

2025 Flag Football Points of Emphasis

Rule 1 – Section 1 – Article 2: CO State Adoption is 300 by 120 feet (80 by 40 yards plus two 10-yard end zones)

Rule 1 – Section 2 – Article 5: CO will **not** adopt use of goals

Rule 1 – Section 3 – Article 1-f: Footballs required to inflated properly and will be checked prior to each game

Rule 1 – Section 3 – Article 3: Kicking (K) footballs will **not** be permitted

Rule 1 – Section 3 – Article 5-a: The down marker will be placed at the ZLTG

Rule 1 – Section 3 – Article 5-b: The official down indicator shall be operated approximately 2 yards outside the sideline opposite the press box. If there is no press box, the location will be specified by game management. NOTE: The Line Judge (LJ) will be on the same sideline as the down indicator.

Rule 1 – Section 5 – Article 1-a-1: Uniforms may be untucked to allow the flag belt to be uncovered. The goal is for the belt to be visible and can vary on the team based on length of the uniform.

Rule 1 – Section 5 – Article 1-c-1-a-4: Mouth protector shall not include any attachment(s) (extensions) that do not serve a purpose and function in protecting the teeth or mouth (Effective 2026)

Rule 1 – Section 5 – Article 3-a-1-d: Illegal equipment related to pockets. The smaller zippered pockets often found on the lower back of a pair of shorts are illegal. It is usually where the back flag is.

Rule 1 – Section 5 – Article 2-g: Rubber, cloth, or elastic bands to control hair. Hard items, including, but not limited to, beads, barrettes, bobby pins and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates or opponents are allowed

Rule 1 – Section 5 – Article 3-c-6: All jewelry is illegal which includes not taping or use of band-aids to cover jewelry.

Rule 2 – Section 3 – Article 2: Screen blockers shall not initiate contact

Rule 2 – Section 5 – Article 2: How team conferences can be administered. Meeting in front of the bench with multiple team members and coaches or one coach in the middle of the field.

Rule 2 – Section 11 – Article 2: **Rule Modification** – Kicks that break the goal line are touchbacks regardless of who and where the ball was touched

Rule 2 – Section 16 – Article 2: Forward handing is not a pass and the ball can be forward passed without penalty

Rule 3 – Section 2 – Article 1: CO will conduct the coin toss 3 minutes prior to game time

Rule 3 – Section 2 – Article 3: Deferring is not a choice. It is a commitment to make a choice for the second half.

Rule 3 – Section 3 – Article 1: **Rule Modification** – The clock will stop after the first dead ball with two minutes or less remaining for notification. This is not a team conference time out.

Rule 3 – Section 5 – Article 1: **Rule Modification** – Only two time-outs per half are allowed

Rule 3 – Section 5 – Article 3: A single charged time-out shall not exceed one minute. Officials will provide a warning with 15 second remaining.

Rule 3 – Section 4 – Article 6: **Rule Modification** – When a foul is committed with less than two minutes remaining in either half, the offended team will have the option to start the game clock on the snap

Rule 3 – Section 5 – Article 7-f: NFHS/CHSAA provided some guidelines for safety due to heat or humidity

Rule 3 – Section 5 – Article 10-b: Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional. (NFHS Suggested Guidelines for Management of Concussion in Sports, in Appendix B.)

Rule 4 – Section 1 – Article 1: **Rule Modification** – Ball placement after a safety will be the 30-yard line

Rule 6 – Section 1 – Article 1: **Reminder** – K is allowed to change intentions after a time out by either team, official's time out, end of period, or penalty enforcement.

Rule 6 – Section 1 – Article 7: **Comment** – There is probably only one scenario where this could apply. Otherwise, R6 – S1 – Art 5 makes a touched ball that contacts the ground a dead ball

Rule 6 – Section 3 – Article 1-a and Exception: **Comment** – The rule and the exception must be considered for K to be allowed to touch the kick

Rule 7 – Section 1 – Article 2: **Rule Modification** – The long axis ball must create a 90-degree angle to the line of scrimmage. The ball cannot be upright or the long axis parallel to the line of scrimmage

Rule 7 – Section 1 – Article 9: Players not allowed move prior to snap to avoid false snap penalty. The snapper will be allowed to move laterally prior to the kick so that they are not struck by the ball

Rule 7 – Section 2 – Article 4: **Rule Modification** – An illegal shift will remain live with the result of the play or penalty being accepted or declined post play

Rule 7 – Section 2 – Article 5: **Rule Modification** – An illegal motion will remain live with the result of the play or penalty being accepted or declined post play

Rule 7 – Section 5 – Article 1: **Rule Modification** – Both feet must be behind the neutral zone at the time of release

Rule 7 – Section 5 – Article 11: **Reminder** – It is not forward-pass interference if unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass

Rule 8 – Section 4 – Article 8: When a try is replayed, A may choose to move to the other try spot (B's 3-yard line or B's 10-yard line). Any penalties previously enforced on the try will be enforced at the new spot.

Rule 8 – Section 5 – Article 1-a: **Rule Modification** – A muff or batting of a ball in the field of play is not considered a new force which then lands in the endzone is a touchback.

Rule 9 – Section 2 – Article 1-a: Encircling includes creating a wedge or a moving “picket fence” which is not allowed.

Rule 9 – Section 2 – Article 2-c: The runner shall not use hands, arms, or the ball where **contact** occurs between the runner and an opponent that denies the opportunity for an opponent to pull or remove the flag or flag belt. **Rule Modification** – The down is replayed after spot foul (10 yards) is marked off.

Rule 9 – Section 2 – Article 3-c: Encircling includes creating a wedge or a moving “picket fence” which is not allowed.

Rule 9 – Section 2 – Article 3: Defensive players Initiating contact is not allowed and usually occurs more frequently on defensive rushing

Rule 9 – Section 3 – Article 2: The legal screen blocker shall have her hands and arms at her side or behind her back when screen blocking.

Rule 9 – Section 4 – Article 3-c: If an opponent is laying prone on the ground, leaping over them is allowed.

Rule 9 – Section 4 – Article 4: Defenders should try to pull the passer’s flag. Contacting the passer’s arm or head before or after the pass is released is roughing the QB

Rule 9 – Section 6 – Article 1: Must legally screen block otherwise this should be a penalty.

Rule 9 – Section 7 – Article 2: This means that a grounded loose ball from a kick may be batted. Batting of a kick in flight would be a penalty.

Rule 9 – Section 7 – Article 4: **Reminder** – Stripping or knocking a ball out of a player’s possession is not allowed.

General: If the official is in doubt of a released ball prior to a flag pull or a ball touching the ground, it will be ruled as a live ball.