

USPFC FLAG FOOTBALL-2025

Flag GUIDING BODIES

United States Police and Fire Championships (USPFC)
7944 Convoy Court., San Diego CA 92111
Tele. (858) 571-9919; E-mail: 4info@cpaf.org

EVENT

Open 18+

MEN

WOMEN

A maximum of twenty (20) team members plus one non-playing coach.

Team Creation Deadline: April 21, 2025

EQUIPMENT

Game score record

Bracket

1 regulation-size football for each game

Registration station (table, chairs, etc.)

Timing device for each game (time may be kept on the field by game official)

Down marker for each game

Player equipment (See General Sports Rules #4)

Cones or similar zone markers

BRACKETING

Round Robin followed by a Single Elimination tournament. If 8 or fewer Teams enter, the tournament will be a Single Round Robin with no additional Single Elimination tournament. The USPFC Director may modify the Single Round Robin format based on the number of teams entered in a division. Notification of this change will occur prior to the start of tournament play. Placement in "B" Division will be determined by the result of Round Robin Play if more than 16 teams.

GENERAL SPORTS RULES

1. GAME

Sec. 1. The basic concept for the game is for the ball carrier to avoid bodily contact with the defensive player. The defense should go for the ball carrier's flag. The defense must play the flag and not the ball when pursuing the ball

USPFC FLAG FOOTBALL-2025

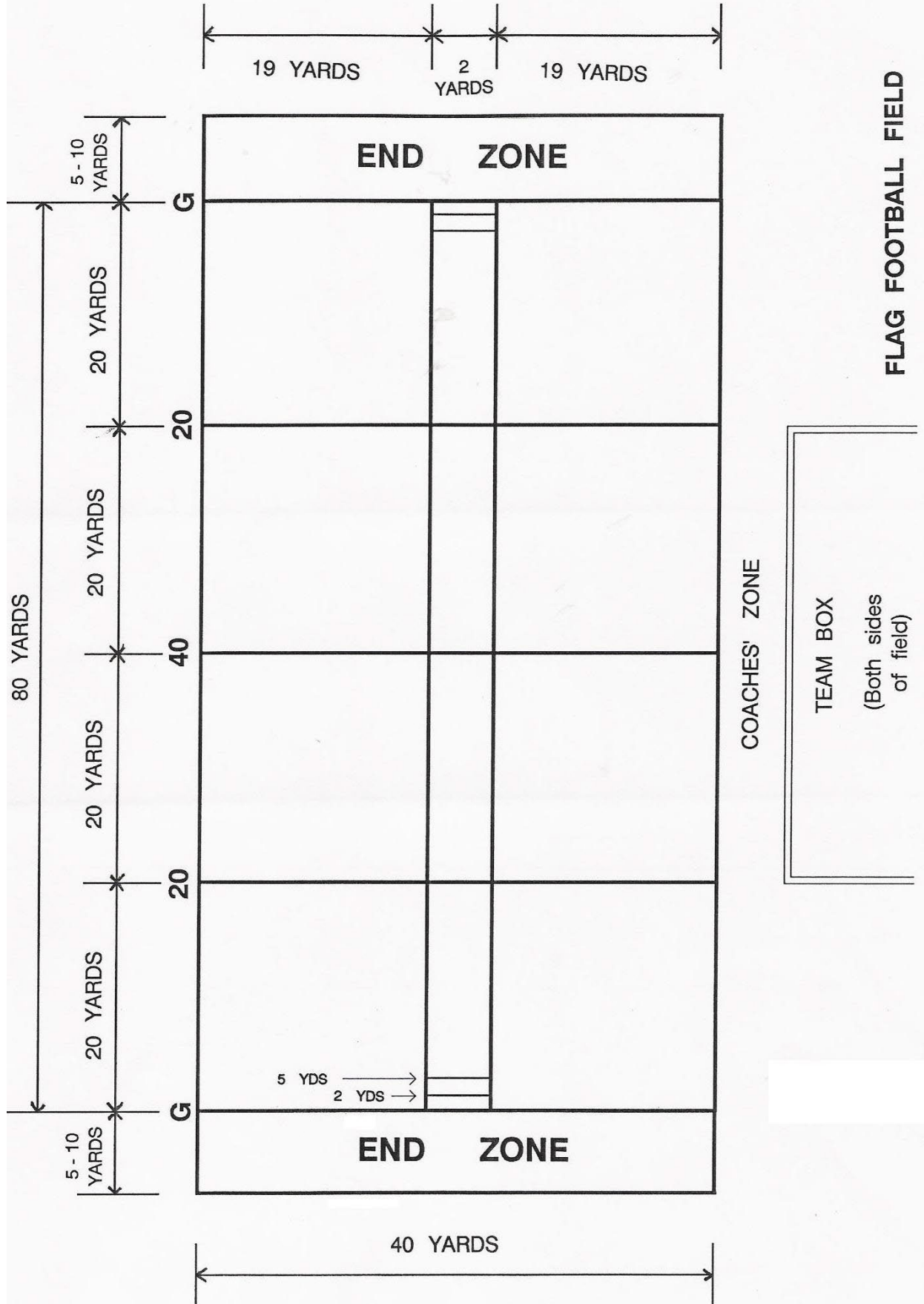
carrier. The Flag Football game emphasizes speed, quickness, deception and agility to defeat the opponent.

