

# RISE Flag Football Game Format

## **6 v 6 Flag Game Format**

- Field is 25 yards wide and 50 yards long, including the 5-yard end zones.
- Games are 6 v 6 or 5 v 5 formats.
- Two 20-minute running clock halves (5-minute break at half) with two timeouts per halves- 20 seconds each
- Each possession starts at the 5-yard line after scores, turnover on downs and/or halftime
- 30-second play clock (45-second play clock for K-2nd Grade Division)
- The offensive team has three downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field
- All players are eligible!
- **NO RUSHING THE QUARTERBACK**, unless the QB fakes a handoff, which will trigger a defensive player to cross the LOS and rush the QB.
- Clock stops in the last minute of the game on incompletions and out of bounds
- 3 players must be on the LOS or it will result in illegal formation; the center and one player on both sides need to be on the LOS

## **Scoring**

- Touchdowns = 6 points
- Extra Point (5-yard line) = 1 point
- Extra Point (10-yard line) = 2 points
- Safety = 2 points; defense gains possession of the ball  
(*A safety can happen when the ball carrier's flag is pulled in the endzone*)

## **DIVISION RULES**

### **K-2nd Grade Division Rules**

- 45-second play clock
- Unlimited runs
- One coach is allowed on the field for both offense and defense
- Pass count is 5 seconds until "sack"

### **3rd-4th Grade Division Rules**

- 30-second play clock
- Two runs per offensive possession
- One run allowed to gain a 1st Down (teams CAN run the ball within 5 yards of midfield)
- One run allowed to advance towards the end zone
- No runs 5yds or less from the end zone
- No runs on extra points
- One coach is allowed on the field for both offense and defense
- Pass count is 4 seconds until "sack"

### 5th- 6th Grade Division Rules

- 30-second play clock
- One run per offensive possession (teams CAN run the ball within 5 yards of midfield)
- No runs 5yds or less from the End Zone
- No runs on extra points
- No Coach is allowed on the field
- Pass count is 4 seconds until "sack"

### 7th- 8th Grade Division Rules

- 5 v 5 Olympic format
- 25x50 yard field plus 5 yard end zones
- 4 downs to get the 1<sup>st</sup> down and 4 downs to score a touchdown
- 30-second play clock
- Defense can rush the QB one time per defensive possession
- QB can run the ball if defense decides to rush the QB
- No coach allowed on the field
- Pass count is 4 seconds until "sack"

### 7th-8th Defense rushing the QB

- 7-8 Division will allow 1 QB rush/blitz per defensive possession outside of the +5 yard line
- The rusher must be 3 yards off the LOS
- There is no QB rush/blitz if the LOS is at the +5 to goal line
- The defensive player must declare to the official that they will rush/blitz the QB
- When the player declares, the sack count is off
- When a player declares, whether rush or not, this will count as the rush
- If a rusher leaves before the ball is snapped and are inside the 3 yard rush zone, they cannot rush unless they reestablish behind the 3 yards rush zone
- If a rusher leaves before the ball is snapped and crosses the LOS, this will be offsides on the defense, resulting in a 5-yard penalty and repeat the down.
- The rush/blitz can come from any defensive position as long as they declare and are 3 yards off the line of scrimmage
- Center exception - The center **may** remain stationary, but may not move to impede the rusher.
- Impeding the rusher will result in a 10-yard penalty and loss of down.
- There is 5-yard penalty if a player other than the declared player rushes the QB
- The only time a QB can run the ball is if a QB rush/blitz occurs
- There will be no pass count on a declared QB rush/blitz

### Snapping the Ball

- K-2nd, 3rd-4th, and ALL girls' divisions – the center can sidesaddle snap.
- If teams choose to do sidesaddle snaps, the center must snap the ball to the QB standing DIRECTLY behind the center - no trick plays can be run from the direct sidesaddle snap

- 5<sup>th</sup> -8<sup>th</sup> Divisions the center must snap between the legs

### **Mercy Rule**

- If a team is up by **30** or more points, they only have 2 downs to get a first down and 2 downs to score until that point difference is trimmed below **30** points, then regular game rules apply
- The team that is behind by **30** or more points will start their offensive possession at the +10-yard line and gets 4 downs to score
- If the point difference is trimmed below **30** pts, then regular game rules apply
- The winning team in 7-8 division cannot rush the QB when ahead by **30** or more points

### **Overall Logistic Rules**

- Coin flip determines choice of possession or direction (winning team can elect to defer to the 2nd half)
- The clock will only stop for time-outs and injuries unless it is the last minute of the game; it does not stop for incomplete passes, out of bounds, change of possession

**LAST 1 MINUTE OF THE GAME** - The clock will stop in the final 1 minute of the game on these actions:

- Incompletions
  - Out of bounds
  - QB sack and kneel downs
  - Change of possession
  - Penalties - If it's an offensive penalty the clock will start on the official unless dead ball foul
- If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt
  - Teams switch sides at halftime
  - If there is a bad snap, the ball is dead and placed at the LOS - there is no loss of yardage
  - Center cannot take a handoff from the QB
  - Ball is placed where a flag pulled, not where the ball is when the flag is pulled
  - A receiver must have one foot in bounds when making a reception
  - Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark
  - Absolutely no tackling or blocking (stationary pick is allowed but player cannot move)
  - Only one player can be in motion at the same time
  - Games cannot end on a defensive penalty

