

Flag Football Referee Cards

- Games are (4) 10 Minute Quarters: Total Game Time 40 Minutes
 - Clock Stops for End of Quarter, Time-Outs, 2 Minute Warning (2nd/4th Quarter)
 - 25 Second Play-Clock
 - **CLOCK DOES NOT STOP FOR TOUCHDOWNS OR TURNOVERS**
 - Switch sides at Halftime
- Teams are 7-a-Side with (1) Down-Linemen (Center) – Center is eligible WR post-snap
 - Teams must stand behind the “Yard-Marker” to simulate an Offensive/Defensive Line
- Flag Belts must be worn Properly (Flag on each hip) – PLEASE CHECK BEFORE GAMEPLAY
- 4 Plays to reach Mid-Field for a 1st Down. 4 Plays to reach Endzone for a Touchdown.
 - Punting is “simulated” and opposing team starts on their 10-yard line.
 - Failure to secure a 1st down or Touchdown on 4th down is Turnover on downs at the Spot
- Quarterbacks CANNOT run unless Blitzed or 5 Seconds (as counted by the Referee) have passed
- Defenses can “Blitz” once every 4 plays. Once on each “side” of the field during an offensive drive
 - Blitzes “count” when they cross the offenses “Yard-Marker”
- Touchdowns are worth 6. Extra Point (7) is automatic unless you attempt 2-Point Conversion.
 - Can attempt 2-Point Conversion from opposing teams 10-yard line.
 - NO BLITZ on 2-Point Conversion

In-Game Rules

- **No FUMBLES – play ends when the ball hits the ground**
- **Play ends when Ballcarrier hits ground (knee, elbow, body)**
- Interceptions can be returned
- Players must be in a Stationary T-Position to block
- **Coaches are allowed on the field during play**
- **DON'T BE AFRAID TO USE THE WHISTLE**

Penalties

- 10-yard Penalties (one cone length)
 - Flag Guarding – taken from the end of the play
 - Illegal contact (blocking/shoving/tackling)
 - Off-sides/Neutral zone infraction
 - Holding
- Spot of Foul Penalties
 - Pass Interference