- Sec. 2. Flag Football is played with an inflated ball by two (2) teams of seven (7) players each on a rectangular field, 80 yds by 40 yds, not including end zones. The team in possession has a series of downs, numbered 1-4 to advance the ball into each 20-yard zone. There are no field goals. Any combination of seven players for the team in possession may be used by linemen or backfield. A game must start with no less than seven players, may continue with six (6), but not with five (5) or less.
- Sec. 3. Each game will consist of two (2) twenty-minute running time halves.
- Sec. 4. All players are eligible to catch a pass.
- Sec. 5. The home team is designated as the top team listed in each bracket.
- Sec. 6. Receiving team and goal defense shall be determined by a pre-game coin flip.

2. THE FIELD AND MARKINGS

- Sec. 1. The field shall be a rectangular area with dimensions, lines, and zones as shown on the accompanying Diagram.
- Sec. 2. Zone markers shall be placed along both sidelines. Zone markers shall be constructed of soft, pliable material, usually small traffic cones.
- Sec. 3. Lines shall mark all boundaries, zones and end zones. These lines may be a non-caustic chalk, lines burned by a chemical or painted. Painting is preferred.

USPFC FLAG FOOTBALL-2025



USPFC FLAG FOOTBALL-2025

3. GAME EQUIPMENT

- Sec. 1 The official ball for games shall be a regulation-size leather football. The ball must be properly inflated. The officials shall determine if the ball is suitable for playing. A team may NOT use separate balls for scrimmage downs and for kicking purposes. Teams may substitute their own ball with the approval of the game officials.
- Sec. 2 The referee may order the ball changed between downs if the field is wet.
- Sec. 3 A down marker, or other device, may be used to mark all downs.
- Sec. 4 A timing device (referred to as the "Game Clock" or the "Clock") shall be kept on the sideline unless time is kept on the field by a designated official.

4. PLAYER DESIGNATIONS

- Sec. 1 Each team shall designate a player as field captain and only they may communicate with officials.
- Sec. 2 A non-player, substitute or attendant of either team shall not be outside his team box except to become a player. The team box is that area, which is out-of-bounds between both 20-yard lines and 2 yards or more behind the sidelines.

5. PLAYER EQUIPMENT

- Sec. 1 No hard-padding surface such as shoulder pads, rib pads, hip pads, thigh pads or helmets may be worn. Soft knee pads may be worn on the knees only. Softball sliding pads, sweat bands and head bands may be worn. Hand or arm pads are prohibited.
- Sec. 2 Jerseys of opposing teams must be of contrasting colors. The home team (first listed on schedule) must adjust if there is a conflict.) Jerseys must be numbered individually.
- Sec. 3 Jewelry or any other hard surface material may not be worn.
- Sec. 4 Shoes are required equipment.

