

ACYAA Flag Football

2022 Rules

General

- 11-on-11 teams
- Rush on snap; Defense lines up 3 yards off the ball
- QB can run
- 3 downs, punt 20 yards
- 4 downs, turnover on downs
- Fumble equals dead ball
- Home team pays for the referees, 2 per game
- (2) 20-minute halves
- 10-minute halftime
- (3) 1-minute timeouts

Blocking

- No extended arms, pushing, or holding
- No hands to the face

Offensive Penalties

- Flag guard: 5 yards
- Holding: 10 yards
- Pass Interference: 10 yards
- Stiff arm: 10 yards
- Blocking, hands to the face: 5 yards
- False start: replay down
- Fighting, unnecessary roughness: Removed from game, 15 yards

Defensive Penalties

- Offsides: 5 yards
- Tackling: 10 yards, automatic 1st down
- Pass Interference: 10 yards
- Defense can intercept ball and return for TD

Extra Points

- 1 Point: Run/Pass Play from the 5 yard line
- 2 Point: Run/Pass Play from the 10 yard line

