

## **CAASC Flag Football GUIDELINES & RULES**

### **1. Players:**

- Each team will field 8 players on offense and defense.
- A minimum of seven (7) players are required to field a team—opposing team may still field all eight players.

### **2. Equipment:**

- All players must wear a mouthpiece during the game
- Matching jerseys are required on the field of play. (in same and/or like color)
- Each player must wear their flag belts over their jerseys. The jersey **must be tucked** into pants. Players must have two flags- they must be positioned over each hip- not in the front of back.
- Flag belts must be completely visible at all times and may not be altered in any way and flag colors may not match the color of the jersey. Required flag belt – Flag-a-Tag Sonic
- No hard football pads, hard braces or casts.
- No metal cleats or any other illegal equipment—this is enforced at the referee's discretion.

### **3. Coin Toss:**

- Visiting team calls the coin toss.
- The winner has two (2) choices to start the game—(1) receive the ball—(2) defend.
- The loser of the toss decides which end of the field they would like to defend to start the game.
- Teams switch direction in the second half and the team that started the game on defense will start the second half on offense.
- Regular season games require minimum 2 officials (suggest 3) and playoffs require 3 officials.

### **4. Game Clock / Time Outs:**

- A game will consist of two (2) twenty (20) minute halves and a ten minute half time. The clock will continue to run throughout the game **with the exception of an official's request for game stoppage, timeouts, and touchdowns. The clock will stop in the last 2 minutes of both halves for first downs, incomplete passes and ball carrier out of bounds.**

The refs will keep official game time.

- Each team gets three time outs per half. Each time out will be thirty seconds. Time out can only be called by a player on the field or a head coach.
- Games must start on time. The clock will be started at time game is scheduled. If a team is more than ten minutes late, that team will forfeit the game. If a team is less than ten (10) minutes late, the team that was on time will have the option to receive the ball both halves.

### **5. Rules:**

- Only the “HEAD COACH” is allowed to confer with officials' in a conference.
- Pitch backs are allowed.

- The defense will always start 5 yards off the line of scrimmage.
- The host school must follow CAASC gate fees if applicable: \$3 for children and seniors (50+), \$5 for adults, and \$10 for a family.

**Game Stoppage:**—The following is considered for clock to stop

- FUMBLES—there are NO FUMBLES. The ball is spotted where it is fumbled.

**Interceptions:**

- If a defensive player intercepts a pass, they may run it back. However, once the interception is made, that team now becomes the offensive team and must obey the offensive rules. The intercepting team will take possession of the ball wherever they are flagged. On the extra-point(s) attempt an interception is not able to be advanced (no points)

**Blocking:**

- There is **NO BLOCKING** for the ball carrier. However, offensive players may set a legal; stationary screen or forearm blocking providing no contact is made. An offensive player can run alongside the ball carrier; HOWEVER he cannot prevent a defender from making a play on the ball carrier (moving screen).

**Frozen Zones:**

- Five (5) yards before the end zones. If any part of the ball touches the Frozen Zone, the offense is only allowed to pass the ball. **The offense cannot run the ball within the 5 yard line. Pass plays only.**
- All passes in the Frozen Zone **MUST BE A FORWARD PASS** beyond the line of scrimmage.

**Mercy Rule:**

- If a team is winning by 20 points or more and they take possession of the ball at the two minute mark, THE GAME IS OVER.

**Overtime:** If a game is tied after regulation, a coin toss will determine who receives the ball first. Visiting team will call the toss.

- Winner has two choices: #1-ball or #2-defend
  - Both teams will go in the same direction.
  - The team that starts on defense will pick direction.
  - One time out per team (no carry over from regulation)
  - Each team will be given four downs to score or get a first down from the opponent's 20 yard line. (1<sup>st</sup> OT – each team gets possession. 2<sup>nd</sup> OT – sudden death (first team scoring wins)
  - If the game is still tied after the first overtime one added overtime played as sudden death.
  - If the defensive team intercepts the ball during the four downs, the offense forfeits their remaining attempts.

**6. Offense:**

- Offensive team starts on their own five (5) yard line. They have four (4) downs to reach the first down marker. On 4<sup>th</sup> down the team can go for a 1st down, or choose to place the ball on the opponents 25 yard line and the opposing offense will take over.
- Offense has thirty (30) seconds to call and start execution of a play after the referee sets the ball at the line of scrimmage and blows the ready whistle or they will be called for Delay of Game.
- Snapping of the ball can be from the side or between the legs. Any snaps from the side must be shotgun.
- The quarterback or the first player to control the snap cannot run to advance the ball.
- Receivers must have at least one (1) foot in bounds for a completed pass.
- The quarterback must say the word **"HIKE"** or similar word to initiate snap play.
- The quarterback cannot just touch the ball so that the center can run with it. **No "Fumblerski"**
- When the flag is pulled the ball will be spotted where the ball carrier's feet are, NOT THE BALL.

- The ball carrier cannot spin to avoid a defender. He cannot guard the flag or leave his feet to avoid a defender; however, juking is allowed
- The ball carrier must avoid the defensive players. There is no charging into the defensive player.
- All players must be at least five (5) yards from the sideline for the huddle to be legal.

7. **Defense:**

- **The defensive players must line up 5 yards from the line of scrimmage.**
- Intentionally pulling the flag of an offensive player without that offensive player having possession of the ball is considered a hold (penalty).
- A defensive player is allowed to leave their feet in order to pull a flag—HOWEVER—in doing so it must not impede the runner. **If it does impede, it will be considered illegal contact.**

## **8. Penalties**

### **Offense:**

5 yards from line of scrimmage and repeat down

- Delay of game
- Offside/False start
- Failure to wear proper equipment
- Too many players on the field
- snap infraction

5 yards from line of scrimmage and loss of down

- Illegal pass (2 forward passes)
- Illegal touching—if a receiver runs out of bounds they cannot be the first person to touch the ball

10 yards from spot of foul and loss of down

- Guarding the flag
- Stiff arming
- Spinning
- Hurdling

10 yards from line of scrimmage and loss of down

- Pass interference
- Blocking
- Personal Fouls
  - Unsportsmanlike conduct
  - Unnecessary roughness
  - Tying on the flag belt
  - Charging into player
  - Fighting – Ejection of player

### **Defense:**

5 yards from the line of scrimmage and repeat down

- **Encroachment**
- Illegal rush inside the 5 yards
- Failure to wear proper equipment

10 yards from spot of foul or end of play and repeat down

- Holding / Illegal contact
- Grabbing the flag before receiver has possession

\* Defense pass interference – spot foul automatic first down

10 yards from spot of foul or end of play and automatic first down

- Personal Fouls
  - Unsportsmanlike conduct /Unnecessary roughness

## **9. Scoring**

### **Touchdown**

- 6 Points

### **Conversions**

- 1 point from the five (5) yard line—pass only
- 2 points from the Ten (10) yard line—run or pass

### **Safety**

- 2 points and Turnover

### **Field Size**

- playing field minimum 30 x 70 with ( 2 = 10 yard end zones ) with a max of 40 x 80 with 2 ten yard end zones