

NFL Flag Football Rules, Oakville Loyola 2025.5 One-way field differences:

- A) Starting possession will begin at the 45 yd line. [Note: defensive end zone is between the 50 and 55 yd lines. Mid-field is 25 yd line. **First NO RUN ZONE** is between the 30 and 25 yd lines. **Second NO RUN ZONE** is 5 yd line to goal line. Offensive end zone is 10 yds.]
- B) Safeties may be scored if QB or running back are flagged behind 50 yd line, fumble ball behind 50 yd line, ***or the center snap evades the QB and goes in the air past the dead ball line at the 55 yd line.** [Otherwise considered a muffed snap and brought to LOS]
- C) The ball will never start further back then the 45 yd line. [Muffed snaps, fumbled handoffs, offensive penalties – the ball will not be spotted further than the 45.]
- D) Interceptions are live and may be returned for a touchdown provided the player is able to return the ball to the 50 yd line. Otherwise the intercepting team will begin their offensive series the same yardage from the end zone – which means if the intercepting team was flagged at the 35 yd line, they were 15 yds from the 50 yd goal line and will start 1 and 10 from the 15. On **PAT** interceptions player must run to 50 yd line for 2 points.
- E) There is **NO PUNT** situation on fourth down. Teams will have 4 downs to make a first down by getting past the mid-field line [25 yd line] and then have 3 additional downs in the “offensive end of the field” to score. A team that does not make a first down within their first four plays shall turnover the ball to the opposing team, **WHICH WILL START ITS SERIES AT THE 45 yd line.**
- F) Teams are permitted to handoff the ball in ANY direction behind the LOS as well as lateral or pitch-out the ball. Once the ball crosses LOS no further exchanges of the ball are permitted. ****new exception: on last play of half and game team may run hook and ladder type play – only one lateral immediately after the catch – NO rugby style, multi-lateral plays downfield.**
- G) Unlimited run plays in every division. NOTE: no direct QB runs – must have ball exchange. **[NOTE: ball spotted where ball is when flag pulled]**
- H) In all divisions there will be a 7 yd rush and 7 second pass clock. {RUSHERS MUST DECLARE} [note: the 7 sec. pass clock is to be counted even when defensive team sends rushers. **Once the QB has handed off the ball or fakes a handoff, the 7 sec pass clock is no longer in effect.**] *Any number of players can rush the QB, but all must declare by raising one hand. Players that declare must make a minimum of a 3 step approach toward the LOS otherwise will be penalized [unsportsmanlike conduct – insufficient advance of declared rusher]*
- I) **Ignore: All passes must be thrown with one hand** **Enforce:** All passes to be made from behind the line of scrimmage, thrown forward and ball out of hand prior to breaching the line of scrimmage. **All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender.**
- J) Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- K) On PATs, 1 pt attempt from the 5 yd line and teams cannot run the ball from scrimmage. 2 pt attempt from the 10 yd line and team will have option of having a running or passing play from scrimmage.

- L) Teams play 5 vs 5. Team has 40 seconds to snap the ball. Each team has **one 60-second timeout per half.**
- M) Games are two 22 minute halves. At 20 minutes, announce the 2-minute warning. If a play ended with any time on the clock, there will be another play. [CFL style timing] {Need this timing in case of OT, and we need to stay on schedule}
- N) If one team gains a 35-point advantage the game is technically over and no further scoring will be tallied, however teams will play the full time.

PENALTIES: as per the NFL Flag outline

Defensive penalties: [all result in automatic first down]

Unnecessary roughness, unsportsmanlike conduct:

+10 yards and AFD

Offside / illegal substitution, illegal rush (Starting rush from inside 7-yard marker.), Illegal flag pull (Before the receiver has the ball) Roughing the passer, Taunting:

+5 yards from line of scrimmage and AFD

Defensive spot fouls:

Defensive pass interference: AFD

Holding, Stripping the ball: +5 yards and AFD

Offensive penalties: [all result in loss of down]

Unnecessary roughness, unsportsmanlike conduct:

-10 yds and LOD

Offside / false start / illegal substitution, Illegal forward pass, Offensive pass interference, Illegal motion (More than one person moving), Delay of game, Impeding the rusher, Illegal Procedure:

-5 yards from line of scrimmage and LOD

Offensive Spot Fouls:

Screening or blocking, Charging, Flag guarding [including jumping and diving]: -5 yds and LOD

Rules for OT.

If the score is tied at the end of regulation play, an overtime period will be used to determine a winner. OT format is as follows:

Winner of coin flip to decide whether to go first or second. Each team will decide when on offense whether to attempt a 1 or 2 point PAT. Remember ball is live on PAT interceptions and defense must run ball back to the 50 yd line to score 2 points. Winner is determined once one team has more points scored after equal number of PATs have been attempted.

