



## EQUIPMENT

**FOOTBALL:** The official ball is the Wilson TDJ leather football.

**BELT & FLAGS:** Two flags, at least 12-18 inches long and 1-2 inches width, must be attached to waist belt of every player and must oppose the color of player's pants. Players must wear flag belt secured around the waist with one flag at each hip. Flags must hang loose.

**UNIFORMS:** Team members must wear the same solid color jerseys with contrasting playing numbers on the back that are 8-10 inches in height and easy to read. Jerseys must be tucked inside the pants at all times. Pants may not have pockets. Baseball caps and sunglasses are worn at the discretion of the official. Jewelry is not allowed. .

**SHOES:** Any type of running shoe or cleat may be worn, with the exception of metal spikes, golf shoes, shoes that have been altered or that may cause injury to players.

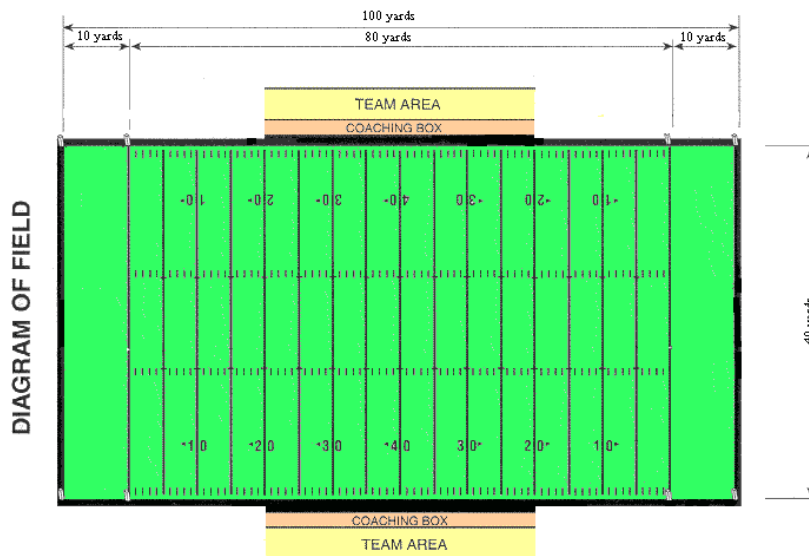
**PROTECTIVE EQUIPMENT:** Mouth guards are mandatory. Soft pads are optional and may be worn on the elbows, knees, hips, forearms and hands. Pads with a hard plastic shell are not allowed.

## THE FIELD

**FIELD:** Regulation football field: 40 yards wide x 100 yards, which includes (2) 10-yard end zones. Field should be lined every 10 yards, and hashed every 5 yards with the 40 yard line as mid-field:

**EZ / GL / 10 / 20 / 30 / 40 / 30 / 20 / 10 / GL / EZ**

**TEAM BOXES:** On each side of the field, a team area back of the limit line and between the 20-yard lines shall be marked for the use of the team, coaches and other people affiliated with the team.



## STARTING AND TIMING THE GAME

**GAME CLOCK:** The game is played in four 12-minute quarters. Half Time 5 minutes. The first 22 minutes of each half, clock will run continuously, with the exception of called time out and injuries until the final 2 minutes of each half.

**TWO MINUTE WARNING:** Referee will announce that there is two minutes left in each half. A 30 second time out is awarded which does not use one of either team's remaining time outs. Clock will stop for incomplete passes, out of bounds, first downs, change of possessions, scoring and penalties. During the two-minute warning period, should injury occur to an offensive player, a time out will automatically be charged to the offensive team. If they do not have any time-outs left, a 5-yard penalty will be given to offensive team.

**TIME OUTS:** Each time out will be 1 minute. Refs must acknowledge the time out. Each team is allowed (4) one-minute time outs during the game. Teams may use time-outs at any time during game (all in one half or spread out)

## OFFICIALS

**NUMBER OF OFFICIALS:** Minimum of three officials per game, which include line judge, back judge and umpire.

### PROTESTS:

Protests cannot be made against an official's judgment call

Protests must be made following disputed play and before snap of its next play

1. Rule Interpretations will be handled on the field to avoid unnecessary delays and it is the head official who has the final "judgment".
2. Protesting team will call a time-out after the play in question happens. If a time out is called at any other time, it is charged as a time out and the "incident" will not be discussed.
3. All the referees on the field will talk with "protestor". The "protestor" is required to state their "protest" clearly and concisely, stating which rule they believe to be interpreted incorrectly
4. The "protestor" has approximately five minutes to state the "protest" and the rule.
5. The referees will then confer at their discretion to determine whether rule was interpreted properly.
6. If the referees determine that the "protestor" was correct in their interpretation of the rule than the team will not be charged the time-out and the play will resume according to the correct interpretation.
7. If the referees determine that they interpreted the rules correctly and no "protest" exists than the "protestor" will be charged the time-out and play will resume, as it would have prior to the time-out.

