

## Ultimate/Flag Football Rules

- ★ Team listed first is the visiting team and possession is determined by a coin toss at the beginning of the game.
- ★ The offensive team takes possession of the ball at its 5-yard line and has 3 plays to cross midfield. Once a team crosses midfield they have 3 plays to score a touchdown. If the offensive team fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- ★ If the offensive team fails to cross midfield, the possession of the ball changes and the new offensive team starts from its 5-yard line.
- ★ All possession changes, except interceptions start on the offense's 5-yard line.
- ★ Teams change sides after the first 20 minutes, and the ball will go to the team that did not get the ball at the start of the game.

### Players / Game Schedules

- ★ The game is played 7 on 7.
- ★ Teams must field a minimum of 6 players at all times.

### Timing / Overtime

- ★ Games are played to 40 minutes running time.
- ★ If the score is tied at the end of 40 minutes, teams move directly into overtime.
- ★ Each Team will get the ball at the opponents twenty five and has three plays to score. Only one possession for both teams, and if still tied the game results in a tie.
- ★ Each time the ball is spotted, a team has 30 seconds to snap the ball.
- ★ Each team has 2 timeouts per half.
- ★ Officials can stop the clock at their discretion.

## Scoring

- ★ Touchdown: 6 points
- ★ Extra Point: 1 point (played from the 5-yard line) or 2 points (played from the 10-yard line.)
- ★ Safety: 2 points.

## Running

- ★ The quarterback cannot run with the ball unless the defense comes in after the quarterback.
- ★ Offense may use multiple handoffs and pitches.
- ★ "No running zones" are located 5 yards from each end zone to avoid short yardage power running situations and collisions.
- ★ The player who takes the handoff can throw the ball from behind the line of scrimmage.
- ★ Once the ball is handed off, all defensive players are eligible to rush.
- ★ Spinning is allowed.
- ★ The ball is spotted where the flag is pulled, not where the ball is.

## Receiving

- ★ All players are eligible to receive passes, including the quarterback if the ball is handed off.
- ★ Only one player is allowed in motion at one time.
- ★ A player must have one foot inbounds when making a reception.

## Passing

- ★ The quarterback has a seven-second pass clock. If the pass is not thrown in seven seconds the play is dead, and there is a loss of a down.
- ★ Unless the quarterback is rushed then there is no seven-second pass clock.
- ★ Interceptions can be returned and where the flag is pulled is where the offense will start.

## Dead Balls

- ★ The ball must be snapped between the legs, not off to one side, to start a play.
- ★ Substitutions can be made at any dead ball.
- ★ Play is ruled "dead" when:
  - ◆ Ball carrier's flag is pulled.
  - ◆ Ball carrier steps out of bounds.
  - ◆ Touchdown or safety is scored.
  - ◆ On the change of possession.
  - ◆ Ball carrier's knee hits the ground.
  - ◆ Ball carrier's flag falls out.
  - ◆ Ball hits the ground.

NOTE: There are no fumbles. The ball is spotted at the point where the ball hits the ground.

## Rushing the Quarterback

All players who rush the passer must wait 5 seconds until they can go after the quarterback. Any number of players can rush the quarterback.

Once the ball is handed off all defenders may go behind the line of scrimmage. **Remember no blocking or tackling is allowed** (Blocking is considered the raising of hands making contact with an opponent's body).

## Sportsmanship / Roughing

If the referee witnesses any acts of tackling, elbowing, cheap shots, trash talking or any unsportsmanlike act, the game will be stopped and the player can be ejected. **FOUL PLAY WILL NOT BE TOLERATED.**

Trash talking is illegal. Officials have the right to determine offensive language. Referees will give only one warning on foul language. If the foul language continues the player will be ejected from the game. Foul language from coaches will also not be tolerated.

## **Penalties**

The referee will call all penalties.

Defense:      Offsides-5 yards automatic first down  
                    Interference- 10 yards automatic first down  
                    Illegal Contact- 10 yards automatic first down  
                    Illegal Flag Pull- 10 yards automatic first down  
                    Illegal Rushing- 10 yards automatic first down

Offense:        Illegal Motion/False start - 5 yards  
                    Illegal forward pass- 5 yards and loss of down  
                    Interference- 10 yards and loss of down  
                    Flag Guarding- 10 yards and loss of down

## **Attire**

Cleats are allowed, except for metal spikes. Inspections must be made. All players must wear a protective mouthpiece; there are no exceptions.