

Flag Football Rules

- Game Length:
 - ◆ 2-20 Minute running clock halves
 - ◆ Halftime consists of 5 minutes
 - ◆ Running clock until the last 2 minutes of each half
 - ◆ 2 Timeouts per half
 - ◆ Coin toss determines first choice receive or defer
- Team
 - ◆ Consists of at least 7 players
 - ◆ Must have 7 players to start the game
 - ◆ Minimum of players on the field is 5
- Uniform/Cleats
 - ◆ No metal cleats
 - ◆ Turf shoes or rubber molded cleats
 - ◆ Uniforms must always be tucked in
 - ◆ No pockets on the shorts
 - ◆ Home and away colored jerseys
 - ◆ Light color are away / Dark colors are home
- Equipment
 - ◆ Must have mouthguard
 - ◆ Soft helmets
 - ◆ No jewelry
- Game Rules:
 - ◆ No excessive Contact
 - ◆ No blocking or screening
 - ◆ There will be a no run zone

Rules will be reviewed at player meetings that will be setup either before or after practice.

You can find the entire rules packet on the CIF Official Website