

## **FORPD NFL Flag Football Cheat Sheet**

### **GAMEPLAY**

- Games will consist of two 24-minute halves. Each team has 1 one-minute timeouts per half.
- The offensive team takes possession on its five (5) yard line and has four (4) downs to cross mid field. Teams may either elect to “punt” on the 4th down, giving the opposing team automatic possession of the ball on their own five (5) yard line. Or teams may elect to “go for it” on 4th down. If the offense fails to make the first down in this case, the ball changes possession and the new offensive team takes over at the current spot of the ball.
- After crossing mid-field, teams get 3 downs.
- Each time the ball is spotted, a team has 40 seconds to snap the ball.
- After one team is winning by 35 points or more, the game is over. Forfeits are scored as 35-0

### **RUNNING**

- The quarterback cannot run the ball. Direct hand-offs behind the line of scrimmage are permitted. The player who takes a hand-off can throw the ball from behind the line of scrimmage. This is considered a Running Play. Once the ball has been handed-off, all players are eligible to rush. Spinning/jump cuts are allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted from where the feet of the ball carrier are, not where the ball is, when the flag is pulled. Laterals or pitches are not allowed. “**Center Sneak**” is no longer permitted.

### **RECEIVING**

- One (1) player is allowed in motion at a time. Players must have at least one (1) foot in-bounds when making a catch.

### **PASSING**

- All forward passes must be beyond the line of scrimmage. The quarterback has a seven (7) second “pass clock”. If 7 seconds expires, a sack is resulted. Interceptions can be ran back. No blocking is allowed.
- All players who rush the quarterback must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped.

### **NO-HANDOFF ZONE**

- Any team within the zone can NOT hand-off the football. Teams may not run even if sacks or penalties over resulting in loss of yardage outside the zone.

### **EXTRA POINTS**

- A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion or a 2-point conversion. Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.