

# Official PSL Flag Football Rules

## Playing Area

- 1) The playing field will be 75 yd long and 40 yd long (approx).
- 2) There will be two 10-yard end zones.
- 3) Field will be divided into five 14-yard zones.
- 4) Hash marks or cones shall be placed 15 yd in from each sideline.

## Equipment

- 1) 8<sup>th</sup> grade league play with intermediate ball; 6<sup>th</sup>/7<sup>th</sup> grade will use junior size.
- 2) Home team supplies ball. Visiting team may use their own ball if time involved in getting their ball doesn't delay game. Team will get one warning if visiting team takes too long to get ball into play. After that game will be played with home team ball.
- 3) Tennis shoes or soccer cleats permitted, no screw-on cleats.
- 4) Players may not wear anything making it difficult for defense to grab flags. No wrapping flags around belt. Belts must be outside clothing.
- 5) Home team must have 2 colors of flags available.
- 6) Players wearing glasses must have protective eyewear covering them.
- 7) Following not allowed: jewelry, watches, earrings, posts bandanna or hats.
- 8) Flags must be of contrasting colors of shorts.
- 9) Flags must be placed on hips. Flags in wrong place will result in play being called dead.
- 10) Shirts and excess belt straps must be tucked in.
- 11) Players may not play with a cast. Golf or batting gloves are allowed.
- 12) Forearm, knee, and elbow pads can be worn, shoulder pads are forbidden.
- 13) Home team in charge of keeping track of play count.
- 14) Teams will line up before games for equipment check by referees.
- 15) Protective mouthpiece is mandatory: players without mouthpiece will not play.

## Players

- 1) Nine players play at a time:
  - Center
  - 2 guards/tackles
  - 2 ends
  - 4 backfield
- 2) Interior linemen do not wear flags and may wear vests. They are ineligible to receive receive passes. If linemen receives a pass, it will be ruled incomplete.
- 3) If one team only has 7 or 8 players they must have 4 players on the line of scrimmage.
- 4) On the last player on either end of the line of scrimmage and the four backfield players are eligible for a pass.
- 5) On offense, the team must have only players on the line of scrimmage.

## Scrimmage Line

- 1) There must be five players on the line of scrimmage on offense, one second before the ball is snapped.
- 2) All players must be at least 5 yards from the sidelines at the snap of the ball.
- 3) Huddles are not required.
- 4) All defensive players must be at least 1 yard off the line of scrimmage.

## Length of Game

- 1) There will be a total of 15 plays per quarter, not counting kick-off and extra point attempts. (15 total plays, not per team)
- 2) A game will consist of 60 plays with teams changing direction every quarter.
- 3) If there are not enough plays left in the game for a team to catch up the referee has the prerogative to end play.
- 4) Tied score will not be played off.
- 5) On live ball penalties, the play shall not be counted unless the penalty is accepted. On dead ball situations, the play will not count.

## Fumbles

- 1) All fumbles and loose ball are dead and not playable.
- 2) If the ball is dropped while carrying it, the ball is dead where the fumble occurs, not where the ball touches the ground.
- 3) Balls dropped on the kick-off and punts are ruled dead unless in the discretion of the referee the opposing team is at least 15 yards away and picking up the ball is safe.
- 4) If the ball is hiked over the head of the quarterback, the ball is marked where it lands.
- 5) If the ball is hiked or dropped in the end zone, it will be ruled a safety.
- 6) If the ball is fumbled into the air without touching the ground, the opposing team may intercept the ball.

## Kickoffs

- 1) The kicking team kicks off from their own 30-yard line.
- 2) The ball must not be higher than 2 inches on the tee or ground.
- 3) If the kick goes out of bounds, the team is penalized 5 yards. If the second kick goes out of bounds, the ball will be put into play at mid field.
- 4) There are no on side kicks.
- 5) The receiving team must have 5 players in front of their 15 yard line.
- 6) Kickoffs will take place at the beginning of the game and at the start of the second half. On all other kickoff situations, the ball will be placed on the receiving team's own 30 yard line.

