

26

OFFICIAL LEAGUE RULES

SOMERS, CT FLAG FOOTBALL

2026 RULE BOOK

For coaches, players, officials, and families. Includes the **2026 rushing rules**, the **on-side kick option**, a one-page quick reference for game day, and diagrams of the field, the clock, the rushing count, and the on-side kick.



SOMERS, CONNECTICUT · JUNIOR AND SENIOR DIVISIONS · SEASON 2026

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GAME-DAY QUICK REFERENCE

THE NUMBERS EVERY COACH NEEDS

A summary of the rules in this book. The full rule always governs.



CLOCK AND TIME-OUTS

Game length	48 minutes, two 24-minute halves
Half-time	2 minutes
Clock stops	Time-outs, injuries, last 2 minutes of each half
Play clock	40 seconds from the spot of the ball
Passing clock	10 seconds (ref counts to 9, then whistle)
Time-outs	One 30-second time-out per half, not carried over

FIELD AND POSSESSION

Start of drive	Own 10-yard line
Downs	4 to cross mid-field, then 4 to score
No-run zones	5 yards before each end zone, 5 yards each side of mid-field
Turnover on downs	Ball spotted at no-run line (short of mid-field) or at the spot

ALWAYS

Mouth guard	Required to play
Jersey	Tucked in
Flag belt	Different color than shorts or pants
Cleats	No metal
Blocking or screening	Never
Fumbles	None. Ball is dead where possession is lost

SCORING

Touchdown	6 points
PAT from 5-yard line	1 point, pass only
PAT from 10-yard line	2 points, pass or run
Safety	2 points
PAT interception returned	2 points for the defense

RUSHING THE PASSER

Blitzers	One per play, hand raised until the snap
Rusher crosses line	At the count of 3
QB flag pull	Permitted after the count of 3
Contact with QB	None, other than the flag pull
No rush allowed	When ahead by 21 or more points

PENALTIES

Pre-snap penalties	5 yards. Offense: loss of down. Defense: auto 1st, play on
Post-snap penalties	10 yards. Offense: loss of down. Defense: auto 1st, play on
Unsportsmanlike	Always 10 yards, any time
Enforcement	From the line of scrimmage; half distance only inside the 10
Flag not returned	10 yards, auto 1st, clock stops inside 2 min
Illegal forward pass	10-yard loss, loss of down
Penalty on a PAT	Off: no good. Def: points given

PART 1

BEFORE THE GAME

What players bring, what they wear, and how each game begins.

**SECTION 1 EQUIPMENT AND UNIFORMS****1.1 REQUIRED EQUIPMENT**

- 1 Each player must bring an official **NFL Flag football belt** and a **mouth guard** to each game and each practice.
- 2 All players must wear the NFL Flag belt and the mouth guard at all times while on the playing field. **No player can play without a mouth guard.**
- 3 The league supplies the NFL Flag football. Team footballs are not permitted.
- 4 Players must wear shoes. **Metal cleats are not permitted.**

1.2 UNIFORMS AND FLAGS

- 1 Home teams wear **dark** jerseys. Visiting teams wear **light** jerseys.
- 2 **All jerseys must be tucked into shorts** before play begins. Flags must be on the player's hips and free from obstruction.
- 3 **Flag belts cannot be the same color as the shorts or pants.**
- 4 Uniform additions, such as a hand warmer worn around the waist, **must be a different color than the ball.**
- 5 We recommend shorts or pants without pockets. If the shorts or pants have waist strings, keep the strings tied.
- 6 At the first practice, print the name of each player on their own flag. Cut and tape the belt to fit the player. A hanging belt will result in a flag guarding penalty.

