

**DEPARTMENT OF PHYSICAL EDUCATION
VALENCIA HIGH SCHOOL
Flag Football Rules**

Game Rules:

- The center snap starts play. If the football hits the ground during the snap it is a live ball.
- The snap count: QB calls, "SET" (Telling the center everyone is ready!). Then the center snaps the football when they are ready!
- The center is eligible. If the teams are even.
- The center is not eligible. But if that day's opponent has one extra player, the team with the additional player must keep their center in as a blocker.
- If the team you are playing has a 2 player advantage see teacher immediately.
- All teams MUST have a defensive player rush on every play.
- The rushing player lines up even (Head Up) with the center. This will designate who is rushing for the opposing team.
- Rushing the passer: No Counting! You are allowed to rush one player. Unless it is a PAT try, then you may rush 2 players.
- During a PAT (Point after touchdown) try you may use 2 rushers. The rushers must be stacked over the center.
- Each team gets 4 plays to gain 10 yards (10 steps) and a fresh set of downs.
- A rusher that is not lined up prior to the snap may go to the point of the snap and rush.
- All players watch the ball and center snap to begin play with movement of the ball.
- No Blitzing: Your established lineman is the only player allowed to rush.
- During a PAT (Point after touchdown) try you must use 2 rushers!
- No flag guarding! The ball is down where the flag guard occurred! If it continues, the player will be removed from the game.
- No tying flags!
- Each team gets 4 plays to gain 10 yards (10 steps) and a fresh set of downs.
- One run play will be allowed per 4 downs. Every first down you earn will give you a fresh set of downs.
- No QB runs! The QB must hand off or pass the ball!
- Reverses are allowed as long as the ball is handed off. If a reverse is used it counts as a run play.
- Last whistle: Finish the play if the football was snapped before. If a score occurs must attempt PAT unless it is the end of the game and the point won't affect the outcome.

Football Placement Rules:

- The game starts with ball placed on the 10-yard line (10 step line).
- The ball is placed on the 10-yard line after a touchdown and the PAT try.
- After a safety the ball is taken back to the end zone the team scoring the safety is defending. Then the ball is placed on the 10-yard line (Number on the field)
- After half of the period has expired (halftime), the teams will switch directions for the remainder of the period.
- The team that did not have possession to start the game gets the ball to start the second half. The ball is placed on the 10-yard line (Number on the field) going the opposite direction they were in the first half.
- If an interception occurs in the end zone (Touchback), the ball will be placed on the 10-yard line (Number on the field).
- When spotting the football after a flag has been pulled always center the ball on the field of play.

Scoring Rules:

- **Touchdown** = 6 points
- **Safety** = 2 points. A safety occurs when a flag is pulled in end zone or the ball rolls out the back of the end zone. The team that scored the safety gets 2 points and gets the ball on 10-yard line from the end zone they are defending.
- **PAT** = 1 point. The PAT try is 3 yards (steps) from the goal line. The scoring team gets 1 play to score on a run or pass play. The defense may rush 2; if you do not score the play is dead. (There are no interceptions for touchdowns on the PAT try!)
- **PAT** = 2 point. The PAT try is 10 yards (The Numbers) from the goal line.

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Captains Responsibilities:

- Assign positions and insure everyone is involved.
- If there is a problem with a teammates effort let your teacher know.
- Call the huddle and call plays.
- At beginning of game, after roll and warm-up, captains will gather the appropriate colored flags for the team and distribute them on the assigned field.
- At the end of the game, captains will gather All their teams' flags and place them in the storage bag.
- **PLAYERS DO NOT QUESTION REFEREE CALLS!** The only 2 players allowed to talk to the referee are the captains. Failure to comply will result in a penalty or removal from the game!

Referee Responsibilities:

- The team with the fewest wins gets choice of ball first or second half.
- Use rock-paper-scissors if it is the first game or teams have identical records to determine possession.
- When you are assigned a field to referee, you and your partner, work the west sideline. (The line closest to Magic Mountain)
- The team with the fewest wins will get to choose the ball in the first or second half.
- When there are issues that can't be resolved the referee will take it to the teacher. The teacher will make the final ruling based on the information the Ref has supplied.
- Students must wear Referee pennies when they Ref so they are easily identified.
- After a first down has been achieved move first down cone 10 yards (Steps) from the spot of the ball to signify where the next first down is.
- It is important to keep accurate score. Overall score will be used as a tiebreaker when seeding teams for the playoffs.
- After the final whistle bring your first down cone, your Referee Pennies, and the score to the recorder or teacher. The cone and pennies are placed in the storage bag and the final score is recorded.
- There are 3 penalties that will be enforced:
 - Offside:** Leaving before the ball has been snapped. (3 Step Penalty)
 - Holding:** Holding or stopping someone from getting to a desired spot. (3 Step Penalty)
 - Flag Guarding:** Pushing or slapping your opponent's hand away when they try and pull your flag. (Runner is down where flag guarding occurred)
- If you are not sure or not clear about the game you are working, check with teacher for ruling.
- Failure to referee will result in loss of that days participation points.
- If a team is taking to long to huddle (wasting time) the ref may start a 10 second countdown out loud. If offensive team is not lined up at the end of the count a loss of down penalty may be called.

Game Adjustments, Strategies, and Hints:

- QB should stand approximately 5 yards (steps) directly behind center when the play starts.
- If the person rushing is hard for your center to block, commit additional players to give your QB time to throw the football.
- You may only rush 1 player but you may have AS MANY blockers as necessary!
- Always huddle, even if for a brief time, to make sure everyone on your team knows the plan for the next play.
- On defense, whenever possible, try to match up players that are similar in size and/or athletic ability.
- If you or your team is struggling ask your teacher for help. Before or after class is a great time to get some specific help.
- Mouthpieces are recommended. Especially if you wear braces. Incidental contact does occur during the games.
- Rubber bottom cleats are suggested for use on the turf.