SHOES:

YES	NO
Tennis Shoes	Barefeet

USPFC FLAG FOOTBALL-2025

Basketball Shoes	Jogging/Training shoes
Baseball or Softball Shoes	Toe Cleats
All-purpose rubber, round-molded cleats	Metal cleats
Soccer Shoes, rubber round-molded cleats	Rubber molded cleats that are rounded to a point.
Screw on spikes (1/2" max), round-molded cleat-plastic with metal tips	

Sec. 5 Game management is responsible for providing the official belts and flags. The belts shall have three flags attached, one on the left hip side, one on the right hip side and one on the back side. Flag belts shall be worn tight enough to prevent slipping while the player is running. They shall be worn at waist level. Flags may not be altered in any way.

Sec. 6 Shirts must be either firmly tucked inside trousers or short enough not to cover the flags or belt.

Sec. 7 Flags cannot be shredded or cut in length.

Sec. 8 Flags, pants or jerseys that are torn away or ripped must be replaced before player can enter field of play.

NOTE: Coaches should carry in the equipment bag, extra pants or shorts if needed. The player only needs to slip the new shorts over the damaged ones to prevent delay of game. Reasonable time will be granted to replace any torn uniforms. Jerseys may not be taped, tied or altered to provide a knot or knot-like protrusion.

Sec. 9 Coaches are responsible for preventing the illegal use and wearing of his/her players' equipment. Penalty: Illegal Participation, 10 yards.

Sec. 10 It is recommended that all players wear a cup and a mouthpiece.

Sec. 11 Pants with pockets, belt loops or rivets are illegal. Recommended pants: football, gym shorts or sweatpants. Pants that have beading or stripes must contrast with flag color.

USPFC FLAG FOOTBALL-2025

6. DEFINITIONS OR PLAYING TERMS

BLOCKING:

A) The limited use of hands is permitted by the offensive team while blocking. During a legal block the hands are open and must be inside the Blocker's Elbows. As a defensive player gets by the blocker the block must be released. A blocker may not grab hold or trip an opponent at any time. All blocking must be on the body frame; i.e. above the waist and below the neck.

B) Blocking may only occur within five (5) yards ahead of the line scrimmage. If, in the opinion of an official, a block is continuous and occurs in the legal blocking zone and continues beyond five (5) yards into the offensive backfield no penalty shall be called.

C) Striking or slapping is illegal.

D) Blocking from behind is illegal.

E) The three- or four-point stance is illegal. Blockers shall be poised on their feet before, during and after contact is made with an opponent.

F) No contact with an opponent obviously out of the play before or after the ball is declared dead.

DIVING:

Ball carrier may not dive to advance the ball to gain extra yardage (5 yd. penalty from the spot of foul and loss of down).

HURDLING:

An illegal attempt by a player to jump with one or both feet foremost over a player who is still on his feet. It is not hurdling if the ball carrier, to avoid injury, must jump over a fallen player.

LEGAL SNAP:

A legal snap shall be such that the ball leaves the hands of the snapper and touches a back field player or hits the ground. Once any snap hits the ground, the ball is immediately dead and the succeeding down shall start at the yardline where the ball first hit. The ball must travel between the legs of the center in a backward direction. A scrimmage down must start with a legal snap. An illegal snap causes the ball to remain dead. If a snapper lifts the ball during adjustment of the ball, prior to the snap, it is a dead ball foul for a snap infraction (5 yd penalty from line of scrimmage). The snapper must face his opponent's goal line with his shoulder parallel to the line of scrimmage.

USPFC FLAG FOOTBALL-2025

ROUGHING: Any contact with a passer's arm before or during and release of a forward, lateral or backward pass. Unnecessary contact after the release of a pass is unnecessary roughness. Penalty is 10 yds. from line of scrimmage and automatic first down.

PUSHING: At no time is the defender allowed to push the ball carrier in or out of bounds. It is deemed unsportsmanlike conduct.

