JUNIOR BOYS / GIRLS FLAG FOOTBALL TOURNAMENT RULES

FLAG FOOTBALL GENERAL RULES

ATTIRE

Cleats are allowed, but must be plastic (metal cleats are not allowed). Inspections must be made prior to the game. It is recommended that all players wear a protective mouthpiece.

FIELD DIMENSIONS AND MARKINGS

Total Length (including end zones): 60 Yards Width: 20 yards End Zones: 10 yards deep

NUMBER OF PLAYERS

Number of players on a team is 12-15. 5 players are on the field at a time.

POSSESSION

A coin toss/Rock-Paper-Scissors determines the possession of the ball in either the first half or the second half. The team that does not win the coin toss will choose the side of the field they will defend. The team that wins the coin toss will choose to start with the ball in the first or second half. There are no kickoffs or punting.

GAME PLAY

The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.

All possession changes, except interceptions, start on the offense's 5-yard line.

Teams change sides at half time.

TIMING

***THERE IS A 45 SECOND "PLAY CLOCK" WHICH OFFENCES HAVE IN ORDER TO GET THE NEXT PLAY OFF**

There is a 45 second PLAY CLOCK in which teams have in the huddle to get the next play off. As a result, if the time passes 45 seconds the play is whistled dead and the offensive team loses their down.

Each game will run in a 30 minute time block. Two 12 minute halves and a 2 minute half time.

The games are played with 12 minutes of run time for each half. The clock will not stop.

OVERTIME (will only apply during the playoff portion of the tournament not the round robin)

Each team will get the ball and have 1 chance to score from their opponents 10 yard line. If each team fails to score, repeat the process until there is a winner.

SCORING

Touchdown (offensive) 6 points + choice of 1 or 2 point conversion play

Extra point: must choose either

a) 1 point conversion (played from 5-yard line and must be a throw)
b) 2 point conversion (played from 10-yard line can be a throw or run)

Please note that an interception returned for a touchdown during the conversion results in either 1 or 2 pts and not 6 points. The intercepting team will still receive the ball on the next possession

RUNNING

- To start the play, the ball must be snapped between the legs of the centre.
- The centre is the player who gives the ball to the quarterback via a snap. The quarterback is the player who receives the ball directly from the snap.
- On offence tosses are allowed during a down and must be behind the line of scrimmage.
- Tosses or sweeps behind the line of scrimmage are allowed. Downfield or forward tosses are NOT permitted, once a player has possession of the ball beyond the line of scrimmage.
- Any loss of possession/fumble will be blown dead by the official.
- A player who receives a handoff or toss can throw the ball downfield as long as ***they have not*** crossed the line of scrimmage.
- All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play-action fake or fake handoff.

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- A player must have at least one foot inbounds when making a reception. (A receiver cannot return on to the playing field from an out of bounds position)

PASSING

- Interceptions change the possession of the ball.
- The defence can return interceptions. Once a player catches the ball he/she is ***no longer allowed to throw*** the ball. This applies to receivers as well.

DEAD BALLS

- Play is ruled "dead" when:
  - Official blows the whistle.

- Ball carrier's flag is pulled off or if the flag falls off
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- NO FUMBLES (play is over)

RUSHING THE QUARTERBACK

- The player who rushes the passer must be a minimum of 8 YARDS from the line of scrimmage when the ball is snapped.
- Only one player may be designated to rush the quarterback.
- The pass rusher must identify himself/herself to the referee and the opposing team by raising their hand high in the air so that everyone knows who they are.

SPORTSMANSHIP/ROUGHING

- If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.
- Trash talking is illegal. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

PENALTIES

- All penalties are 5 yards
- ***Referees determine incidental contact*** that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage except for flag guarding.
- ALL REFEREE'S CALLS ARE FINAL! it's all about Sport of Play and having fun!!

DEFENSIVE PENALTIES

- Offside -- 5 yards and automatic first down
- Pass Interference (includes hitting the QB's arm) -- 15 yards and automatic first down
- Illegal contact (holding, blocking, etc.) -- 5 yards and automatic first down
- Illegal flag pull (before receiver has ball) -- 5 yards and automatic first down
- Illegal pass rushing (starting the pass rush from inside 8 -yard marker) -- 5 yards and automatic first down. Interference with opponent or ball at the snap (delay of game) – 5 yards and repeat the down

OFFENSIVE PENALTIES

- False Start – 5 yards and loss of down.
- Offensive holding –5 yards and loss of down.
- Player out of bounds (if player goes out of bounds, player cannot return to the field and catch ball).

- Offensive pass interference (illegal pick play, pushing off/away defender) -- 5 yards and loss of down
- Flag Guarding -- 5 yards from the point of foul and loss of down
- Rusher Interference - It is illegal for a receiver to run a pattern that interferes with a rusher on his/her direct path to the quarterback—5 yards and loss of down from the original spot of the ball

The most important rule of all... HAVE FUN!!!