

IPAL Flag Football Rules

All Games played will be two 20 minute halves with the teams changing directions at halftime.

The winner of the coin toss at the beginning of the game has the option of choosing ball first or direction

One Time Out per team per half

Rule 1. Equipment

1. Gym, tennis shoes or cleats are required (NO metal cleats allowed)
2. Different colored shirts or jerseys are preferred to be worn by opposing teams. If both teams are wearing a similar color, the visiting team may be asked to wear pennies if they are available
3. The flag belts used shall be worn outside the jersey or shirt. They are not to be covered in any way
4. The game ball will be provided by the team who is currently on offense
5. Mouth Guards must be worn by every player in order to participate

Rule 2. Field Marking

1. The field should be divided into four zones approximately 20 yards each from goal line to goal line, with a 10 yard endzone on each end. The field should be approximately 40 yards wide.
2. There will be a NO RUN ZONE marked 5 yards before the goal line and the mid- field line. The NRZ comes into play only when it's line to gain

		20		40		20	
	n			n	n		n
	o			o	o		o
E							E
N	r			r	r		N
D	u			u	u		D
Z	n			n	n		Z
O							O
N	z			z	z		N
E	o			o	o		E
	n			n	n		n
	e			e	e		e
		20		40		20	

Rule 3. Kick Off Returns

1. There are NO kick off returns. The receiving team that starts with the ball, will begin on their own 20 yard line
2. It will be the same format for the opposing team after each touchdown

Rule 4. Downs and Necessary Lines

1. First downs markers will be set on the 40 and at both 20 yard lines
2. If the offense fails to advance the ball to the next zone in four downs, they will lose possession of the ball to their opponent at the spot where the ball is declared dead at the end of the fourth down
3. On fourth down, the offense can choose to punt the ball. If so, the ball will then be placed (2) first down markers down field, or the opponents own 20 yard line, whichever comes first

Rule 5. Number and Position of Players

1. The team on the field consists of seven (7) players
2. While on offense, counting the Quarterback, a team may not have more than 3 players in the backfield
3. Teams are allowed only one person in motion per down. If you send a player in motion, you must be left with 4 players on the line of scrimmage at the snap of the ball

Rule 6. End of Down and Dead Ball

1. A player is considered down and the ball dead when an opposing player pulls a flag off the ball carrier, or if the ball carrier's knee touches the ground
2. THERE ARE NO FUMBLES in flag football. The ball is considered dead once a player has possession and drops it. This includes the snap from the Center to the Quarterback. The ball would be dead at the spot it hits the ground, and will count as a down
3. NO STRIPPING the ball. If this infraction occurs in the back field, it would be a 5 yard penalty from the line of scrimmage and repeat the down. If the infraction occurs down field, and extra 5 yards will be added from the spot of the foul. If the infraction occurs less than 5 yards from the Endzone, the ball will be placed on the 1 yard line (First and Goal)

Rule 7. Running

- 1. NO Runs up the Middle. While crossing the line of scrimmage, the ball carrier needs to be outside the Tackles or approximately 5 yards to the left or right of where the ball is snapped. A player may run towards the middle once crossing the line of scrimmage
- 2. Players are allowed two (2) spins per run. If a third spin occurs, the play is whistle dead at that spot.
- 3. NO straight arm or warding off an opponent attempting to remove a flag, it is a form of flag guarding.
- 4. Guarding of flags with the ball or any portion of the body is an infraction. If flag guarding occurs, the play will be whistled dead at the spot
- 5. A runner cannot dive, hurdle, or jump to gain ground. If this infraction occurs, the play will be whistled dead at the spot
- 6. Rough tactics such as an attempt to deliberately run through an opponent will be penalized for unnecessary roughness. Ball carriers should attempt to avoid the defensive player
- 7. If a flag comes off the ball carrier, the play is whistled dead at the spot. If a player receives the ball and is already missing a flag, the play is whistled dead at the spot of the catch

Rule 8. Forward pass

- 1. Every player on offense is eligible to receive a pass
- 2. A forward pass must be thrown from any point behind the line of scrimmage
- 3. Two consecutive forward passes is an infraction
- 4. While in the NO RUN ZONE, there is no hand offs, laterals, or shovel passes behind the line of scrimmage. The Quarterback must throw a forward pass to a player beyond the line of scrimmage

Rule 9. Blocking

- 1. Blockers must keep hands open in front of body in a defensive stance
- 2. Hands must not come into contact with another player's neck, face, or head
- 3. No elbow extensions, holding, low blocks, clipping, cut downs or rolls

Rule 10. Scoring

- 1. Six points is awarded for every touchdown scored
- 2. After every touchdown, the scoring team is given one 2 point conversion attempt. One attempt from the 2 yard line, unless a defense penalty occurs. 2 points will be awarded if successful. The ball can not be advanced by the defense if the attempt is intercepted
- 3. You are awarded 2 points if you are able to down your opponent in their own endzone (Safety)

Rule 11. Defense

- 1. The defensive line must line up 2 yards off the line of scrimmage
- 2. No defensive player may line up over the center or make contact with the center if he/she is in a hiking position
- 3. To insure the safety of the Quarterback, a defensive rusher may not attempt to block a pass. If this occurs, it will be a 5 yard penalty added to the end of the play
- 4. Any contact to the quarterbacks throwing arm, a roughing the passer penalty will be called
- 5. Once pulled, hand the player's flag back. Throwing the flag after pulling it is an unsportsmanlike penalty and an additional 5 yards will be added to the spot

Summary of Penalties

Offsides / False Start	5 yards / repeat the down
Illegal Block	5 yards / repeat the down
Flag Guarding.....	Dead Ball / loss of down
Defense Pass Interference	5 yards from line of scrimmage / Automatic first down
Offense Pass Interference	5 yards from line of scrimmage / loss of down
Intentional Grounding	5 yards / loss of down
Roughing the Passer	5 10 yards / Automatic first down
Taunting or Unnecessary Roughness	10 yards / loss of down
Un-Sportsmanlike Behavior	10 yards / Possible removal from game
Intentional Tackling	10 yards / Possible removal from game