7. LENGTH OF PERIOD

Sec. 1 Playing time shall be two twenty-minute running time halves with a 5-minute halftime. If, at the end of the fourth quarter, the teams have identical scores, the tie may be resolved with the method in the section listed "Tie Breakers" in Rule 18.

Sec. 2 Clock stops only for:
a) Time outs (starts on succeeding snap)
b) Scores (starts on succeeding snap)
c) Emergencies (starts once play is ready)
d) Incomplete passes within the final two minutes of the 2nd half

NOTE: The clock does not stop for out of bounds or incomplete passes at any time during the game, except as described above. Clock does not stop for a declared punt.

8. STARTING EACH PERIOD

Sec.1 The winner of the pre-game coin flip may defer his choice to the 2nd half. Between the first and second half, the teams will change goals.

9. TIME-OUTS

Sec. 1 Three time-outs only may be charged to a team during each half of the game. Unused time-outs in the 1st half may not be carried over into the 2nd half.

NOTE: In case of overtime, no additional time-outs can be added, but those remaining from the three allowed in the 2nd half may be used.

Sec. 2 No single time-out shall exceed one minute. An official's time-out may follow a charged time-out if a safety factor is involved.

USPFC FLAG FOOTBALL-2025

- Sec. 3 After a team has used its permissible charged time-outs in a half, any subsequent request shall be denied unless it is for:
- a) An injured player
 - b) Necessary repair to equipment
- Sec. 4 If a time-out conference results in the decision altering an official's ruling, no time-out will be charged. If the official's ruling prevails, the team requesting the conference will be charged with the time-out.
- Sec. 5 One (1) coach may go onto the field at a time-out.
- Sec. 6 Players may consult with coaches from the sideline providing they do not leave the playing field.

10. **BALL READY FOR PLAY AND DELAY**

The ball is ready for play when, after it has been placed in the middle of the two-yard zone (middle of the field) for a down and the referee gives the ready for play signal. The ball must be snapped within 25 seconds. Penalty: delay of game, five (5) yards and down over.

11. **PUTTING BALL IN PLAY**

- Sec. 1 To start each half and to resume play after a try for-point, the ball shall be placed at the opponent's twenty (20) yard line. There will be no kick-off.
- Sec. 2 A snap shall put the ball in play when a punt is not declared.
- Sec. 3 Each legal snap shall be started in the middle of the two-yard zone for each scrimmage down. Snap must be between the Center's legs.

12. **DEAD BALL**

- Sec. 1 In all cases, before a punt or after a punt has been possessed, any ball that hits the ground is ruled dead. On a fumbled snap, a hand-off that is fumbled or backward pass or lateral, once the ball hits the ground, it is immediately ruled dead and put in play where the ball hit the ground. On a fumble that lands forward of the ball carrier, the ball is put in play at the spot where the ball was fumbled and not the spot where the ball landed.
- Sec. 2 Inadvertent Whistle: When no foul occurred during a down and there is an inadvertent whistle while:
- a) Legal pass or snap is in flight, or during a kick, the down will be replayed.

USPFC FLAG FOOTBALL-2025

- b) A player is in possession; the team may choose to accept the play at that point or choose to replay the down.

13. SERIES OF DOWNS

A team has four downs to advance the ball from wherever the team takes possession of the ball to the next zone. If they fail to reach the next zone in four downs, their opponent shall gain possession of the ball at the point where the ball is declared dead on the 4th down. For the ball carrier to score or to advance over the line for a first down, the ball carrier must advance with some part of his person over the line. This rule differs from tackle football when the ball carrier must only break the vertical plane.

EXAMPLES:

- A) Ball carrier falls to ground, knees hit at 1-yard line, then upper torso falls into the end zone. NO SCORE.

- B) Ball carrier steps over the line with one foot or fall over the line and first contact is over the line. Score or 1st down is awarded.

14. SCRIMMAGE KICKS (PUNT)

- Sec. 1 **PUNTS:** All punts must be declared. Captains are to notify officials whether the offense wishes a "declared kick". All punts must be declared before a huddle. Once the decision to punt or play a scrimmage down has been made from the captain, it may not be rescinded. The clock does not stop. If the punting team attempts a run or pass, they will be penalized 10 yards and loss of down.