## THE GAME

**COIN TOSS:** Three choices in a coin toss are **kick-off, receive, and defend a goal**. The team that receives in the first half will become kicking team in the start of the second half.

**KICK-OFF:** Starts the game, the second half and after each touchdown extra point attempt. Unless relocated by penalty, the kick-off shall be from the 30-yard line. The receiving team must line up with five players, 20-yards from the ball. Ball must travel 20 yards to become live.

The ball is normally kicked off from a tee, which cannot raise the lowest part of the ball more than two inches off the ground. If a tee is not used, the ball can be held on the ground by a member of the kicking team. The kicking team must line up 20-yards from the kick-off line and may not move across the line before the ball is kicked.

If the ball goes out of bounds after a kick, receiving team has the option to begin its offensive series from that spot or demand a re-kick with a 5-yard penalty.

**TOUCHBACK:** If the ball passes through the end zone or a player elects not to run it back out of the end zone by touching one knee to the ground the ball is automatically placed on the receiving teams 20-yard line.

**FAIR CATCH:** Any receiving member that gives a fair catch signal and catches the ball beyond the kicking line and between goal lines, is considered a fair catch. If the ball is muffed (or not caught), either team may advance with the ball.

**MUFFS:** During kicks, the ball touches a player of the receiving team or goes through the hands of a receiving player (did not have possession or control of the ball), the ball is considered live and players from both teams can pick up the ball and continue to play. .

**SPOT OF BALL:** The position of the ball when de-flagged is the spot the referee will place the ball for the next play. It will not be the position where the runner's flag was pulled, but rather where the ball is.

## LINE PLAY

**HUDDLE CLOCK:** Offensive team has 25 seconds to call play, set up in formation and snap the ball or will be considered a penalty- Delay of game. The official will blow the whistle to start the 25-second clock.

**LINE OF SCRIMMAGE:** Offensive team must line up with 5 players on the line of scrimmage and remaining players in the backfield. Center must be between two guards but receivers may overload to one side.

**MOTION:** One backfield player is allowed in motion prior to the snap. Motion is player running parallel to the line of scrimmage and cannot move forward until the ball is snapped.

**OFFENSIVE OFFSIDE:** Offensive players once set in position may not move until the ball is snapped.

**ENCROACHMENT:** Defensive players may cross the line of scrimmage before the snap as long as the defender does not contact any player on the offensive team and is not over the line of scrimmage when the ball is snapped.

**SNAPS:** Shotgun snaps are legal but must be caught and cannot touch the ground. If the ball touches the ground it will be considered dead and a loss of that down.

**BLOCKING:** Players are allowed to push with open hands, use upper arms, use their body as long as the block is between the opponents shoulders and waist. Two players against one player blocking is allowed.

**ILLEGAL BLOCKING:** You may not block an opponent below the waist, above the shoulders, leave your feet to block (no dive blocking allowed), block the opponent in the back, hold an opponent while blocking or swing arms or elbows to block.

## **RUNNING**

**BALL CARRIER:** A ball carrier is allowed to spin, dive with the ball, and hurdle over other players to avoid contact. However, the ball carrier **may not** intentionally run into an opponent, using hands or arms to protect flags and stiff-arming an opponent to avoid flags from being pulled.

**FLAG PULLING:** Flag pulling is known as being tackled in flag football. If a ball carrier is tackled, the ball will be placed at the spot where the ball is rather than where the flag was pulled. The Defense is not allowed to hold a runner or pull a ball carrier's jersey while attempting to pull their flags.

If a ball carrier is missing a flag, the opponent must touch the ball carrier with one hand to be considered a tackle. If the ball carrier's knee touches the ground they may continue until being tackled.

A ball carrier that is flagged while trying to gain possession of the ball will be considered tackled at the point they were first flagged, if and when the player gains possession of the ball.

**FUMBLE:** If the ball touches the ground after a ball carrier loses possession, it will be considered a dead ball at the spot possession was lost.

If a ball is fumbled in mid-air, any player may recover the ball before it touches the ground and advance it.

**DEAD BALL:** If the ball carrier does not have possession of the ball before it hits the ground, the ball is placed at the previous spot with a loss of that down.

**INADVERTENT WHISTLE:** At the time of the inadvertent whistle the team with possession of the ball has the option of replaying the down or the result of the play.

## PASSING

**ROUGHING THE PASSER:** Defenders must not advertently contact the passer's arm during a pass play. However, when the ball is thrown and in mid-air, the defender can react to the ball and if inadvertently makes contact with the passer's arm there is no penalty.

**FORWARD PASS:** One forward pass per down can be made from behind the line of scrimmage. If the ball crosses the line of scrimmage, no forward pass can be made.

**INTENTIONAL GROUNDING:** It is illegal to avoid a sack by throwing the ball to an area where there are no receivers. In the last 2 minutes the QB is allowed to stop the clock by spiking the ball.

