

## **Pleasant Hill Recreation Adult Flag Football – Rule Book**

Unsportsmanlike Conduct 15 yards and 6 play sit. 2 In a game and the player is ejected.

### Offense:

Delay of Game 5 Yards  
Illegal Sub (intent to deceive) 5 Yards from LOS and loss of down  
Illegal Participation (playing with more than 5) 15 yards from LOS and loss of down  
False Start (dead ball foul) 5 yards replay the down  
Illegal Shift/ Motion (live ball foul) 5 yards replay the down  
Impeding the rusher 5 yards from LOS replay the down  
Charging/ Illegal Contact 5/15 yards depending on the severity, from the spot of the foul and a loss of down  
Flag Guard dead at the spot, 5 yards and a loss of down  
Block 5 yards from the spot or end of the run whichever is worse and loss of down  
Pass Interference 10 yards from LOS and replay the down  
Dive/ Hurdle 5 Dead at the spot, 5 yards from he spot and loss of down  
Illegal Forward Pass 5 yards from the spot and loss of down  
Illegal Snap 5 yards from LOS and replay the down  
Time Sack comes back to the previous LOS, loss of down  
Ineligible Receiver (QB catches is first to touch a forward pass) 5 yards from previous LOS and loss of down  
Faking a Punt of not declaring a punt 15 Yards and replay the down  
Illegal Downfield (leaving before the ball is kicked) 5 yards and replay the down  
Illegal Flags (tied together, or back flag is tucked into shorts, or flags not on hips at the start of the play) 5 Yards from the spot where the ball carrier was first touched and loss of down

### Defense:

Holding 5 Yards from the end of the run and replay the down  
Illegal Contact 5/15 depending on the severity and replay the down  
Offsides 5 Yards and replay the down  
Illegal Rush 5 Yards and replay the down  
Roughing the QB 15 Yards and Automatic First Down  
Pass Interference Spot foul and automatic first down  
Illegal Sub (intent to deceive) 5 yards and replay the down  
Illegal Participation ( playing with more than 5) 15 Yards and replay the down  
Simulating the Cadence of the snap (Dead Ball Foul) 15 yards  
Early Flag Pull: The runner must be touched, add 5 yards to the end of the run and replay the down  
Last Man Standing (touchdown or conversion if on a PAT)

## Basic Understandings

There is no intentional Grounding

Extra Points Returned by the Defense Get the Points that the offense was going for

It is the offenses responsibility to avoid contact

While there is no penalty for having an untucked shirt, holding will not be called on the defense if the shirt STARTS the play untucked and the runner will be whistled dead as soon as he is touched by the defender

Shirt over the flags, dead as soon as touched

If a flag falls off during a play the defense must touch the ball carrier with one hand

If a player is wearing a towel at their waste and it is pulled off by the defense, it is the same as a flag

Any ball on the ground is dead

Dual possession goes to the offense

## Overtime:

4 Downs, whoever gets the most yards, both teams go the same direction, accepted penalties do not count as downs, if a team scores in less than 4 plays, the other team must match in that number of plays or less