



FLAG FOOTBALL

All players must show their Blugold ID Card before every game to participate.

A. PLAYER ATTIRE

- a. All players must wear athletic attire.
- b. Teams must all wear the same color jersey. Pennies will be provided on a limited basis. All teams will be required to bring one alternate color in case both teams show up wearing the same color. Skins will not be allowed.
- c. Shirts must be A) long enough to tuck in so that they remain tucked in the player's pants/shorts during the entire down or B) short enough so there is a minimum of 4 inches from the bottom of the shirt to the player's waistline.
- d. Towels may not hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels may be used and kept on the ground fifteen yards behind the offensive line of scrimmage before and during the play.
- e. Players **MAY NOT** wear pants or shorts with any belt loops or pockets. They are prohibited.
- f. **Jewelry is not allowed. All jewelry must be removed before playing – no exceptions.**
- g. The use of dangerous equipment is prohibited.
- h. Players may wear gloves which must consist of a soft, pliable, and nonabrasive material.
- i. Players may wear soft, pliable basketball or wrestling knee pads on the leg, knee and/or ankle. It is also strongly recommended that a mouthpiece be worn by all players.
- j. Players may carry a play book inside their clothing if it is not made of an unyielding material and is not visible. If carried on the field, a player must keep it rather than throw it on the ground. Players may wear a soft, pliable wrist/forearm band that contains plays.
- k. Players may wear pliable and non-rigid sunglasses.
- l. Shoes must be always worn. Cleated shoes must have rubber or polyurethane cleats. Metal cleats are **NOT** allowed. Player will be removed until equipment has been changed. The player must sit out one (1) play.

B. THE GAME

- a. The game shall be played between two teams of seven (7) players. Maximum of fourteen (14) on the roster.
- b. Must have five (5) players to start game.
- c. Each team shall designate a captain. The captain will act as the spokesperson for the team and help make necessary decisions. Only the captain should talk to officials

C. CLOCK

- a. A game shall consist of two (2) 20-minute halves, with a 5-minute intermission in between halves. Each half will have a continuous clock, for the first 18 minutes of each half. The only time the clock will stop in the first 18 minutes of each half is for injury and referee's timeout. In the last 2 minutes of each half the referee will inform both teams that there is 2 minutes remaining the in half or game and that the clock has stopped. The clock will stop on:
 - i. Incomplete legal or illegal forward pass - starts on the snap.
 - ii. Out-of-bounds - starts on the snap.
 - iii. Safety - starts on the snap.
 - iv. Team time-out - starts on the snap.
 - v. First down - dependent on the previous play.
 - vi. Touchdown - starts on the snap (after the Try).
 - vii. Penalty and administration - dependent on the previous play.

