



Adult Flag Football Rules Williston Parks and Recreation

1. All players must be registered with Williston Parks and Recreation prior to playing. (Names and signatures on team roster).
2. The games will be played with a minimum of 5 members and no more than 7 members of each team on the field and will use an intermediate sized football.
3. The game will consist of two 20-minute halves, with a running clock. The clock will stop on all time outs. The clock will stop on all dead balls the last two minutes of the game if the score is within 7 points. Half time will be 3 minutes long.
4. Each Team will receive 3-time outs per half and will not carry over.
5. There will be no kick offs or punts. The offensive team will always start with the ball on the goal line. The offensive team will then have four plays to advance the ball past midfield. Once across midfield the teams will then have four plays to score a TD. If the offensive team does not move the ball past the required positions, the opposing team will take the ball over at the other goal line. **Interceptions are the only way the offense does not start on the goal line. After an interception, the intercepting team will take over the ball wherever the play ends.**
6. **A male passer to male receiver is worth 7 points. A female passer to male or female receiver is worth 9 points. A male passer to female receiver is also worth 9 points.**
7. The ball does NOT have to be snapped from a center.
8. All players are eligible to go out for a pass.
9. This is **non-running league!** The ball may not be advanced passed the line of scrimmage by running. **This is a passing only league.** Double passes are legal, however only one forward pass is permitted per play.
10. **The quarterback has 10 seconds to get rid of the ball before the defense can rush (No immediate Blitzing). If no rush after 10 seconds, ball must be thrown before 20**

seconds before loss of down. Quarterback are not permitted to advance the football even in the cases of being rushed by a defender.

11. A player is down when the player with the ball has his flag removed; his/her knee or butt touches the ground.

12. There is no diving / jumping.

13. Spinning is allowed but no stiff arming. **(NO PURPOSEFUL CONTACT)**

14. Only one player may be allowed to go in motion at a time.

15. There are no fumbles, once the ball touches the ground, the play is dead, and the offensive team receives the ball at the spot of the fumble.

16. A player may screen, like in basketball, but is not allowed to have purposeful contact.

Hands cannot be extended.

17. Illegal blocking/contact will result in a 10-step penalty and loss of down.

18. No quarterback/center sneaks.

19. Shirts are required to be tucked in!

20. Absolutely no pushing players out of bounds or pushing at all for that matter. Pushing will result in an automatic ejection from the game.

21. Offsides will result in a 3-step penalty. The referee will advance or step back 3-steps.

22. If a flag comes off without contact, the player will be downed where the flag lands on the ground.

23. There will be no extra point attempts.

24. In the attempt of flag guarding, the offensive player will be down where the attempt of the guarding occurs.