

MEN'S & WOMEN'S
FLAG FOOTBALL
COMING TO THE LA28 OLYMPIC GAMES



The Most Basic Rule of the Game:

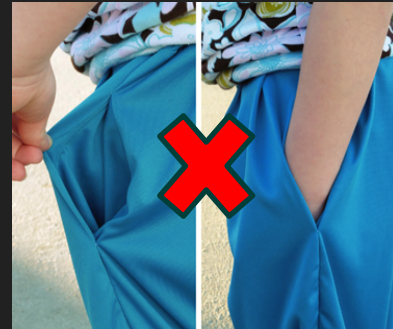
Avoid
Significant
or
Impactful
Contact

Avoid Significant or Impactful Contact

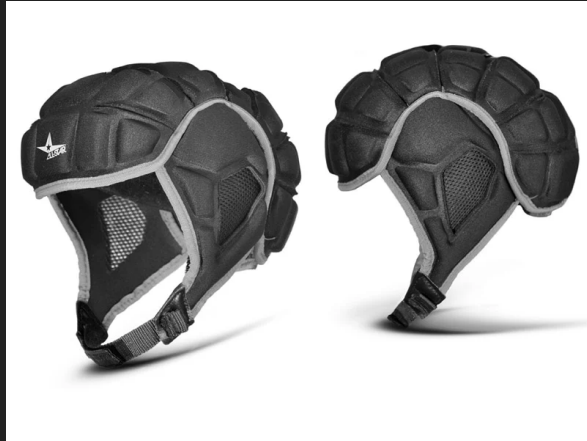
- **Keep Control of the Body**
- **Exceptional Awareness Space Around Them**
- **Anticipate / Avoid Contact As Much as Possible**
- **Play Within the Spirit of the Game**

Legal Worn Gear

- LEGAL Mouthpieces Required!
- Must be In the mouth, no dangling parts
- No pockets

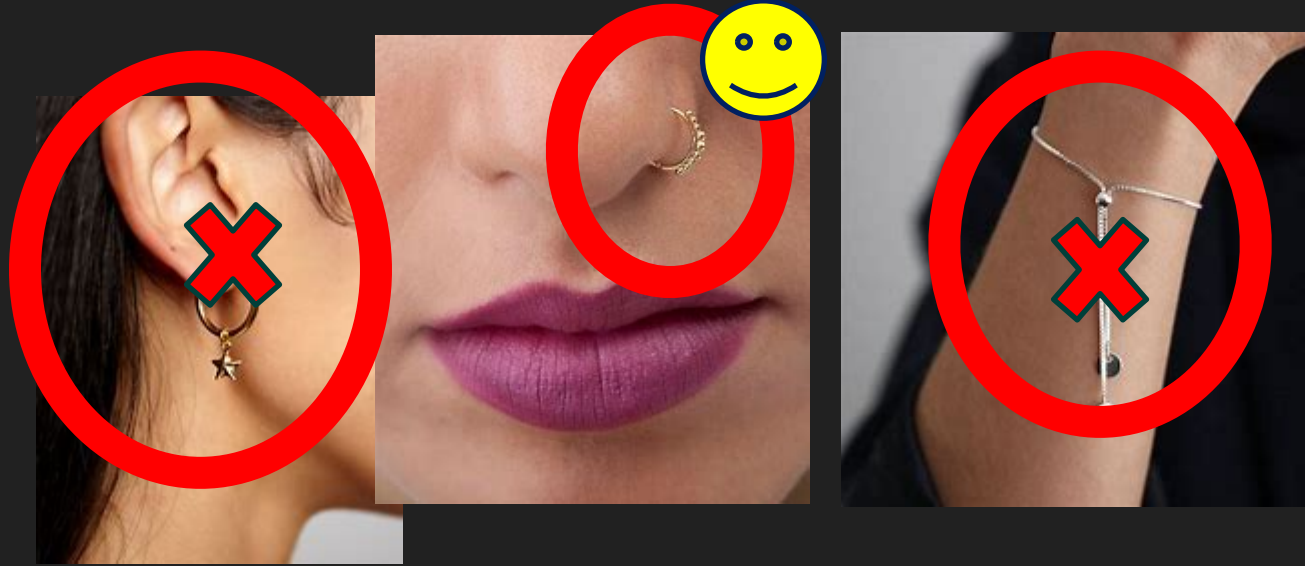


Legal for Safety



Stocking-style caps, soft-shelled rugby-style scrum hats are generally acceptable. No Hard, unyielding material or surfaces

