

ADAL BOYS FLAG FOOTBALL RULES (as of Sept 2024)

ADAL ALL SPORTS MASTER RULES are included as an addendum to these 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, except interior line players, must be wearing flags before the ball becomes live.
5. Football
- a. Must be pebble grained or rubber covered football.
 - b. 8th/Varsity play with a Size 8 “YOUTH” ball.
 - c. 6th & 7th/Jr Varsity use a Size 7 “JUNIOR” ball.
 - d. 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. 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
 - b. Players wearing glasses must have protective eyewear covering them.
 - c. Not Allowed: shoulder pads, sunglasses, hats, and hard items, including, but not limited to, jewelry, watches, earrings, posts, and beads
 - d. 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) kickoff, 2) receive, 3) choose the side of field they wish to defend, or 4) 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's 30 yard line.
2. Touchdown or Touchback: ball will be placed at the offense's 30 yard line.
3. Safety: the team scored upon will punt the ball from their own 15 yard line (first cone nearest their goal line).
4. Ball placement will not be closer than 1 yard to the goal line.

OFFENSE FORMATION

1. There are 9 players on each team. The offensive team has 3 interior line players (1 center & 2 guards), 2 ends and 4 backfield players.
2. Teams can play with a minimum of 7 players.
3. No more than 5 players are allowed on the line of scrimmage.
4. Only one player off the line of scrimmage is allowed to be moving laterally/backwards at the snap of the ball. All other offensive players must hold still prior to the snap.
5. Interior line players do not wear flags and may wear vests. They must line up with one guard on either side of center on the line of scrimmage. They are ineligible to receive a pass. If they receive a pass or fumble, it will be ruled incomplete.
6. Only the last player on either end of the line of scrimmage and the four backfield players are eligible to receive a pass.
7. Huddles are not required.

LEGAL BLOCK

1. Players may block the opposing team with open hands if the initial contact is made with their hands close to the body or with their arms fully extended. Clenched fist is not allowed.
2. Players cannot lower their head or leave feet while blocking. No cross body blocking permitted.
3. No pushing or excessive contact that causes a defensive player to fall hard to the ground.
4. No blocking in the back (clipping).

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 & RUNNING

1. No stiff arming, hurdling, jumping, spinning, or sliding.
2. A receiver may not use their hands or arms to move a defender to make a reception.
3. Rusher must avoid hitting the Quarterback's arm, even on the follow through motion.

DEFENSE RUSHING/BLITZING

1. No running starts towards line on defense.
2. 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. (Illegal Contact)

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 or may be advanced.
6. No intentional stripping of the ball.

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 a player on the team that is punting touches the ball first, the ball is dead at the spot.
6. If a member of the receiving team blocks the ball legally (from their side of the line of scrimmage) the ball is dead where it first touches the ground.
7. A dropped hike from center for punting is not dead. It may be picked up and kicked.
8. Balls dropped on punts are ruled dead unless, at the discretion of the referee, the opposing team is at least 15 yards away and picking up the ball is safe.

SCORING

1. Touchdown - 6 points
2. Extra point from 3 yards - 1 point
3. Extra point from 8 yards - 2 points
4. Safety - 2 points.
5. During a PAT attempt, the ball remains live, allowing the intercepting team to return the try to the other end of the field for 2 points.

PENALTIES

1. Ball Dead On Spot:

- Fumble which touches ground
- Spinning or Hurdling, if not jumping over a fallen player
- Flag guarding
- Straight arming a defender
- Catching a pass or running with ball without flags properly worn

2. 5 Yard Penalties:

- Illegal motion
- Illegal formation
- Offsides/Encroachment
- False start
- Illegal Rush
- Defensive holding (plus automatic first down)
- Illegal forward pass (plus loss of down)
- Intentional grounding (plus loss of down)
- Players, coaches, or spectators outside of Team Area

3. 10 Yard Penalties:

- Defensive pass interference (automatic first down)
- Illegal blocking (see Legal Block)
- Offensive holding
- Offensive pass interference
- Forward pass ahead of the line of scrimmage (plus loss of down)
- Flag guarding (plus loss of down)
- Roughing the passer (automatic first down)
- Stiff arming, hurdling, spinning, diving

4. 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
- 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.

5. 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 defined BEFORE START OF GAME above.
2. The ball will be put into play at the 30 yard line (second cone nearest offensive goal 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 carryover 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