

## **Flag Football Rules and Regulations**

### **The Game**

A coin toss determines the first possession and the direction of play.

No contact allowed.

No blocking.

Ball must be snapped between the legs to start play.

The offensive team takes possession of the ball at their 5 yard line and has 4 downs to cross mid-field. On 4<sup>th</sup> down the offensive team has a choice. They may "Punt" and give the ball to their opponent on the opponent's 5 yard line, or they may go for the 1<sup>st</sup> down. If they miss the 1<sup>st</sup> down, the opposing team takes possession at the spot where the ball is downed. Once a team crosses mid-field, they will have 4 plays to score a touchdown. On 4<sup>th</sup> down, the offensive team will again have a choice. They may go for a "Field Goal" worth 3 points or they may go for a touchdown. A "Field Goal" is defined as going for the end zone under normal play structure. If the offensive team successfully gets the ball in the end zone it is worth 3 points, but if they fail, the opposing team takes over possession on their own 5 yard line. If the offense goes for the touchdown and fails, however, the opposing team takes possession at the spot where the ball is downed (If the ball is downed short of the end zone, but inside the opponents' 5 yard line, the ball will be placed on the opponents' 5 yard line and the opponent will take possession). Once a team scores a touchdown, they will have the choice to go for 1 extra point with one play from the 5 yard line, or attempt a 2 point conversion from the 12 yard line. After the attempt the opposing team will take possession on their 5 yard line.

The game will consist of 2, 20 minute halves. The clock is a running clock and will stop only on normal football stoppages in the last 10 seconds of the first half, and the final minute of the second half with the exception of "Time-Outs".

Extra point conversions do not count as timed plays within the "Stoppage" portions of each half. The clock will start again on the referee's whistle.

Teams will change sides after the first half.

Each team will have 1, 60 second time-out per half.

Referees may stop the clock at their own discretion.

Each time the ball is spotted, the offense has 30 seconds to snap the ball.

### **Attire**

Cleats are permitted, except for metal spikes. Inspections can and will be made.

Shirts must be tucked in shorts, pants, etc.

All players are strongly encouraged to wear a protective mouthpiece.

### **Rosters/Players/Game Schedules**

All players must be on each team's roster.

No player changes will be accepted after the fifth scheduled game, including player changes due to injury.

Players are required to have participated in 3 regular season games in order to be eligible for the playoffs.

Rosters may include up to 8 players per team.

Teams must field a minimum of 3 players at all times.

All substitutions must come on a dead-ball and must occur on the same side of the field.

All forfeits are scored 14-0.

HCSC reserves the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.

All players must carry ID or proof of age.

### **Scoring**

Touchdown = 6 points, Field Goal = 3 points, Extra point = 1 point (5 yard attempt) or 2 points (12 yard attempt),

Safety = 2 points.

### **Rushing the Quarterback**

All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players may rush the QB. The rusher does not have to line up with a clear path to the QB, BUT, if he does not, then the offensive player is not required to move out of the rusher's lane to the QB. Offensive players are not allowed to move into the path of defensive players. If they are in the defensive player's path, they may hold their position, similar to a basketball pick, but they may not move into the defender. Players not rushing the QB may defend behind the line of scrimmage, but are NOT permitted to pull the QB's flag. If this occurs, it is a 5 yard penalty and an automatic 1<sup>st</sup> down.

Once the ball has been handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush. A special marker, or the referee, will designate 7 yards from the line of scrimmage.

### **Running**

The Quarterback CANNOT run the ball, unless rushed (and the team still has their rushing attempt remaining). Only direct hand-offs behind the line of scrimmage are legal. NO laterals or pitches of any kind. Offense may use multiple hand-offs.

EACH TEAM ONLY GETS ONE RUSH PER POSSESSION (A team may rush on their 2 point attempt if they still have their rush remaining).

The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.

"No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction. (These zones are designed to avoid power running situations)

Spinning is allowed but players must keep arms/elbows tucked into their body.

Stiff-Arms are not permitted.

The ball is spotted where the ball is when the flag is pulled. The ball must break the plane to gain a first down or score a touchdown.

### **Passing**

All passes must be forward and received beyond the line of scrimmage.

Shovel passes are allowed but must be received beyond the line of scrimmage.

The QB has a 7 second "pass clock". If a pass is not thrown within the 7 seconds, play is dead and returned to the line of scrimmage. This is a loss of down exactly like an incomplete pass.

Once the ball is handed off the 7 second rule is no longer in effect.

Interceptions change the possession of the ball at the point of interception and may be returned until the interceptor's flag has been pulled.

### **Receiving**

All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).

If a player's flag has come off during play, that player will be down as soon as the player is touched.

Only one player is allowed in motion at a time.

A player must have at least one foot in bounds when making a catch.

A player must maintain possession through the catch.

A pass may not be intentionally tipped in any direction to another teammate.

### **Dead Ball**

Play is ruled "Dead" when: -Offensive player's flag is pulled. (if the flag has fallen off during the course of play, the player is down upon the first touch of a defensive player) -Ball carrier steps out of bounds. -A scoring play has occurred. -Ball carrier's knee, elbow or the ball hits the ground.

There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball hits the ground, it is dead.

### **Sportsmanship/Roughing**

If the referee witnesses any acts of trash talking, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. Referees may decide to eject players from the game. FOUL PLAY WILL NOT BE TOLERATED.

Trash talking is illegal. Referees have the right to determine language which is offensive (trash talk is that which may be offensive to official, opposing team, or spectators...even if directed at a teammate). The Referee may eject players from the game for trash talking.

### **Overtime**

If the score is tied at the end of regulation, teams move directly into overtime.

Coin toss determines possession.

Each team receives 1 play from their 5 yard line.

Negative yardage on a play is better than an interception, but not an incomplete pass.

Penalties are in effect and will count toward the play's overall yardage (This includes any penalty with the replaying of a down).

The team gaining the most yardage on the one play is declared the winner and awarded 1 additional point, even if the result of the play is a touchdown.

### **Penalties**

All penalties will be called by the Referee and may be declined.

#### Defensive

Offsides – 5 yards and replay the down

Pass Interference – 15 yards and an automatic 1<sup>st</sup> down.

Illegal Contact (Holding, Bump and Run, Blocking, etc...) 5 yards and an automatic 1<sup>st</sup> down.

Illegal Flag Pull (before the receiver has the ball) – 15 yards and an automatic 1<sup>st</sup> down.

Illegal Rush (start from within the 7 yard marker) – 5 yards and replay the down.

Unsportsmanlike Conduct – 15 yards and an automatic 1<sup>st</sup> down.

#### Offensive:

Illegal Motion (more than 1 man in motion, false start, etc...) – 5 yard penalty and replay the down.

Illegal Forward Pass (pass received behind the line of scrimmage or thrown in front of the line of scrimmage) – 5 yard penalty from the spot of the foul and a loss of down.

Offensive Pass Interference (illegal pick play, pushing off/away defender etc...) – 5 yard penalty and replay the down.

Holding/Blocking – 10 yard penalty and replay the down.

Flag Guarding (including stiff arming and spinning with elbows out) – 5 yards from the spot of the foul.

Delay of Game – 5 yard penalty

If the yardage of the penalty is greater than the yards to the goal line, the ball is placed ½ the distance to the goal.

Referees determine incidental contact which may result from the normal run of the play. Their determination is final.

Only the team captain is permitted to ask for clarification or rules interpretations. Judgment calls may not be questioned.

Games cannot end on a defensive penalty.

### **Tie Breakers**

Least amount of forfeits (if any)

Head to Head

Point Differential

Coin Flip