

## **Flag Football Rulebook 2006**

### **General Rules:**

- 01) BLOCKING:** Only incidental contact above the shoulders or below the waist. You may not leave your feet to block. Two on 1 blocking is allowed. Blocking back must keep hands behind back while protecting quarterback. Defensive rushers cannot use hands to get to the quarterback
- 02) CAPTAINS:** Each team shall designate a field captain who speaks to officials
- 03) CHARGING:** Charging is when an offensive player runs through a defensive player who has established position
- 04) CHUCKING:** Chucking off line is not permitted
- 05) CLIPPING:** Clipping is contact to the back of an opponent who is not the runner
- 07) DEAD BALL:** Fumbles are dead at the spot of the recovered fumble. If the offense recovers it is down at the spot of the fumble.
- 08) DIVING:** Diving is illegal (except to pull a flag). Ball is dead where the offensive player left the ground.
- 09) ELIGIBLE LINEMEN:** All players are eligible and must be wearing flags to include center and blocking backs
- 10) ENCROACHMENT:** A defensive player must start at least 2 yards off the line of scrimmage. A defensive player cannot draw offensive player off-sides
- 11) FAIR CATCH:** A legal catch signal is extending the arm above the head and waiving it from side to side

- 12) FIGHTING:** Player is ejected from the tournament and team forfeits game. If this occurs after the game the team forfeits next 2 games. This includes anyone leaving the sidelines
- 13) FLAGS:** All players on offense and defense must wear flags on their side at all times
- 14) EXIT FIELD:** Only on your sideline
- 15) FORWARD PASS:** Only 1 per down regardless if the pass was caught behind the line of scrimmage
- 16) CROSSING THE LINE OF SCRIMMAGE:** A passer cannot cross the line of scrimmage, comeback behind the line of scrimmage and throw a forward pass
- 17) ARM IN MOTION:** Ball must leave the quarterbacks hands to be considered a pass. If the defense pulls a flag even if arm in motion, quarterback is down. (Referee's discretion)
- 18) FLAG FALLS OFF:** Revert to 2-hand touch between shoulders and knees. Defense cannot act like a flag is pulled, when it's not
- 19) FLAG GUARDING:** Illegal use of ball carriers hand or arm to protect a flag from being pulled
- 20) FORMATIONS:** Offense will have 4 players on the line of scrimmage, including the center. There will be 2 blocking backs within 2 to 7 yards of the line of scrimmage and one quarterback. Defense will be 2 yards off the line of scrimmage

- 21) FUMBLES:** Fumbles are dead at the spot recovered. Fumbles cannot be forwarded. They can be recovered by the opposing team. If the offense recovers it is down at the spot of the fumble
- 22) HUDDLES:** Once you huddle, no substitutions
- 23) INADVERTANT WHISTLE:** Play is dead and ball spotted where it was when the whistle blows
- 24) INTENTIONAL GROUNDING:** Illegal to throw the ball away (into the ground, out of bounds behind line of scrimmage, etc) to avoid a sack when you are still inside the pocket. The ball must go past the line of scrimmage. Referees discretion
- 25) KNEE DOWN:** If a player's knee touches the ground he/she is down
- 26) LINE OF SCRIMMAGE:** 4 offensive players must be on the line before the snap
- 27) MERCY RULE:** 5 touchdowns with 5 minutes left in the 2<sup>nd</sup> half or less
- 28) MOTION:** Only one player is allowed in motion at the snap
- 29) OUT OF BOUNDS:** One foot on playing field for legal catch
- 30) PADDING:** No padding allowed. EXCEPTION – to protect an injury, kneepads, and/or metal braces at official's discretion
- 31) PASS INTERFERENCE:** Impeding a player from making a catch
- 32) OVERTIME:** NCAA rules, 4 downs from 25 for touchdown, must go for 2 point conversion
- 33) LATERALS:** Laterals are allowed

