



Flag Football Rules

Issaquah Parks and Recreation

Field and Equipment

1. Field is 50 yards long by 35 yards wide and will be marked with lines and cones.
2. All teams must provide their own football. Footballs must be high school equivalent. No undersized or modified footballs will be allowed.
3. Flags will be provided by Issaquah Parks and Recreation and all players must wear the flags provided.
4. No metal cleats are allowed.
5. Jerseys must be tucked under the flags and not interfere with opponents trying to pull flags.

Contact

1. This is a non-contact league. All attempts will be made to limit contact by both the offensive and defensive players.
2. No blocking is allowed. Any player intentionally blocking or inadvertently in the direct line of an opponent trying to make a play will be flagged for blocking.
3. No stripping of the ball is allowed. Once in possession of the ball, the offensive player cannot be made to fumble or drop the football.
4. Both the offensive player and the defensive player have the right to make a reception on a thrown pass. Any player initiating contact to receive or defend the ball on a thrown pass will be flagged for pass interference.
5. A ball carrier may not lower their head or shoulder into the defensive player or attempt to run through a defender.
6. Defensive players may not hold any part of the offensive player's body or clothing in an attempt to de-flag the opponent.
7. Diving in an attempt to gain yardage or make the endzone is not allowed.
8. No chucking or jamming of the receivers at the line. Any attempt to move the receiver off a route by contacting them will be enforced as pass interference.

Ball Handling and Passing

1. All players must be set when the ball is snapped. Three players are allowed in the backfield, four players must remain on the line of scrimmage.
2. Ball must be snapped from the ball marker placed by the official. Snaps do not have to cross through players legs.
3. If the football hits the ground at any time during the play, the play will be ruled down at that spot. Any lateral, snap, handoff or fumble that hits the ground is a dead ball.
4. A player is down at the point where the flag is pulled. If a player extends the football across the goal line before having their flag pulled it will be ruled a touchdown.

5. A reception will require one foot inbounds at the time the ball is possessed.
6. Only one forward pass is allowed per down.
7. Box Rule: The quarterback may not rush up the middle within 3 yards of the endzone. The box will be on three yards of either side of the ball marker and the quarterback can only rush outside of this pocket. This rule is meant to limit contact and increase player safety. The officials will notify teams when the box rule is in effect.

Flags

1. Tampering with the flags in order to gain a competitive advantage is illegal. No tying or knotting of the belts will be allowed. Clothing must be tucked under the belt and not interfere with the flags.
2. The ball carrier cannot use any part of their body or the football to shield their flags from a defender. Flag guarding is a judgment call and is the final decision of the official.
3. If a flag falls off a player before they have the ball or before they have made contact with an opponent, the player will be down by first touch.
4. Purposeful deflagging before the player has the ball is a penalty. A player's flags cannot be pulled unless they are in possession of the football.
5. Once the player touches the ball they can be deflagged. If a player has his flag removed while bobbling or trying to possess the ball, they will be ruled down.
6. Contact with the passer can only be made in an attempt to deflag. Any contact during the throwing motion or in an attempt to strip is a foul.
7. Any extra item tucked into the belt or shorts will count as a flag if pulled. Towels, gloves, etc.

Game

1. Possession will be determined by coin flip to start the game. Captain will choose to play offense or defense. Possession will switch to start the second half.
2. Teams will start each possession after a score from the touchback line.
3. Officials will mark the spot of the ball before every play. Player must snap the ball from this marker.
4. The offensive team may not snap the ball until the officials are in position.
5. Offensive shifts before the snap are legal and all players must be set and stationary before the ball is snapped.
6. Teams will have 4 downs to achieve a 1st down or touchdown. First downs will be achieved by advancing the ball past the line to gain. The line to gain will be marked by cones and will be at designated spots on the field.
7. On fourth down the offensive team will have to declare whether they are going for a first down / touchdown or whether they would like to punt. Once declared the decision cannot be changed unless a timeout is taken.
8. There is a 25 second clock between plays. Officials will alert offensive team when there is 10 seconds left to snap.
9. Blocking is illegal and players will be flagged if they intentionally or inadvertently prevent the defensive player from making a play on the ball

carrier. This rule is meant to limit contact between players and is a judgment call by the official.

10. The officials countdown will indicate when the defensive team can rush the passer. The defense cannot cross the line of scrimmage until the officials indicate they can. If the ball is lateralled, handed, or passed after the initial snap the defense is free to rush.
11. The quarterback is free to rush at any time during the play. The quarterback may not use teammates to block or screen on a rushing attempt.
12. Games will be played 7 on 7. A team must have five players present to start and finish the game.
13. Substitutions can be made at any time before the snap and all offensive players must be set before the snap.

