

SAMSON'S FLAG FOOTBALL LEAGUE

FLAG FOOTBALL IS NON-CONTACT: BLOCKING AND TACKLING ARE NOT PERMITTED UNDER ANY CIRCUMSTANCES

Quick Hits

- Before the beginning of every play, players flags must be at the sides and be properly attached by Velcro strips
- There are no kickoffs or punts
- The offensive team takes possession of the ball at its 5-yard line at the beginning of each series and has 4 plays to cross midfield. Once a team crosses midfield, it has 4 plays to score a touchdown.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- One pass must be made for every- 4 plays of possession
- Game length is 25 minutes running time per half (2 halves – 25 minutes each)
- Each team plays five players per side.
- Once a flag is pulled, the defensive player should drop the flag at their feet so the official can spot the location of the flag pull.
- The quarterback cannot run the ball past the line of scrimmage
- The quarterback has seven seconds to throw the ball. If a pass is not thrown within the seven seconds, play will be blown dead, a loss of down will occur and the ball will be spotted at the previous line of scrimmage.
- There are no fumbles in flag football. Any fumble will be considered a dead ball and will result in a loss of down or a turnover on downs. I.e. a bad snap
- Only players starting from a minimum of 7 yards behind the line of scrimmage can rush the passer
- All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play-action fake or fake handoff
- The defense can return interceptions
- Interceptions change the possession of the ball