

ALL STAR FLAG FOOTBALL RULES

I. Game

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
2. The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend. Teams may choose to defer to second half choice.
3. The offensive team takes possession of the ball at its 5-yard line and has (4) plays to cross midfield. Once a team crosses midfield, it has (4) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the loser of the coin toss or to the team that deferred to the 2nd half

II. Terminology

- **Boundary lines** the outer perimeter lines around the field. They include the sidelines, and the rear end zone lines.
- **Line Of Scrimmage** an imaginary line running through the point of the football and across the width of the field.
- **Line-To-Gain** the line the offense must pass to get a first down or score.
- **Rush Line** an imaginary line running across the width of the field 7 yards (into the defensive side) .from the Line of Scrimmage, **marked off by the official.**
- **Offense –** the squad with possession of the ball.
- **Defense –** the squad opposing the offense to prevent them from advancing the ball.
- **Passer –** the offensive player that throws the ball and may or may not be the QB.
- **Rusher –** any defensive player assigned to rush the Quarterback to prevent him/her from passing .by pulling his/her flags or blocking the pass.
- **Downs (1-2-3-4)** the offensive squad has 4 attempts or “Downs” to advance the ball. They must cross the Line to Gain to get another set of downs or to score.

- **Live Ball –** the period of time that the play is in action. Generally used in regards to penalties, Live Ball Penalties are considered part of the play and must be enforced before the down is considered complete.
- **Dead Ball** the period of time immediately before or after a play.
- **Whistle –** the sound made by an official using a whistle that signifies the end of the play or a stop in the .action for timeout, half time or the end of the game.
- **Inadvertent whistle –** an official's whistle that is performed in error.
- **Charging –** the movement of the ball carrier directly at a defensive player who has established position on .the field. This includes lowering the head, making contact with the defender with a shoulder, chest or forearm.
- **Flag Guarding –** an act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm.
- **Shovel Pass –** a legal pass attempted behind the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
- **Lateral –** a pass behind the line of scrimmage that must be clearly backwards from the point of leaving the passer's hand. It can be overhand or underhand.

III. Eligibility

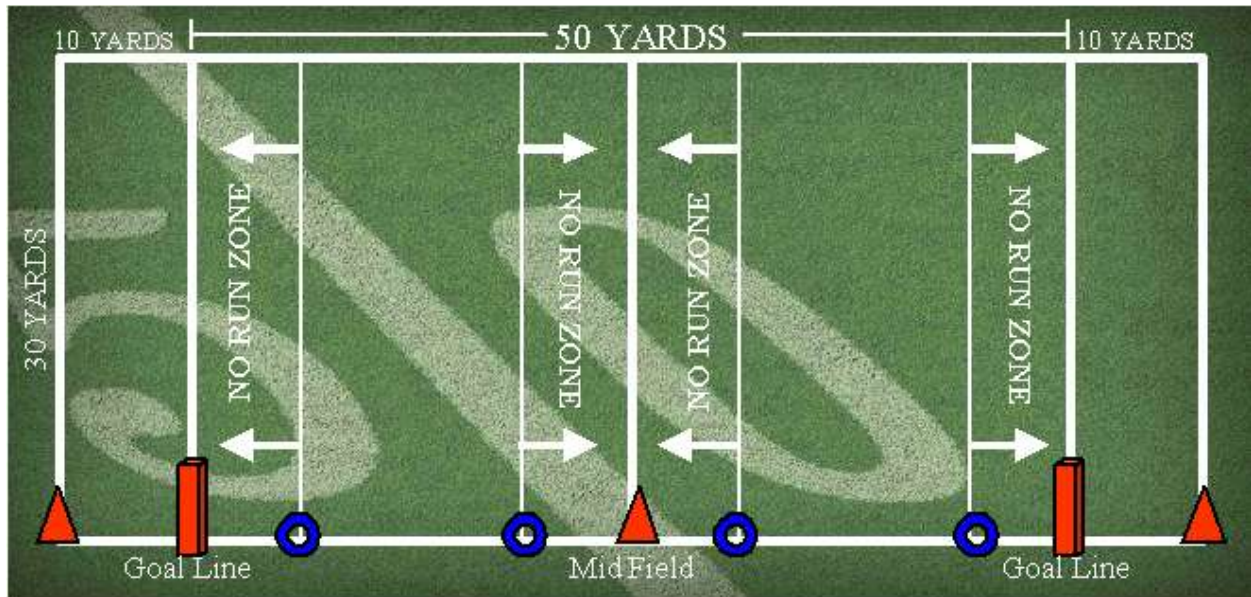
1. A player's age must fall within the specified age-range as of the cutoff date issued prior to each season and depending on season played. Age will be verified by a valid birth certificate if necessary. Female players, whose age is one year above the top age in the bracket, have option of playing down in the next lower age group. i.e. 12 year old girls can play in the 9-11 or 15 year old girls can play in the 12-14. Does not apply to the 6 and under.
2. All players must present a waiver that is signed by a legal guardian or parent.