- 34) HELPING THE RUNNER:** Teammates can not advance the runner by pushing or pulling nor can the runner grab onto the teammate to advance
- 35) INTERCEPTION:** Player can advance the ball
- 36) PUNTS:** Punts are a free kick, but must be snapped at least 5 yards. Defense must have 4 men on the line of scrimmage. Everyone must wait for the ball to be kicked before they release. Punter has 3 seconds to punt the ball. If the ball hits the ground before kicked it's a dead ball and the receiving team takes possession. If the ball hits the ground after the kick it can still be advanced by the receiving team or downed by the kicking team. If kicked out of bounds ball is spotted where it went out of bounds
- 37) QUARTERBACK:** Must receive a snap from a center. It is legal for a defender to contact the quarterback's. Defense must keep hands straight up to block a pass. Any touching of a quarterback is illegal. Quarterbacks can run after the rush starts
- 38) ROSTERS:** 12 person maximum
- 39) ROUGHING THE PASSER:** Hitting a quarterback. Don't hit the quarterback.
- 40) RUNNER:** The ball carrier may not lower his head or shoulder into a player
- 41) SNAPS:** Quarterback must receive a snap or start with the ball passing through the legs of the center. No silent counts. If the snap touches the ground it is down at the spot recovered by either team
- 42) STIFF ARMS:** Stiff arms are illegal
- 43) STRIPPING:** Stripping is illegal

**44) TACKLING:** No tackling permitted. If tackling to prevent touchdown then touchdown will count

**45) TEAM BOX:** Your side of the field. Teams must stay on their side

**46) TRIPPING:** Tripping any player is illegal

**47) UNSPORTSMANLIKE  
CONDUCT:**

No profanity shall be used. No baiting or taunting of an opponent shall be tolerated. This also includes any discriminating remarks made by player-to-player, player to teammate or anyone watching

**48) SAFETIES:** After safety the team that was on offense will free kick, punt or kickoff, from the 20 yard line to defense. Same rules apply to receiving team as kickoffs

**49) SPIKING/THROWING  
THE BALL:**

Is not allowed

**50) SIMULTANEOUS  
CATCH:**

Offense awarded the ball. Referees discretion

**51) RUSHING THE  
QUARTERBACK:**

3 second delay from the snap to the initial rush of the quarterback

## LIST OF PENALTIES

All penalties assessed from the line of scrimmage unless specified. Remember that the referees are using their best judgment and the official's rulings are final. Only the coach/captain of the team can respectfully question the judgment.

### OFFENSIVE

### PENALTY

Illegal Motion	5 yds
Illegal Formation	5 yds
Illegal Blocking	5 yds
Illegal Forward Pass	10 yds/down loss
Illegal Exiting of Fields	5 yds
Illegal Substitutions	5 yds
Illegal Contact Prior to Pass	10 yds/repeat down
Illegal Fair Catch	5 yds from spot
Helping Advance Runner	5 yds from spot
False Start	5 yds
Flag Guarding	10yds from spot
Too Many Players	5 yds
Delay of Game Huddle/Half	5 yds
Stiff Arm	10 yds/loss of down
Charging	10 yds/loss of down
Clipping	10 yds
Intentional Grounding	5 yds/loss of down
Offensive Diving	5yds from spot
Players/Coaches on Field	5 yds
Pass Interference	5 yds

## **DEFENSIVE**

Pass Interference  
Illegal Contact Prior to Pass  
Chucking  
Encroachment  
Too Many Players  
Roughing the Passer  
Stripping  
Holding Ball Carrier  
Tackling Ball Carrier  
Tripping  
Roughing the Blocker  
Illegal Exit Field  
Illegal Substitution  
Players/Coaches on Field

## **PENALTIES**

10 yds/1<sup>st</sup> down  
10 yds  
10 yds  
5 yds  
5 yds  
10 yds/1<sup>st</sup> down  
5 yds from the spot  
10 yds from the spot  
10 yds from the spot  
10 yds from the spot  
5 yds  
5 yds  
5 yds  
5 yds

## **UNSPORTSMANLIKE CONDUCT**

These violations all carry a 15 yd penalty and the referee can decide to remove the player for the remainder of the half or game unless otherwise noted.

