

Big Sky State Games

9 Man flag football rules:

The association stresses that these rules were formulated with the idea of personal safety as the most important consideration. Therefore, we emphasize that the rules do not allow any of the body contact techniques associated with regular contact football. **There is no hitting, forearms, elbows, shoulders, or hips of any kind allowed. Rules will be strictly enforced!** Violators will be held personally and legally responsible for their actions.

The rules are based on American Flag & Touch Football League rules:

- ❖ Five players must line up at the line of scrimmage.
- ❖ The three interior linemen are ineligible as pass receivers.
- ❖ No fumble recoveries (the ball is dead where it touches the ground).
- ❖ No pushing the ball carrier out of bounds (defender must go for the flag).
- ❖ No flag shielding by the ball carrier (five yard penalty from the spot of the foul).
- ❖ No diving to advance the ball (ball carrier may not hurdle or leave his feet, except to catch a pass).
- ❖ To elude defenders the ball carrier may spin and straight arm (to the chest area only).
- ❖ A ball carrier without flags has only to be touched by a defender to be downed.
- ❖ A ball carrier who falls may get up and proceed unless touched by a defender while he is down.
- ❖ Teams must declare on the 4th down whether they will punt or go for it.
- ❖ No on-side kicks.
- ❖ Ball carrier may not lower their head or shoulder or charge over a defender.
- ❖ Bad snaps are dead at the line of scrimmage (no penalty just loss of down).
- ❖ Scoring is the same points awarded as college football.
- ❖ Intercepted extra point conversion tries may be returned by the defense for 2 points.
- ❖ Run or pass plays are allowed by the offense.
- ❖ Blocking anywhere on the field is open hand "Pro Style" to the chest area only (no hitting, forearms, elbows, shoulders, etc...)
- ❖ Pass coverage is classic five yard bump and run.
- ❖ The field is regulation 100 yard size.
- ❖ Game time is 25 minute halves, with a 5 minute half time break.
- ❖ The game clock runs continuously except for kick offs and extra points until the last two minutes of each half (clock stops on incomplete passes and out of bounds).
- ❖ Each team gets two time-outs per half.
- ❖ Roster may have up to 24 players (Male or female age 16 years or older).
- ❖ First downs are fixed at the 20 and 40 yard lines.
- ❖ Ties are decided by Montana overtime rules (each team gets possession at the opponents 20 yard line with 4 plays to score, repeated until there is a winner.)
- ❖ A score is awarded if the last defender illegally impedes the ball carrier.
- ❖ No metal cleats allowed, and mouth guards are recommended.