2026 Beaufort County

Fall Flag Football Rules

Game Format

PLEASE REMEMBER – We follow the letter of the law, HOWEVER the Spirit of the law will always supercede the letter of the law. This league focuses on sportsmanship and having a fun experience.

ALL PLAYERS MUST PLAY AT LEAST 50% OF THE GAME OR IT IS A FORFEIT.

Each player must sit out at least 4 plays during the game or it's a forfeit.

Home team is responsible to the keep score. Home team wears lighter color.

Field is 30 yards wide and 70-80 yards long, including the 5-yard end zones.

Games are 5 v 5.

- Must have 4 players to play. If a team has 4 players then we will play 4 v 4.
- Each possession starts at the 5-yard line after scores, on downs and/or halftime.
- **45 second play clock for all ages (penalty - first offense 5 yards – second 5 yards and loss of down, etc).**
- **Defensive coach is responsible for counting down starting at 15, 10, 5. Must verbalize to other coach. If they do not count down there is no play clock. ONE Coach is allowed on the field for both offense and defense. Defensive coach monitors the play clock. Clock starts when ball is placed on the tee.**
- The offensive team has four (4) downs to get a first down at mid-field, then three (3) downs to score once they have crossed mid-field.
- ONLY players on the roster are eligible to play. Jersey and shorts must be worn to participate!
- **NO RUSHING THE QUARTERBACK!** Unless the QB fakes a hand-off, hands it off, throws a backward pass, which will allow a defensive player to cross the LOS.
- There is to be no forward pass completions behind the LOS (includes a quick pass to receiver & shovel pass, etc.). All passes must be overhand (one hand) Basketball toss not allowed.
- No hats, jewelry, earings, necklaces, braclets are allowed.
- Wrist or head bands, sleaves, play quides are allowed.
- SIDELINE coach is **ONLY** allowed to call out of bounds.
- If a penalty occurs it must be called immediately or the play will continue. The play will stand.
- Defensive coaches should not be in the middle of the play or near the play (make every effort not to be in the way of the play).
- A receiver cannot run toward the LOS to start the play.

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Scoring

- Touchdowns = 6 points
- Extra Point (5-yard line) = 1 pt
- Extra Point (10-yard line) = 2 pts
- If there is an interception on an Extra Point, they can return it for **2 points**.

Basic Rules

- Home team will start the game. Visiting team will get the ball to start the second half.
- The game consists of two 25 minute halves.
- Interceptions are permitted to be run back – **NEW OFFENSE WILL START FROM WHERE THE intercepting player IS DEFLAGGED.**
- One 30-second timeout per half – If a timeout is taken to end the half/game there will be one untimed play.
- Teams switch the direction they are going for the second half
- If the ball hits the ground the play is dead.
- Ball is placed where a flag is pulled (**where the waist is**), not where the ball is.
- A receiver must have **one** foot in bounds when making a reception.
- **Laterals behind LOS are allowed** but if the ball hits the ground, the ball is spotted at that yard mark. **No laterals are allowed beyond the LOS (no hook and Ladders).**
- No tackling, blocking, tripping *(nonball carriers must stop once the ball crosses the LOS)*
- Only one player can be in motion.
- 3 Players (QB counts) must be on the Line of Scrimmage or Illegal Formation.
- First or second half cannot end on a defensive penalty, team gets one "un-timed" down.
- Once a team is up 35 points the game will be considered over the scoreboard will be removed.

4-6 & 7-8 Age Division Rules & Goals

- UNLIMITED Runs – Should not be the same player. All players should have an opportunity to run the ball.
- NO runs 5yds from Mid-Field (7-8) line & 5yds from the End Zone
- NO runs on extra points
- ONE Coach is allowed on the field for both offense and defense.
- QB is **not** allowed to run the ball
  The Offense must throw the ball within: 6 seconds (7 – 8 Year-olds)
- Defense must be 4 yards off the ball
- **Defense cannot move until the ball has been handed off.**

In this division we want the players to learn the rules and teach the players the proper fundamentals of football and running in the right direction.

Defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. This *Deception Rule* is applied to define the integrity of the LOS and development of the passing game for both offense and defense.

