

Special Olympics Colorado

Flag Football Rules

- Flags must be all one piece with 3 flags attached...2 on the side and 1 in the back. Flags MUST be a different color than short color.
- Special Olympics Flag Football is NON-CONTACT – rulings shall be made with player safety as the primary consideration
- All possessions, except following an interception, start at the offensive team's 5-yard line.
- The offense has 4 plays to cross mid-field. Once the offense crosses mid-field, they have 4 additional plays to score a touchdown. If the offense team fails to cross mid-field or score a touchdown in a prescribed number of plays, possession of the ball changes and the opposite team starts at their 5-yard line.
- Please note that side-snaps are not allowed. All snaps must be between the legs.
- The ball carrier may not spin, dive, hurdle, stiff arm or use either arm to shield a defender from grasping his/her flag.
- The ball is marked at the spot where the position of the ball is when the player is declared down (flag belt is pulled or hand/knee touches ground)
- All players who rush the Quarterback must be a minimum of 7-yards from the line of scrimmage when the ball is snapped (the official will place the special marker 7-yards from the line of scrimmage). Players not rushing the Quarterback, may defend the line of scrimmage.
- The Quarterback cannot advance the ball across the line of scrimmage.
- Only direct hand-offs behind the line of scrimmage are legal. Laterals or pitches of any kind are not allowed. In Unified Sports, a partner may handoff to a partner behind the line of scrimmage.
- The player who takes a hand-off can pass the ball, as long as he/she does not pass the line of scrimmage.
- NO RUNNING ZONES are located 5-yards from the mid-field line and goal line. Any ball snapped from these zones must be passed.
- All passes must be forward and received beyond the line of scrimmage. All players are eligible to receive a forward pass. Exception: In Unified Sports, if a partner throws a pass, only athletes are eligible receivers.
- Only one player is allowed in motion at the snap and he/she may not be moving toward the line of scrimmage at the snap.
- Interceptions change the possession of the ball at the point of the interception. (A ball intercepted in the end zone is spotted at the 5-yard line).
- There are no fumbles – the ball is spotted where it hits the ground or where the ball was positioned before being fumbled forward.

- Screen blocking is the only form of legal blocking that can be used by any player at any time. The screen blocker shall have his/her arms fully extended to the ground either at their side, in front or behind their back. Any use of arms, elbows, or legs to initiate contact during the screen block is illegal.

PENALTIES

- Sportsmanship/Roughing – the officials will disqualify any player who participates in rough or unsportsmanlike play. No warning is required.
- OFFENSE: 10-yards from the line of scrimmage and a loss of down
 - Illegal motion (more than one player moving at snap, moving forward at snap)
 - Offside (in neutral zone at snap, false start)
 - Illegal forward pass (not beyond line of scrimmage, partner to partner)
 - Illegal Procedure (quarterback run)
 - Pass Interference (picking or pushing defender)
 - Illegal Contact (holding , blocking, bumping, stiff arming)
 - Flag Guarding (driving, spinning, warding off, hurdling)
 - Delay of game (failing to snap within 30 seconds of ready)
- DEFENSE: 10 yards from the line of scrimmage and automatic first down
 - Offside (in or beyond neutral zone at snap)
 - Pass Interference
 - Illegal Contact (holding, blocking, bumping)
 - Illegal Flag Pull (before receiver has ball)
 - Illegal Rushing (rushing Quarterback inside the 5-yard line)