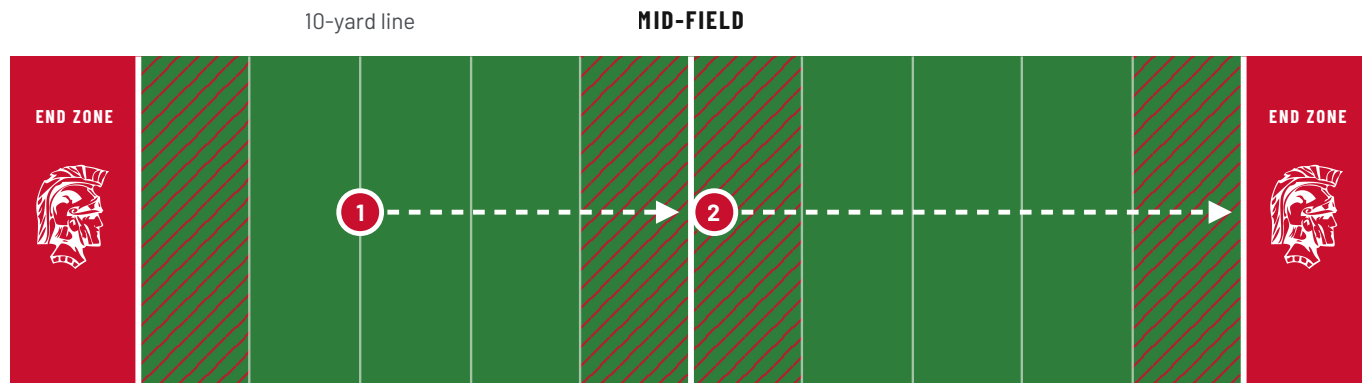
1.3 PERMITTED AND PROHIBITED ITEMS

- 1 Players may tape forearms, hands, and fingers.
- 2 Players may wear gloves, elbow pads, and knee pads.
- 3 Players may wear soft-shell helmets. The helmet must be secured at all times while on the playing field.
- 4 Winter beanies are permitted.
- 5 Players must remove all jewelry, hats, and do-rags.
- 6 Braces with exposed metal are not permitted.
- 7 Stick-um is not permitted.

SECTION 2 COIN TOSS, POSSESSION, AND DOWNS

2.1 PRE-GAME

- 1 Both teams meet at mid-field. The head referee checks each player for proper uniform, cleats, and a mouth guard.
- 2 Each team selects a captain for the coin toss. The head referee runs the toss. The **visiting** team calls the toss.
- 3 The winner of the toss chooses offense or defense. The loser chooses direction. **There is no option to defer.**
- 4 Teams switch sides of the field at half-time. The team that started the game on offense begins the second half on defense.



/// No-run zone (5 yards before each end zone, 5 yards each side of mid-field) 1 Drive starts at own 10-yard line, 4 downs to cross mid-field
PAT: 1 point from the 5-yard line, 2 points from the 10-yard line 2 After crossing mid-field, 4 downs to score

Figure 1. The field and a drive. Start at your own 10, four downs to mid-field, four more to score. A ball that touches any part of a hatched zone is in the no-run zone.

2.2 DOWNS AND POSSESSION

- 1 The offense takes possession at its own 10-yard line and has four downs to cross mid-field.
- 2 When the offense crosses mid-field, it has four downs to score a touchdown.
- 3 If the offense fails to cross mid-field in four downs, the defense takes possession at the no-run zone line just short of mid-field. This gives the new offense a chance to pick up a first down.
- 4 If the offense crosses mid-field and fails to score in four downs, the defense takes possession at that spot.

SECTION 3 COACHES AND SIDELINES

- 1 Coaches must follow NFL Flag football philosophies, coaching guidelines, and the code of conduct.
- 2 Only two coaches per team are permitted on the sideline.
- 3 Coaches may be on the field during play to assist the offense. The coach must get out of the way if the play moves toward them. Failure to do so is a penalty.
- 4 A coach may be on the field on the defensive side if they move toward the sideline before the snap.
- 5 Parents and fans are not permitted on the team sideline, except each team's two sideline officials (the yard stick official and the parent sideline official described in the Referee Guide). The coach is responsible for keeping fans and other associated people in the designated areas.



Figure 2. Somers, CT Flag Football Field. The football field is lined in the softball outfield at Somers Training Grounds. The parent sideline runs the full length of the side closest to the infield. The coaches sideline is the side closest to the tree line.

