



UNITED STATES  
FLAG & TOUCH  
FOOTBALL LEAGUE

## 2020 ADULT COED FLAG FOOTBALL RULES

### GAME, FIELD, PLAYERS & EQUIPMENT

#### GAME

Consisting of **TWO TWENTY (20) minute halves** with the clock running except for the last 2 minutes of each half. A start/stop shall be used the last 2 minutes (college clock).

**TIMEOUTS:** Each team is entitled to three (3) 1-minute timeouts per game.

**FIELD** - 80 yards by 40 yards with (2) 10 yard end zones.

#### PLAYERS & ROSTER

1. 6 v 6. A minimum of 2 females and 2 males must be on the field per team
2. Must be 18 years of age and out of High School
3. All players must be registered with South Portland Parks, Recreation and Waterfront. If a player is found not to be registered with the department, the game they played in will be an automatic forfeit for the team they subbed on.
4. A player can only be on 1 roster.
5. Minimum of 8 players per team. Maximum of 16 players per team.

#### SUBBING

If a team needs a sub to complete the 6-player minimum, they can use a current league registered player. This is only in the regular season. No non-roster subs will be allowed in the playoffs.

#### EQUIPMENT

1. Players must wear shoes made of pliable upper material covering feet, attached to a molded composition bottom. **NO METAL CLEATS!**
2. Each player must wear a one-piece flag belt without any knots, at the waistline with three (3) flags attached.
3. Jerseys **MUST** be tucked in or short enough so that they are 4" above the player waistline.
4. May use youth or regulation/official size balls only. There are no requirements regarding ball pressure. Ball must be in "good condition". League will provide a youth and official ball if a team does not bring their own.

The referee shall be the sole judge of a legal ball.

5. Each player should wear a mouth guard.

### **SPORTSMANSHIP**

Poor sponsorship will not be tolerated. If a coach, captain, player or fan is behaving in an inappropriate way they will be asked to leave the property. Failure to do so will result in calling of the police and potentially future consequences.

### **DEFINITIONS**

#### **SERIES OF DOWNS / ZONE TO LINE GAIN**

1. A team shall have 4 downs to advance to the next zone line to gain. Zone lines are every 20 Yards (20, 40 and 60 yard line).
2. All punts must be declared and cannot be faked.
3. Flag guarding- 10-yard penalty spot foul; loss of down.

#### **MINIMUM LINE PLAYERS**

1. The offensive team must have at least four players on their scrimmage line.
2. All type formations- receivers may be foot to foot but cannot interlock their arms.

### **SCORING**

- I.     **Touchdown = 6 points (male)**  
          **9 points (female)**
  
- II.     **Extra Point (male) = 1 point (3 yard line – catch or pass) – NO RUN ALLOWED**  
          **2 points (10 yard line – catch, run, pass)**  
          **3 points (20 yard line – catch, run, pass)**
  
- III.    **Extra Point (female) = 2 points (3 yard line – catch or pass) – NO RUN ALLOWED**  
          **3 points (10 yard line – catch, run, pass)**  
          **4 points (20 yard line – catch, run, pass)**

**When a woman player scores/passes a TD the team receives 9 points.**

**Also, when a woman player scores/passes on an extra point attempt, the team receives an ADDITIONAL POINT on the extra point try.**

**\*\*NO FIELD GOALS IN THIS LEAGUE. BUT are allowed in national competition.**

### **PERSONAL FOUL**

1. Blocking: Teammates of the runner/passers may use screen blocking but shall not use interlocked interference by grasping or encircling one another.
2. Offensive screening shall take place without contact. The screener shall have his/her arms at their side or behind their back. Any use of the arms, legs or elbows during an offensive players screen block is illegal. The application of this rule depends entirely on the judgment of the official.

**DOWNFIELD BLOCKING IS ALLOWED BUT MUST BE A SET BLOCK.**

3. The "ESPN Rule" - is not allowed. A player may not catch the ball in the air passed by the line of scrimmage and re-direct the ball forward.

**OUTLINED RULES**

**BALL COUNT**

- "3 BALL" count prior to rushing the QB. If the QB tosses the ball laterally or behind the line of scrimmage, the count will stop and the rusher(s) may advance.
- If a snapped ball touches the ground it will be ruled a dead and loss of down.

1. **NO POCKETS.** Players with pockets are not allowed to participate until dressed in proper uniform.
2. Baseball caps may be worn but must be turned around.
3. The 25 second play clock will be strictly enforced.
4. NO Kickoffs. Games will begin with one team receiving the ball on the 14-yard line.
5. Touchbacks and safeties will be placed on the 20-yard line.
6. Interceptions can be returned.
7. All Defensive pass interference penalties are spot fouls & automatic 1st down.
8. **No diving for an opponent's flags or for extra yardage. 10 yard plenty**  
Driving is defined as if a player leaves their feet to fully extend the body causing the player's hands or stomach to land on the ground. *(The application of this rule depends entirely on the judgment of the official.)*
9. Teams may accept a penalty and must take the yardage.
10. A **MERCY RULE** will be enforced at any time in the second half. If a team is leading by 27 points or more at any time in the second half, the game will be over.
11. **Restraining Line (Rush):** one (1) yard and marked by a ball spotter
12. **Offside plenty:** 5 yards repeat down (Dead Ball)

**SPECIAL CO-ED RULES**

1. A female must be an operative player every 3rd play.

Penalty of - 5 yard, LOD and repeat CLOSED play

An operative player is: intended receiver, primary runner who gains yards past LOS, a QB who passes the ball past the LOS.

An operative player is NOT: a player who hands off and/or snaps the ball, receives the ball & fails to cross the LOS, throws a pass that does not cross the LOS.

On a closed play, if the QB gets sacked, it is still closed.

2. On a closed play, a male may receive a pass from a male and pitch to a female prior to processing the ball and be legal. However, if the female does not catch the pitch, it is an incomplete pass to a male and is a 5-yard penalty from the LOS.

*Revised January, 2019*