



Flag Football Rules
Williston Parks and Recreation
774-9773

1. All players must be registered with Williston Parks and Recreation prior to playing.
2. The games will be played with a minimum of 5 members and no more than 7 members of each team on the field.
3. No player can sit for more than 3 consecutive plays. **(Remember this is about participation, learning, and fun)**
4. The game will consist of two 20 minute halves, with a running clock. The clock will stop on all time outs. The clock will stop on all dead balls the last minute of the game if the score is within 8 points. Half time will be 5 minutes long.
5. Each Team will receive 3 time outs per game.
6. There will be no kick offs or punts. The offensive team will always start with the ball on the 10 yard line. The offensive team will then have four plays to advance the ball past midfield. Once across midfield the teams will then have four plays to score a TD. If the offensive team does not move the ball past the required positions, the opposing team will take the ball over at the 10 yard line. **Interceptions are the only way the offence does not start on the 10 yard line. After an interception, the intercepting team takes over the ball wherever the play ended.**
7. A touchdown is worth 6 points. The team will then receive an opportunity to try to score from the five yard line for 1 point or the ten yard line for 2 points.
8. The ball must be snapped by a center to a quarterback between the center's legs.
9. All players are eligible to go out for a pass.
10. The quarterback may not run the ball. He can either hand it off or throw it. If he hands it off the player receiving the hand off can either run the ball or throw the ball.
11. **The quarterback has 10 seconds to get rid of the ball.**
12. The defense may not rush the quarterback.
13. If the ball is handed off the 10 second rule and the rushing the quarterback rule is no longer in effect.
14. A player is down when the player with the ball has his flag removed; his knee or butt touches the ground. The player is down where the flag is pulled! NOT where the ball is!
15. There is no diving / jumping
16. Spinning is allowed but no stiff arming
17. One player may be allowed to go in motion at a time.
18. There are no fumbles, once the ball touches the ground, the play is dead and the offensive team receives the ball at the spot of the fumble.
19. A player may screen, like in basketball
20. **No quarterback/center sneaks**
21. **Coaches have 30 seconds in the huddle. Anymore time will be a 5 yard penalty.**
22. **Shirts are required to be tucked in!**
23. **Absolutely no pushing players out of bounds.**
24. **Offsides will be a warning for the first offense. After the first offense, it will be a 3 step penalty. The referee will advance or step back 3 steps.**
25. **Blocking is permitted but absolutely no pushing or grabbing. If there is pushing or grabbing, the play is dead and it will cost a down.**
26. **If a player's flag comes off without any defenders touching it, the player may run until the defender touches the runner with one hand. (The play becomes one hand touch football).**