

## **Foothill Sports League**

### **Official Rule Card - FLAG FOOTBALL**

- Four 10-minute quarters with a running clock
- Clock stops after touchdowns; Resumes on the ensuing kickoff
- Two-minute warning/official timeout at the end of each half
- Final two minutes of each half, clock stops for incomplete pass, out of bounds, penalties, first downs or on the referees whistle
- MERCY: Suspend running clock in 4th quarter if one team is down by more than 28 points.
- One referee keeps official time on the field.
- The other referee keeps official score.
- Five-minute rest period at halftime.
- Two 1-minute time-outs for first half. Three for second half. (no carry overs).
- 35-second play clock from the referees signal of ready to play.
- Five (5) players on the line and three (3) in the backfield.
- Ineligible lineman must wear pennys
- Uncovered players at the end of the line are eligible.
- Backfield players are eligible.
- Players should hold flags high after a tackle

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