- Sec. 2. All punts must be kicked within 25 seconds from the time the official declared the ball ready for play. It is a delay of game not to punt within 25 seconds.

- Sec. 3 Kicking team may not move until the ball is kicked. The ball must be punted from a distance of 5 yards behind the line of scrimmage. **PENALTY:** Illegal Procedure. The ball must be punted from the center of the field by the punter. The ball must go past the line of scrimmage. The kicking team may not touch the ball until it crosses the line of scrimmage. The center is permitted to move one step laterally to avoid being hit by the punt.

USPFC FLAG FOOTBALL-2025

- Sec. 4 Defense must have at least five (5) men on the line of scrimmage until the ball is kicked. Defense may not rush the punter.
- Sec. 5 No scrimmage kicks are permitted unless they are declared. This includes quick kicks. See Rule 15: Scrimmage Kicks, Sec. 1, Punts.
- Sec. 6 If the snap is muffed or goes over the punters head, the punter may pick up the ball and punt from the point the ball is retrieved, so long as it is at least 5 yards behind the line of scrimmage. If the snap hits the ground prior to 5 yards behind the line of scrimmage, the punter shall back up to the original punt position. .

15. SNAPPING, HANDLING & PASSING THE BALL

See "Legal Snap" under Rule 6, Definitions

16. SCORING AND TOUCHBACK

- | | | |
|--------|--------------------------|----------|
| Sec. 1 | TOUCHDOWN | 6 points |
| | SAFETY | 2 points |
| | SUCCESSFUL TRY-FOR-POINT | |
| | a) 3-yard line | 1 point |
| | b) 10-yard line | 2 points |
- Sec. 2 After a touchdown, the scoring team is permitted try-for-point(s) during which the try is attempted from the three (3) yard line (for one point) or the 10 yard line (for two points). This involves one scrimmage down which is neither numbered nor timed. Kicks are not permitted at this time. Any change of possession causes the ball to become dead immediately. The defense may not score on any try-for-point.
- Sec. 3 It is a Safety when an offensive player causes the ball to become dead behind his goal line.
- Sec. 4 If one team leads another by thirty (30) points or more anytime after the conclusion of the first half, the game may be called at the losing team's discretion.

17. TIE-BREAKER

- Sec 1. If a game is tied after regulation play, a flip of the coin will be held and the winner will have the choice of playing offense or defense for one down. Only

USPFC FLAG FOOTBALL-2025

one coin toss is to be used during a Tiebreaker. Tie breakers will only be used in medal or elimination games and not in round robin play.

The ball will be placed on the three (3) or ten (10) yard line as requested by the offense. The offense will attempt to score. After one play, the teams switch from offense to defense and vice versa. The new team on offense will then notify the official whether they will attempt a one (1) or two (2) point play.

EXAMPLE: Team "A" had the ball first and:

- a) Scored two (2) points
- b) Scored one (1) point
- c) Failed to score

Team "B" when on offense must try for:

- a) Two (2) points to tie
- b) Two (2) points to win or one (1) to tie
- c) Score one (1) or two (2) points to win.

If both teams tie after the first series of downs, the same procedures continue until a winner is declared. No kicks or punts are allowed. If the defense intercepts or gains control of the ball, the ball is dead.

Sec 2. For the purposes of awarding medals, if two teams are tied after single round robin play, the winner shall be determined by the following order: 1) Winner of the head to head game; 2) Highest point differential for all round robin games; 3) Lowest amount of total points allowed; 4) Coin flip

Sec 3. For the purposes of awarding medals, if three teams are tied after single round robin play, only those three teams will be eligible for the tie breaker process. The winner shall be determined by the highest point differential for all round robin games. Any subsequent ties in this process will only involve the remaining teams and will be settled by the process defined in Section 2.

18. BLOCKING AND HELPING THE RUNNER

Sec. 1. There shall be no block below the waist or above the shoulders by any player on the field at any time. Offensive players shall not push, pull or lift the runner or grasp or encircle any teammate to form interlocked interference.

