

MOUNTAIN BROOK ATHLETICS GIRLS FLAG FOOTBALL RULES

1. All players are required to have a mouthpiece.
2. Each player is required to be in the game for a minimum of a half.
3. Games will be divided into 20-minute halves with a running clock.
4. Each team will have 6 players on the field at one time unless the coaches agree to a different number.
5. A first down is accomplished by crossing the mid-field stripe.
6. The field is 30 yards long and 20 yards wide.
7. Quarterbacks may not run the ball.
8. Quarterbacks can be rushed after a 5-second count. If the quarterback hands the ball off, the player receiving the ball may be rushed immediately.
9. The center is eligible after the snap. The snap may be between the legs or to the side of the center.
10. If the offense chooses to punt, the ball will be placed at the 3-yard line of the opposing team and the ball changes hands.
11. There are no safeties. If a player is tackled in the endzone the ball is placed at the one-foot line. If safety occurs on 4th down, then the ball is turned over at the one-foot line.

Rules

Alabama High School Rules are applicable with the following exceptions noted above.

Contact

Contact is to be AVOIDED.

Ball Carrier

Ball Carrier is down when:

1. Flag is removed
2. Ball is dropped (ball dead at the spot, NO LIVE FUMBLES)
3. A player has a knee touch the ground.

Coach Participation

Coaches are allowed on the field of play.