PART 2

PLAYING THE GAME

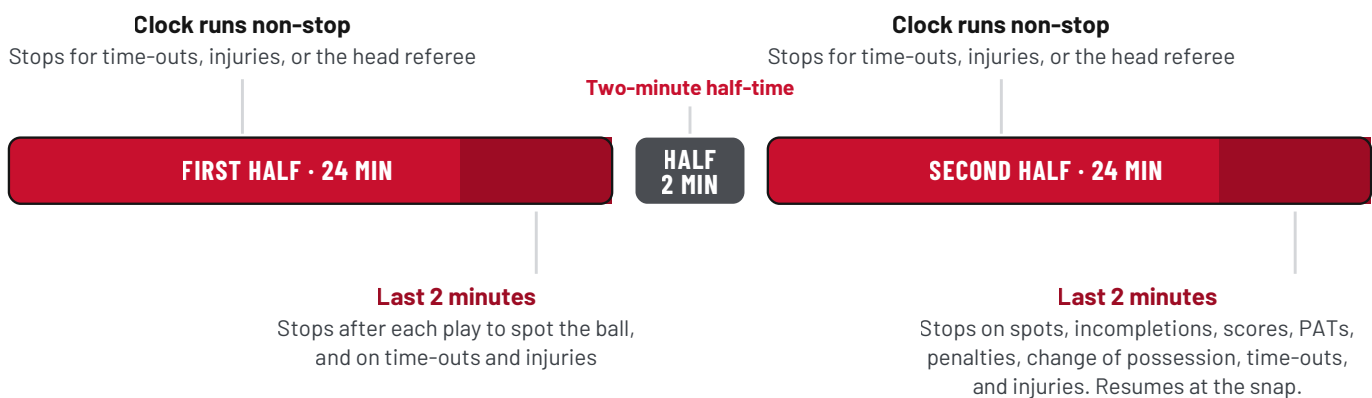


Clock, scoring, formations, and the rules of each play from snap to whistle.

SECTION 4 TIMING AND TIME-OUTS

4.1 GAME CLOCK

- 1 Games are played on a 48-minute clock with two 24-minute halves.
- 2 Half-time is two minutes.
- 3 The clock runs continuously in both halves except for a called time-out, a player injury, and the final two minutes of each half. In the final two minutes of the first half, the clock also stops so the official can spot the ball at the line of scrimmage, and resumes at the snap.
- 4 **In the final two minutes of the game, the clock stops** to spot the ball, and on incomplete passes, touchdowns, extra point attempts, penalties, a change of possession, injuries, and called time-outs. The clock resumes when the ball is snapped on the next play.
- 5 **Two-minute warning.** If the clock falls below two minutes during a play, the clock keeps running until the whistle. At the whistle the two-minute warning is called and the clock stops at whatever time it shows.
- 6 On an injury, the clock stops and restarts when the injured player is removed from the field.
- 7 The head referee can stop the clock at their discretion. The clock official stops the clock on a called time-out, an injury, or a signal from the head referee.



One 30-second time-out per half. 40-second play clock after each spot. 10-second passing clock after each snap.

Figure 3. The game clock. The clock runs continuously except for time-outs, injuries, and the final two minutes of each half, when it stops more often.

4.2 PLAY CLOCK

- 1 After the official spots the ball, the offense has 40 seconds to snap the ball. When 10 seconds remain, the official announces the warning and counts down aloud. Failure to snap in time is delay of game: a 5-yard loss and loss of down.
- 2 The offense cannot snap the ball until the official has spotted the ball.

4.3 TIME-OUTS

- 1 Each team has one 30-second time-out per half. An unused first-half time-out cannot be saved for the second half.
- 2 A team may use a time-out to question an official's rule interpretation. If the official keeps the ruling, the time-out is lost. If the official changes the ruling, the time-out is not charged.

SECTION 5 SCORING

5.1 POINT VALUES

- 1 Touchdown: **6 points**.
- 2 Point after touchdown (PAT): **1 point** from the 5-yard line (pass only) or **2 points** from the 10-yard line (pass or run).
- 3 Safety: **2 points**. A safety occurs when the ball carrier is declared down in their own end zone, or when a snapped ball lands in or beyond the end zone.
- 4 Interception returned for a touchdown on a PAT attempt: **2 points** for the defense.

5.2 PAT RULES

- 1 After a touchdown, the team must declare a one-point or two-point attempt. Once the official places the ball in play, the decision cannot be changed.
- 2 If there is an **offensive** penalty on the attempt, the play is over and the attempt is no good.
- 3 If there is a **defensive** penalty on the attempt, the offense is awarded the points of the attempt.
- 4 Interceptions are returnable on PAT attempts.

