

OUR LADY OF LOURDES CO-ED FLAG FOOTBALL RULES

Revised 2016

- 1) Each team will play equal number of players (maximum is 7 at once).
- 2) Teams will play two twenty minute halves with a 5-10 minute halftime, switching directions at half. Kicking and receiving teams will be decided by a coin toss.
- 3) The field will be 40 yards in length with a 10 yard endzone (Total of 60 yards in length) and 30 yards wide.
- 4) On 4th down, you must attempt to get a 1st down, there are no punts or fake punts.
- 5) On 4th down, if the team does not gain a 1st down, the opposing team will receive the ball and it will be spotted on the 10 yard line.
- 6) Defense starts 5 yards from the line of scrimmage (volunteer parent walks off the 5 yards and place the ball on each play)
- 7) When offense is inside the 5 yard line, defense starts on the goal line.
- 8) Defense drops the flag at the spot of the “tackle”. Volunteer parent spots line of scrimmage for next play.
- 9) Any ball on the ground is a dead ball and loss of down. There are no fumbles or turnovers unless via an interception.
- 10) Players “block” by getting in the way of the defender, no pushing.
- 11) Runners may not “flag-guard” (push defender’s hands away from flag). If this is done, the play is called dead and the parent volunteer spots the ball at the location of infraction.
- 12) A 7-Count will be used on each play. A defensive player may “rush” after the 7-Count in an attempt to tackle the QB.
- 13) QB may not run the ball until a defender crosses the line of scrimmage in an attempt to tackle the QB.
- 14) Spot ball at the 5 yard line for a 1 point conversion and at the 10 yard line for a 2 point conversion. If the ball is intercepted and returned to the other end zone, it counts for the number of points attempted on conversion.
- 15) Players must have shirts tucked inside the flag belt and tuck in excess flag belt end.
- 16) Players must have flags on sides not in back or in front. Both coaches have the right to tell other team’s players to adjust flags when necessary.
- 17) Try to keep the time in the huddle as short as possible.
- 18) **PLAY ALL YOUR PLAYERS IN ALL POSITIONS EVERY GAME.**