



FLAG
FOOTHILLS

Rule Book: Cheat Sheet

SIDE 1 – GAME BASICS & SCORING

Game Flow

- **Coin Toss:** Visiting team calls it. Winner picks offense/defense, loser picks direction.
- **Starting Drives:** Begin at own 5-yard line.
- **First Down:** 4 plays to cross midfield (25-yard line).
- **Scoring Drive:** 4 more plays to score a touchdown.
- **Turnovers:** On downs → other team starts at 5. Interceptions → play ends where intercepted.

Field

- **25x50 yards, with 10-yard end zones.**
- **No-Run Zones:** 5 yards before midfield & end zone → must pass.
- **Out of bounds = stepping on boundary line.**



Game Clock

- **2 halves, 20 minutes each = 40 minutes.**
- **Running clock except final 2 minutes of 2nd half.**
- **Halftime = 2 minutes : 30 seconds to snap ball : 2 timeouts per half.**

Scoring

- **Touchdown:** 6 pts
- **PAT (After TD):**
 - **1 pt from 5-yard line → Pass only**
 - **2 pts from 10-yard line → Run or Pass**
 - **Interceptions on conversions can be returned for 2 pts**
- **Safety:** 2 pts (when offense is downed in own end zone)



Overtime

- **Regular Season:** Max 3 OT periods → still tied = tie.
- **Playoffs:** Must determine winner.
- **Each team gets 1 play from 10-yard line.**
- **No timeouts, no interception returns.**
- **Teams alternate offense each OT.**
- **All OT scores = 2 pts.**





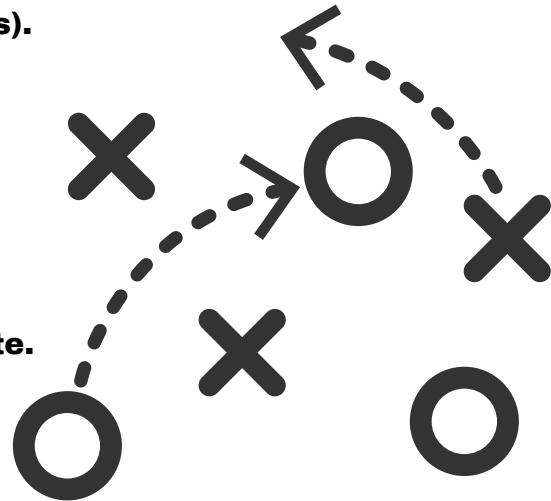
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SIDE 2 – KEY RULES & PARENT REMINDERS

Running

- Spot of ball = runner's front foot when flag is pulled.
- QB can only run if rushed (not in No-Run Zones).
- Direct handoffs/pitches allowed behind LOS.
- No laterals or pitches past LOS.
- No blocking/screening.
- Runners may not dive/leap forward.



Passing

- Forward or backward passes allowed.
- Only 1 backward pass per play.
- 7-second pass clock – if exceeded = incomplete.
- Shovel passes allowed.

Receiving

- All players eligible to catch.
- Only 1 player in motion (parallel to LOS).
- Must have 1 foot inbounds.
- Interceptions = live, returnable for TD or 2 pts on PAT.

Rushing the Passer

- Must rush from 8 yards back (except PeeWee/Junior: no rushing).
- Max 2 rushers.
- QB may scramble only if rushed.
- Rushers must declare and wait for snap.
- No QB contact – roughing = penalty.

Flag Pulling

- Legal when carrier has possession.
- No tackling, stripping, or pulling flags from players without the ball.
- Flag falls off → runner is down.
- No flag guarding (blocking defender's access).

Formations

- At least 1 player on line of scrimmage.
- Only 1 player may go in motion (parallel, not forward).
- Players must stop for 1 second before snap.
- Center must snap between legs to backfield.

Parent Reminders

- Cheer positively – let coaches coach *Remember these are VOLUNTEER coaches!



- Respect referees and all players.
- Safety and sportsmanship > winning.
- Bring water, mouthguard recommended.
- Encourage teamwork, hustle, and fun!