SECTION 6 FORMATIONS AND THE SNAP

- 1 The offense must have at least one player (the center) and up to six players on the line of scrimmage. The quarterback must be behind the line of scrimmage.
- 2 A team may shift formations before the snap. All players must be set for at least one second before the snap.
- 3 One player may be in motion at a time, at least one yard behind the line of scrimmage. **All motion must be parallel to the line of scrimmage. No motion toward the line of scrimmage is permitted.**

- 4 Movement by a set player, or motion toward the line of scrimmage, is a false start: the play is whistled dead, a 5-yard loss and loss of down.
- 5 The center must snap the ball between their legs to a player in the backfield with one rapid, continuous motion. The ball must completely leave the center's hands. The ball may be snapped from the side if the center's front foot is behind the line of scrimmage.
- 6 The defense may not mimic the offensive signals or cadence to confuse the offense. This is unsportsmanlike conduct.

SECTION 7 LIVE BALL AND DEAD BALL

7.1 GENERAL

- 1 The ball is live at the snap and stays live until an official whistles it dead. Any official can whistle the play dead.
- 2 The official marks the neutral zone and the line of scrimmage. The official may give both teams one courtesy warning to move back. After the warning: an offensive player who enters the neutral zone commits a false start, and the play is whistled dead (a 5-yard loss and loss of down). A defensive player who enters the neutral zone commits encroachment; the play is **not** whistled dead. The flag goes down, the play continues, and the offense may take the penalty (5 yards and an automatic first down) or the result of the play.
- 3 A player who gains possession in the air is in bounds if one foot or another body part touches the ground in the field of play.
- 4 Substitutions may be made on any dead ball.

7.2 WHEN THE PLAY IS DEAD

The play is dead when:

- 1 The ball hits the ground. On a bad snap, the ball is placed where it hit the ground.
- 2 The ball carrier's flag is pulled.
- 3 The ball carrier steps out of bounds.
- 4 A touchdown, PAT, or safety is scored.
- 5 The ball carrier's knee or arm touches the ground, or the ball in the ball carrier's hand touches the ground. A bare hand may touch the ground.
- 6 The ball carrier's flag falls out.
- 7 A receiver catches the ball with one or no flags.
- 8 The 10-second passing clock expires.
- 9 An inadvertent whistle. The team in possession may take the ball at the spot of the whistle and lose the down, or replay the down.
- 10 The ball carrier leaves their feet, other than for jump cuts, spins, or to avoid a downed player.

THERE ARE NO FUMBLES

When the ball comes loose, the ball is dead and is spotted where possession was lost. This is true even if the ball carrier regains possession in mid-air or a defender catches it.

7.3 PENALTY ENFORCEMENT

- 1 **Pre-snap penalties.** Offense: a 5-yard loss and loss of down. Defense: 5 yards forward and an automatic first down. The head referee walks the 5 yards as five normal strides.
- 2 **Post-snap penalties.** Offense: a 10-yard loss and loss of down. Defense: 10 yards forward and an automatic first down. The head referee walks the 10 yards as ten normal strides.
- 3 All penalty yardage is enforced from the line of scrimmage. No penalty is enforced from the spot of the foul.
- 4 Offensive penalties are whistled dead immediately. Defensive penalties are never whistled dead (injury excepted): the flag goes down, the play continues, and the offense chooses the penalty or the result of the play.
- 5 Penalties go half the distance to the goal only when the ball is on or inside the 10-yard line, at either end of the field. From the 11 to the 20, the full yardage is enforced. Example: from the offense's own 10, a post-snap offensive penalty moves the ball to the 5; from the 11, it moves the ball to the 1.
- 6 Unsportsmanlike conduct is always 10 yards, before or after the snap.
- 7 If both teams commit penalties on the same play, the penalties offset and the down is replayed.
- 8 Only one penalty is enforced per team per play. When a team commits more than one foul on the same play, the opposing team chooses which penalty is enforced.
- 9 An **automatic first down** is the walk-off plus 1st down at the new spot. If the walk-off carries the ball across mid-field, the offense has crossed mid-field and has four downs to score.
- 10 An offensive foul that occurs while a pass is in the air is not whistled until the play ends.

