Orland Hills Wolves Flag Football League Rules Fall 2025:

The first rule of flag football is pretty straight forward: **There is no contact allowed.** Which includes tackling, diving, blocking, pushing out of bounds, stiff-arming, and screening. Instead, players wear flags which hang along their side by a belt. To “tackle” the person in possession of the ball, the opposing team needs to pull one or both of their flags off.

While flag football rules are designed to keep players safe, you’ll find they also create an engaging, fast-paced version of football without the physical contact.

Here is a list of basic flag football rules, According to the NFL Flag Rules book:

- All passes must be forward and received beyond the line of scrimmage.
- Only direct handoffs are permitted- there are no laterals or pitches anywhere on the field.
- The quarterback has a seven-second pass clock to get rid of the ball.
- The quarterback can’t run with the ball unless it has been handed off first. (NO QB sneaks allowed).
- Offensive players must steer clear of the rusher and may not get in his/her way.
- If the ball is handed off, any defender may rush.
- Interceptions are returnable (even on extra point attempts). For our league, if the ball is intercepted and run into the endzone, the result of the play is a touchdown. If the ball is intercepted and the player is ruled down before crossing the plane of the endzone, the team that intercepted the ball will be on offense, first down on their 5-yard line.
- The ball is dead when: it hits the ground, the offensive player’s flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body-outside of their hands or feet, touches the ground.

Specific Rules to accommodate the smaller field and keep the game a little more honest and exciting for the players and spectators. These adjustments will be expressed to the referees officiating the game and are listed below.

- Most offensive penalties will result in the loss of down, and some are associated with yardage.
- Offensive Pass Interference results in a loss of down, and the ball is placed at the original line of scrimmage.
- Most defensive penalties result in an automatic first down, and some are associated with yardage.
- Defensive Pass Interference results in an automatic first down at the place of the infraction.
- **No Rushing the QB**. After the 7-second count, the ref blows the whistle, and the play is dead with a loss of down.

- **4th Down- no option to "punt":** which, according to Flag rules, means the other team starts on their 4-yard line. If the offense does not get a 1st down or score, then the other team takes over on their 4-yard line and has to go the length of the field to score.
- **No Point after touchdowns:** Flag rules allow for this, but it is a huge waste of time with only two 20-minute halves with continually running clocks. Without the PAT attempt, the most touchdowns scored wins, which lends itself better to small fields in recreational play. This will also allow more plays and, therefore, changes to the score.
- Offense can line up on the ball, which is the line of scrimmage. Defense can line up no less than 5 yards from the line of scrimmage.
- First down begins on the 4-yard no-run zone line for a Defensive Penalty in the end zone.
- When the Flag is pulled, the runner is down at the place of the flag. Flag guarding is a penalty and will result in a loss of down and a 5-yard penalty at the original line of scrimmage.
- An offensive player must not dive or leave their feet to advance the ball, score a touchdown, or reach a first down. Only jumping is allowed while attempting to make a catch.
- Unsportsmanlike conduct, which includes taunting and arguing calls, players, or coaches, will result in a first down for the offense and a 15-yard penalty.

If you have any other questions or concerns, please don't hesitate to ask, and I will answer it the best I can. You can always reach out to the recreation staff as well (708) 349-7211.

For a complete list of flag football rules, download the NFL Flag Rule Book online.