

## ACRD FLAG FOOTBALL RULES

1. **UNIFORMS:** *All players must wear matching uniforms. Jerseys/t-shirts must all be alike with the exception of sponsor names. Any player whose parent/guardian does not want a sponsor name displayed on their jersey may pay for the jersey themselves. Jerseys / t-shirts must be tucked in at all times so that flag is exposed for play.*
2. Each game will consist of two twenty (22) minute halves. *The clock will stop on touchdowns and time-outs. On a touchdown, the clock will begin running when the ball is kicked off.*
3. Each team will have two (2) one (1) minute time-outs per half. Time-outs from the first half may not be carried over into the second half.
4. Half time will be 4 minutes long.
5. Each team shall consist of 9 players: five (5) linemen, four (4) backs. Teams are permitted to start with eight (8) players.
6. Two (2) coaches will be allowed on the field, other coaches must remain on the sidelines with the remainder of the team.
7. Only coaches, players, and cheerleaders will be allowed on the sidelines. Parents and friends must remain in the stands. Failure to comply with this rule will result in a ten (10) yard penalty.
8. All forward passes must be made from behind the line of scrimmage.
9. The line shall consist of two (2) ends, two (2) guards, and a center. *Linemen do not have to get into the 3-point stance.*
10. Each team will be given four (4) downs to make a first down. First downs will be ten (10) yards.
11. Tackling or deliberate roughness will not be permitted. A fifteen (15) yard penalty will be marked off from the spot of the infraction.
12. The ball carrier cannot be held to prevent him from making forward progress. This will result in a ten (10) yard penalty from the point of the infraction.
13. A ball carrier may not use the open hand to offend a defensive player by applying his hand to the shoulders of the defensive player. The ball carrier shall not use his hand to knock the hand of a defensive player away from the flags. The ball will be dead at the spot of the infraction.
14. Blocking shall be done by using closed arms or body.
15. There shall be no roll blocking.
16. Defensive players are restricted in the use of their hands to the body and shoulders of the offensive player. Ten (10) yard penalty if players fail to do so.
17. Blocking or pushing a ball carrier who is near the sideline for the purpose of knocking him out of bounds and stopping his progress is a fifteen (15) yard penalty.
18. Tripping shall be a fifteen (15) yard penalty.
19. A live ball becomes dead as a result of the following:
  - a. When any part of the ball carrier except his hands makes contact with the ground.
  - b. When the ball carrier's flag is pulled.
20. Kick-offs will be from the forty (40) yard line. After a safety, the punt will be from the thirty (30) yard line.
21. A team must declare whether they will punt or go for a first down.
22. The defense cannot rush the punter.
23. On a kick-off or punt, if the receiving team muffs the ball, or fumbles the ball the defensive team can recover but cannot advance the ball.
24. An intercepted pass may be advanced.
25. Scoring will be as follows:

1. Touchdown	6 points
2. Extra Point	1 point
3. Safety	2 points
26. Games tied at the end of regulation will play overtime to settle the outcome. Teams will flip in the first overtime the winner of the coin toss has the option of being on offense or defense first. After the first overtime the possession will alternate. In overtime the ball will be placed on the 10 yard line. If the first team scores and makes the extra point the second team must do the same to stay in the game. If the game is still tied after the 5<sup>th</sup> overtime the game will end in a tie.
27. Each team will have one (1) minute from the time of the spot of the ball to get the play off. The official will blow a whistle at forty-five (45) seconds. Teams then have fifteen (15) seconds to snap the ball.