SECTION 8 RUNNING**8.1 HAND-OFFS AND LATERALS**

- 1 The quarterback (the player who receives the snap) cannot directly run with the ball.
- 2 Direct hand-offs and backward laterals (pitch, toss) are permitted behind the line of scrimmage. A hand-off may be in front, behind, or to the side of the player. The offense may use multiple hand-offs.
- 3 The center sneak is **not** permitted. The quarterback may not hand off to the center on the first hand-off of the play.
- 4 **No pitches or laterals of any kind past the line of scrimmage.**
- 5 Any player who receives a hand-off may throw the ball from behind the line of scrimmage.
- 6 After the ball is handed off, pitched, or lateraled behind the line of scrimmage, all defensive players are eligible to rush and the 10-second passing clock ends.

8.2 NO-RUN ZONES

- 1 No-run zones are five yards before each end zone and five yards on each side of mid-field. These zones prevent short-yardage power running.
- 2 The offense may not run in a no-run zone when the next line (mid-field or goal line) is live. Each drive approaches two no-run zones: one to gain the first down at mid-field and one to score at the goal line.
- 3 If any part of the ball touches the no-run zone, the ball is in the no-run zone.

8.3 BALL CARRIER RULES

- 1 The ball is spotted where the ball carrier's **feet** are when the flag is pulled.
- 2 Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is flag guarding.
- 3 Spins and jump cuts are permitted, but a player cannot leave **both** feet to avoid a flag pull. A player who spins out of control will be called for flag guarding. A player who spins into a defender may be called for charging.
- 4 A runner may leave their feet without penalty when there is a clear indication that they did so to avoid a collision with another player.
- 5 **No blocking or screening is permitted at any time.**
- 6 **No running with the ball carrier.** Offensive players near the ball carrier must stop once the ball crosses the line of scrimmage.
- 7 Ball carriers must try to avoid defenders with an established position.

SECTION 9 PASSING AND RECEIVING

9.1 PASSING

- 1 All passes must be thrown with one hand, from behind the line of scrimmage, and forward. The ball must be out of the hand before it crosses the line of scrimmage.
- 2 A pass that does not cross the line of scrimmage, caught or not, is an illegal forward pass unless a defender touches it. An illegal forward pass results in a 10-yard loss and loss of down.
- 3 The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage or it is an illegal forward pass.
- 4 Two-hand shovel passes are permitted, but the ball must be received beyond the line of scrimmage or it is an illegal forward pass.
- 5 The quarterback has a **10-second clock**. If the ball is not thrown in 10 seconds, the play is dead, the down is consumed, and the ball returns to the line of scrimmage. After the ball is handed off, pitched, or lateraled behind the line of scrimmage, the 10-second rule no longer applies.
- 6 If the quarterback is in the end zone when the 10-second clock expires, the ball returns to the line of scrimmage. **No safety is awarded.**

9.2 RECEIVING

- 1 All players are eligible to receive passes. This includes the quarterback if the ball has been handed off behind the line of scrimmage.
- 2 A receiver must have at least one foot or body part touch the ground in bounds first.
- 3 On simultaneous possession by offense and defense, the offense gets the ball.
- 4 Interceptions are returnable on PAT attempts and are worth two points if returned for a touchdown.

9.3 PASS INTERFERENCE AND HOLDING

- 1 **Pass interference** is contact, while a pass is in the air, that takes away an opponent's opportunity to catch or intercept the ball. Both players have an equal right to the ball; incidental contact while both are playing the ball is not interference.
- 2 **Defensive pass interference** is a post-snap defensive penalty: flag down, play on, 10 yards and an automatic first down, or the offense takes the play.
- 3 **Offensive pass interference** is not whistled while the ball is in the air; the play finishes. If the obstruction prevents an interception, it is a post-snap offensive penalty: a 10-yard loss from the line of scrimmage and loss of down.
- 4 **Holding** is grabbing an opponent's body, jersey, or arm to slow or redirect them. Pulling the ball carrier's flag is never holding. Defensive holding is a post-snap defensive penalty: flag down, play on, 10 yards and an automatic first down, or the offense takes the play.

