

Way2Go! Sports

Flag Football Rules

(Revised 1/20/26)

COED DIVISIONS

4-6, 7-9, 10-12

If so desired, a player may “play-up” a division.

Age divisions may be revised due to registration numbers.

SPORTSMANSHIP

Any punches, elbows, or “cheap shots” of any kind will be subject to ejection!

Any Trash talking/profanity will either receive a warning or is subject to ejection based on the officials discretion!

EQUIPMENT

All players must wear a Way2Go! Sports Jersey

Rubber Cleats permitted but NO metal spike cleats allowed

No jewelry of any kind allowed during play

Mouth guards are recommended but not required

FIELD DIMENSIONS

70 yards long (including two 10-yard end zones); 30 yards wide

There are marked “No Run Zones” for 7-9 and 10-12 divisions which are 5 yards before midfield and 5 yards before each endzone.

NOTE: 4-6 year old division **has just one** No Run Zone which is before each endzone.

GAME TIME/MANAGEMENT

There are two 20-minute halves with running clock

Clock will only stop the last 2 minutes of each half and on timeouts

Clock will not stop if a team is up by 18 points or more. If losing team is within 17 points at the 2 minute mark, clock will stop on incomplete passes, plays out of bounds, and quarterback spikes to kill the clock.

30 second play clock for upper divisions, 45 second play clock for 4-6 year olds.

Two timeouts per half (one 30 second and one 60 second per half)

One coach allowed on the field for offense and defense.

Coaches responsible for providing equal playing time for all players.

Substitutions can be made on dead balls and in between plays

NO OVERTIME

SCORING

Each touchdown is worth 6 points. Offense then has a choice of going for a 1-point or 2-point conversion:

1-point conversion will be placed at the 5 yard line and offense (7-9 and 10-12 divisions) can only pass the ball. **(4-6 division can run—excluding the quarterback)**

2 point conversion will be placed at the 12 yard line and offense can either run or pass.

On a try attempt after a touchdown...whether it is 1 or 2 points, the play is over once the ball is possessed by the defense. It cannot be returned for points.

RULES OF GAME/OFFENSE

No Kickoffs. First possession determined by coin toss. Teams switch sides after halftime. Offense begins at the 5 yard-line and will have 4 downs to get a first down at midfield or beyond. Once the offense passes midfield, it receives another 4 downs to try and score a touchdown.

If the offense fails to get a first down or score a touchdown, the ball changes possession and the other team takes over at its own 5 yard-line UNLESS the defense intercepts the ball, at which point the defense takes possession at the end of the interception return.

Once a team enters the “No Run Zone” the no run zone rules still apply even after a penalty that removes the offense from the no run zone.

Any player who receives a backward pass or handoff behind the line of scrimmage is allowed to throw the ball downfield as long as that player does not pass the line of scrimmage

Ball MUST be snapped between the legs for the 7-9 and 10-12 divisions...4-6 division can snap to side if needed.

The play is over once the ball carrier’s flag(s) are pulled, knee or arm hits the ground or there’s a fumble.

If a flag falls off without being pulled, it becomes a one hand touch situation on the ball carrier.

NO DIVING WITH THE BALL

Ball carriers flag must cross the goal-line to score a touchdown, first down, and extra point. **The ball is NOT the determining factor on touchdowns, first downs, and extra points. It is the player’s flags that determine the result of the play**

No hurdling and/or jumping over players.

Only one player in motion at time of snap. All players may move prior to the snap but MUST be set at the snap of the ball (excluding player in motion).

One foot required in play on a catch

All unsportsmanlike penalties will result in a 10 yard penalty. Two unsportsmanlike penalties on the same player is an automatic ejection from the game

RUNNING:

QUARTERBACK IS ALLOWED TO RUN ONCE BEFORE EACH “NO-RUN” ZONE...

No blocking past the line of scrimmage

No backwards laterals or handoffs once the ball has crossed the line of scrimmage

Multiple handoffs and backwards laterals are allowed BEHIND the line of scrimmage

PASSING:

Quarterback has 7 seconds to pass the ball. If pass isn't thrown in 7 seconds, the play is dead and on to the next down.

Backward passes/laterals are allowed ONLY behind the line of scrimmage

Forward Shovel passes are allowed

All players (including the quarterback) are eligible to receive a pass if the ball was handed off or thrown backwards behind the line of scrimmage.

DEFENSIVE RULES:

Only one defensive rusher per play and the rusher must be 7 yards off the ball. If the offense goes to a hurry up offense, the defensive rusher can rush from where the officials mark is at the snap of the ball even if the marker is not 7 yards from the line of scrimmage.

Defensive players not at the seven-yard mark must NOT cross the line of scrimmage until the ball is handed off or passed, at that point all defensive players can cross the line of scrimmage.

On an interception, the defense can return the interception for a touchdown. If the interceptor's flag is pulled, the ball will be placed at the end of the play and the offense takes over.

If the defender pulls the offense players flag and that player has not received the ball, it becomes a one hand touch situation

OFFENSIVE PENALTIES

5 yards and repeat down

False start--Illegal motion --Delay of Game --Holding (marked from point of infraction)

Illegal Substitution/ Too many players during play

Illegal Blocking (marked from point of infraction)

5 yards and loss of down

Illegal forward pass beyond line of scrimmage, also called on 2 forward passes

Diving (penalty will be marked from point of take-off. If caught diving into the end zone, ball will be placed at point of take-off and it will be a loss of down. If it is 4th down, it will be a turnover on possessions and defense will take over on offense.)

Flag Guarding (marked from point of infraction and loss of down)

Pass interference (marked from line of scrimmage and loss down)

Player out of bounds (if player goes out of bounds, player cannot return to the field and catch ball)

DEFENSIVE PENALTIES

Pass interference will be spotted at point of infraction and automatic first down. If penalty is in the end zone, ball will be placed on 1 yard line.

5 Yards repeat down

Offsides

Interference with center snapping the ball (Slapping the ball out of the centers hand)

Illegal Substitution/ Too many players on the field.

Attempting to get the offense to jump off sides by saying “GO, HIKE, etc”

5 yards and automatic first down

Illegal Rush (Not at 7 yards, more than one rusher crosses the line of scrimmage prior to a handoff or pass, or not lined up even with the official at the snap of the ball)

Holding of any player/illegal contact (marked from point of infraction)

FIELD LAYOUT