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9 & up Age Divisions Rules & Goals

- There is to be **NO RUNNING PLAYS** in these divisions.
- ONE Coach is allowed on the field for both Offense and Defense.

In these divisions we want to encourage the teams to start focusing on passing the ball. We want the players to start applying proper QB, WR, and DB fundamentals in the passing game. We are making the transition into an every-down is a pass play or a scaled down version of HS 7v7 pass game. We want the players to start working on their skills as a QB, WR, and DB that they have learned from their coach and apply it in a fun, competitive format.

Special Alert Rules

- Defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. This *Deception Rule* is applied to define the integrity of the LOS and development of the passing game for both offense and defense. This rule applies to all Divisions.

Pass Game Rules

- The Offense must throw the ball within: 6 seconds – 7 and older
- ***The sack count starts on the snap of the ball no matter what the offensive play. 7 years old & up use the QB Tee. Once the ball is removed from the Tee, a timer will start. Once time expires an alarm will sound indicating a sack on the play.***
- If the QB does not release the ball before time expires, the result of the play is a sack.
- All age levels have the option to throw a backward pass behind the LOS for a double pass play. This alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball. The play clock stops once this happens.
- Defense must start 3 yds off the LOS unless the ball is within the 3-yard line/ or midfield, then the Defense can start at Goal line/mid field.

The play is dead when the following occurs to the ball carrier:

- Flag is pulled/Runner's knee/elbow touches the ground
- Runner steps out of bounds. Runner loses his flag, runner is down where he loses the flag.
- Runner dives, jumps or leaps; ball is spotted where the runner left his feet.
- **NO direct QB runs**
- The ball carrier can spin to avoid their flag being pulled but cannot flag guard.
- Fumbles *(is dead and placed at the spot of the fumble)*

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FINAL STANDINGS/PLAYOFF SEEDING

If teams are tied, the tie breaker:
1. Head to head result (between the teams that are tied)
2. Head to head scoring difference between the teams
3. Total points allowed for the season.
4. Coin flip

GAME PENALTIES

OFFENSE PENALTIES:

Flag Guarding (including stiff arms) – Down where the foul occurs. 5 yard penalty

Offensive Pass Interference – 5-yard penalty and loss of down

Illegal motion (2 men in motion) – 5-yard penalty and replay the down
Illegal Formation – 5-yard penalty and replay the down
Illegal Run – 5-yard penalty and loss of down
False Start – 5-yard penalty, replay the down
Delay of Game - 5 yard penalty, replay the down
Illegal Forward Pass – 5-yard penalty and loss of down (QB steps over the LOS)
Blocking – ball is placed at the spot of the foul and 5 yard penalty
Leaping – ball is placed at the spot of the foul and loss of down
Unsportsmanlike conduct – 15-yard penalty *(possible ejection)*

DEFENSIVE PENALTIES:

Inadvertent tackle – 5-yard penalty added to the end of the play and replay down.

Inadvertent tackle From Behind w/clear path to end zone – Automatic Touchdown
Defensive Holding while pulling flag – 5-yard penalty added to the end of the play and replay down.
Defensive Pass Interference - 5-yard penalty and replay down unless it's an offensive catch; Offense decides. *1st down can occur depending on the yardage.*
Illegal Contact (holding, jams, etc.) – 5-yard penalty and replay down unless it's an offensive catch; Offense decides. *1st can occur depending on the yardage.*
Illegal Flag Pull (once the player touches the ball you may pull the flag – no possession has to take place) – 5-yard penalty and replay down. If the ball is caught the player may advance the ball the defensive must touch or pull the flag for the runner to be down.
Off-sides – 5-yard penalty and replay down. *1st down can occur depending on the yardage.*
Illegal Rushing (before a hand-off has occurred) – 5-yard penalty and replay the down; offense decides depending on the result of the play*. 1st down can occur depending on the yardage.*
Unsportsmanlike conduct – 15-yard penalty and automatic 1st down *(possible ejection)*
Defensive Penalties inside the 10-yard line will result in half the distance to the Goal line if applicable.