SECTION 10 RUSHING THE PASSER

NEW FOR 2026

10.1 IDENTIFYING THE RUSHER

- 1 The defense may blitz **one** player per play.
- 2 Before the snap, the player who intends to blitz must raise one hand clearly above their head and keep it raised until the snap. The blitzer may also shout "blitzer" so the official can identify them. This is encouraged but not required.
- 3 The blitzer may line up anywhere. The blitzer does not need to be back from the line of scrimmage.
- 4 Once a player raises their hand, the defense **may not change** its rusher for that play.
- 5 If more than one defender raises a hand and the defense does not correct it in time before the snap, the official will yell "no rusher." The official judges what is ample time. If the official has yelled "no rusher" and the defense rushes, the official throws a flag and lets the play continue.

10.2 THE COUNT

- 1 After the snap, the official counts out loud. At the count of **3**, the rusher may cross the line of scrimmage and go after the quarterback.
- 2 After the count of 3, the blitzer may pull the quarterback's flag. A pulled flag on the quarterback ends the play at that spot.

- 3 The official continues to count to **9**, counts one more second silently, and then blows the whistle if the quarterback has not thrown the ball. You will not hear "10." You will hear "9," then the whistle.
- 4 If the quarterback has not thrown the ball at the whistle, the play is dead, the offense loses the down, and the ball returns to the line of scrimmage.

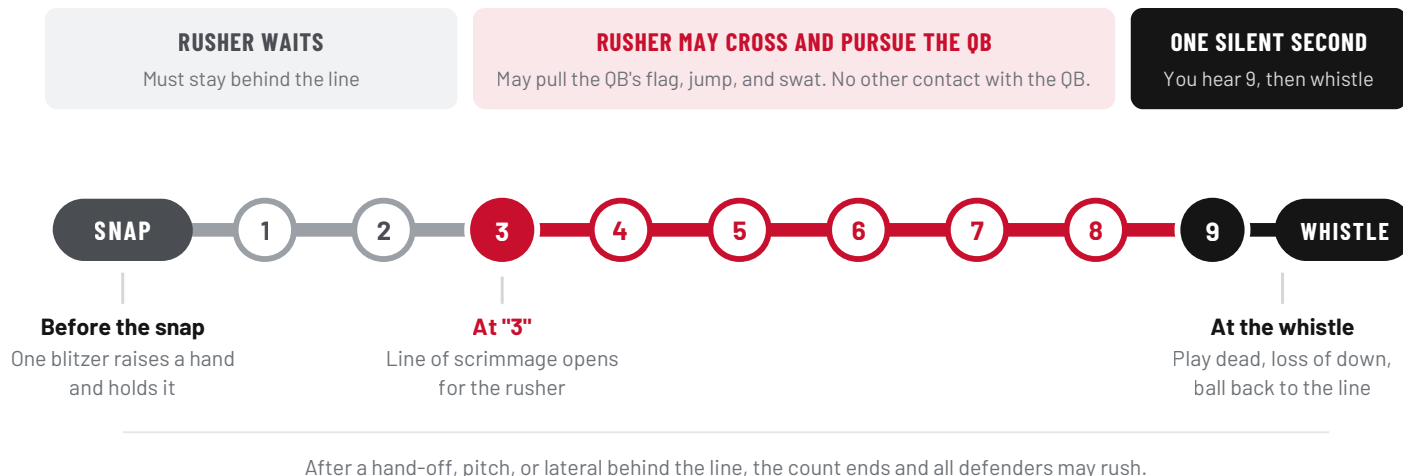


Figure 4. The rushing count. The official counts out loud from the snap. The rusher may cross at 3. If the ball is not thrown after 9 plus one silent second, the whistle ends the play.