Sec. 2 A player on either team may use unlocked and open hands to ward off an opponent who is blocking or attempting to block them.

USPFC FLAG FOOTBALL-2025

- Sec. 3 A defensive player shall not:
- 1) Strike a player on the head;
 - 2) Grasp or hold an opponent;
 - 3) Add momentum to the charge of a teammate who is on the line-of-scrimmage by shoving him;
 - 4) Push the ball carrier out-of-bounds.

19. OFFENSIVE PLAYERS

- Sec. 1 The ball carrier shall strive to avoid the defense by agility. Attempting to run over, charge or straight arm the opponent is illegal. A ball carrier may not steer his blockers. The carrier may not spin to avoid his flag being pulled. Spinning is defined as turning greater than 360 degrees. Penalty: 10 yards and loss of down.
- Sec. 2 If, for any reason, it becomes impossible to pull the flag or belt from a ball carrier, the play shall be whistled dead.
- Sec. 3 A ball carrier is down whenever he drops his belt or when the belt is pulled off by an opponent, except in special situations, as explained in Section 4.
- Sec. 4 A player without flags may receive and/or advance the ball. The player is down by a one hand touch from an opponent.
- Sec. 5 Premature flag pulling by the defense on purpose in the judgment of the officials is a 10-yard unsportsmanlike conduct penalty and automatic 1st down. The penalty may be refused by the offense and the gain may be taken. Penalty: 10 yards and 1st down.
- Sec. 6 In order to advance the ball beyond the line of scrimmage on a running or passing play, the ball carrier shall not run within the two (2) yard area of the center. This area being one yard either side of where the ball was snapped. Penalty five (5) yards.
- Sec. 7 **GUARDING THE FLAG** - the ball carrier cannot protect his flags by guarding, hacking or holding the flag. Penalty: 10 yards and loss of down.
- Sec. 8 If the last defensive man between the ball carrier and the goal line is guilty of roughness against the ball carrier, the ball carrier shall be given the score he would have attained if he was not fouled. This includes pushing the ball carrier out of-bounds as well as holding or tackling.

USPFC FLAG FOOTBALL-2025

Sec. 9 **BLOCKING THE OFFENSIVE CENTER** - It is illegal for the defense player to block the offensive center on, or immediately after the initial snap or until the center assumes a blocking stance or has taken one step in any direction. Penalty: 10 yards.

Sec. 10 If during a down the uniform becomes a hindrance to pulling a flag at the fault of the ball carrier, the play will be blown dead at the first attempted movement of contact by the defense to pull his flag.

Sec. 11 If the defense causes a shirt to hinder future flag pulling the play continues until the flag is pulled or ball becomes dead.

CASE EXAMPLES FOR SECTION 10 & 11

Section 10: Receiver set at line-of-scrimmage has jersey poorly tucked in. During the running of his pattern his jersey comes out and hides his flags, even partially, the play is blown dead as soon as the defense makes any contact to pull his flag whether that attempt is successful or not.

Section 11: If a ball carrier, who has his jersey properly tucked in, has his jersey pulled out by an unsuccessful attempt to pull his flags, the play will continue until the defense pulls his flags or the ball becomes dead. Any pulling or holding of the jersey during any succeeding attempt(s) still counts as a penalty against the defense.

Sec. 12 No hideouts will be permitted. Offensive players must be three (3) yards from the sidelines. Exception: See Sec. 13 below. Penalty: 10 yards.

Sec. 13 If a team does not use a huddle, all offensive players must set 5 yards from sidelines. Penalty: 10 yards.

20. SPECIAL POINTS OF INTEREST

FORWARD PASS--A forward pass may be thrown by the team which has put the ball in play from the line of scrimmage. There may be more than one legal forward pass during a down, but each must be thrown behind the original line of scrimmage.

TOUCHBACK--If after an interception in the end zone, player tries to run it out and his flag is pulled while in the end zone, it is still a touchback. An interception may be advanced out of the end zone, except on extra point attempts and tiebreakers.

