

## OCMI Flag Football Rules

- 4 Quarters of Play
  - K-1: 8 minute quarters = 8 minute halftime
  - 2-3: 10 minute quarters = 5 minute halftime
  - 4-5: 12 minute quarters = 5 minute halftime
- Offense starts possession on their 10 yard line.
- Four downs per series unless an interception or fumble.
- One first down at mid-field.
- Touchdown worth 6 points.
- Extra point from the 10-yard line is worth 2 points.
- Extra point from the 5-yard line is worth 1 point.
- Extra point MUST be thrown. No running.
- An interception on an extra point CANNOT be advanced.
- Past the line of scrimmage is a down.

On Offense when the team has possession on 10-yard line or closer (RED ZONE) you MUST throw the ball.

\*\* NO JUMPING/LEAPING – unless catching an interception or a reception. First Offense is a REPEAT DOWN.

Fumbles – A fumble is a “DOWN” where the ball is fumbled and the team that had possession resumes play at that spot. A snap can be fumbled and picked up in the backfield by the offense and play continues.

Quarterbacks CANNOT advance (RUN) the ball over the line of scrimmage.

Interceptions – an interception can be advanced by the Defense and resumes possession of the ball.

### Defense:

NO BLOCKING WITH HANDS ALLOWED

- Defense can rush on any given play IF they are 7 yards off the line of scrimmage and AFTER a three Mississippi count. The Referee has to be notified prior to play.
- Defensive line CANNOT rush the QB on any passing plays.
- The QB can run the ball and cross over the line of scrimmage ONLY on plays that the defense rushes and sends a blitz. (THIS IS THE ONLY TIME THE QB CAN RUN).

MOUTHGUARDS MUST BE WORN FOR ALL GAMES AND PRACTICES. FAILURE TO HAVE A MOUTHGUARD WILL RESULT IN A PLAYER NOT PARTICIPATING.