TIME AND SCORE

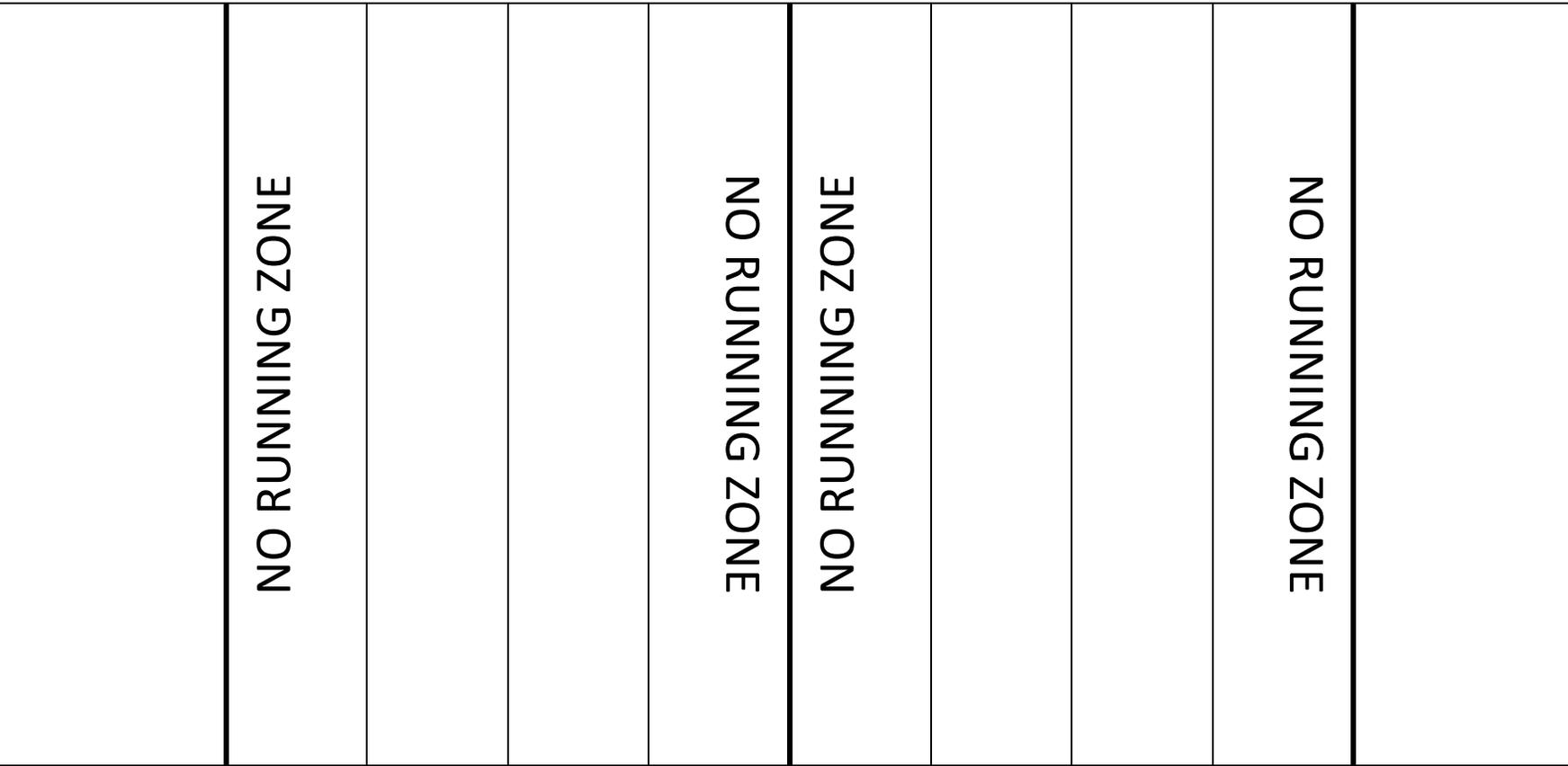
- 1.) 2 x 20 minute halves will be played with a 3 minute half-time. Clock will stop on whistle during last 1 minute of each half.
- 2.) Teams are allowed 1 60 second timeout per half. An unused timeout in the first half does NOT carry over to the second half.
- 3.) If the score is tied at the end of the game, overtime will consist of each team getting a possession at midfield with 2 downs to gain yardage or score. If the first team scores on the first play, the other team must score on the first play. If a team intercepts a pass, that team automatically wins the game.
- 4.) Touchdown=6 points. Extra point=1 point from the 5-yard line or 2 points from the 10-yd line. Safety is 2 points.

NO RUNNING ZONES

Goal line

Midfield

Goal line



10 yards

5 yards

15 yards

60 yard