: Intermediate size ball - offensive team may use their own ball. Two flags per player. Flags must be a minimum 14 ½ inches in length and be Velcro type releases. Each team should have jerseys or other distinguishing markings. No jewelry and no shorts with pockets. Rubber soled shoes must be worn; NO steel cleats of any type allowed. No hard-surfaced padding of any type is allowed. A down marker and some type of goal line markers are required. **Mouthpieces are required.**
5. Substitutions: Subs may enter any time the ball is dead as long as it does not delay the game.
6. Time Outs: Two per half, one minute each. They can't be carried over from the first half to the second half.
7. Sidelines: Coaches must control sidelines (players/parents) or get flagged by the referee.
8. Quarters: Four quarters, 12 plays each quarter. 30 seconds to execute the play once the ball is spotted. Extra points **do not** count as plays.
9. Scoring:

Touchdown:	6 pts.
Extra Point:	1 pt. from 3 yd. line
	2 pts. from 10 yd. line
Safety:	2 pts.

10. Overtime
- To determine choice of offense/defense there will be a flip of a coin. You start on the opponent's 20-yard line. You have 4 plays to score as many times as you can. Example: If you score on 2nd down, the ball goes back to the 20-yard line and you have 2 more plays which equals your 4 plays. Extra point does not count as a play. Any interception ends the offensive possession. All points and yards scored before the interception remain intact. Possession then goes to the intercepting team. They start 4 plays from the 20 yard line.
- Winner:
* Points First **Yards Second
11. Breakaway Rule
- 10 yards from the spot of the infraction
1st down – tackler out of the game for unsportsmanlike conduct. This includes deliberate actions, which means when you don't go for the flag.
12. Interior Linemen
- The 3 interior linemen will wear off color vests/uniforms. These 3 are ineligible receivers. These 3 must **clearly** be marked differently.
13. Defense
- Defense may not disrupt the offense signal calling by calling out the offense signals or any other verbal comments or movement into the neutral zone that causes offense to jump. (automatic 5-yard penalty).
14. Quarterback Contact
- The Defensive Rush may leave their feet to block a pass by the QB. No QB contact can be made (10 yard penalty).
15. Forward Pass
- You may have only one forward pass on each offensive play.

GENERAL PROVISIONS

1. The opportunity to acquire specified fundamental football skills shall be afforded to all players.
2. Safety is of prime concern of all contestants.
3. If there are four (4) or less plays left at the end of the game and the winning team has possession the game is officially over. (This rule is designed to prevent rough play from occurring.) This rule does not apply if the defensive team still has a chance to win.
4. All players who are suited up for a game should play in the game. Coaches are encouraged to use nine (9) players on offense and nine (9) different players on defense when possible.
5. All players should be aware that good sportsmanship is as important as winning or losing.
6. Poor sportsmanship, whether physical or verbal, shall be sufficient cause to be removed from the game and will be suspended from the next league contact. No trash talking of any kind. All cheering must be positive and for your own team only. 1st time heckling another team a warning will be given. 2nd time ejection from game/match/meet.
7. Crowd control, both adults and students can be critical. Coaches should do their best to discourage unruly behavior. The hosting school should have proper supervision and be responsible for parents/fans actions.

RULES

Flag football is played according to F.I.S.A.L. rules and Bylaws first then official C.I.F. football rules if necessary with the exception, **no tackling**. A ball carrier is considered down when the flag is pulled. Other exceptions to the official rules are:

OFFENSE

- **No three point stance.**
- There is down field blocking.
- There must be exactly five (5) people on the line and four (4) backs. The team must be set at least one (1) full second before the ball is snapped. The only exception would be a man in motion.
- Only four (4) backs and two (2) ends are eligible receivers.
- Ball is in play until a flag is pulled by the defense or accidentally dropped by the ball carrier or blown dead by the official's whistle.
- Ball will be placed where the ball is, not the flag
- Whenever the ball is fumbled during a running or passing play the ball is dead when it hits the ground and play stops.