PASS RECEIVING--If a player attempts a catch or an interception, or a recovery

USPFC FLAG FOOTBALL-2025

while he is in the air, the ball must be in his possession when he first returns to the ground inbounds prior to touching out-of-bounds. A receiver needs to have only one foot or any part of his body touch inbounds before any part of his body is touching out-of-bounds when catching a pass.

21. CONDUCT OF PLAYERS AND OTHERS

- Sec. 1 Whenever in the judgment of any game official, the following acts are deliberate or flagrant, the participant shall be disqualified from the game (in addition to the 10 yard penalty.
- a) use of fists, feet or knees
 - b) using locked hands, elbows or any part of the forearm or hand, except in accordance with the rule.
 - c) tackling the ball carrier
 - d) contact with an opponent obviously out of the play before or after the ball is declared dead.
 - e) tying on flags
 - f) abusive or insulting language directed to an opponent or official;
- Sec. 2 Whenever in the judgment of any game official the following acts occur. The participant shall be disqualified and suspended for one game (in addition to the ten (10) yards penalty)
- a) possession of alcoholic beverages on or around field.
 - b) attempting to substitute an illegal or suspended player.
 - c) fighting
 - d) any violation in section 1 wherein an opponent is injured.
 - e) abusive or insulting language directed to any game official.
- Sec. 3 Whenever in the judgment of any game official the following acts occur, the participant shall be disqualified for the remainder of the tournament and may be subject to further sanctions as deemed appropriate by the C.P.A.F. (in addition to a 10-yard penalty).
- a) physical contact with or threat to any game official
 - b) fighting where in an opponent is injured
 - c) any player who joins in a fight whether or not an injury occurs.

Sport Coordinator shall immediately notify the USPFC Director in charge at Flag Football or in their absence, a USPFC director on duty at the host headquarters of any and all disciplinary action taken in Section 2 and 3. USPFC has the authority to review and modify disciplinary actions in Section 2 and 3, and any other problem brought to its attention by an official or sport coordinator.

22. ENFORCEMENT OF PENALTIES (AFTER A FOUL)

USPFC FLAG FOOTBALL-2025

- Sec. 1 When a foul occurs during a live ball, the referee shall, at the end of the down, inform the captain of the offended team regarding the choices of declination or acceptance of penalty. The captain's first choice of options may not be revoked. In case of a double foul, captains are not consulted.
- Sec. 2 When a foul occurs during a dead ball between downs or prior to a snap, the official shall not permit the ball to become live. The captain of the offended team will be presented with the options which he may accept or decline.
- Sec. 3 When a live ball fouled by one team is followed by a dead ball fouled by the opponent, the penalties are administered separately and in the order of occurrence.

23. ENFORCEMENT OF PENALTIES

(BASIC ENFORCEMENT SPOTS)

- Sec. 1 If a foul occurs during a down, the Basic Enforcement Spot is fixed by the type of play. There are two types of play:
- a) A Loose Ball Play is action during:
 - 1) Scrimmage kick;
 - 2) A legal forward pass;
 - 3) A Backward pass made from on or behind the line-of-scrimmage. A loose ball play also includes the run (or runs) which precedes a legal pass or kick.
 - b) A Running Play is any action not included in item a).
- Sec. 2 If a foul occurs during a loose ball play, the Basic Enforcement Spot is the previous spot (line of scrimmage), except for defensive pass interference. Defensive pass interference is: first down at the spot of the foul.
- Sec. 3 If a foul occurs during a running play, the Basic Enforcement Spot is the spot where the related run ends. The run ends where the player loses possession if his run is followed by his fumble or pass. If the runner does not lose possession, his run ends where ball becomes dead.

24. ADMINISTERING PENALTIES

- Sec. 1 The penalty for any foul between downs and any non-player foul, is from the succeeding spot.

USPFC FLAG FOOTBALL-2025

- Sec. 2 The penalty for a foul which occurs simultaneously with a snap is administered from the previous spot, which is the spot of the snap.
- Sec. 3 The penalty for a foul during a running play is from the Basic Spot (where run ended) unless the foul is by the offense and occurs behind the Basic Spot.