- 1. EXCEPTION: Delay of game - starts on the snap.
 - viii. Referee's time-out - starts at their discretion.
 - ix. Touchback - starts on the snap.
 - x. Team A is awarded a new series - dependent on the previous play.
 - xi. Team B is awarded a new series - starts on the snap.
 - xii. Either team is awarded a new series after a legal punt - starts on the snap.
 - xiii. Team attempting to conserve time illegally - starts on the ready.
 - 1. Team attempting to consume time illegally - starts on the snap.
 - xiv. Inadvertent whistle - starts on the ready.
 - b. The offensive team has 25 seconds to put the ball in play after the referee signals "ready for play."
- D. OVERTIME- *Playoffs Only*
 - a. If a game ends in a tie, it will be broken using a "Texas Tiebreaker":
 - i. A coin toss will precede the tiebreaker. Team winning the toss has three (3) options: A) offense; B) defense; or C) direction. The opposing team has the remaining choice.
 - ii. Play will begin on the 10-yard line and each team will have four (4) plays to score a touchdown. If Team A scores on its four plays, then Team B will have four (4) plays to score. If the score remains tied after each team finishes their possession, then the process is repeated. If Team A started the overtime on offense, then in the second overtime Team B will start on offense.
 - iii. When a pass is intercepted, the possession is over. An interception cannot be returned.
 - iv. Penalties are assessed like the regular game. A team shall be given a new series of four (4) plays when an automatic first down penalty is accepted. Dead ball penalties after a touchdown are penalized on the extra point attempt. Live ball penalties committed by either team after Team B gains possession during an attempt or overtime shall be enforced at the succeeding spot. Dead ball penalties following a successful attempt will be penalized from the succeeding spot, Team B's 14-yard line, if accepted.
 - v. Tiebreakers will be played on one side of the field throughout the whole overtime.
- E. TIMEOUTS
 - a. Each team is allowed two (2) 1-minute timeouts per half. Any timeouts not used during the first half do NOT carry over into the second half. The clock will stop on all timeouts.
- F. SUBSTITUTIONS
 - a. Free substitutions are allowed after any whistle, provided the substitution does not delay the game. However, no offensive substitute may enter unless he/she joins the huddle and is part of the huddle at the time when it breaks
- G. SCORING
 - a. Touchdowns will be worth six (6) points.
 - b. A team is given the choice of going for 1, 2, or 3 points after scoring a touchdown. Once the captain decides, it may only be changed if a timeout is called.
 - c. Ways of scoring a successful point after attempt are:
 - i. By running or passing from the 3-yard line = 1 point.
 - ii. By running or passing from the 10-yard line = 2 points.
 - iii. By running or passing from the 20-yard line = 3 points.
 - d. Touchdown Verification
 - i. The player scoring the touchdown must raise their arms so the nearest official can de-flag the player. If a player is not deflagged with one good pull by the official, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified, and it is a foul. Penalty: 10 yards from the previous spot, ejection of the player and loss of down.
 - e. After every score, the ball will be placed on the new offensive team's 14-yard line.
 - f. After a safety is scored, the team that is awarded two (2) points will automatically gain possession at their own 14-yard line.
- H. MERCY RULE
 - a. If a team is ahead by nineteen (19) at or below two minutes remaining in the game, the game will be over.
 - b. Game time is forfeit time. Teams should be ready to play at the scheduled game time. Teams should be ready to play at the scheduled game time. It is beneficial to have your team arrive 15-20 minutes early to ensure that games start on time and that forfeits be avoided.

I. PLAYER CONDUCT

- a. Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the field of play will result in suspension.
- b. Team conduct will be registered, by the officials, following the game, on a 1 to 6 scale.
- c. A team will be made ineligible for the playoffs if their sportsmanship score is less than a 4

J. POSSESSION

- a. The winner of the pre-game toss shall have the first choice of the following options: A) offense or defense or B) which goal to defend.

K. TEAM BOX

- a. Only players and one (1) coach may be in the box behind the net (team bench).
- b. All other fans and spectators must remain in the spectator viewing areas designated by the Competitive Sports staff.
 - i. Any player, coach, or fan that interferes with the play of the game is subject to a technical foul or removal from the playing area.

L. DEFINITION OF PLAYING TERMS

- a. Scrimmage Line
 - i. The scrimmage line for Team A is the yard line and its vertical plane, which passes through the point of the ball nearest its own goal line. The scrimmage line for Team B is the yard line and its vertical plane, which passes through one yard from the point of the ball nearest its own goal line.
- b. Removal of Flag Belt
 - i. When the flag belt is clearly taken from the ball carrier the down shall end and the ball is declared dead.
 - ii. The position of the ball when the player is deflagged determines the spot of the next line of scrimmage.
 - iii. A defensive player may not hold, push, or knock down the ball carrier in an attempt to remove the flag, nor shall an offensive player hold, block or run through a defensive player trying to remove the flag belt.
 - iv. When a runner loses their flag belt, either accidentally or inadvertently, play continues. The deflagging attempt reverts to a one-hand tag of the runner above the waist and below the shoulder.
- c. Kick Catch Interference
 - i. While any punt is in flight beyond the kicking teams scrimmage line, the kicking team shall not touch the ball or the receiving team, nor obstruct the receiving team's path to the ball, unless the punt has been touched by the receiving team. The kicking team may catch, touch, muff or bat a punt in flight if the ball is beyond their scrimmage line and if the receiving team is not in position to catch the ball.
- d. Ball in Play, Dead Ball, Out of Bounds
 - i. The ball is declared dead when the ball touches the ground **A)** on a fumble, **B)** on a lateral, **C)** on a pass, or **D)** after touching a player on a punt.
 - ii. The ball becomes live once the ball is legally snapped.
 - iii. The sideline and the end lines are considered out of bounds. Only one foot needs to touch in bounds for a pass to be completed.
 - iv. Once an offensive or defensive player steps out of bounds, that player is no longer eligible to participate in the play.
- e. Series of Downs
 - i. In a series of four (4) downs, the ball must be advanced to the next zone before a new series of downs can be awarded to the offensive team. Yardage lines are considered part of the forward zone.
- f. Handling the Ball (Punts, Snaps, Handing, Catching, and Passing)
 - i. **PUNTS:** If a punt is to be made, the team punting must announce it before the down starts. After the announcement, the punt must actually be made, NO FAKE PUNTS. The offensive team making the punt must have four (4) players on the line of scrimmage; but the defensive team does not need anyone on the line of scrimmage. The receiving team may have blockers for the punt, but the blockers may not pass the line of scrimmage at any time; they may only jump in a vertical

