

High School Flag Football Rules 2026

We will use UHSAA Football rules for any rules that are not specifically listed in this document.

GENERAL RULES

- A player can only be on one team/roster for the league.
- Girls and boys are encouraged to participate in the league. No requirement of how many boys and girls on each team or on the field at any given time.
- Each team must have at least one coach aged 21 years or older present at all games acting as a coach.
- All players not in the game must be on the sideline. No coaches are allowed on the field at any point during the game.
- The field dimensions will be 80yrd x 40yrd with two 10yrd end zones (100 yards in total length)

CLOCK & TIMEOUTS

- A team has 2 timeouts per half. Timeouts from the first half will not carry over to the second half.
- A game will consist of two 20 min halves, and a 5 min halftime. The clock will not stop unless it is within 2 min of the 2nd half. Within 2 min of the 2nd half the clock will stop on any dead ball situation according to UHSAA Football rules which is incompletions, penalties, first downs until the ball is spot, and if the ball carrier runs out of bounds.

SCORING

- Touchdown = 6 points
- Extra Point 5 yard line = 1 point
- Extra Point 10 yard line = 2 points
- Safety = 2 points
- Interception returned for a TD on any extra point attempt = 2 points

GAMEPLAY

1. Each team will have 7 players on the field at a time. The offense must have a center snap the ball. 6 players are required to play the game without a forfeit.
2. Only 5 players are allowed to go out for a pass. The center is ineligible. If the team is forced to play with 6 players only then the center will be eligible for a pass.
3. The offense will start their possession at their own 10 yard line to start a half or after the opposing team scores a Touchdown. **We will have no kickoffs.**
4. Each team will have 4 downs to get past the next 20 yard mark on the field for a first down. If failed on 4th down the opposing team will be awarded the ball at the spot.

5. **No QB runs are allowed.** The QB may run the football if a defensive player crosses the line of scrimmage to rush the QB.

6. Anyone may rush the QB as long as they start 7 yards away from the line of scrimmage. An official will mark the 7 yard point where teams can rush.

7. **No blocking** is allowed. Any attempted blocks at the line of scrimmage or down the field will be a 10 yard penalty from the spot of the foul.

8. The game will be played with flags provided by Spanish Fork Parks & Recreation. A player is down wherever their flag is pulled and the ball is spotted. If a flag falls off without being pulled the ball carrier will be considered down based on one (1) hand touch.

9. Metal Cleats are NOT allowed.

10. Rules of the ball carrier: The ball carrier must use agility and not power to avoid their flag being pulled. There is no trucking, hurdling, stiff arms, or lowering the shoulder by the ball carrier. This will result in a 10 yard penalty from the spot of the foul.

11. Flag Guarding: The ball carrier cannot protect his flags by blocking, guarding, hacking, or holding flags with arms or hands so his opponent cannot pull or remove his flag. Flag Guarding will result in a penalty of 15 yards from the spot of the foul.

12. **Fumbles** will be considered a dead ball and will be downed where the fumble occurs, with the offense retaining possession. A team can not fumble the ball forward to gain a first down or Touchdown, if this happens the ball will be placed at the spot of the ball carrier where the fumble occurred.

13. Players may stretch the ball forward to achieve a first down or touchdown, but **NO DIVING** is permitted by an offensive player at any point in the game. Diving will result in a 10 yard penalty from the spot of the foul.

14. **Punting** is allowed on 4th down. If a team punts nobody on the offense or defense will move until the ball is kicked. No fake punts, if you declare your punting you have to punt.

15. Contact with receivers will be allowed up to 5 yards downfield. Beyond this point it will be considered either defensive holding or pass interference on the defense.

16. There will be no rerouting receivers, knocking off crossing routes, etc.. If this occurs it will be a 10 yard penalty from the spot of the foul and potential ejection from the game for egregious and/or repeated violations.

17. A defender may not hold, push, or knock down the ball carrier to get his flag. Penalty: 10 yards from the spot of the foul. If in the judgment of the official, the ball carrier would have scored a touchdown, a touchdown shall be awarded.

OVERTIME

- Overtime will start with a coin toss for teams to decide if they would like to start on offense or defense.
- Each team will start at the 5-yard line and have 1 play to score. Teams will have alternating possessions and repeat the process until we have a winner. (Whoever started on offense during the first overtime period will start on defense for the second overtime period. That rotation will continue until we have a winner.)

Other UHSSA penalties to review (This does not include all penalties that may be called, but highlights some of the most commonly called penalties.)

- Illegal Formation, 5 yard penalty
- Offsides Offensive/Defensive, 5 yard penalty
- False Start, 5 yard penalty
- Delay of game, 5 yard penalty
- Holding, 10 yard penalty
- Defensive Holding, 10 yard penalty
- Pass interference Defensive/Offensive, 15 yard penalty
- Illegal touching, 5 yard penalty
- Unsportsmanlike conduct, 15 yard penalty