OMAHA SPORTS COMPLEX

Flag Football Rules & Regulations

PLAYING FIELD
Length:50 Yards
End Zones: 7 Yards
Width: 25 yards
First Down Mark: Mid Field
No run zones: Short Yardage plays including the five yds before the first and end zone

ROSTER
Each team will be required to maintain an accurate online roster including all players. No player is allowed on the field without first being rostered. A QB for an upper level/competitive league team may QB for only one team per session. Teams with incomplete/inaccurate rosters will forfeit any games played with incomplete/inaccurate roster.

GAME CLOCK FORMAT
-Each game is played in two 20-minute halves; running clock format.
-The clock will stop on out-of-bounds, first downs, change of possession, extra points and incomplete passes in the final minute of the second half providing the lead is in the single digits (9 points or less).
-Each team receives one 60 second time out per half. (No carry over).
-There will be a one-minute break at halftime and between games.
-PLAYOFFS—First to 28, win by 9

SCORING
Touchdowns = 6 points
Safety = 2 points
Extra Points: 5 yards out = 1 point; no run zone; 12 yards out = 2 points; run zone

DRIVES
-There are no kickoffs or punts.
-All drives begin on the five-yard line with the exception of interceptions.
-Drives consist of three plays to either make a first down or score a touchdown.
-Interceptions may be run back and the drive will begin where the player's flag is pulled.
-Extra points can be returned for the amount of points the other team is trying for.

FIRST DOWNS

A drive is extended when a team gets the ball past mid-field using up to three plays. Once a team gets a first down they must score within three plays or the other team gains possession.

CENTERING THE BALL

-The ball must be snapped between the legs.
-Each time the ball is spotted a team has 30 seconds to snap the ball. After 30 seconds, A five-yard penalty will be assessed for delay of game.

SUBSITUTIONS

Players may substitute during a dead ball but must be on or off the field before the next play starts.

RUNNING PLAYS

-There is no limit to the number of handoffs made behind the line of scrimmage.
-Player does not have to be lined up behind the line of scrimmage.
-One lateral or pitch is allowed behind the line of scrimmage. If the pitch is forward, then recipient can't pass and must run. No laterals past LOS.
-The "No Run Zone" is designated to avoid short yardage power running. It is located five yards before first down and five yards before the end zone.
-The player who takes the handoff can throw the ball as long as he does not pass the line of scrimmage.
-Once the ball has been handed off or pitched, all defensive players are allowed to rush even if they aren't behind the 7-yard mark.
-No handoffs or laterals are allowed past the line of scrimmage.
-There is no jumping or diving when running with the ball to avoid a flag pull. Players can jump step or jump back to avoid a flag pull. If officials indicate illegal jump, the ball will be placed where they left their feet.
-The QB cannot run the ball. If the ball is handed off behind the line of scrimmage that person can run (as long as it's not in the no run zone) or pass. Once the ball is handed off there is no 5 second count.

RUSHING THE QUARTERBACK

-Any number of players can rush the QB but must be a minimum of 7 yards beyond the line of scrimmage when the ball is snapped. Once the ball has been handed off, all players are eligible to rush from anywhere.
-Official will designate 7 yards from the Line of Scrimmage.
-If the rusher enters the 7-yard neutral zone before the snap, he must get back before the ball is snapped or else he is ineligible to rush on that play.
-Rusher must go for the quarterback's flags. Rusher may attempt to block the pass, but it is a penalty to make contact with the QB's body or arm even if the ball is deflected.
-If no one rushes, the quarterback will have 5 seconds to release the ball. With a defensive rush the 5-second rule is waived.
-It will be the offensive player's responsibility to give the rusher a clear line to the QB. The

official will determine incidental contact. (Rusher cannot run directly at the center, he must give receiver clearance to run pattern).

RECEIVING

-All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
-Player must have at least one foot in bounds when making a catch.
-No bump and run coverage. No chucking receivers at the line of scrimmage or down field.

PASSING

-Shovel passes are allowed even behind the line of scrimmage.
-QB will have FIVE second pass clock if no defensive player rushes. If a pass is not thrown within five seconds, the play is dead and treated as an incomplete pass.
-Interceptions may be returned (including extra points).

DEAD BALL

-Play is ruled over when/where the ball is spotted.
-When the ball hits the ground, includes bad snap.
-No fumble recoveries allowed.
-When the ball carrier loses his flag (pulled off or falls off).

** Note: If the receiver catches a ball and he has lost his flag already, it's a completed pass but he is unable to advance the ball. If the flag is pulled by an opponent prior to the reception, he may advance the ball and the defense must pull his other flag. If both flags have been pulled prior to the catch (Illegal Flag Pull), defensive penalty applies.

-When the ball-carrier's knee hits the ground the play is ruled dead. Players can put their hand down to keep balance, but not to avoid a flag pull.
-When the ball carrier steps out of bounds the ball is ruled dead.
-Ball is spotted where the flag is pulled.

OVERTIME

-Flip for first possession.
-Overtime period will last five minutes or the first team to score.
-Running clock format will be used for the entire five-minute period.
-Each team will receive one time out in overtime.
-If no one scores in the five minutes each team will receive 1 play to see who gets the most yardage. Team with the most yardage will be the winner.

ADDRESSING OFFICIALS (Questioning Calls)

Only the designated captain is allowed to address the officials. All interactions will be made in a sportsmanlike manner

-First Offense: Warning will be given to captain
-Second Offense (any team member): 10 yards, loss of down and three-minute suspension
-Third Offense: Team will forfeit the game

PENALTIES

All Offensive Penalties = loss of down and five yards
Illegal Motion, Illegal Forward Pass (Play is not dead), Flag Guarding, Stiff Arming, Illegal Contact, Offsides, Interference, Delay of Game (One warning assessed – 30 seconds)

EXCEPT Excessive Contact/Rough Play: 10 yards + loss of down (Referee decides the severity of excessive contact – warning / 3 minute suspension / ejection from game)

All Defensive Penalties = first down and five yards
Offsides, Illegal Rush, Illegal Contact, Interference, Illegal Flag Pull

EXCEPT
-Pass interference = spot foul + automatic first down
-Defensive holding on a player with the ball = 5 yards from hold + automatic first down.
-Excessive Contact/Rough Play = 10 yards + 1st down (Referee decides the severity of excessive contact – warning / 3 minute suspension / ejection)

*Note: If offensive penalties resulting in loss of down and yard occur after crossing 1st down marker, will result in down and goal with no opportunity to regain 1st down.

Unsportsmanlike Conduct (Offense/Defense)

Arguing with Officials: See **Addressing Officials** above

Violence / Threats: Any physical altercation will result in expulsion from the league for that player. A team with 3 or more players involved in a physical altercation will be expelled from the league.
Additionally, any physical confrontation with a ref or OSC staff member will result in police being called and assault/battery charges filed as appropriate. Activity at OSC is recorded.
Assault and battery is legally defined as an unwanted touching that is done in a rude or angry manner, it does not always mean someone was hit or punched. Remember, it does not take much.

Other Notes:

-Game cannot end on a defensive penalty even if time expires. One additional play will be required to finish the game.

-No refunds will be given for individual or team expulsion or forfeits

The Referees will call the game as they see it. ONLY the captain should approach the official with any questions.