These are some updated rules for Flag Football this year. **2021**

1. The ball carrier may not dive, hurdle, stiff arm, or flag guard. But they may spin now.
2. You may no longer wear a hat with a hard bill while playing.
3. The center may now snap the ball between their legs orto the side to begin play.
4. There are no extra points in overtime**.**
5. When attempting an extra point in regulation, 1 point is now attempted from the 6 yard line not the 5 yard line anymore. A 2 point attempt is still tried from the 12 yard line.
6. The quarterback (first player gaining possession of the snap) can not advance the ball across the line of scrimmage at any point during the down even if a legal handoff has occurred.
7. Contact must occur for a flag guarding penalty to be called.
8. While blocking in the backfield, the blocker no longer needs to move 2 steps back or laterally. They just have to give the opponent 1 step.
9. Penalties: Offensive pre-snap penalties (5) yards, replay the down
10. Penalties: Offensive post-snap penalties (5) yards, loss of down
11. Penalties: Defensive pre-snap penalties (5) yards, replay the down
12. Penalties: Defensive post-snap penalties (5) yards, automatic first down
13. Unsporting conduct penalties (10) yards, loss of down or automatic first down
14. Please read pages 14 and 15 for all of the Rule Change Summary.