plane, never passing over the line of scrimmage. The offensive team may not cross the neutral zone until the ball is punted. After the punter receives the snapped ball, he/she must punt it immediately in a continuous motion.

1. The defensive team may not build a pyramid or support each other in any manner to block or attempt to block a punt.
- ii. **SNAPS:** The ball may be snapped between the legs or to the side of the snapper, from the ground.
 1. The player who receives the snap must be at least two (2) yards behind the offensive line of scrimmage. Direct snaps are illegal.
 2. If an eligible player is deflagged prior to touching the ball on a forward attempt, it is defensive pass interference.
 3. During the interval between downs, two (2) or more consecutive encroachment fouls are committed by the same team. **Penalty: 10 yards for the second encroachment foul.**
- iii. **HANDING:** Any player may hand the ball forward or backward at any time.
- iv. **CATCHING:** Forward pass that is caught or intercepted in bounds. If the pass is caught simultaneously by members of the opposing teams inbounds, the ball becomes dead at the spot of the catch, and it belongs to the offensive team.
- v. **PASSING:** All players are eligible for a forward pass. The passer may pass the ball from anywhere **BEHIND THE LINE OF SCRIMMAGE.**
 1. The passer shall not intentionally ground the ball to avoid a sack. **Penalty: 5 yards from the spot of foul and loss of down.**
- g. It is illegal to steal or attempt to steal (strip) the ball from a player with possession of the ball. The object of the game is to deflag a ball carrier, not to steal the ball. **Penalty: 10 yards from the result of the run.**
- h. Roughing the Passer
 - i. Defensive players must make a definite effort to avoid charging into a passer after has clearly been thrown. The defensive player may not contact the throwing arm of the passer.
- i. Flag Guarding: Ball carriers shall not guard their flags by blocking (with their hands, arms, or the ball) the opportunity for an opponent to pull or remove the flag belt.
 - i. The defensive player shall not (intentionally or accidentally) hold, grasp or obstruct forward progress of a ball carrier when attempting to remove a flag belt.
- j. Flag Belt Removal: A defensive player intentionally pulling or removing a flag belt from an offensive player is illegal.
- k. Offensive Screen Blocking: The offensive screen block shall take place without contact. The screen blocker shall have their hands and arms at their sides or behind their back. Any use of the arms, elbows, legs, or knees to initiate contact during an offensive player's screen block is illegal. A blocker may use their feet to gain position before, during or after screen blocking.
- l. Screen Blocking Fundamentals: The process for a legal blocker is to become stationary anytime a defensive player is within one yard of the blocker.
 - i. Once stationary the blocker may not use arms, legs, or feet to impede the defensive player.
- m. Blocking and Interlocked Interference: Teammates of a runner or passer may interfere for them by screen blocking but shall not use interlocked interference by grasping or encircling one another in any matter.
- n. Use of Hands or Arms by the Defense: Defensive players must go around the offensive player's screen block. The arms and hands may not be used to grab or push the opponent aside. The application of this rule depends entirely on the judgment of the official. A rusher may use their arms or hands to break a fall or retain their balance.
- o. There will be no bumping, checking, or any other intentional contact between a defender and offensive pass receiver. Both offense and defense teams are limited to screening an opponent.
- p. Defensive players may not trip ball carriers to remove their flag belts.
- q. At half time the field is reserved for players and coaches only. Any other spectators/fans on the field will be considered unsportsmanlike conduct. **Penalty: 10 yards assessed at the beginning of the second half.**

CO-REC FLAG FOOTBALL

A. PLAYERS

- r. Co-rec games will be played with two (2) teams of eight (8) players each (four men and 4 women) with roster maximums set at sixteen (16). Five (5) players (3M/2F or 3F/2M) are required to start the game and avoid a forfeit. In the case of an injury, the game may be continued with less than five (5) players – given the team can still win.

B. BALL

- a. Either size football will be used for co-rec games (regular size or intermediate size).

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