

Carroll County Sports Complex

2009 Carroll County Men's Flag Football League Rules

- **16 man roster**
- **7 vs. 7 on field**
- **Must be 18 years old/ Out of high school**
- **Penalties**
 - **Pass interference = spot of foul/ automatic 1st down**
 - **Personal foul = 10 yards automatic 1st down**
 - **Every other penalty = 5 yards**
 - **Holding in the end zone = safety**
 - **Must attempt to go for flags (5 yard penalty)**
- **Fighting = out of game and 1 game suspension**
- **No stiff arm or flag guarding (penalty 5 yards)**
- **D-line must engage the O- line (line straight up)**
- **Ball carriers can drop shoulder**
- **Player with no flags = 2 hand touch**
- **Fumbles are allowed**
- **Knee hits ground play is dead**
- **WR must stay put until punt is in the air**
- **Player bleeding must leave the field/ get bandage and cleaned**
- **1 foot in bounds for catch**
- **After TD team starts with ball at the extra point line**
- **Safety = 2 pts.**
- **Extra points**
 - **1 pt. for a run**
 - **2 pts. for a pass**
- **Clock only stops at 2 minutes left in game**
 - **Stops out of bounds**
 - **Stops incomplete pass**
- **Overtime = college rules start at midfield**
- **Team up by 21 pts with 2 minuets left games is over**
- **2 timeouts a half**
- **2 team captains**
- **first down = every 20 yards**
- **no metal cleats**
- **All players on roster must show photo I.D.**
- **Players with out I.D. will not play**

- **Any discussions of calls must be addressed by the team captain only**
- **No alcohol or drugs on the property**
- **All teams are responsible to clean up your trash after your games**
- **Teams need to keep there fans under control**