IV. Equipment

1. The League provides each player with flag belts and each team with a **football**. Teams can also provide their own ball for use so long they are the proper size for that age group.
2. Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
3. Players may tape their forearms, hands and/or fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals **and casts** are not allowed.
4. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
5. Official ALL STAR FLAG jerseys must be worn during play.
6. Players' jerseys must be tucked into the pants.
7. Pants or shorts with belt loops or pockets must be taped.

V. Field

1. The approximate field size is 25-30 yards by 65-70 yards including 7-10-yard end zones and a midfield line-to-gain. No-Running Zones precede each line-to-gain by 5 yards.
2. No Run Zones are in place to prevent teams from conducting power run plays. While in the No Run Zones (a 5 yard imaginary zone before midfield and before the end zone), teams may not run the ball in any fashion. All plays, including those that begin with a handoff, must be pass plays.
3. Stepping on the boundary line is considered out of bounds.
4. Each offensive squad approaches only TWO No Run Zones in each drive (one zone 5 yards from midfield to gain the first down, one zone 5 yards from the goal line to score a TD).



VI. Rosters

1. Teams will consist of up to 10 players
2. Up to 5 player requests per team are allowed and we will make our best effort to honor those requests, all additional players on each team will be assigned based on age and ability to best balance team rosters
3. Both teams must field a minimum of four (4) players at all times. If a team only has 4 players to start a game, then both teams will play 4 on 4. If a team is unable to field a minimum of 4 players at any time the game may be considered a forfeit at supervisors and referee's discretion.

VII. Timing & Overtime

1. Games will consist of (2) 24 minute running clocks. The clock stops only for timeouts and injuries except for the last minute of each half where the clock will stop on incomplete passes and when a player runs out of bounds with the ball.
2. Halftime is a maximum of five minutes long.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has two time outs per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.

7. If the score is tied at the end of the game, the game should be determined a tie for regular season games.

Overtime (Playoffs Only) - If the score is tied at the end of 48 minutes, teams move directly into overtime (only in the playoffs).

- Coin flip will determine **first** possession
- Each team will get one possession starting at **10 yard line from goal line.**
- Each team will go the same direction.
- Continue until winner is determined.

VIII. Scoring

1. **Touchdown: 6 points**
2. **“EXTRA POINT or PAT (Point After Touchdown) 1 point (5-yard line) or 2 points (12-yard line) .Note: 1 point PAT is pass only, 2 point PAT can be run or pass.**
3. **Safety: 2 points**
 - a. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone.
4. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. **Interceptions on conversions can be returned for a 2-pt score for the defense.**

IX. Coaches

1. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to always support the coach
2. **One coach is allowed** on the field to direct players according to need and bracket. Coaches must move **out of the way** before the snap of the ball.
3. Coaches are expected to adhere to All Star Sports philosophies, coaching guidelines and codes of conduct.

X. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line.
3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.
5. Substitutions may be made on any dead ball.
6. An official can whistle the play dead.
7. Play is ruled “dead” when:
 - a. The ball hits the ground.
 - b. The ball carrier’s flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball carrier’s knee hits the ground
 - f. The ball carrier’s flag falls off.
 - g. The receiver catches the ball after flag has fallen off.
 - h. The 7 second pass clock expires.
 - i. An inadvertent whistle is performed (at the spot where the ball was whistled dead).
8. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where the whistle blew.
 - b. Replay the down from the original line of scrimmage.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.
9. A team is allowed to use a time out to question an official’s rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will be charged a time out. **Judgment calls may not be questioned**

XI. Running

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.
2. The quarterback cannot directly run with the ball (except in the 6 and under division)
3. Offense may use multiple handoffs.
4. Absolutely NO laterals or pitches of any kind past the line of scrimmage
5. "No-Run Zones," located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones. (Reminder: Each offensive squad approaches only TWO No Run Zones in each drive - one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a TD 5 yards).
6. The player who takes the handoff can throw the ball from behind the line of scrimmage.
7. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding.
9. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
10. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
11. No blocking or "screening" is allowed at any time.
12. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
13. Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction.

XII. Passing

1. All passes must be from behind the line of scrimmage and thrown forward of the QB or the person throwing the ball.
2. Shovel passes are allowed.
3. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).
4. Laterals either over or underhand are allowed so long it is obvious the lateral was in a backwards direction and behind the LOS. The person receiving the backward pass or lateral may still throw a forward pass to another receiver (i.e. double passes are allowed so long as the first one was backwards).

XIII. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
6. Interceptions are returnable.

