

U.S.F.T.L. RED ZONE Capsulized Playing Rules
January, 2017

1. Red Zone Flag Football is played from the 20 yard line to the goal line. Same rules apply as in all styles of a regular flag football game. A team has 4 downs in which to score. All scoring is the same, with the ADDITION of KICKING. Kicking field goals and extra points are allowed in all styles with the addition of 4 Man, 5 Man & Youth.
2. All rules are the same as in each USFTL STYLE (4/5/7/8/9/Co-Ed/Youth) –
NOTE: KICKING IS ALLOWED IN 4/5/Youth
3. Game length = 24 minutes / 2 - 12 minute halves (Clock stops last minute of game)
4. Roster = (4/5/Youth) - 12 Players maximum / (7/8/9/Co-Ed) – 30 Players maximum
5. SCORING: TD = 6 pts, Extra Point (Run, Pass or Kick) = 1, 2 or 3 pts, Field Goals = 3 pts, Safety = 2 points, Interception = 3 points, Turnover On Downs = 2 points
6. All drives & changes of possession start at the 20 yard line.
7. All players must wear a protective mouthpiece, available on-site for a small fee
8. Flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game, sit out the next game and pay a **fine**
9. Two (2) 30 second timeouts per game. One (1) 30 second timeout per overtime period.
10. Overtime – Each team receives 1 extra point play as in regular play (KICKING IS ALLOWED)
- 11.. Any player that comes off the sidelines during a fight will be ejected
12. Footballs – Regular size for adult men, junior size for adult women & youth size for (boys & girls). All teams provide their own Football.
13. Field size: Length = 40 yards long (20 yard playing zone/10 yard end zone/10 yard backfield), Width = 4/5/Youth (25 yards), 7/Co-Ed (40 yards), 8/9 (53 1/3 yards)
14. **35 & OVER BIRTHDAY CUTOFF:** The National Championship birthday cutoff is December, 31 (prior to Nationals)