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&lt;p&gt;BASIC FLAG FOOTBALL RULES&lt;/p&gt;

&lt;p&gt;When learning how to play flag football, it&#39;s best to start with th

e basics.&lt;/p&gt;

&lt;p&gt;In NFL FLAG football &#128516; leagues, teams play 5 on 5 and each gam

e consists of two halves, usually 15 to 25 minutes long.&lt;/p&gt;

&lt;p&gt;Tournament games &#128516; are typically shorter with two, 10 to 12 mi

nute halves.&lt;/p&gt;

&lt;p&gt;The clock only stops for halftime, timeouts (each team has 3), &#128516

; or injury, making games quick and competitive.&lt;/p&gt;

&lt;p&gt;Each player has a specific role on the field and every play counts.&lt;

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&lt;p&gt;The most &#128516; important rule in flag football is that there&#39;s

no contact allowed, including tackling, diving, blocking, screening or fumbles.

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&lt;p&gt;Instead of physically &#128516; tackling an opponent to the ground, pl

ayers wear flags that hang along their sides by a belt.&lt;/p&gt;

&lt;p&gt;Defenders &quot;tackle&quot; the ball-carrier &#128516; by removing on

e or both of their flags.&lt;/p&gt;

&lt;p&gt;While this rule is designed to keep players safe, there are several oth

er &#128516; rules that limit contact among players, including:&lt;/p&gt;

&lt;p&gt;The quarterback isn&#39;t allowed to run with the ball, unless it was h

anded off &#128516; first.&lt;/p&gt;

&lt;p&gt;They can run behind the line of scrimmage, but they can&#39;t gain yard

age.&lt;/p&gt;

&lt;p&gt;All passes must go forward and be received &#128516; beyond the line o

f scrimmage.&lt;/p&gt;

&lt;p&gt;Laterals and pitches aren&#39;t allowed-only direct handoffs are permit

ted.&lt;/p&gt;

&lt;p&gt;Center sneak plays aren&#39;t allowed.&lt;/p&gt;

&lt;p&gt;There are no fumbles.&lt;/p&gt;

&lt;p&gt;Instead, &#128516; the ball stays in possession of the offense and is

spotted where the ball-carrier&#39;s feet were when the fumble occurred.&lt;/p&g

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&lt;p&gt;The &#128516; ball is dead when: the ball-carrier&#39;s flag is pulled

, the ball-carrier steps out of bound, a touchdown or safety is &#128516; score

d, the ball-carrier&#39;s knee hits the ground, or the ball-carrier&#39;s flag f

alls off.&lt;/p&gt;

&lt;p&gt;Players can&#39;t obstruct or guard their flags.&lt;/p&gt;

&lt;p&gt;For a &#128516; complete list of flag football rules, visit our NFL FL

AG Football Rules pageSCORING&lt;/p&gt;

&lt;p&gt;Every game starts with a coin toss (there &#128516; are no kickoffs).&lt;

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&lt;p&gt;The starting team begins on its own 5-yard line and has four downs-esse

ntially four plays-to cross midfield for &#128516; a first down.&lt;/p&gt;

&lt;p&gt;If the offense fails to advance after three attempts, they can &quot;pu