



FOOTBALL IN TRAINING

FIT Flag Rules

GAME

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball.
2. All possession changes, except interceptions, start on the offense's 10-yard line.

EQUIPMENT

1. The league provides each player with an official flag belt and FIT team jersey. Teams will use footballs provided by their league.

FIELD

1. The field dimensions are 40 yards by 80 yards with two 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards. However, some tournaments may use smaller fields because of field space available or to complete tournament scheduling on time.

ROSTERS

1. Teams must consist of at least seven players.

TIMING

1. Games are played on a 50-minute continuous clock with two 25-minute halves unless one team gains a 28-point advantage, which will then end the game. Clock stops only for timeouts.
2. Halftime is 5 minutes.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has two 30-second timeouts per game.

OVERTIME

1. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points.
2. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
3. Both teams must "go for two" from the 10-yard line starting with the third round of overtime.

SCORING

1. **Touchdown:** 6 points
2. **PAT** (point after touchdown) **1 point** (5-yard line) or **2 points** (10-yard line)
 - a. Note: 1-point PAT is pass only; 2-point PAT can be run or pass.
 - b. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
3. **Safety:** 2 points
 - a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

COACHES

1. Two Coaches are allowed on the field to direct players according to need and division. Coaches must remain quiet prior to snap.

RUNNING

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ballcarrier has the ball. Forward progress will be measured by the player's front foot.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who
3. receives the snap.
4. Absolutely NO laterals past the line of scrimmage.
5. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
6. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
7. Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding.
8. No blocking or "screening" is allowed at any time.

RUSHING THE PASSER

1. Defense is allowed 1 blitzer. Player must be 7 yards off the line of scrimmage.
2. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
3. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap.

FLAG PULLING

1. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
2. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
3. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
4. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

FORMATIONS

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed toward the line of scrimmage.