

ALMIGHTY FLAG FOOTBALL RULES

RULE	South - K4 5	Central - 6 7	North - 8 9 & 10 11 12
Jersey Color	Home=Light/White Away=Dark		
Football Size	Pewee	Pewee	Junior
Field Size	70 yds X 25 yds		
Game length	4 - 9-minute quarters (<i>clock stops in last minute of each half for dead ball situations</i>)		
Time Outs	1 - 30-second time out each half		
Play Clock	30-second play clock		
Referee Provided	NO	YES	YES
Scores Standings	Scores kept during game - No standings kept		
Number of players on field	6 v 6	6 v 6	8 9 is 6 v 6 10 11 12 is 7 v 7
Offensive Start	At least 3-players on line of scrimmage	At least 3-players on line of scrimmage	At least 3-players on line of scrimmage
Snap from Center	Between the legs or side-snap is OK	Between the legs or side-snap is OK	Prefer snap between the legs
Defensive Start	<u>ALL</u> players start 5-yrds off line of scrimmage; NO RUSHING	No restriction - NO RUSHING	No restriction - any number of players can rush from 7-yrds
No Run Zones	Do Not Apply	Do Not Apply	YES - 5 yds @ mid-field and goal line
First Downs	A team has 4-plays to gain a first down by crossing mid-field...4 additional plays to score a touchdown		
Punting	NO - if no first down is converted...opponents receives ball at it's own 5-yrd line	NO - if no first down is converted...opponents receives ball at it's own 5-yrd line	Option to go for first or "punt" - see grid in rules for ball placement
Interceptions	YES - can advance interceptions in all age divisions		
Blocking Screening	Non-contact "screening" is allowed ONLY AT THE LINE of SCRIMMAGE - NO down-field blocking/screening (<i>penalty = referee discretion</i>)		
Scoring	Touchdown=6-points; Extra Point=1 from 5yrd with pass; Extra Point=2 from 10yrd with run; Safety=2		
Diving	NO diving is permitted on Offense or Defense [this is to help protect both offensive & defensive players] (<i>penalty = referee discretion</i>)		
COACHES	NO REFEREE Coaches officiate their games	REFEREE PROVIDED One coach allowed on field - not to interfere with play	

"A coach will impact more people in one year than the average person will in an entire lifetime." -- Billy Graham