

Moore County Parks and Recreation
2022 Flag Football Rules
www.moorecountync.gov/parks-and-recreation

1. **Mouthpieces are mandatory for practice and games:** No player will be allowed to participate without one. Mouthpieces are available at the concession for \$1.00
2. **Playing Time:** Each Player is required to play a minimum of two series (a set of at least three plays) on defense and offense.
3. Game Times will be 6:00pm, 6:45pm & 7:30pm on Monday, Tuesday, and Thursday
4. **Defenders are not allowed to rush the quarterback: In 6-8, 9-10 & 11-12 league** if the ball is handed off or pitched, all players may cross the line of scrimmage to get the offensive players' flag.
Penalty: Automatic 1st down
5. **Scoring:**
 - Touchdown: 6 points
 - Safety: 2 points
 1. Fumble in the end zone – Defense receives the ball on its five-yard line
 2. Flag pulled or flag falls off – Defense receives the ball on its five-yard line
6. **Extra point after touchdown:**
 - 1 point: 5-yard line – Team must pass for extra point
 - 2 points: 12-yard line – Team may pass or run
7. Offensive players cannot “guard” or run beside the player running the ball deliberately shielding the defenders from the runner. Penalty: 10 yards from line of scrimmage and loss of down
8. If a player running the football falls to the ground: the play is dead, and football spotted where players' knees landed. If a player in possession of the ball - flag falls off without being pulled, the play is dead at the point where the flag fell off. If a receiver catches a pass with flag out; the catch is good, and the ball is dead where the catch was made.
9. **No Pitches or laterals in the 6-8 yr old league.** Penalty: Loss of Down
10. **9-10 & 11-12 League:** one pitch behind the line of scrimmage will be permitted.
11. **No Jewelry or beads in the hair**
12. One coach per team may be in their teams' huddle but must move back away from the players prior to the ball being snapped.
13. **Timing:** Games are played in two twenty (20) minute halves with a five (5) minute half time. No overtime will be played: if the game is tied, game ends in a tie.
Clock will be kept on the field. No score will be kept
14. **Players:** Teams play with five players

Basics

- The quarterback cannot run with the ball and has seven (7) seconds to throw the ball & must remain inside the six (6) area (tackle box)
- The player who takes the handoff can throw the ball as long as he/she is behind the line of scrimmage
- Spinning is allowed, but player cannot leave their feet
- No diving for flags
- All players are eligible to receive passes, including the QB after handing off the ball
- Only one player allowed in motion
- Cleats are allowed: **no metal cleats**
- Interceptions can be returned
- **No Blocking is allowed**
- The ball must be snapped between the legs to start play
- Substitutions may be made on any dead ball
- **All passes must be thrown from behind the line of scrimmage and received on the other side of the line of scrimmage. This includes shovel passes**

Game

- Visitors get first possession in the first half; home team gets possession in the second half
- The offensive team takes possession of the ball at its five (5) yard line and has three (3) plays to cross midfield to receive a first down, then has three (3) plays to score a touchdown. If the offensive team fails to score the other team will take possession on its five (5) yard line
- If the offensive team fails to cross midfield, possession changes and the opposition starts on its five (5) yard line
- Each time the ball is spotted the offensive team has 30 seconds to snap the football

Field Dimensions

- Playing field is 70 yards long x 30 yards wide
- Each End Zone is 10 yards deep
- Each half is 25 yards from end zone to midfield
- No Run Zones are located five (5) yards from each end zone and five (5) yards on either side of midfield (painted orange on game days).