**RECEPTION:** A legal catch in when the receiver has possession of the ball and at least one foot on the playing field.

**CHUCKING ZONE:** Inside the first 3-yards from the line of scrimmage, is an area where the defender and offensive player can chuck or push their opponent as long as the ball has not been thrown.

**PASS INTERFERENCE:** When the ball is thrown, potential receivers should not have obstruction by opposing player. This means physical contact is illegal. If both players jump for the ball and inadvertently make contact, it is allowed and legal.

**INELIGIBLE RECEIVER:** During pass plays the offensive lineman may not go down field (more than 3 yards prior to the pass) or receive a forward pass. The offensive lineman can receive a "lateral pass" anywhere on the field.

## PUNT

**PUNT:** Offensive team may choose to punt on any down. There is no option to "fake kick". They must tell the referee who will notify the defensive team. The kicking team may not be rushed.

**PUNTING TEAM:** The kicker must stand 4 yards behind the ball and receive a snap from between the centers legs. No players may move until the ball is kicked. If the ball hits the ground before being kicked, the ball becomes dead and the opponent will take possession from the original scrimmage line.

**RECEIVING TEAM:** Receiving team will line up with at least three players on the line of scrimmage and cannot move until the ball has been kicked. Receiving team will always receive the ball; if a member of the kicking team touches the ball it will be dead at that spot.

## OVERTIME

**TIE BREAKER:** If the game must decide a winner, such as in tournaments, qualifying games, or championship games then a tie shall be resolved as follows;

- 1 minute break following the regular game time,
- A coin toss to determine who will start with the ball,
- Each team will have a series of four downs from the 10-yard line,
- Interceptions shall end a series of downs and possession is turned over,
- If the team scores a touchdown, extra points will be attempted,
- If the score remains tied after each team has been given an additional series to resolve the tie, the procedure shall be repeated until a winner is determined.

**SUDDEN DEATH:** If after three over time periods the tie still exists, then sudden death will apply. There will be a coin toss to determine who will start with the ball. First team to score from the 10-yard line will be the winners. The team can attempt extra points following the touchdown.

## SCORING

**TOUCHDOWN:** When any part of the ball, when in possession of a player, crosses over the opponent's goal line is considered a touchdown.

**EXTRA POINTS:** After a touchdown, the scoring team has one attempt to score extra points from either the 3 or 10-yard line.

**SAFETY:** If a ball carrier gets tackled in their own end zone, the opposing team scores a safety and will start with the ball on their own 20 yard line.

### POINTS:

<b>TOUCHDOWN</b>	<b>6 POINTS</b>
<b>EXTRA POINT FROM 3-YARD LINE</b>	<b>1 POINT</b>
<b>EXTRA POINT FROM 10-YARD LINE</b>	<b>2 POINTS</b>
<b>SAFETY</b>	<b>2 POINTS</b>

## PENALTIES

### 5-YARD PENALTIES

- Illegal forward pass (loss of down). Enforced from the line of scrimmage
- Invalid fair catch
- Delay of game
- Illegal formation. Enforced from the line of scrimmage
- Illegal Procedure, two or more players in motion. Enforced from the line of scrimmage.
- False start.
- Illegally handing ball forward (loss of down) Enforced from the line of scrimmage
- Intentionally grounding pass (loss of down) Enforced from the line of scrimmage
- Illegal shift. Having players "set" for less than a second. Enforced from the line of scrimmage
- Helping the runner. Pushing or pulling the runner forward. Spot foul
- Illegal flag grab - Enforced from line of scrimmage
- If the kick-off goes out of bounds, the receiving team has 2 choices:
  - 1) Accept the ball where it went out of bounds or
  - 2) 5 yd. penalty and re-kick:

### 10-YARD PENALTIES

- Stiff arming - Enforced from the spot of the foul / loss of down
- Running into opponent (charging) Enforced from the spot of the foul / loss of down
- Holding - Enforced from the line of scrimmage
- Defensive holding Enforced from the line of scrimmage
- Flag guarding (loss of down) Enforced from the spot of the foul
- Stopping the ball carrier's forward momentum.
- Tripping Enforced from the line of scrimmage.
- Offensive pass interference (loss of down) Enforced from the line of scrimmage
- Illegal block in the back. Enforced from the spot of the foul
- No contact is allowed on the kicker, holder and punter Enforced from the line of scrimmage

### LOSS OF 15 YDS and automatic first down

**These are personal fouls and will be assessed at scrimmage line**

**If official believes player was malice and intentional in actions:**

Player may be ejected immediately from that game.

### Description of Malice Actions

Striking, kicking, kneeling, elbowing, etc. any player

Unsportsmanlike Conduct: Use of foul language, profanity, baiting or taunting of an opponent fighting or arguing with a referee.

Unethical behavior including flag tampering

### Automatic First Downs

Defensive pass interference- at the point of the penalty.

Roughing the passer- from the line of scrimmage.