



## **IMPACT FLAG FOOTBALL RULES**

THE BELOW RULES HAVE BEEN DESIGNED TO DEVELOP AGE AND STAGE APPROPRIATE GAMEPLAY.

THESE RULES WILL HELP YOUNG PLAYERS DEVELOP THEIR FUNDAMENTALS OF THE GAME WHILE HAVING FUN IN A CHRIST CENTERED ENVIRONMENT.

### **PRE-GAME**

#### **Rock Paper Scissors**

One player from each team will meet at midfield for rock paper scissors to determine who starts with the ball. Winner of match has choice of offense or defense. Loser will pick direction in which they want to defend. No defend to the second half option. Field will flip at the end of the half.

### **GAME STRUCTURE**

#### **START**

The offensive team will start on the 5-yard line and will have four (4) plays to cross midfield. Once the offense has crossed midfield, they will have four more plays to try and score.

If the offense fails to cross midfield or score, the ball changes possessions, and the new offense will take over on its own 5 yard-line.

#### **TIMING**

Games will be 40 minutes running time (20 minutes each half).

Halftimes are 1 minute long (Teams will flip sides of field)

Each time the ball is spotted, a team will have **30 seconds** to snap the ball.

Officials can stop play at their discretion. In the event of an injury, the clock will be stopped and restart once the injured player is removed from the playing field.

### **SCORING/OVERTIME**

Touchdown: 6 points

Conversions: 1 point from the 5-yard line or 2 points from the 10-yard line

In attempt to score, players may NOT dive for the endzone or pylons. Players should stay on their feet unless jumping to catch a ball.

*In an event of an overtime, each team will have an opportunity to score from the 5 or 10-yard line, resulting in 1 or 2 points. This will continue until one team does not get into the endzone.*

## PASSING

All passes must be forward passing and received beyond the line of scrimmage. Only one player may throw a forward pass.

- Players may NOT lateral the ball to another teammate

If the QB flag is pulled before the ball leave their hand, the play is marked dead at the spot.

Interceptions may be returned for a touchdown.

QB may not catch their own pass

QB may throw ball to avoid sack, must past the LOS.

(1) defensive rusher may rush QB (7) yards behind the line of scrimmage. Rusher must communicate to referee by raising a hand.

## RECEIVING

All players (except QB) are eligible to receive a pass.

One player is allowed in motion at a time.

One foot inbounds is considered a catch.

Once the ball is advanced beyond the LOS, the remaining offensive players cannot impede the defense from attempting the pull flags. (No screening or blocking; no running next to the ball-carrier).

## RUNNING

Direct handoffs and laterals behind the LOS are eligible.

The player who receives the handoff or lateral may throw the ball if they remain behind the LOS.

The ball is spotted where the players feet step out of bounce, where the flag is pulled, or where the flag has fallen off.

Center sneaks' plays are not allowed.

## NO RUN ZONE

“No Run Zones” are located 5 yards before midfield and 5 yards before the goal line in each offensive direction.

If the ball is spotted on or inside the “No Run Zone,” the offense MUST use a pass play to achieve a first down or touchdown.

## RUSHING THE PASSER

Defensive rushing player must line up **7 yards behind the LOS**.

- **Official will mark out 7 yards before the snap.**

No interference by the offense against the 7-yard defensive rusher.

Players not rushing from 7 yards may be *on* the LOS, but not enter the backfield of the offense.

Players rushing from 7 yards may attempt to block QB passes, however, NO contact can be made with the QB.

## FLAG PULLING

A flag may only be pulled when an individual is in full possession of the ball.

Defenders may dive to pull the flags of an opposing ball carrier but cannot tackle or run through the ball carrier.

No strip attempts or pulling of the ball are allowed.

*Flag guarding* or *intentionally covering flags* with football or jersey will be marked down where this action has occurred.

## PENALTIES

The referee will call penalties.

Referees determine incidental contact that may result from normal run if play.

Players cannot question judgment calls. Only the head coach may ASK (NOT YELLING) the referee questions about rule clarification and rule interpretations.

All penalties will be assessed from the LOS, except spot fouls.

Games cannot end on a defensive penalty unless the offense declines.

If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal.

If a coach gets more than one (1) warning, they will be asked to leave the facility. Assistant coach will step in.

Coaches at NO time should reprimand any parent on the side-line. Coaches may communicate to Sports Manager for parental issues.

## Spot Fouls

### Defensive

Defensive pass interference	Automatic first down
Holding	Automatic first down
Defensive unnecessary roughness	+10 yards & first down

### Offensive

Screening, Blocking	-10 yards & loss of down
Charging	-10 yards & loss of down
Flag guarding	-10 yards & loss of down
Offensive unnecessary roughness	-10 yards & loss of downs

## Defensive Penalties

Offsides	+5 yards from LOS & automatic 1 <sup>st</sup> down
Illegal rush	+5 yards from LOS & automatic 1 <sup>st</sup> down
Illegal flag pull	+5 yards from LOS & automatic 1 <sup>st</sup> down
Roughing the passer	+5 yards from LOS & automatic 1 <sup>st</sup> down
Taunting	+5 yards from LOS & automatic 1 <sup>st</sup> down
Unsportsmanlike Conduct	+10 yards from LOS & automatic 1 <sup>st</sup> down

## Offensive Penalties

Offside/ false start	-5 yards from LOS & loss of down
Illegal forward pass	-5 yards from LOS & loss of down
Offensive pass interference	-5 yards from LOS & loss of down
Illegal motion	-5 yards from LOS & loss of down
Delay of game	-5 yards from LOS & loss of down
Impeding the rusher	-5 yards from LOS & loss of down
Illegal procedure	-5 yards from LOS & loss of down
Taunting	-5 yards from LOS & loss of down
Unsportsmanlike conduct	-10 yards from LOS & loss of down

## Live Ball / Dead Ball

The ball must be snapped between the legs to start

Substitutions may be made on any dead ball. You must always substitute from the same side of field.

**Team must have a minimum of four (4) but no more than seven (7) on the field at a time.**

The play is ruled dead when:

- Ball-carrier's flag is pulled
- Ball-Carrier steps out of bounds
- Incomplete pass
- Ball hits the ground
- Touchdown, PAT or Safety is scored
- Ball-carrier's knee hits the ground
- Ball-carrier's flag falls out (ball is spotted where the flag is on the ground)
- Receiver has one (1) or no flags when catching the ball, the ball is spotted where the receiver caught the ball.

Any player who starts a play without a flag is down where he or she touches the ball.

There are no fumbles! Ball is spotted where the ball-carrier's feet were at the time of the fumble.

In case of an inadvertent whistle, the offense has two options:

Take the ball where it was when the whistle blew down is consumed

Replay the down from the original line of scrimmage