Punts

1. The punting team will designate whether they will attempt to achieve the first down or punt before the ball is snapped on 4th down. The defensive team will have an opportunity to set up before the play begins.
2. The punter will kick from directly behind the ball marker. Defensive players may attempt to block the kick providing they do not cross the line of scrimmage.
3. The receiving team will have 4 players on the line of scrimmage and 3 players back to return the kick.
4. The kicking team can advance downfield as soon as the ball is punted.
5. A kick fielded in the air can be returned. If the ball touches the ground it will be spotted where it first hit the turf. Any ball kicked out of the endzone or unreturned from the endzone will be spotted at the touchback line.
6. The returner must have an opportunity to field the ball without interference from the opposing team.
7. A fumbled punt will be downed at the point it touches ground (unless the punt is fumbled in the air into another players possession).
8. There are no fair catch calls, the receiver can take a knee or advance the football after receiving the punt. Players should not respond to any fair catch calls.

Scoring

Touchdown – 6 Points

2 Point Conversion – 2 Points from 5 yards (2 Points for defense if returned)

1 Point Conversion – 1 Point from 2 yards (1 Point for defense if returned)

Safety - 2 Points

Timing

1. The game will be 40 minutes long with a running clock. Game is divided into two, 20 minutes halves.
2. The clock will stop at the 2 minute warning of the second half. Clock will stop within the last two minutes on incomplete passes, out of bounds, and penalties.
3. Clock will stop on extra point conversions within two minutes.

4. Each team will receive 3 timeouts per game.
5. If a regular season game ends in a tie, the game is over and it will go into the standings as a tie.
6. Postseason games will have a 5 minute overtime period in the event of a tie at the end of regulation. Each team will receive two timeouts in overtime. Overtime will use second half timing with stop clock under two minutes.

Penalties

All penalties and rulings made are judgment calls by the officials and players are to respect the calls of the officials at all times. If there is a question about a call or rule, the captain may approach the official during a timeout or break in play. This is not a time to argue a call, but to ask for an explanation of the rule or call made. Continual arguments with officials will not be allowed and the officials and field supervisors reserve the right to penalize and/or eject players.

This league is a non-contact recreational league and players will adhere to fair play guidelines. Officials and field supervisors reserve the right to give Unsportsmanlike Conduct Penalties for any action or language that is unfit for this league.

Players may be asked to sit for a series of plays and/or ejected after one Unsportsmanlike Conduct Penalty, at the discretion of the officials or site supervisor. Any player receiving two Unsportsmanlike Conduct penalties in a game will be ejected and must leave the field before the game will continue. Players ejected may face further discipline from the league director.

Examples of Unsportsmanlike Conduct is listed, but not limited to:

- Abusive or foul language towards players, officials, or staff.
- Continuing physical play or action resulting in contact.
- Alcohol use before or during the game.

Unsportsmanlike Conduct Penalties will fall into one of the following categories as determined by the officials:

- Category 1: Warning – 5 yard penalty.
- Category 2: 15 yard penalty. Player will sit out that offensive or defensive series.
- Category 3: 15 yard penalty. Player will be ejected and must leave the field of play.

Penalties that occur during the play will be marked off at the conclusion of the play. The play will not stop except for dead ball fouls. Successive penalties and/or offsetting penalties will be enforced at the conclusion of the play. Dead ball penalties will be enforced before the snap.

Penalties are listed, but not limited to:

1. Flag Guarding – any attempt to shield a flag from being pulled. 5 yard penalty enforced from the spot of the foul.
2. Tackling and Contact – Judgment of official

- a. Obstruction - Defensive holding or blocking of the ball carrier in order to de-flag. No chucking or jamming the receivers at the line. 5 yards from the end of the play.
 - b. Pass interference - Offensive or Defense - 5 yards from the spot of the foul (Offensive) or 5 yards from previous line of scrimmage.
 - c. Trucking - Any move by the offensive player to initiate contact or run through the opponent. Includes but not limited to lowering the shoulder or running through a stationary defender. 5 yards from spot of the foul.
 - d. No attempts to strip the ball are allowed. Any attempt to strip a possessed ball will be 5 yards from the spot or end of the play.
3. Illegal use of the flags - All flags must be provided by Issaquah Parks and Recreation and must be worn without modification and worn so flags hang off of the hip and back. 5 yard penalty.
 4. Contacting the passer - any contact to a passer that is not consistent with trying to deflag the passer. Including but not limited to contacting the throwing arm / hand. 5 yards from previous spot or end of play.
 5. Early Rush - 5 yards from previous spot or end of play.
 6. Delay of Game - Dead ball - 5 yards.
 7. Illegal Shift / Offsides / False Start - Dead ball penalty - Five yards.
 8. Illegal Forward Pass - 5 yards from spot of foul. A player passing the ball must have their entire body including arm and football behind the line of scrimmage when throwing the football. One forward pass per play.
 9. Illegal Rush - Box Rule - 5 Yards from LOS.

On a defensive penalty in the endzone, the ball will be placed on the one yard line and the down will be replayed.

Any offensive penalty that occurs in their own endzone will result in a safety.

Penalty yardage will be enforced half the distance to the goal when entire yardage cannot be enforced.

*Rules may be subject to change, players will be updated with any changes.

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