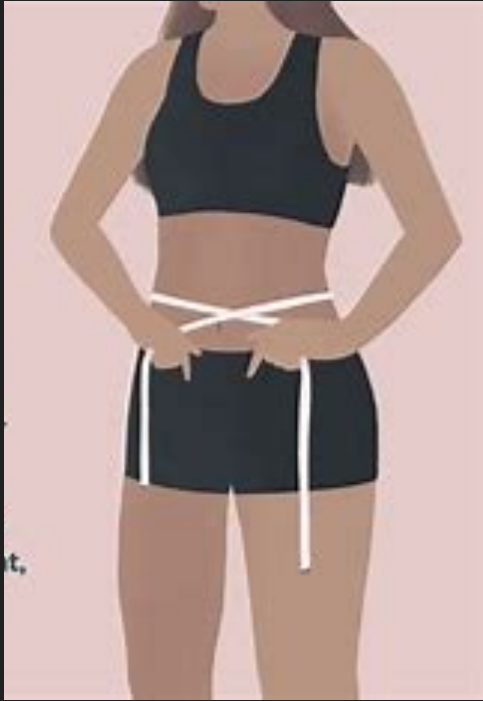
Err to Safety: General Guidelines



Jewelry that might endanger players must be removed or TAPED to the body. "Close to the Body" stud ear / nose piercings are generally acceptable



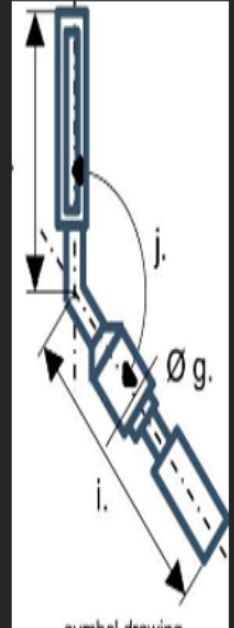
Wear Belt Legally



- Players must wear a tightly, fixed flag belt at the waist.
- The waist is defined as: halfway between the bottom of the ribs and the top of the hip bones just above the naval.
- The entire belt, including any excess strap, must be secured tightly.

Flag Alignment

*The flat part connected to belt
must be
Against the Body
(Down and Away)*



Flag Alignment





Red Flags/Red Shorts - Not allowed
Must be contrasting color



Shirt Untucked
Non-Contrasting Flags



Defenders can
SAFELY Dive
To Capture
Flags

Significant or
Impactful
Contact is a
Foul

7 Second Play Clock

- Begins at the Snap
- Ends
 - Ball changes hands
 - 7 Second Clock expires
 - Down Consumed
 - Previous Spot

No “Intentional Grounding” Foul



FREE RELEASE: No Jamming, Chucking, Press, etc.

