

# Bridgewater Dome Flag Football Rules 2024

## **Time:**

Games are 40 minutes running time.

(2) 20 minute halves with a 3 minute halftime

During the last 2 minutes of each half, the clock will stop on every dead ball.

## **Equipment & Attire:**

Sneakers or rubber cleats are allowed. Metal cleats are not permitted. There will be Pre-Game inspection

All players must wear mouth guards

No obstructing clothing that might harm other players or cover the flags.

All players must wear a set of flags

All players must wear matching uniform jerseys or pinnies

## **Playing the Game:**

The offense takes possession of the ball at their own 5 yard line. They have 3 plays to cross over midfield. Then 3 plays to score a touchdown... Within 5 yards of midfield & the endzone, you MUST throw.

All changes in possession, except interceptions, start with possession on the offense's 5 yard line.

If a defensive team scores a safety, they will take possession at midfield.

## **Receiving:**

All players are eligible to receive a pass, even QB if the ball was handed off behind the line of scrimmage.

Only one player can be in motion at a time

At least one foot must be in bounds when making a reception

## **Passing:**

All passes must be forward and received beyond the line of scrimmage, including shovel passes.

The QB has 7 seconds to get the pass off. If the pass is not thrown within that time, play is dead and loss of down. Once a ball is handed off, the 7 second rule no longer applies.

Interceptions change possession at the point of interception. This is the only possession change that doesn't start at the 5 yard line.

## **Running:**

The QB can't run with the ball.

Only direct handoffs behind the line of scrimmage are allowed.

No laterals or pitches allowed.

"No Running Zones" – 5 yards from each endzone and 5 yards on each side of midfield ... Looking to avoid short yardage or power running plays.

The player receiving the handoff can throw the ball, as long as they are still behind the line of scrimmage.

Once a handoff has been made, all defensive players are eligible to rush.

Spinning is allowed, but players may not dive or leave their feet to avoid a defensive player.

The ball is spotted where the ball carrier's feet were when their flag was pulled.

## **Sportsmanship:**

Trash talking, tackling, elbowing, blocking, cheap shots, or any other unsportsmanlike behavior that the referee or field marshal see, the game will be stopped and the player will be warned. If the behavior continues, that player will be ejected.