XIV. Rushing and Rush Line

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped, **which will be marked by the official**. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go beyond the line of scrimmage.
3. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i. Any rush from a point 7 yards from the defensive line of scrimmage.
 - ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - iii. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.
 - iv. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.
 - b. A penalty may be called if:
 - i. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped
 - iii. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed – Illegal Rush

4. Players rushing the Quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way.
5. It is the defensive rusher's responsibility to avoid contact with the offensive players. The intent of our rules is that the defensive rusher has a clear path to the QB. But, the receivers on the offense have the right to go out for a pass. WR cannot intentionally screen a defensive rusher. This is a judgment call on the official's behalf and the official's decision is final. If a WR slows down in the path or rusher with the intent of slowing down the rusher, it will be a penalty on offense. If the center or RB moves intentionally into the path of the rusher it will also be a penalty on the offense.
6. Blocking the pass and then striking the passer will result in a 10-yard penalty.
7. A Sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled.
A Safety is awarded if the sack takes place in the offensive team's end zone.

XV. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey. **Once the ball has crossed the line of scrimmage, all other offensive players must stay away and not run alongside the ball carrier or receiver. Running alongside the player with the ball will be considered flag guarding and a penalty will be assessed.**

XVI. Formations

1. An offensive team must have a minimum of one player on the line of scrimmage (the Center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion parallel to the line of scrimmage.
 - b. No motion is allowed towards the line of scrimmage.
2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.

3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands. A snap may be “**shotgun**” or **direct snap**.

XVII. Unsportsmanlike Conduct

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, running into another player, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee’s discretion. .No appeals! **FOUL PLAY WILL NOT BE TOLERATED.**
2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, **the player, coach, parent, or fan** will be ejected from the game.
3. Players may not physically or verbally abuse **any player, parent, coach or official.**
4. Ball carriers **MUST** make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball carrier when pulling flags.
6. Fans must also adhere to good sportsmanship:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment **ALL** players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents away from the sidelines.
 - b. **Clean up after your games.**

XVIII. Penalties

All penalties not listed below are 5 yds and loss of down from LOS if offensive penalties and 5 yds and replay the down if defensive penalties.

Defensive Penalties

- **Offside** -- 5 yards and repeat the down, from line of scrimmage
- **Pass Interference** -- 10 yards and automatic first down, from line of scrimmage
- **Illegal contact** (holding, blocking, etc.) -- 5 yards and repeat the down, from line of scrimmage
- **Illegal flag pull** (before receiver has ball, dropped pass) -- 5 yards and repeat the down, from line of scrimmage
- **Illegal flag pull** (before receiver has ball, catch made) -- 5 yards and repeat the down, from spot of catch
- **Illegal rushing** (starting rush from inside 7-yard marker) -- 5 yards and repeat the down, from line of scrimmage
- **Substitution fouls** (player enters field after ball is blown ready for play, i.e. to deceive opponents, or 6 players on the field) -- 5 yards and repeat the down, from line of scrimmage
- **Defensive Holding** – 5 yard penalty from the point of foul and repeat the down.
- **Roughing the passer** – 10 yard penalty from the LOS and repeat the down

Offensive Penalties

- **Delay of game** -- 5 yards and repeat down, from line of scrimmage
- **Substitution fouls** -- 5 yards and loss of down, from line of scrimmage
- **Illegal motion** (more than one person moving, etc.) -- 5 yards and repeat down from line of scrimmage
- **False Start** -- 5 yards and repeat down, from line of scrimmage
- **Illegal Snap** -- 5 yards and repeat down, from line of scrimmage
- **Offensive holding** -- 5 yards and repeat down, from line of scrimmage
- **Player out of bounds** (if player goes out of bounds, player cannot return to the field and catch ball) -- 5 yards and loss of down, from line of scrimmage
- **Offensive pass interference** (illegal pick play, pushing off/away defender) -- 10 yards from LOS and loss of down
- **Flag guarding** (carrying ball close to flag in an effort to guard or stiff-arms) -- 5 yards from the point of foul and loss of down
- **Unsportsmanlike Penalty:** +10 yards if on defense, -10 yards if on offence
- **Illegal forward pass** – 5 yard penalty repeat the down
- **Catching the ball with no flag** – ball is dead where catch is made

General Penalties

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted
4. Games cannot end on a defensive penalty, unless the offense declines it.

Playoffs - There will be a playoff tournament for each division the last week of the season. The top 4 teams from each division will qualify for the playoffs with the #1 seed playing the #4 seed and the #2 seed playing the #3 seed and the 2 winning teams playing for the division championship.

Tiebreakers for Post Season - Tiebreakers will be in the following order:

1. Head to Head Competition
2. Total Points Allowed
3. Coin Flip

Special rules for the 6 and under division

- Quarterback can run with the ball.
- All defensive players must line up at the 7 yard rushing line that the official will designate for each play. However, players on the defense may line up on the LOS once inside the 5 yard no-run zone, but cannot rush unless the ball is handed off, pitched, or passed.
- The No-Run Zones are eliminated and voided
- The center to QB snap may be off to the side, as well as between the legs.