

FLAG FOOTBALL RULES

OBJECT:

The game is played with two teams of 5-8 people. Points are scored by moving the ball down the field and across the goal line. The team with the most points at the end of the game is the winner.

PLAY:

Players can kick, carry or throw the ball to move it up the field. If the player with the ball has his flag pulled from his belt, the ball is dead at that spot.

Just like regular football, a team has 4 chances to move the ball 10 yards. If they are successful, they are given another 4 chances to move the ball 10 more yards. If, after 4 chances they are unable to move the ball, the other team gains possession at the point where the ball was called dead.

FLAG BELT:

Shirts must be tucked in at all times and cannot hide the flag. Players must have the ball before their flag can legally be pulled.

Guarding the flag belt is not allowed.

SCORING:

Touchdown = 6 points

Extra Points:

After a touchdown, the ball can be placed on either the 3, 10 or 20 yard line to get it into the end zone again either by running or passing the ball.

1 point earned if from the 3 yard line

2 points earned if from the 10 yard line

3 points earned if from the 20 yard line