10.3 CONTACT RULES

- 1 The blitz may jump and swat passes. The blitz may **not** make contact with the quarterback or attempt to knock the ball from the quarterback's hand.
- 2 **Before crossing the line of scrimmage**, the rusher must avoid illegal contact with receivers. If the rusher and receiver are both moving, the rusher is responsible for avoiding contact. If the rusher is stationary and the receiver runs into the rusher, it is illegal contact on the receiver.
- 3 **After the 3 count and after the rusher crosses the line of scrimmage**, offensive players must avoid contact with the rusher if both are moving. If the offensive player is stationary, the rusher must avoid contact with that player.
- 4 If the defense violates any rushing rule, the official will **not** whistle the play dead. The official throws a flag and lets the play continue. At the end of the play, the offense chooses the penalty (10 yards from the line of scrimmage and an automatic first down) or the result of the play.

BEFORE THE RUSHER CROSSES THE LINE		AFTER THE RUSHER CROSSES THE LINE	
Receivers are releasing. Who must avoid contact?		Rusher is pursuing the QB. Who must avoid contact?	
Both moving	Rusher avoids contact	Both moving	Offense avoids contact
Rusher stationary, receiver moving	Receiver avoids contact	Offensive player stationary	Rusher avoids contact
Rusher stops suddenly in a receiver's path	Penalty on rusher	Player sets a screen for the QB	Penalty on offense

If the defense breaks a rushing rule, the play continues. The offense then chooses the penalty or the result of the play.

Figure 5. Who avoids contact. Responsibility flips when the rusher crosses the line of scrimmage. "Stationary" means fully stopped with clear time for the other player to react.

COACHING POINT: WHAT "STATIONARY" MEANS

Stationary means stationary. Do not think of a basketball screen. A player who quickly sets their feet can still be called for illegal contact. If a rusher is moving before the line of scrimmage and stops quickly in the path of a receiver without giving the receiver clear time to avoid contact, it is a penalty on the rusher, even if the rusher's feet were not moving. The same applies to the offense after the rusher crosses the line. If the rusher is pursuing the quarterback and another offensive player is still in the backfield, that player must become stationary and give the rusher clear time to avoid them. A player may be in the backfield and the rusher may have to run around them, but it is **illegal to set screens for the quarterback**.

SECTION 11 FLAG PULLING AND FLAG GUARDING

11.1 FLAG PULLING

- 1 A legal flag pull takes place when the ball carrier is in full possession of the ball.
- 2 Defenders may dive to pull flags, but may not tackle, hold, or run through the ball carrier.
- 3 Defenders must give offensive players a free release off the line of scrimmage.
- 4 It is illegal to strip or pull the ball from the ball carrier at any time.
- 5 A defender may not intentionally pull the flag of a player who does not have the ball.
- 6 If a flag falls out during a play while the player has possession, the player is down immediately. The ball is placed where the flag lands.
- 7 If a player with a missing flag takes possession of the ball, the play is dead at that spot.

11.2 FLAG GUARDING

Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags. This includes a stiff arm, dropping the head, hand, arm, or shoulder, or covering the flags with the jersey. A deliberately obstructed flag, a hanging belt, or an untucked jersey is flag guarding. Flag guarding is a post-snap offensive penalty: a 10-yard loss from the line of scrimmage and loss of down.

11.3 AFTER THE PLAY

- 1 Defensive players must stand at the spot where the flag was pulled and **hand** (not throw) the flag back to the offensive player. This helps the official spot the ball and promotes good sportsmanship.
- 2 If a defender runs off with the flag or otherwise delays its return to slow the offense, it is a delay of game penalty: 10 yards against the defense and an automatic first down. If this happens with two minutes or less in the half or game, the clock stops until the next snap.
- 3 The offense is responsible for retrieving the ball after the play and handing it to the nearest official. The defense is encouraged to retrieve the ball if it is closer and hand it to the nearest official.

PART 3

SPECIAL SITUATIONS

Overtime, the on-side kick option, and the 21-point rule.



SECTION 12 OVERTIME

If the score is tied at the end of regulation, an overtime period determines the winner.

- 1 The **visiting** team calls the toss to determine which team is on offense first. The head official determines the end to defend.
- 2 Teams alternate. Each team gets one play from the 5-yard line for one point or from the 10-yard line for two points. The offense chooses one or two points.
- 3 If neither team scores, the order is reversed. The team that attempted last now goes first.
- 4 Interceptions are returnable in overtime and are worth two points for the defense.
- 5 Each team gets one 30-second time-out.
- 6 All regulation rules and penalties are in effect, enforced with the standard yardage system in Rule 7.3.

