



Adult Flag Football Rules

Game Play

- Two halves of **22 minutes (running time)**
- **Last minute** of the game is *pro clock* (clock stops on incompletions, out of bounds, or timeouts)

Offense

- Start from the **5-yard line** with 4 downs to reach midfield
- After a first down, 4 downs to score
- On 4th down, offense may **punt** (ball placed at opponent's 5-yard line)
- **One backward pitch** allowed after crossing the line of scrimmage
- **Quarterback (QB)** has 6 seconds to throw – referee will count out loud
- QB may hand off to a running back (RB); if no rush, RB/QB can wait in the backfield as long as they want

Defense

- **Two blitzes per half** allowed immediately off the snap
- On other plays, defense may rush after a 3-second count
- If defense rushes, QB/RB can run the ball
- Simultaneous catch goes to the offense

General Rules

- **Non-contact** – no blocking downfield
- **Flag guarding:** play is whistled dead, ball spotted at penalty location
- **False start:** 5-yard penalty
- **Too many players:** 5-yard penalty *and* loss of down
- **Scoring conversions:** after a touchdown, offense may attempt 1, 2, or 3 points