

2016 Flag Football Amended Rules For SB YMCA

- Game Rules
 - Shirts tucked in, flags visible
 - Coin toss
 - 40 minute games – continuous clock
 - 2 twenty minute halves
 - 1 60 second time out per half
 - 30 seconds in between plays to snap ball
 - Overtime
 - Each team gets 4 plays from 10 yard line.
 - Can't advance a TO in OT
 - 50 yard field - 25 yards wide
 - no run zones – 5 yards before and after yard to gain
 - start on 5 yard line
 - 4 plays to cross mid-field, 4 plays to score
 - Scoring
 - TD – 6 pts
 - PAT
 - 1 pt from 5
 - 2 pt from 10
 - Safety - 2 pts
 - NO fumbles
 - Interceptions change possession and can be returned
 - Not on PAT
 - Ball is spotted where the runner's feet are when flag is pulled. Not where ball is.
 - NO blocking on offense
 - NO flag guarding
 - Laterals allowed
 - NO Rushing – 5 seconds will be considered sacked. Ball will be marked at previous yard mark.
 - 5 players max on line of scrimmage.
 - 5 yard penalties – except 10 yard roughing passer, spot foul on PI, 10 yard Flag Guarding