13

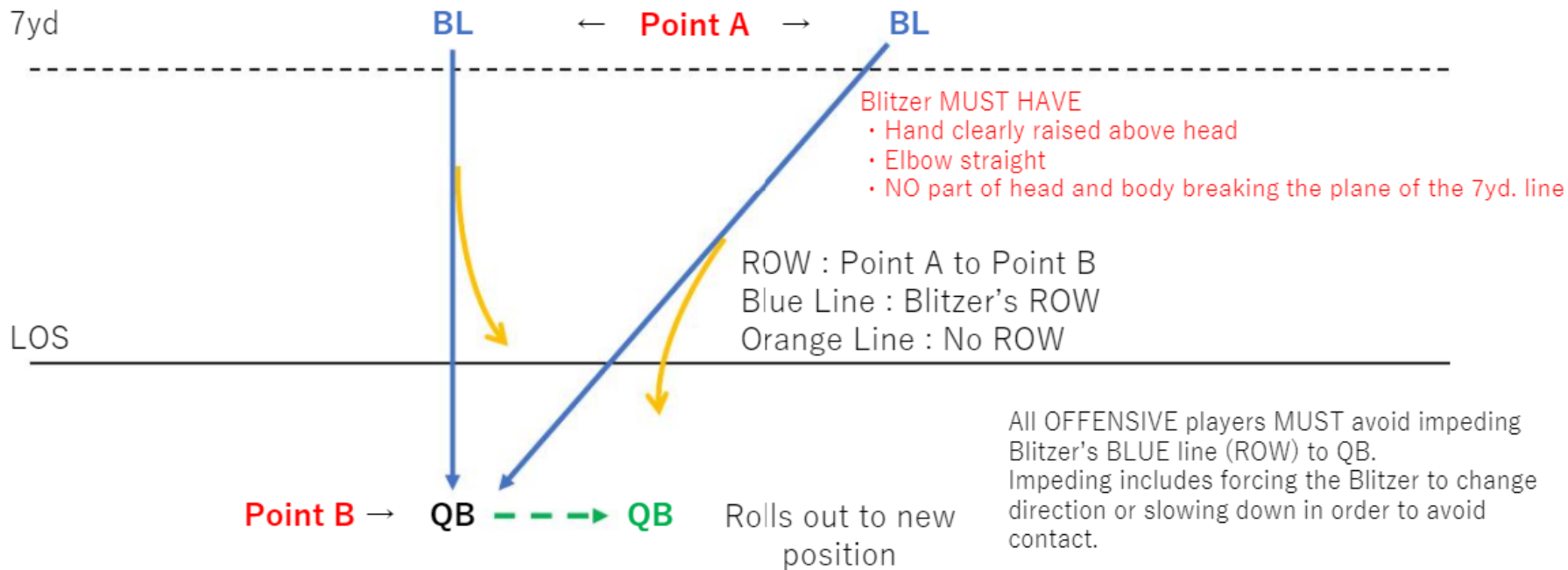


Defenders May Cross Line of Scrimmage:



- 7 or More Yards Prior To Snap
- Forward / Backwards Pass
- Ball Handed Off
- RPOs Invite Defenders!

Blitzer ROW (Right Of Way)



(Note: Shielding can be either contact or non-contact penalty)



Illegal Signal

Valid Signal



No Stripping

- No stripping / “attempting” to strip
- Includes “chopping” or “hammering” at the ball



Ball Carriers: Avoid Significant or Impactful Contact



- Can Safely Spin/Jump Spin
- Cannot put another player at risk



- No Ball Carrier Diving
- No Hurdling



Flag-Guarding: **Physically** denying the defense the opportunity to capture the flag



Examples of **flag guarding**: stiff arming, pinning the flag, swatting, using the ball as a stiff arm, etc.

Backward Passes, Pitches



- Only in Backfield
- Hits Ground: Dead Ball
- Defense Can Intercept

Spot the **BALL**, not Hips, etc.



Bad Snaps Go Back to Last Point of Possession



Incomplete Backward Pass Goes Back to Last Point of Possession

Verbalize & Punch
BACK!