### **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; rule applies to all divisions
- Interceptions can be returned for a TD if intercepting team’s flag is pulled before the end zone; possession will begin where the defender is flagged

### **Pass Game Rules**

- The Offense must throw the ball within:
  - K – 2nd Grade – 5 seconds
  - 3rd – 8th Grade – 4 seconds
- Pass count sounds as follows:
  - **K-2<sup>nd</sup> Division** - ONE one-thousand, TWO one-thousand, THREE one-thousand, FOUR one-thousand, SACK!!
  - **3<sup>rd</sup> – 8<sup>th</sup> Division** – ONE one-thousand, TWO one-thousand, THREE one-thousand, SACK!!
- The sack count starts on the snap of the ball no matter what the offensive play is attempted - the word SACK ends the play.
- Forward pass can be underhand or overhand if it is beyond the LOS
- If the QB does not release the ball before time expires, the result of the play is a sack and the ball stays at the LOS
- There are NO forward passes behind the LOS; this will result in a 5-yard penalty and loss of down
- NO RUSHING THE QUARTERBACK (*except in the 7-8 division; see rushing rules*)  
In grades K-6th, the QB can hand or pitch the ball off to another player and they can throw the ball within the allotted time; if/when the QB hands or pitches or throws a backward pass to another player, this alerts the defense that they can cross the LOS to pull the flag of the player with the ball
- All grade levels have the option to throw a backward pass 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
- Defense must start 2 yds off the line of scrimmage unless the ball is at the +1 then the defense can start at the goal line

## **Run Game Rules**

- A play will be considered a run play, when the ball carrier crosses the line of scrimmage, or if a player takes a hand-off from the quarterback and does not cross the line of scrimmage in the allotted time.
- A play in which a player takes a hand-off from the quarterback, and then throws a forward pass will be considered a pass play, and not count as a team's run play.
- If you are going to use a run/pass Option (RPO) play with your RB, this will alert the defense that they can cross the LOS to pull the ball carrier's flag
- If the QB gives the ball to the RB after a run play has been executed within the offensive possession, the RB can only throw the ball within the sack count.

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

- Runner's knee or elbow touches the ground
- Runner steps out of bounds
- Runner loses his flag then the opposing team must touch him down.
- Runner DIVES; ball is spotted where the runner left his feet.
- Runner JUMPS; ball spotted where the runner left their feet
- Runner LEAPS; ball spotted where the runner left their feet
- NO direct QB runs (*except in 78 Division*)

## **RISE FLAG GAME PENALTIES**

- The ball carrier can spin to avoid their flag being pulled but cannot flag guard
- No fumbles (a fumbled, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession)

## **OFFENSE PENALTIES:**

### **Offensive Pass Interference**

- 10-yard penalty and replay the down

### **Roughing the Passer**

- 10-yard penalty and automatic 1<sup>st</sup> 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

### **Illegal Forward Pass**

- 5-yard penalty and loss of down (QB steps over the LOS or QB throws a forward pass behind the LOS with both feet)

### **Blocking**

- 5- yard penalty from the spot of the foul and loss of down

### **Leaping**

- 5-yard penalty from the spot of the foul and loss of down

### **Flag Guarding (including stiff arms)**

- 5-yard penalty from the spot of the foul and loss of down

### **Unsportsmanlike conduct**

- 15-yard penalty (possible ejection)

### **Delay of Game**

- clock is stopped and a 5-yard penalty

## **DEFENSIVE PENALTIES:**

### **Defensive Pass Interference**

- 10-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.

### **Defensive Holding while pulling flag**

- 5-yard penalty added to the end of the play. 1st down can occur depending on the yardage.

### **Illegal Flag Pull (before player has ball)**

- 5-yard penalty and replay down. 1st down can occur depending on the yardage.

### **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.

### **Roughing the Passer**

- 10-yard penalty and automatic 1<sup>st</sup> down

### **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

### **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.

***OVERTIME FORMAT - ONLY IN THE PLAYOFFS NOT THE REGULAR SEASON***

- Coin flip determines choice of overtime offensive possession
- Possession begins at the 5-yard line (both teams will go in the same direction)
- Offensive team will get 1 down to score from the 5-yard line
- If a touchdown is scored, the scoring team must go for a 2-point conversion
- An extra point cannot be returned for points; it is a dead ball play
- If the defense intercepts the ball, it's a change of possession unless the defense returns it for a TD
- **Game Over** if intercepting team returns it for a TD on its 1st defensive possession per OT
- **Game Over** if the intercepting team was ahead in points in OT prior to playing defense
- **Game Over** if a team has more points than the other team, after both shared an offensive possession
- If the game is still tied, overtime will be repeated until there is a winner