SECTION 13 ON-SIDE KICK OPTION

NEW FOR 2026

Both the Junior and Senior divisions may use the on-side kick option this season.

- 1 The option is available only in the **last 10 minutes of the second half**, after a team scores a touchdown and attempts the PAT.
- 2 The team must be **behind in score**. A team that is tied or ahead may not attempt an on-side kick.
- 3 The ball is placed at the no-run zone line just past mid-field, on the side of the end zone the team is attacking. The offense has one play to score from that spot. **No points are awarded** for a successful attempt.
- 4 If the attempt is successful, the offense takes possession at mid-field, first and goal.
- 5 If the attempt fails, the defense takes possession at mid-field, first and goal.
- 6 A team that completes an on-side kick and scores on the following drive may **not** attempt a consecutive on-side kick. The opposing team must regain possession first.
- 7 A penalty on the attempt is handled like a PAT: a defensive penalty gives the offense a second attempt, and an offensive penalty ends the attempt with no second try.

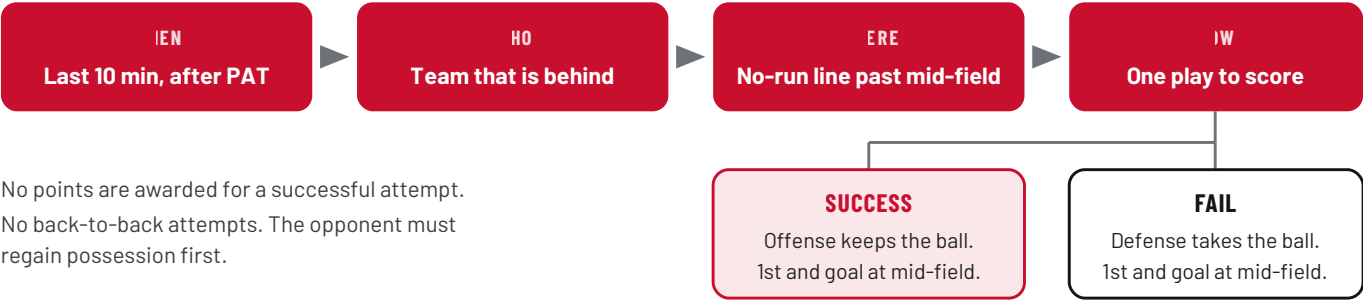


Figure 6. The on-side kick option. A trailing team can use one play to keep the ball after a touchdown. Either way, the next drive starts at mid-field.

SECTION 14 21-POINT RULE

If a team is **ahead by 21 points or more**, that team is not permitted to rush the passer. If the difference drops below 21 points, the team may rush the passer again.

PART 4

CONDUCT

Expectations for players and fans, and the penalties that apply.

**SECTION 15 PLAYER CONDUCT**

- 1 If an official sees intentional tackling, elbowing, cheap shots, blocking, or any other unsportsmanlike act, the game stops and the player is ejected. This is at the referee's discretion. No appeals will be considered. **Foul play will not be tolerated.**
- 2 Offensive or confrontational language is not permitted. Officials determine what is offensive. The referee gives one warning. If it continues, the player is ejected.
- 3 Players must not physically or verbally abuse any opponent, coach, or official.
- 4 Rough play will not be tolerated.

UNSPORTSMANLIKE CONDUCT PENALTIES

Defense	10 yards from the line of scrimmage and an automatic first down.
Offense	10-yard loss from the line of scrimmage and loss of down.

SECTION 16 FAN CONDUCT

- 1 Fans must show good sportsmanship.
- 2 Cheer for your players. Do not harass officials or other teams.
- 3 Keep comments clean and free of profanity.
- 4 Compliment all players, not just one child or one team.
- 5 Keep the fields safe and kid-friendly.
- 6 Keep younger kids and equipment such as coolers, chairs, and tents at least 10 yards from the field of play.
- 7 Stay in the sideline area (the softball infield).
- 8 Put all trash in the designated trash cans.

SECTION 17 POST-GAME

After the final game of the night, the two remaining teams help clear the field.

ALWAYS ENCOURAGE GOOD SPORTSMANSHIP.

Somers, CT Flag Football · 2026 Rule Book