



- 1 point awarded for all male participation play from 3 yard line
- 2 points awarded for all male participation from 10 yard line
- 2 points awarded for female participation as the operative player from 3 yard line.
- 3 points awarded for a play featuring female participation as the operative player from 10 yard line.

Article 3. The operative player requirement resets on all scoring plays

Article 4. No Mercy Rule during pool play games. During playoffs, if a team is up by 48 points or more during tournament play at any time or 28 points at the final minute, the game will be over.

SECTION 5. SECOND HALF CLOCK

Article 1. At the two minute warning of the second half, if the score difference is 13 points or more, a stop clock will not be initiated and will continue with a running clock. Same applies if a team scores during the 2 minutes to create a 13 or more point lead. If a team scores to create a one possession game within 2 minutes of the second half, a stop clock will then be initiated.

ADULT 8V8 CONTACT RULES

The following 8v8 Contact flag football rules for men and women are iFlag approved.

These rules are an **extension of our 8v8 CONTACT LEGACY rules** so read through those, along with the General Rules first, as they apply to every style we offer. Below are the changes to this style for 8v8 Contact:

RULE 1. OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 60 yards long by 53 yards wide with 7 yard endzones. Approved field sizes may fluctuate from 60-120 yards long when necessary, or 50-53 yards wide. Endzones should not be shorter than 5 yards.

Article 2. One first down line-to-gain at the midfield marker.

Article 3. Offensive teams have four downs to successfully advance to the next zone-line-to-gain and earn a new set of downs.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME – upon approval by a iFlag director. Guaranteed schedule blocks in scenarios where fields may be behind are the only exception, where teams will be given reasonable time to get to their next games at the discretion of the iFlag directors.

Article 2. Minimum 6 players to start a game. May only have up to 8 players on the field at any one time.

Article 4. All players are eligible receivers.





Article 2. Each team will have two time outs per half.

Article 3. The clock will run continuously during the first 18 minutes of each half unless a team timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee conference, etc.)

Article 4. A “stop-clock” will be in effect in the last two minutes of the first and second half, unless the point differential is 17 points or more in the last two minutes of the second half.

Article 5. The head official will give a verbal two-minute warning as close as possible to the actual two-minute mark but will not interrupt a live play.

Article 6. The two-minute warning will stop the clock.

Article 7. The time remaining on the clock will be announced after every play inside the final two minutes of the contest.

Article 8. The clock will not run during point-after-touchdown attempts (PATs) in last two minutes of each half.

Article 9. The play clock is 25 seconds at the officials ready.

RULE 2. OFFENSE

SECTION 1. OVERVIEW

Article 1. The offensive may not have more than four players in the backfield at the snap.

Article 2. Only one offensive player may be in motion at the snap and that motion must be parallel to the line-of-scrimmage. Any player in motion must be moving atleast one yard off the line of scrimmage.

Article 3. Players who go in motion do not count as “being on the line”.

Article 4. There are no required distances between the center and other offensive players on the line.

Article 5. The ball must be snapped while positioned between the hashmarks on a regulation field. If no hashmarks are available, it must be snapped between the width of the goalposts.

SECTION 2. BLOCKING

Article 1. Contact blocking is allowed between the shoulders and waist only (a.k.a. “inside the frame”). Blocking in the back is not allowed.

Article 2. Blockers must be on their feet before, during and after contact is made with their opponents.

Article 3. No contact of any kind is allowed above the shoulders of an opponent. Illegal blocks include:

- Leading with the shoulder outside the ‘free blocking zone’
- Low/chop/cut blocks: An attempt by a player to block an opponent at the thigh level or lower.
- Crack-back block: A blind-side block on a player by an opponent who starts downfield and then cuts back toward the original spot of the ball to make contact.
- Blind-side block: Engaging an opponent who does not see the blocker approaching with anything other than fully extended arms and open palms.
- Clipping: A player hitting an opponent from behind.
- Tripping: A player using their leg or foot to stop an opponent’s forward motion.