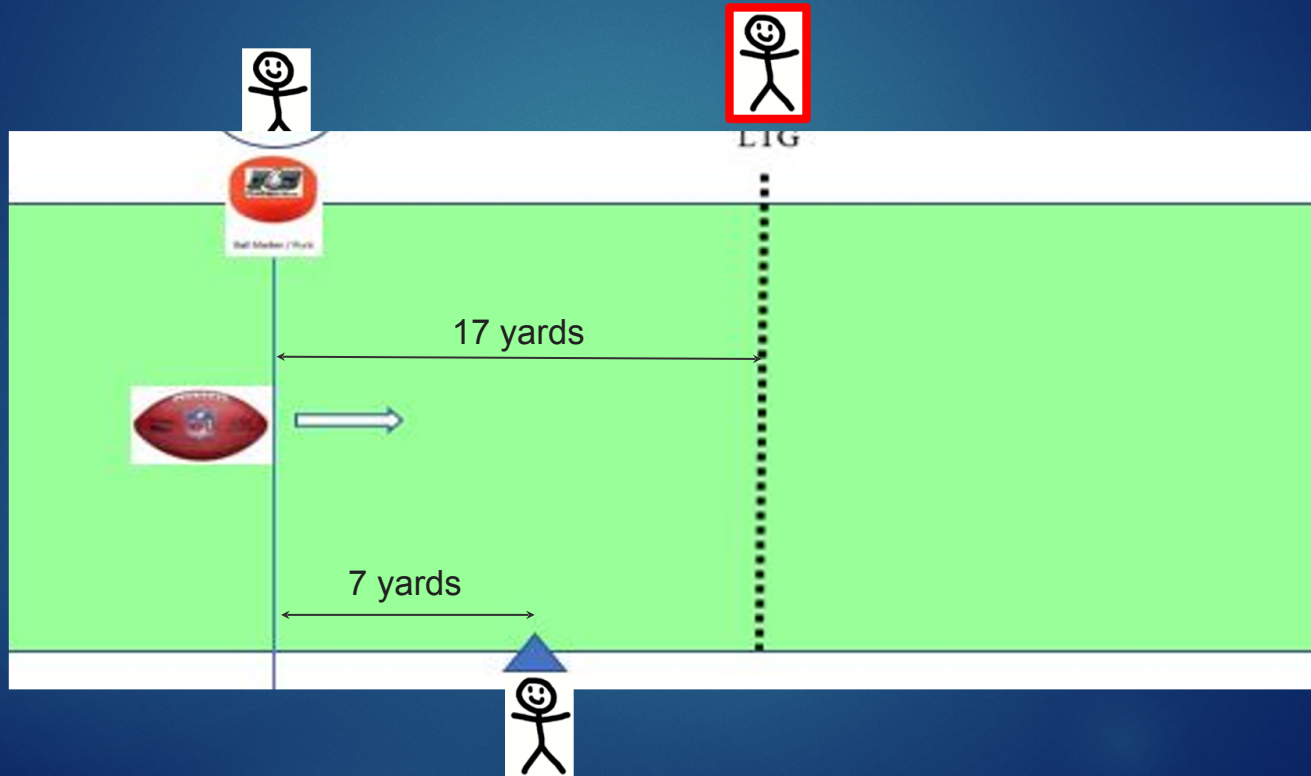


Allowed to Throw Ball Away for Safety Reasons

Not a thing in Flag

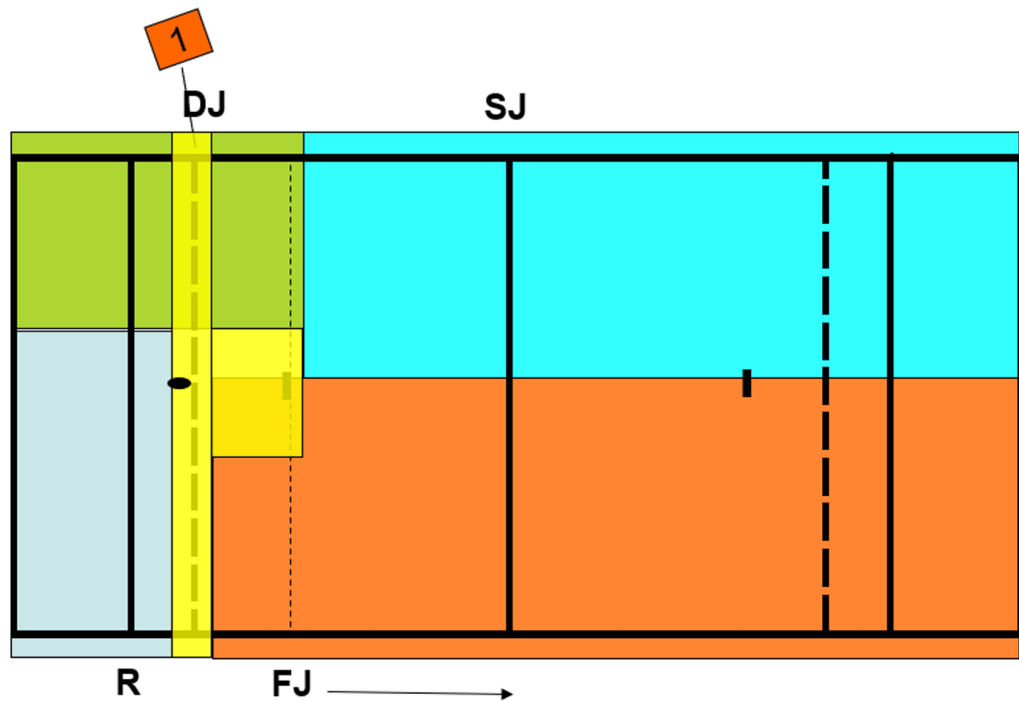


Two/Three Person Mechanic (Boundaries)



When Ball is 5 yards or less, R goes to Pylon

7.8.6 A Goal Line



If the ball is snapped less than 3 yards to A GL, DJ must take both lines, Line of scrimmage and GL