## Punts

- 1) All punts must be declared. No quick kicks are permitted.
- 2) The defensive team must be given enough time to put their players in position.
- 3) The defensive team must have 5 players on the line of scrimmage.
- 4) No player may cross the line of scrimmage until the ball is kicked.
- 5) If an offensive player touches the ball first, the ball is dead at the spot.
- 6) If a member of the defensive team blocks the ball legally (from his side of the line of scrimmage) the ball is dead where it first touches the ground.
- 7) A dropped center for punting is not dead. It may be picked up and kicked.

## Scoring

- 1) A touchdown counts as six points.
- 2) The ball will be placed 3 yards out for the extra point attempt.
- 3) The extra point RUN counts as 2 points.
- 4) The extra point PASS counts as one point.
- 5) A SAFETY counts as two points (on a safety, the receiving team must line up on their own 30 yard line and the team must kick from their own 15 yard line).
- 6) The 18 Point Rule: If a team scores a touchdown or safety and there is an 18 point spread, the team will receive the ensuing kickoff, even though they just scored. If the score drops below an 18 point lead, the opposing team will receive the kickoff as usual.

## Passes

- 1) A forward pass may be thrown from anywhere behind the line of scrimmage.
- 2) A player who catches a pass without flags may not advance the ball from where it was caught.
- 3) A pass interference penalty is a first down where the penalty occurs.
- 4) Pass interference will not be called on uncatchable passes.
- 5) Eligible receivers must have flags.

## Penalties

- 1) 5 Yard Penalties will be:
  - offside
  - illegal motion
  - too many players on the field prior to play
  - players closer than 5 yards from the sidelines
  - too many players in the backfield or on the line of scrimmage
  - players, coaches, or spectator not 5 yards from the sidelines
  - grounding the ball
  - failure of a player to drop the flag to the ground
  - defensive holding (5 yard penalty & first down)
  - charging (Penalty from the spot of the foul)
  - if defensive player has feet set and the ball carrier charges into him
- 2) 10 Yard Penalties will be:
  - offensive holding
  - holding, grabbing, or pulling another player

### 3) 15 Yard Penalties will be:

- leaving feet while blocking: no cross body blocking permitted (second offense will result in expulsion)
- clipping
- tackling (second offense will result in expulsion)
- illegal use of hands on offense
- deliberately pushing a person out of bounds (second offense will result in expulsion)
- holding up a flag that does not belong to the ball carrier
- faking a pulled flag
- unnecessary roughness (second offense will result in expulsion)
- lowering head to block
- too many players on the field in play
- swinging at another player with forearms
- unsportsmanlike conduct (15 yard penalty and expulsion)

### 4) Additional penalties

- hurdling (if not jumping over a fallen player), ball is dead on the spot
- flag guarding-ball is dead on the spot
- straight arms-ball is dead on the spot
- forward pass ahead of the line of scrimmage results in loss of down and dead ball

## Notes on Penalties

- 1) The players and coaches are restricted to stay between two 15 yard lines.
- 2) When a penalty is inside the 30 yard line, the full distance of the penalty is marked off. When the penalty is inside the 15 yard line,  $\frac{1}{2}$  the distance to the goal line will be marked off.
- 3) If a player is going for a touchdown and in the judgement of the officials, the player is clear of everybody and a fake flag pulling occurs, the team with the ball shall receive 6 points.
- 4) No game or half can end with a penalty on the defensive team. The offense shall be given one more play.

## Time Out

- 1) Two 1-minute times out per half.
- 2) Half time is 3 minutes in length.

## Legal Block

- 1) Players may block opposing team with open hands as long as the initial contact is made with hands close to the body or with arms fully extended.
- 2) No pushing or shoving.
- 3) Player may not use a clenched fist.

## Referees

- 1) A minimum of two referees is required for all games.
- 2) Referees must be from an official association.