



Flag Football Rules

Henry St. High School



Scoring:

Touchdown: 6 points; possession of ball in your opponents end zone

Convert: 1 point; kicking the ball through the uprights after a touchdown OR 2 points for running or throwing the ball into your opponents end zone after a touchdown

Field Goal: 3 points; kicking the ball through the uprights from the line of scrimmage instead of going for a touchdown

Rules of Play:

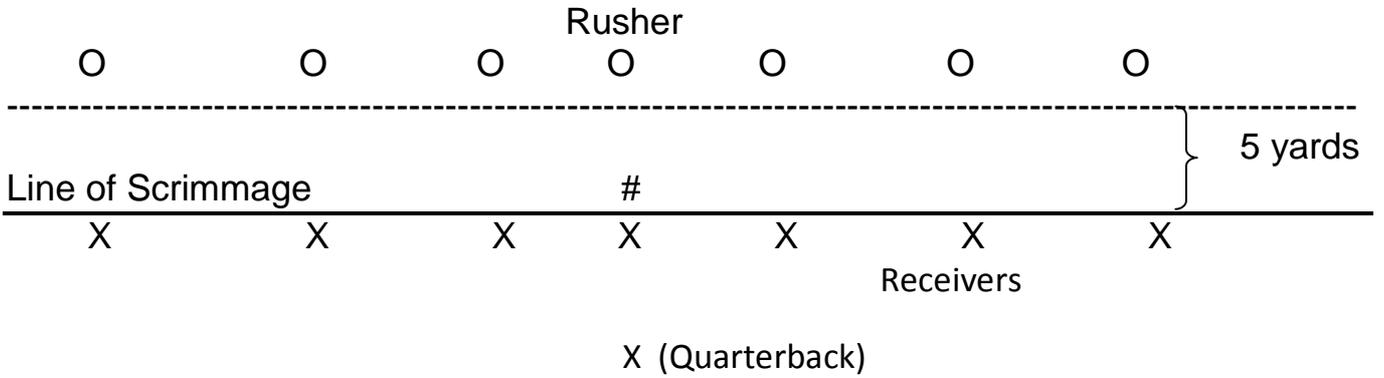
- Three down to gain 10 yards on offence (may be class dependant)
- Each team has seven players on the field (class dependant)
- All players are eligible receivers
- Quarterback can pass lateral, backwards or forwards but must happen behind the line scrimmage
- Quarterback gets 5 steamboats to pass ball, counted by one player on defensive team
- On 5 steamboats, quarterback can run and defence can rush
- No blocking or tackling
- If a player steps on a boundary line they are out of bounds
- Games begin with a kickoff at the 45 yard line (or 10 yards from center non-regulation fields)
- Plays are stopped when ball carrier or ball is touched (one/two hands or flag pulled)
- No fumbles, therefore when a ball carrier drops the ball the play is dead, but if the quarterback drops the ball the play is still live (class dependant)
- Punts are allowed, yet players on the punting team may not recover the ball
- If a punt is blocked and the ball hits the ground, the defending team gains possession

Illegal Acts:

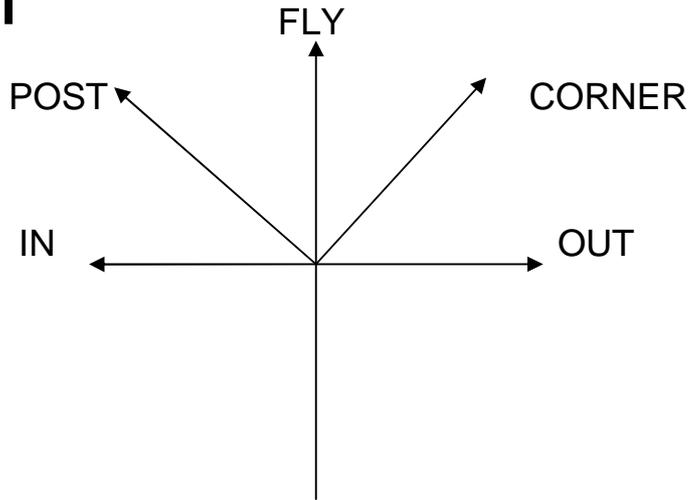
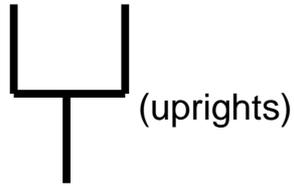
- ❖ Ball carrier may not throw the ball forward to gain extra yards but can pass the ball backwards (unless behind the line of scrimmage)
- ❖ Use of profane language, intimidating acts, persistent arguments, deliberate delay of the game and faking an injury results in a 10 yard penalty
- ❖ Rough touch, contacting a passer/punter/receiver, tripping, charging and attempts to strike a player; considered a personal foul and results in a 15 yard penalty
- ❖ Intent to cause bodily harm to another player or official is a major foul and results in the expulsion of the player involved for the game

Field:

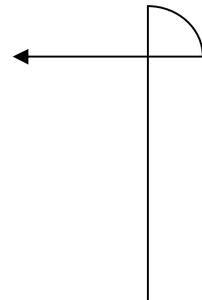
(X) is offence
(O) is defence
(#) is the ball



Plays:



Button Hook



Hook and Slide