

ADAL GIRLS FLAG FOOTBALL RULES (as of Sept 2024)

ADAL ALL SPORTS MASTER RULES are included as an addendum to these rules.

Note: Rules in BOLD below are the ones which differ from ADAL Boys FFB rules

LENGTH OF GAME

1. A game will consist of 60 plays with teams changing direction every quarter.
2. 15 plays per quarter, not counting extra point attempts.
3. 1 minute between quarters and 3 minutes for halftime.
4. Each team will have 2 timeouts per half. All timeouts will be 1 minute. No carryover timeouts.
5. On live ball penalties, the play shall not be counted unless the penalty is declined. On dead ball situations, the play will not count.
6. If there are not enough plays left in the game for a team to catch up the referee can decide to end play.
7. No overtime will be played for a tied score except for playoffs (see OVERTIME rules at end).

PLAYING FIELD

1. The playing field will be 75 yards long and 40 yards wide with two 10 yard end zones and five 15 yard zones between the end zones.
2. Each line represents either a first down line or goal line.
3. Cones or marks shall be placed on each sideline at the intersecting points of each zone.
4. Each site may revise slightly to adapt to field size and must notify officials and opponents.
5. Definitions:
 - 15 yard markers are the 1st set of cones marking the lines nearest either the offensive or defensive goal lines.
 - 30 yard markers are the 2nd set of cones from either the offensive or defensive goal lines.
 - Team Area is the area more than 2 yards from each sideline and between the 15 yard markers. All players, spectators and coaches must stay inside the Team Area. The Head Coach and maximum of 2 Assistant Coaches are allowed within 2 yards of the sideline only during a dead ball situation.

EQUIPMENT

1. **PROTECTIVE MOUTHPIECE IS MANDATORY.** Players without a mouthpiece cannot play.
2. Shoes

- a. Must be soft pliable upper material that completely covers the foot (ie. tennis shoes or soccer cleats).
 - b. NO metal cleats or screw in cleats.
3. Shirts/Jerseys & Shorts/Pants
- a. All shirts/jerseys must have numbers either on the front or back.
 - b. Shirts/Jerseys must be long enough to be tucked into pants & must always be tucked in.
 - c. Sweats (including hoods), if worn, must be worn under the uniform.
 - d. No shorts allowed that have loose baggy pockets or are torn. No cargo pants or sweatpants.
4. Flags
- a. Flag belt must be one piece without any knots and worn outside of clothing. Excess belt strap must be tucked into pants.
 - b. Two flags are attached to the belt, one flag placed on each side of hips.
 - c. Flag size is 2 1/4 inches wide by 14 1/2 inches length.
 - d. Flags must be the velcro attached type. Flags cannot be the belt tear away type.
 - e. Flags must be of a contrasting color to the shorts.
 - f. Players may not wear anything making it difficult for the defense to grab flags. No wrapping flags around belt.
 - g. All players must be wearing flags before the ball becomes live.
5. Football
- a. Must be pebble grained or rubber covered football.
 - b. Teams will use a Size 7 “JUNIOR” ball.**
 - c. Home team supplies ball. Visiting team may use their own ball if time involved in getting their ball in play doesn't delay game. Visiting team will get one warning if it takes too long. If there is another delay, the remainder of the game will be played with the home team ball.
6. Additional equipment
- a.
 - b. Allowed:
 - 1. Gloves
 - 2. Forearm, knee, and elbow pads
 - 3. Wristbands and headwear if made of rubber, cloth, or elastic
 - 4. Knee and ankle braces if hard items effectively padded
 - 5. Hard cast if effectively padded
 - c. Players wearing glasses must have protective eyewear covering them.
 - d. Not Allowed: shoulder pads, sunglasses, hats, and hard items, including, but not limited to, jewelry, watches, earrings, posts, beads, **barrettes, and bobby pins.**
 - e. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.

BEFORE START OF GAME

1. Teams will line up before games for equipment check by referees.
2. Team captains shall come to the middle of the field for a coin toss. The visitors shall have the first choice of the coin toss.
3. The winner of the toss shall choose: 1) to kickoff, 2) to receive, 3) the side of field they wish to defend, or 4) to defer choice to 2nd half.

BALL PLACEMENT

1. Kickoff: There are no kickoffs. At the beginning of each half the ball will be put into play at the offense team's 30 yard line.
2. Touchdown or Touchback: ball will be placed at the offense team's 30 yard line.
3. **Safety: Defensive team then takes possession as offense at their 30 yard line.**
4. **Punts: There are no punts. Once the offensive team declares they are "punting", the defensive team will then take possession at their 30 yard line.**
5. Ball placement will not be closer than 1 yard to the goal line.

GAME PLAY RULES

1. **NO BLOCKING OR MOVING SCREENS ALLOWED AT ANY TIME**
2. **NO EXCESSIVE CONTACT ALLOWED**

OFFENSE FORMATION

1. **There are 7 players on each team, 4 who must line up on the line of scrimmage and 3 backfield players.**
2. **Teams can play with a minimum of 5 players.**
3. **No more than 3 players allowed behind or off the line of scrimmage prior to the snap of the ball.**
4. Only one player off the line of scrimmage is allowed to be moving laterally/backwards at the snap of the ball.
5. All players must be at least 5 yards from the sidelines at the snap of the ball.

