

Accelerate Flag Football Rules

General

- At the start of each game the captains meet for a coin flip, visitors call the toss.
- Winner of the coin toss chooses offense or defense and cannot defer to the second half. Loser of the coin toss picks the endzone they want to defend.
- Teams change sides after the first half.
- If overtime is needed, another coin flip will take place. The offense will start from half field, and have 3 plays to score. If the offense does not score, or does not score 8 points, the other team has 3 plays from half field. Who ever scores 8 points first or has the most points after both teams have had 3 plays, wins.
- The offense has 4 plays to score, and there are no first downs.
- The offense will start their drive at the 5 yard line.
- The Quarterback cannot run unless he/she are rushed. (defensive player crosses the line of scrimmage)
- One 60 second timeout per half. Timeouts do not carry over to the next half.
- No cleats, only shoes or turf shoes. Shirts tucked, and no jewelry/anything metal exposed.
- 6 players on the field at a time, and the offense always needs a center to snap. All snaps must pass through the player's legs.
- 50 minute games with 25 minute halves. With a 2-3 minute half time.
- All substitutions are made during dead balls.
- Knee or elbow down of a ball carrier is a dead ball.
- All players are eligible for a pass.
- Quarterback has 8 seconds to throw the ball or else the play is blown dead. Unless the Quarterback is rushed, then the Quarterback has to run past the line of scrimmage before the 8 seconds is up.
- Only 1 player can go in motion at a time, and that player must stay parallel to the line of scrimmage.
- If a flag falls off without someone pulling it, the ball is down where the flag falls.
- Inadvertent whistles will result in replay of the down, or taking the ball where it was when the whistle blew.
- No lead blocking, feet must be set to set a screen.
- Spinning is allowed, but players may not leave their feet to avoid a flag pull or to advance the ball (no end-zone diving). Jumping is reserved to avoid contact only.
- Unsportsmanlike conduct is not tolerated. Any player or coach who verbally or physically abuses another player, ref, or coach will be asked to leave the game/facility and could be grounds to be kicked out of the league with no refund.

Defense/Contact

- Blocking consists of only screens (basketball screen). No extending arms, hands, or elbows.
- No blitzing on the snap of the ball, anyone on the defense can rush the quarterback after 4 seconds (**counted out by the referee**) and the defensive player cannot step on or cross the line of scrimmage until the referee reaches the 4 count.
- No stripping or forcing fumbles, the ball is dead as soon as it hits the turf and no live balls.
- No hitting the ball out of a quarterback's or ball carrier's hands. Balls can be batted down defensively, but the ball must leave the quarterback's hand first.
- No grabbing of the clothes or body, flags only.
- No charging or any purposeful contact on the offensive side of the ball other than screening (blocking).
- No setting screens mid route, and there must be a ball carrier in a 5 yard vicinity to set a screen.
- Ball is placed where the players feet are when the play is dead, not the ball.
- Once the ball is handed off or pitched (lateral), everyone on defense can cross the line of scrimmage and rush the ball carrier.
- A **fake handoff/pitch** will result in the defense **being allowed to rush the ball carrier**, but if a defensive player **crosses the line of scrimmage the quarterback is allowed to run**.
- Interceptions can be returned during regular play but not during an extra point conversion.
- Interceptions will be placed for the offense where the flag was pulled.

Scoring/Offense

- Clock only stops during timeouts and half-time. Play clock will run continuously.
- No flag guarding. (This includes stiff arms, dropping the shoulder, or any form of slapping the defensive player's hand away from grabbing the flag.)
- 5 yards in front of the endzone is a no run zone, the offense must throw to score within 5 yards. This rule only applies if and when you are **running a play from the 5 yard line or in**.
- Safeties are worth 2 points, touchdowns are worth 6 points, Extra points are worth 1 (from the 5 yard line) or 2 points (from the 10 yard line).
- 1 foot in bounds with full control of the ball for a legal reception.
- No leaving your feet to advance the ball.
- All passes are allowed as long as they are done behind the line of scrimmage.
- If the offense fails to score (turnover on downs), the ball changes possession and the other team takes over from the 5 yard line.
- 2 coaches are allowed to stand behind their team (**ON OFFENSE ONLY**) to show them the play they are running, but must be standing 10 yards behind the line of scrimmage before the ball can be snapped.