

Upper Loudon Youth Football League Flag Football

Flag Football Game Rules:

A. Field size:

1. Option 1: 2 games played at the same time (Firemens Field). Each game will use half of the field. Each offensive team will start at the 40 yd line and the width 40 yds (Sideline to 2nd hash mark).
2. Option 2: 60 yards long and 40 yards wide with each offensive team starting at the their 20 yard line.

B. Games will have two 20 minute halves with the clock running continually. There will be a 10 minute break between halves.

C. A coin toss will determine first possession.

D. Only the time will be kept, not the score, throughout the game.

E. All players must be rotated into the game with each player playing ½ offense and ½ defense.

F. On Offense:

1. Possession always starts at the 40 yd line.
2. Each possession will have 10 plays.
3. There are no fumbles: the ball is dead where it hits the ground. Except for the quarterback/center exchange, where the only the quarterback may pick up the ball and continue play.
4. Offense Team will have 8 players: Line must have at least 5 players a center, 2 guards, and 2 tackles.

G. On Defense:

1. No more then 4 players on the line of scrimmage at one time. No one can line up on the offense center.
2. The line must be 1 yd off the ball, and the linebackers must be 3yds off the ball.
3. No blitzing allowed.
4. Interceptions are a change of possession and can not be advanced.