

Oxford Parks and Recreation Department Flag Football Rules

General Rules

- *A coin toss determines first possession.
- *Teams may have coaches on the field during play. 5-6: 2 coaches, 7-9: 1 coach, 10& Up 0 coaches.
- *The offensive team takes possession of the ball at its 10 yard line to start the game. **The team gets 4 downs to cross midfield. Once a team crosses midfield, it has 4 downs to score a touchdown.** If the offense fails to score, the ball changes possession and the new offensive team takes over from the spot of the ball.
- ***If a team gets a lead of 12+ points, their next possession will start from their 10 yard line.**
- *Teams change ends after halftime (Team A wins the toss 1st half, Team B starts 2nd half)
- *There are no kickoffs, and no blocking is allowed.

Players

- *Each team will field (5) players. In the event a team drops below 5 players, the opposite team will match the number of players on the field of the other team. If a team drops below 4 player, a forfeit will be called.
- *Teams must give every player an equal amount of playing time.

Timing/Overtime

- *Games are played in two (2) running 20-minute halves, with a 5-minute halftime period.
- ***If the score is tied at the end of 40 minutes, teams move directly into overtime. Overtime shall not exceed 5 minutes. Each team will have equal possession opportunities.**
- *Game may end in a tie.
- *Each time the ball is spotted, a team has **60** seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- ***Each team has two (2) 60-second time-outs per half.**
- *Officials can stop the clock at their discretion.

Scoring

- *Touchdown: 6 points
- *Extra point: 1 point (played from the 5-yard line), 2 points (played from the 10-yard line)
Extra point will be played out, even if time has expired.
- *Safety: 2 points

Blocking:

- *All players will be limited to screen blocking. Screen blocking is legally obstructing an opponent without contacting him with any part of the screen blocker's body.
- Offensive Screen Blocking: The offensive screen block shall take place without contact. **The screen blocker shall have his/her hands and arms at his/her side or behind his/her back.** Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. **Interlocking arms with another teammate is illegal. Completely encircling player is illegal.**

Receiving

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

Running

***The quarterback cannot run with the ball beyond the line of scrimmage;** exception multiple handoffs are used.

*Handoffs, halfback tosses and pitches behind the line of scrimmage are permitted. If one of these options is dropped, they will be considered a fumble and the play will be blown dead. *Offense may use multiple handoffs.

*Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving). Defensive players may not dive to pull flags. Penalties will be assessed by official's judgement.

*The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

***No run zones are located 5 yards before mid-field and 5-yards before the end zone. Offensive teams may not run the ball in these zones, must be pass plays.**

Passing

*Interceptions may be advanced.

*The player who takes the handoff can throw the ball from behind the line of scrimmage.

***The quarterback has 7 seconds to throw the football.** If pass is not thrown, the play is dead and replaced at the line of scrimmage with a loss of down. If ball is handed off, 7 second rule no longer applies.

Rushing the Quarterback

***All players should be 7 yards off the line of scrimmage.**

*Once the ball has been handed off, all defensive players are eligible to rush.

*A referee will designate 7 yards from the line of scrimmage. A team on defense winning by 24+ points, the referee will designate 10yards.

Dead Balls

*The ball must be snapped between the legs, not off to one side, to start play.

*Substitutions may be made on any dead ball.

*Play is ruled dead when:

Ball carrier's flag is pulled

Ball carrier steps out of bounds

Touchdown or safety is scored

Ball carrier's knee hits the ground

Ball carrier's flag falls off

Note: **There are no fumble recoveries.** The ball is spotted at the point the player fumbles, not where ball hits the ground.

Sportsmanship/Roughing

*If the referee(s) witness any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be removed from the current series until possession changes. A second infraction will be ejected and will have to miss the next game played.

*Trash talking is illegal. Officials have the right to determine offensive language. Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.

*If trash talking occurs, the referee(s) will give one warning. If it continues, the player will be ejected from the game and will have to miss the next game played.

Penalties

*All penalties will be called by the referee(s).

Defense: 10 yard penalty. Offense options to accept result of play or replay down.

Offsides, Illegal contact (holding, blocking, etc.), Interference, Illegal flag pull (before receiver has ball), Illegal rushing (starting rush from inside 5 yards of line of scrimmage)

Offense: 5 yard penalty

Delay of game – clock stops, 5 yards. Exception for 5-6 League

Offense: 10 yard penalty. Illegal motion (more than one person moving, false start, etc.)

Offense: 10 yard penalty, Defense option to accept penalty or accept result of play and down loss.

Illegal forward pass (pass received behind line of scrimmage, Offensive pass interference (illegal pick play, pushing off/away defender), Flag guarding.

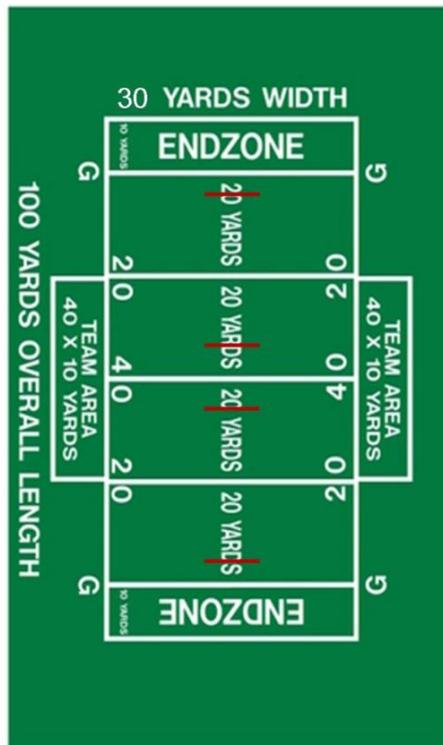
- *Referee(s) determine incidental contact that may result from normal run of play.
- *All penalties will be assessed from the line of scrimmage.
- *Games cannot end on a defensive penalty, unless the offense declines it.

Attire

- *Cleats are allowed, except for metal spikes.
- *Inspections must be made.
- *All players are encouraged to wear a protective mouthpiece.
- *T-shirts will be provided.
- *T-shirts must be tucked in.
- *Flags may not be wrapped around the belt.

Field Dimensions

- * The playing field at Oxford Park will be an 80L x 30W yard field.



*No run zones are located 5 yards before mid-field and 5-yards before the end zone. Offensive teams may not run the ball in these zones, must be pass plays.

(Revised 6/2020)