25. SPECIAL ENFORCEMENTS

- Sec. 1 If the offensive team throws an illegal pass from its end zone or commits any other live ball foul which the penalty is accepted, and measurement is from on or behind its goal line, it is a safety.
- Sec. 3 If there is a foul by the defense, during a down which results in a successful touchdown or try by A, the penalty may be measured on the succeeding kick-off or, if there an overtime, from the succeeding spot.
- Sec. 4 The referee's decision to forfeit a game is final.
- Sec. 5 The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specially covered in the rules.

26. PENALTY ENFORCEMENT

In the C.P.A.F. Rules, the penalty enforcement philosophy is based upon the principal that a team is entitled to the advantage of distance gained without the assistance of a foul. If a foul occurs during a down the basic enforcement spot is fixed by the type of play. The following are some of the basic football guidelines.

1. There are only two (2) penalties-loss of either five (5) or ten (10) yards.
EXCEPTION: Defensive pass interference-

Loss of 5 yards:

Note: A - Offense B - Defense

1. Delay of game or illegal substitution
2. Encroachment
3. False start or any illegal act by the snapper
4. Team A player illegally in motion
5. Illegal shift
6. Illegally handing ball forward
7. Illegal forward pass by either team (Team A-loss of down)
8. Substitution or coach violating team box requirements
9. Team A running up the middle zone at scrimmage line
10. Illegal position at snap

USPFC FLAG FOOTBALL-2025

11. Helping the runner
12. Three- or four-point stances
13. Diving (loss of down)

Loss of 10 yards:

1. Delaying start of any half
2. Offensive pass interference
3. Illegal blocking
4. Illegal block below waist
5. Illegal use of hands
6. Clipping
7. Unsportsmanlike conduct (flagrant offense may result in player ejection and suspension from future games in addition to loss of yards)
8. Illegal participation
9. Illegally kicking a ball
10. Illegally batting a ball
11. Attendant illegally on the field
12. Flag guarding, straight arming (and loss of down)
13. Charging; hurdling
14. Unnecessary roughness; personal fouls
15. Roughing passer or ball carrier (10 yards penalty and automatic first down)
16. Premature flag pulling
17. Illegal blocking offensive center
18. Hideouts
19. Passing or running play after declaring a punt (loss of down)
20. Spinning (loss of down)
21. Steering blockers (loss of down)

Note: All major penalties are 10 yards in Flag Football. **EXCEPTION:** defensive pass interference is penalized spot of foul and automatic first down. If the defensive pass interference occurs in the end zone, the spot is the two (2) yard line and automatic first down.

MEASUREMENT REDUCED TO HALF DISTANCE TO GOAL LINE:

When the measurement spot for a ten (10) yard penalty is inside the twenty (20) yard line or when the measurement spot for a five (5) yard penalty is inside the ten (10) yard line, the measurement is reduced to half the distance to the goal line.

USPFC FLAG FOOTBALL-2025

27. EMERGENCY GAME DELAYS & INTERRUPTIONS

1. Shortened Period

A period or periods may be shorted in any emergency by agreement of the opposing field captains and the head official. Any remaining period may be shortened at any emergency by agreement of the opposing field captains and the head official. Any remaining period may be shortened at any time.

2. Interrupted Game

An interrupted game because of events beyond the control of the responsible administrative authority shall be continued from the point of interruption unless the teams agree otherwise.

28. WEATHER

When weather conditions are construed to be hazardous to participants or officials, the head official is authorized to delay or suspend the game. If a game is suspended during or through the halfway point of the 2nd half of the game and there is a point differential of 21 points or more, the game will be declared completed.

If a game is suspended during the last 10 minutes of the 2nd half and the team in possession of the ball has the lead by 17 or more points, the game will be declared completed.

Any suspended game will resume from the point it was suspended on the rescheduled date, unless the game was declared completed.

AWARDS

A maximum of 42 sets (1st through 3rd place) of medals will be required for this event. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

**THE GENERAL RULES APPLY TO ALL SPORTS.
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

USPFC FLAG FOOTBALL-2025

The USPFC Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.