



Girls 5 v 5 Flag Football

Player Equipment:

- Mouthguard (mandatory)
- Cleats
- Pop-socket flags (no velcro)

Game Play Logistics:

Players	Timing of the Game	Scoring
- 4 players minimum, 5 players max - Substitutions on dead ball	- 40 minute games - 2 20 minute halves - 1 minute timeout each half	- Touchdown = 6 points - Extra points = 1 from 5 yards, 2 from 10 yards - Safety = 2 points

General Game Play:

- Offensive team has 25 seconds to put the ball in play
- Offensive team start at the 5 yard line and has 3 downs to get to midfield, 3 downs to score a touchdown
- If a team is unsuccessful at passing midfield or scoring a touchdown, the ball changes possession
- All possession changes start at the 5 yard line except after a defensive interception. Defensive interceptions start where flag was pulled or on the 5 yard line if it occurs between your 1-4 yard line
- Offensive teams cannot run in the 5 yd no run zone (before each endzone)
- There are no fumbles: the ball is placed where the player lost possession resulting in a loss of down, turnover on downs, or safety
- If the QB does not gain possession after the snap, the ball is placed back on the line of scrimmage and there is a loss of a down

General Game Play:



Running:

- Centre cannot take a direct handoff from the quarterback
- The first person to take direct possession after the snap cannot run
- Spinning and dipping **are** allowed, diving and jumping forward are **not** allowed
- **You cannot lateral the ball after a forward pass**

Receiving:

- All players are eligible to receive
- All players except the centre can be in motion before the snap
- If a receiver tips the ball and gets flagged before getting full possession, the ball is considered dead where the player was flagged

Passing:

- The QB has 7 seconds to throw the ball after the snap
- **Shovel passes are allowed**
- Prior to a forward pass or handoff, an offense may use multiple backwards passes behind the line of scrimmage
- There is no intentional grounding
- Lost control of the ball during forward motion = incomplete pass - Lost control of the ball before forward motion = play dead at that spot

Rushing:

- All players who rush the QB must be 7 yds from the line of scrimmage
- Any number of players can rush the QB
- Any rusher lined up within 0.33-2 yds of the rusher bag is entitled to a free direct path to the QB
- Simultaneous flag pull on a pass attempt will not stop the play
- Once the ball is handed off, tossed, pitched, or lateralled, or a fake hand off, toss, pitch or lateral occurs, the 7 yard rule is no longer in effect and all defenders may go across the line of scrimmage from anywhere on the field

Flagging:

- Play is considered dead when one or both flags are pulled
- Lost flag + caught ball = dead ball at reception
- The ball is spotted at the ball and not at the carrier of the ball

Penalties:

- Offside – player crosses the LOS before the snap ○ 5 yard penalty repeat down
- Illegal contact – physical contact (ex. blocking, holding, obstruction) ○ 5 yard penalty repeat down



- Rusher interference – impeding rushers direct path to QB ○ 5 yard penalty repeat down
- Flag guarding, jumping or diving – using any part of the body to prevent flag pulls ○ 5 yard penalty from spot of the foul, down counts
- Delay of game – ball not snapped within 25 seconds ○ 5 yard penalty repeat down
- Illegal Rushing – rushing from inside the 7 yd rusher bag ○ 5 yard penalty repeat down
- Illegal flag pull – pulling a flag of a player before they have the ball ○ if caught (automatic 1st down from spot of catch), if not caught (5 yard penalty and automatic 1st down at LOS)
- Pass interference – interfering with an offensive player catching the ball ○ Spot foul, automatic first down
- Players cannot use their arms or hands to impede or redirect an opponent
- Players also have a Right of Place which supersedes all other rights on the field when they are stationary and not moving their feet or body to affect the play. If the centre snaps the ball and does not move, no penalty shall be called
- A player must be facing the ball as it arrives to be considered to be playing the ball, otherwise pass interference