Intentional Touching of the Referee	Automatic Ejection from Game
Fighting	Automatic Ejection
Verbal Abuse of the Referee	Discretion on Removal
Taunting Opponent	Discretion on Removal
Spiking/Throwing Ball	Discretion on Removal
Use of Profanity or Gestures	Discretion on Removal
Unnecessary Roughness	Discretion on Removal

There will be zero tolerance for unsportsmanlike conduct. This is a friendly tournament to benefit a good cause. Unsportsmanlike conduct is any conduct that is not contingent to the tournament. If a precipitator can be determined he/she will be ejected, if not, both players will be ejected. If ejected from the tournament a player must leave the premises or their team will forfeit the game. (Referee's discretion) If the player is ejected for the game he/she must leave the playing field or their team will forfeit the game. (Referee's discretion) Only the captain/coach can question the referee's call and then only to ask for an explanation not to chastise. Appeals can be made to the tournament coordinators in reference to a call on the field.

## EQUIPMENT

- 1) **BALL:** supplied, will be of NCAA or NFL size & weight
- 2) **FLAGS:** supplied,
- 3) **FIELD:** Turf fields
- 4) **UNIFORMS:** supplied with registration. Jerseys must be tucked in during the game
- 5) **JEWELRY:** No bracelets or watches. Necklaces must be worn inside the jersey. Stud earrings only may be worn
- 6) **ACCESSORIES:** Hats, brim backwards, gloves are acceptable. No sunglasses
- 7) **BRACES:** Game officials must approve metal knee braces or similar
- 8) **SHOES:** Flat or molded cleats only ***NO METAL CLEATS***

## Game Rules

- 1) COIN TOSS:** 4 choices: Kickoff, Receive, Defend a Goal, Defer to second half
- 2) EXTRA POINTS:** 3yd line is 1 pt and 10 yd line is 2 pts. Defense can return 2pt conversion only (for 2pts.)
- 3) HUDDLE CLOCK:** 25 seconds. Referee will announce a 10 second Warning
- 4) KICK-OFFS:** Beginning of halves and after scores. Kick from Pre determined spot. If kicked out of bounds receiving team can elect to take the ball at the spot it went out of bounds, or at their 30yd line. Receiving team will line up at least 4 players on their line of scrimmage 10 yards from the ball. There are touchbacks however you may run the ball out of your end zone
- 5) # OF OFFICIALS:** Two (2)
- 6) # OF PLAYERS ON FIELD:** Must have at least 6 or you forfeit
- 7) OVERTIME:** NCAA Rules. One set of downs from the 25yd line. must go for the 2pt conversion. Both teams get an opportunity on offense. Switch order every overtime
- 8) SAFETY:** 2 Points
- 9) SCORING:** Touchdowns = 6pts. Extra point = 1pt and the 2pt Conversion = 2pts defensive return of 2pt conversion 2 points
- 10) TIME:** 40 min. game: (2) 20 min halves. Clock will stop for team, referee, or injury timeouts throughout the game. In the last 2 min of the game the clock will also stop for incomplete passes, out of bounds, change of possession, and defensive penalties. Refs keep official time.
- 11) TIME-OUTS:** 2 Time-outs per game, use at any time. 60 seconds
- 12) TWO MINUTE WARNING:** An official time-out will take place with 2 min remaining in 2<sup>nd</sup> half only
- 13) FORFEIT:** 5 minute grace period at start of game. Time is run off clock. 7 pts awarded to opponent
- 14) TIE BREAKER:** a) head to head b)point differential



**1<sup>ST</sup> ANNUAL**

**BATTLE OF THE  
BADGES**

**FLAG FOOTBALL  
TOURNAMENT  
2006**

**RULE BOOK**