- Slapping, punching, or swinging at an opponent with hands, arms or elbows.
- Grabbing or holding an opponent's jersey while blocking.
- Interlocking of blocker's fingers or hands.
- Laying on a downed defender

Article 4. Swim moves (a player using a maneuver similar to a freestyle swimming stroke to get past an opponent) are legal. However, if the swim move results in contact to an opponent above the shoulder (neck, head, or face) it is illegal.

Article 5. Downfield blocking for the ball carrier is allowed.

Article 6. Blocking downfield while the ball is in the air is pass interference except if the pass is behind the line of scrimmage.

Article 7. Two-on-one blocking is permitted as long as both blockers are engaging the opponent above the waist.

Article 8. If a player turns to expose their back, it is not an illegal block as long as their opponent maintains contact with the player from the initial block.

SECTION 3. RUN PLAYS

Article 1. The quarterback — the player initially receiving the snap — may run to advance the ball at any time.

Article 2. The offense may use multiple backward hand-offs or laterals.

Article 3. To execute a center sneak, the ball must completely leave the center's hands on the snap and they must take at least one step backwards off the line-of-scrimmage before receiving direct hand-off from the quarterback before advancing the ball.

SECTION 4. PASS PLAYS

Article 1. Teams can make an unlimited number of backward passes and then throw a forward pass provided the player throwing the ball is behind the line of scrimmage.

RULE 3. DEFENSE

SECTION 1. RUSHING

Article 1. The center is considered a defenseless player while their head is down in the snapping position and cannot be contacted until they assume a blocking position or has fired out into their pattern.

SECTION 2. ROUGHING THE PASSER, KICKER, HOLDER, CENTER

Article 1. Defensive players must make a concerted effort to avoid charging into an unprotected player.

Article 2. To assist defensive players to avoid unnecessary contact with the passer the covering official will endeavor, but is not required, to announce "balls away" when the ball has left the passer's hand.

SECTION 3. PASS COVERAGE

Article 1. Contacting receivers within the initial five yards from scrimmage is allowed as long as the ball is not in the air.

Article 2. Contact within the initial five yards must be continuous (i.e. no "re-loading") and applied "inside the frame" of the body.





RULE 5. SCORING

SECTION 1. POINTS

- Touchdown: 6 points
- Point After Touchdown (PAT)
 - 1 point from the 3-yard line – run or pass
 - 2 points from the 10-yard line – run or pass
 - Interceptions returned on PAT's are worth 2 points
- Safety: 2 points

SECTION 2. AFTER A SAFETY

Article 1. If a safety occurs, the defense will take possession of the ball at their own 3 yard line.

SECTION 3. MERCY RULE

Article 1. There is no mercy rule during pool play, but there is during single elimination playoffs or double-elimination format tournaments.

Article 2. During tournament or league play the mercy rule will be automatically invoked if the score differential reaches 17 or more points during the final two minutes of the second half or 28 or more points at any time in the second half.

Article 3. Forfeits that occur prior to the game will be recorded as 17-0. Forfeits that occur during the game will be recorded as 17-0 or the actual score of the game at the time of the forfeit, whichever is the larger differential.

ADULT 8V8 CONTACT LEGACY RULES

The following 8v8 Contact flag football rules for men and women are iFlag approved.

Read through the General Rules first, as they apply to every style we offer, then also make sure and check out the style-specific rules below that are unique to this format.

RULE 1. OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 120 yards long by 53 yards wide with 10 yard endzones. Approved field sizes may fluctuate from 100-120 yards long when necessary, or 50-53 yards wide. Endzones should not be shorter than 9 yards.

Article 2. One first down line-to-gain at the 20 yard midfield marker.

Article 3. Line-to-gain markers are located on the 20-, 40-, 40, and 20-yard lines. If an 80-yard field is used, line-to-gain markers are located on the 20-, 40-, and 20-yard lines.