SNAPPING

1. **One player on the line of scrimmage in the center of the formation must snap the ball to the quarterback.**
2. **The ball must be snapped from the ground but does not have to be snapped between the legs.**
3. **The ball may be snapped to any person whose feet are at least 2 yards behind the line of scrimmage.**
4. **The person who received the snap is considered the quarterback for that play.**

SERIES OF DOWNS:

1. A team in possession of the ball shall have four consecutive downs to advance the ball to the next first down line or goal line.
2. Officials will be responsible for determining the spot of the ball and the down markings. The ball should always be placed near the center of the field.
3. A new series of downs will be awarded when a team moves the ball to or past the next first down line.
4. On 4th down the offensive team must declare whether they are punting or going for a first down.
5. If the offense goes for the first down and does not obtain it, the defense will take possession of the football at that point on the field.

PASSING & RUSHING

- 1. All players are eligible to receive a pass.**
- 2. Quarterback can run the ball ONCE per series of downs.**
3. There is no limit on the number of times players receiving a direct handoff from the quarterback can run.
- 4. The PAT shall be treated as a new series (The QB is allowed to run).**
- 5. If a defense “blitzes” or rushes a defensive player at the quarterback, the quarterback may run without it counting as their one run per series of downs.**
6. No stiff arming, hurdling, jumping, spinning, or sliding.
7. A receiver may not use their hands or arms to move a defender to make a reception.
8. If a player catches a pass or runs with the ball without flags properly worn, the ball is dead on the spot.

DEFENSE RUSHING/BLITZING

- 1. Any defensive player can rush from any position on the field if they are at least 7 yards behind the line of scrimmage.**
- 2. Teams may only rush up to two players at a time.**
- 3. Rushers must attempt to avoid any offensive players.**
4. Rusher must avoid hitting the Quarterback’s arm, even on the follow through motion.
5. No limit to the number of rushing/blitzing attempts by a team.
6. No running starts towards line on defense.
7. All defensive players must be at least 1 yard off the line of scrimmage.

PASS DEFENSE

1. Receivers are allowed free release from the line of scrimmage. No bump and run coverage.
2. Defenders are not allowed to play through the receiver to make a play on the ball.
3. If the defense intercepts a pass, they can return the ball until their flag is pulled.

DEFENSIVE DE-FLAGGING/TACKLING

1. The defender must make a play at the flags. A defender may not try to strip, grab, or knock free a ball in a player's possession.

FUMBLES

1. All fumbles and loose balls that touch the ground 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. If the ball is hiked over the head of the quarterback, the ball is marked where it lands.
4. If the ball is hiked or dropped in the end zone, it will be ruled a safety.
5. A fumble caught in the air by either team is a live ball and may be advanced.
6. No intentional stripping of the ball.

SCORING

1. Touchdown - 6 points
- 2. Extra point from 5 yards - 1 point**
- 3. Extra point from 10 yards - 2 points**
4. Safety - 2 points.

PENALTIES

1. 5 Yard Penalties:

- Illegal motion
- Illegal formation
- Offsides/Encroachment
- False start
- Illegal rush
- Running start towards line on defense
- Defensive holding (plus automatic first down)
- Too many players on the field prior to play
- Players, coaches, or spectators outside of Team Area
- Intentional grounding (plus loss of down)
- **Illegal QB run (plus loss of down)**

2. 10 Yard Penalties:

- Defensive pass interference (automatic first down)
- Illegal blocking (see Legal Block)
- Offensive holding
- Offensive pass interference
- Illegal forward pass (plus loss of down)
- Flag guarding (plus loss of down)
- Roughing the passer (automatic first down)
- Stiff arming, spinning, or sliding (ball dead on spot)
- Hurdling (unless jumping over a fallen player) (ball dead on spot)
- **Illegal Contact**
 - **Offensive player makes excessive contact with defensive player**
 - **Defensive player makes excessive contact with offensive player**
 - **Blocking or moving screens**

3. 15 Yard Penalties

- Flag tampering.
- Holding up a flag that does not belong to the ball carrier or faking a pulled flag
- Charging which is defined as when defensive player has feet set and the ball carrier charges into him/her (penalty from the spot of the foul)
- Tackling or holding player while attempting to de-flag
- Deliberately pushing a person out of bounds
- Unnecessary roughness
- Unsportsmanlike conduct

All 15 yard penalties will be considered unsportsmanlike conduct and subject to Ejection and Suspension rules listed in ADAL Master Rules.

4. Notes on Penalties:

- If a penalty distance is more than the distance to the goal line, half the distance will be marked off.
- If a player is running for a touchdown and, in the judgment of officials, the player is clear of every player, and a fake flag pulling occurs, the team with the ball shall receive a touchdown.
- No game or half can end with a penalty on the defensive team. The offense shall be given one additional play.

OVERTIME (for playoff games only)

1. Teams will start the overtime period the same as outlined in section **BEFORE START OF GAME** above.
2. The ball will be put into play at the offense's 30 yard line, barring any carryover penalties. It will be regular flag football from that point forward with four downs to get a first down or score.
3. Once the offensive team scores or the defensive team gains possession, the offensive team's opportunity ends. The defensive team then gains possession and becomes the offensive team and gets their opportunity to score. If either team scores a touchdown, they have the option to go for 1 point or 2 point extra point attempt. After each team possession is finished, the team with the higher score wins. If they are tied, the game will go into the 2nd Overtime.
4. The 2nd overtime will begin with the ball on the 15 yard line, barring any carry over penalties. The team that finished on offense during the 1st overtime period will be first on offense during 2nd overtime period. The same rules above apply.
5. If the games should go into 3rd overtime or additional overtime periods, the ball will be placed on the 8 yard line and each team will have only one play to score. Again, the team that finishes on offense during the previous period will be first on offense during the next overtime period.
6. Each team is given 1 time out for each overtime period with no carry over timeouts

ADAL All Sports Master Rules Apply