- An offensive blocker is not allowed to leave his feet while blocking. Only open hands will be used at all times away from the body. No crab roll or cross blocks are allowed. Ten (10) yard penalty. All blocking will take place between the shoulders and the waste. May not grab defensive jersey.
- The ball carrier may spin as many times as necessary to avoid having his flag pulled. He may not jump and spin. In this case, the ball is dead at the point of the illegal jump to avoid flag being pulled.
- Every player must be in the huddle in order to participate in the play. (No sneak at sideline.)
- First downs are gained by advancing the football in four (4) downs or less across the closest yard line marker. A marker will be stationed at the twenty (20) yard line marker where a first down may be acquired.
- If the passer's arm is in a forward motion when his flag is pulled, the pass is allowed.
- Quarterback cannot throw ball out of bounds to avoid his flag being pulled.
- Flag guarding: Down at point of infraction – No additional penalty
- If a pass receiver loses his flag by his own misfortune the ball is dead where the receiver catches the ball or the ball carrier loses his flag. (The ball cannot be advanced without two (2) flags.)
- The ball carrier must always attempt to evade the defensive player.
- If the referee accidentally blows his whistle, the offense has the option of taking the play from where it was at the time of the whistle, or having the play go over.

DEFENSE

- **No three point stance.**
- The defense may use any alignment they wish and are not restricted as to movement except when they cross or enter the neutral zone.
- The defense may not steal the football. If they do so the ball is dead where taken and the offense retains possession.
- The defense may not tackle or deliberately strike the ball carrier. (Ten 10-yard penalty.)
- If the receiver catches the ball without a flag the catch is good but cannot be advanced.
- All pass interference calls are at the point of infraction – 1st down (with a minimum of 10-yards from the original Line of Scrimmage).
- If a defensive player pulls the flag before the ball arrives it will be considered pass interference and a ten (10) yard penalty will be assessed unless the receiver catches the ball further than 10 yards down the field.
- The defense may use open hands. No closed fists. (Personal foul ten (10) yard penalty.)
- A safety is two (2) points and the ball spotted on the (50) fifty-yard line.
- A punt moves the ball two (2) lines.
- Direction of offense will change each quarter - not just the half.
- Punts count as plays, extra points **do not**.
- Penalties that require down played over **do not** count as one of the twelve (12) until the play is replayed.
- All penalties will be measured from the original line of scrimmage except pass interference. This will be a 10 yard penalty if the infraction is under 10 yards.
- It will be marked at the point of infraction if over 10 yards.
- Major penalties are ten (10) yards (i.e. holding, unsportsmanlike conduct, personal fouls, not avoiding the tackler, tackling, hurdling, defensive holding, etc.).
- Minor penalties are five (5) yards (i.e. offsides, illegal motion, illegal formation, not enough people on the line of scrimmage, etc.).

- If a ball carrier's flags are not on his/her side, the ball is dead where the official deems the infraction took place. All shirts/jerseys must be tucked in the shorts of all the players. If the shirt/jersey interferes with the pulling of the flag, the ball is dead at the infraction. Note: If the defense is pulling at the flags and happens to pull the ball carriers shirt out of his/her pants this is not an infraction on the ball carrier. The play continues until the flag is pulled. All shirts must be tucked in before play is started to avoid flag pulling problems.
- No heckling or trash talking at any time. Person/people will be removed immediately from the F.I.S.A.L. event.

Tournament Eligibility – Student/Athletes participating for schools must be on the roster from the beginning of the season in order to be considered a team member and to be eligible to participate in end-of-season tournaments, County or TOC's. Student/Athletes can not join the team with only one or two matches left in a season just to be able to move on to the county, TOC or end-of season tournaments. Student/athletes that move to a member school during the season may join a school team. (To be determined by each site) (Exceptions/appeals must be approved by the League Commissioner)