

## **Enterprise Flag Football**

### **Putting ball into play**

1. Schedule will determine first possession
2. The Offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross midfield, once a team crosses midfield it has 4 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5 yard line.
3. If the offensive team fails to cross midfield, opposing team starts their drive from its own 5 yard line
4. All possession changes start on the 5 yard line, except interceptions
5. Teams change sides after the first half (20 minute half)
6. Teams must field a minimum of 4 players and a maximum of 5 (we just want to make sure they play)
7. There are no kickoffs, blocking is allowed (can't extend arms) incidental contact is allowed (offense is allowed to run in front of the ball carrier)
8. Coaches will be allowed on the field during the game.

### **Timing**

1. Games consist of 2 twenty minute halves. Clock stops last 2 minutes of the games as long as the game is within 16 points during the second half
2. Each time the ball is spotted at the line of scrimmage the team has 30 seconds to snap the ball. (umpire decision) Teams will receive one warning before a delay of games penalty is enforced. (5 yard penalty loss of down) (2<sup>nd</sup> -3<sup>rd</sup> grade division will be allowed more time to get play off)
3. Each team has two timeouts per half
4. Officials can stop there clock at their discretion
5. Half time is 5 minutes, (go get a drink)

### **Scoring**

1. Touchdowns: 6 points
2. Extra Point: 1 point (for run) 2 points (for pass) teams do not need to clarify if they are running or passing – passes on extra points that are intercepted are not allowed to be returned
3. Safety: 2 points (flag pulled in end zone or a dropped snap)

### **Running**

1. The quarterback cannot run with the ball, unless it is pitched back to him or a pass to him
2. Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs
3. No running zones: there will be no running zones located 5 yards from the end zone or 5 yards from midfield.
4. The player who takes the handoff can throw the ball from behind the line of scrimmage, handoff must be handed off behind the line of scrimmage
5. Once the ball has been handed off, all defensive players are eligible to rush
6. Spinning is allowed
7. The ball is spotted where the ball carrier's flag is pulled

8. No flag guarding or straight arming

### **Receiving**

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage)
2. Only one player is allowed in motion at a time
3. A player must have a least one foot inbounds when making a reception

### **Passing**

1. Passes can be made backwards, but If it is incomplete the ball is dead at the spot of where it lands
2. The quarterback has seven second to pass (judgmental, refs usually will let Quarterback know they need to get rid of the ball).
3. Interceptions can be returned

### **Dead Balls**

1. The ball must be snapped either on the side or between the legs to start play
2. Substitutions may be made on any dead ball- incomplete pass or dropped snap, ETC
3. Play is ruled dead when
  - A. Ball carriers flag is pulled
  - B. Ball carrier steps out of bounds
  - C. Touchdowns or safety is scored
  - D. Ball carriers knee hits the ground
  - E. Ball carriers flag falls off
  - F. There are no fumbles, the ball is spotted where the ball hits the ground
  - G. Defensive player cannot strip the ball from the offense

### **Rushing the Quarterback**

1. All players who rush the passer must be a behind the designated area from the line of scrimmage. When the ball is snapped, one player can rush the quarterback (player doesn't have to be next to the rushing flag, can be close to the sideline, he just needs to be behind the marker). Players not rushing the quarterback may defend on the line of scrimmage. Rusher can leave early but as long as he doesn't cross the line of scrimmage there will be no penalty.
2. Once the ball is handed off, the designated rushing rule no longer is in effect and all the defenders may go behind the line of scrimmage.

### **Sportsmanship/Roughing**

1. If the field referee witnesses any acts of tackling, elbowing, cheap shots, extended arm blocking or pushing, or any other unsportsmanship act, the game will be stopped and the player will be warned or ejected from the game. Foul play will not be tolerated

2. Trash talking is illegal. Referee has the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators) If trash talk occurs, the referee will give one warning. If it is continuous, the player or players will be ejected from the game.

### **Penalties**

1. All penalties will be called by the referee not the coaches, players, or parents (coaches please help with your players, if you see something they are doing that should be flagged, let them know. we just want to teach them the game)
2. Referees determine the incidental contact, all penalties will be assessed from the line of scrimmage.
3. Only the coach may ask the referee questions about the rule clarification and interpretations. Players cannot question judgment calls. (this is just if things are out of control, for the most part things have been great)

### **Defense**

1. Offsides: 5 yard penalty, automatic first down
2. Pass Interference: 5 yard penalty, automatic first down
3. Illegal Contact: 5 yard penalty, automatic first down (holding, rough blocking)
4. Illegal Flag Pulling: 5 yard penalty, automatic first down (before receiver has the ball or if no one has the ball)
5. Illegal Rushing: 5 yard penalty, automatic first down (starting rush from inside 7 yard marker)

### **Offense**

1. Illegal Motion: 5 yard penalty and loss of down (false start, more than one person in motion)
2. Offensive Pass Interference: 5 yard penalty and loss of down
3. Flag Guarding: 5 yard penalty and loss of down
4. Delay of Game: 5 yard penalty and loss of down

### **Attire**

1. All Cleats are allowed, except metal spikes
2. Blue gold reversible jerseys to be worn
3. Shirts have to be tucked in

### **Additional Rules**

1. Players will NOT be allowed to block passes from the QB while attempting to throw, Must go after the flag only not the ball, can block the pass, no contact with quarterback
2. While a player has the ball, defense cannot strip the ball

