

# EAST VALLEY CONFERENCE FLAG FOOTBALL RULES

10-11

Games shall be played under EVC Policies, Rules and Regulations. The official has the authority to rule promptly and in the spirit of good sportsmanship on any situation not specifically covered in these rules.

## PRE-GAME

**MEETING:** Officials and coaches will confer prior to each contest to assure compliance with these rules.

**COIN TOSS:** The winner of the pre-game toss shall have the choice of:

- a.) starting on offense from the 20 yard line (the other team has choice of which goal to then defend) or
- b.) defense of a choice of goal or
- c.) defer.

At half-time the coin toss loser or team that deferred the pre-game toss shall have their choice. If the deferring team chooses the ball, the other team will choose which goal they will defend.

## EQUIPMENT

**PLAYING FIELD:** The field shall be a rectangular area with lines and zones as shown (see diagram on last page). Goal lines must be marked by flags, cones, or an equivalent.

Length- 80 yards

Width- 160 feet

**SHOES:** tennis shoes or soft molded cleats must be worn. **Metal cleats will not be allowed!**

**UNIFORMS:** Hard surface padding such as shoulder pads or hip pads may not be used.

Forearm pads are also illegal. Shirts designed to be tucked in should be tucked in their shorts or pants at all times. The official will warn the player(s) first and then if the problem continues they will penalize the team 5 yards. Both teams shall confer prior to a game if colors are not of a contrasting nature. The home team should have "pennies" available as needed.

**BALL:** The official ball for games shall be an intermediate size rubber covered football. Teams may use a runner to bring their game ball into the game when possession changes.

**FLAGS:** Flag belts must be manufactured and designed for the game of flag football. Teams must wear flag belts that have 3 flags that are attached to the belt and have a clip that holds the belt onto the player.

1. Teams are not to alter the flags in any manner.
2. Flags are not to be less than 15 INCHES in length from the top of the belt.
3. Flags must be a contrasting color from the pants or shorts that are worn.

**DOWN AND ZONE MARKERS:** Home team shall provide a down/line of scrimmage marker and a first down zone cone and the people to staff these positions.

**FIRST AID KIT:** A first aid kit should be available at the field.

## PLAYERS

**NUMBER OF PLAYERS:** The game of flag-football is played with (9) man teams.

**SIDELINES:** Players and coaches must stay inside the 20 yard line areas, 3 yards away from the sideline.

*PENALTY:* A 5-yard penalty is given for this infraction.

**SUBSTITUTIONS:** Substitutions are unlimited; however, no substitutes shall enter during a down. Hideouts (Example: trick play where a player stands near the sideline) are illegal.

*PENALTY:* 10 yards and loss of down (unsportsmanlike conduct)

**PLAYER STANCE:** No player is permitted to use a 3 or 4 point stance. Players must always start in a two-point stance.

## TIME FACTORS

**TIME:** Playing time shall be four (4) ten (10) minute running quarters.

**CLOCK STOPPAGE:** The clock is stopped for all:

- a. Time-outs
- b. Touchdowns and during extra points.  
Only during the last two minutes of the half and of the game for:
- c. A dead ball (i.e., incomplete pass, fumble, out-of bounds)
- d. Penalties

**CLOCK STARTS:** On the ensuing snap from scrimmage.

**TIME KEEPER:** One of the two officials should keep the time on the field.

**TIME OUTS:** Two (2) timeouts per half of (1) minute time-out are allowed. Time-outs from the first half may not be carried over to the second half. Time outs may only be called by the captain on the field or a coach. An official may grant time outs for heat/safety related water breaks.

## SCORING

**TOUCHDOWN:** Six (6) points

**CONVERSION (EXTRA POINTS):**

One (1) point if the team elects to start from the two (2) yard line and crosses the goal line.

Two (2) points if the team elects to start from the five (5) yard line and crosses the goal line.

\*\*The try for an extra point or points is made either by running or by passing the ball into the end zone. No kicks are allowed.

**SAFETY:** Two (2) points awarded to the defensive team. That team will also gain possession of the ball beginning at their 20 yard line. It is a safety when an offensive player causes the ball to go behind his goal line and it becomes dead in his team's possession.

## PUNTING/KICKS

**DECLARING PUNTS:** All the 4th down punts must be declared and neither team may cross the line of scrimmage until after the ball has been kicked. The punter has 5 seconds to kick the ball.

**USE OF HANDS:** Once the ball is punted, players may use their hands to ward off the blockers.

**DOWNED BALL:** Punted ball is declared dead at the spot on the field where it first hits if it is not fielded by a return man. There is no penalty for kicking the ball out-of bounds.

## OFFENSE

**FLAGS:** Flags shall be worn by all nine (9) players on offense.

*PENALTY:* The official will warn the player(s) first and then if the problem continues they will penalize the team 5 yards.

**L.O.S. OFFENSE:** There must be five (5) players on the line of scrimmage on offense. The center must be flanked by a blocker on each side. These three linemen are not eligible receivers.

**HUDDLE TIME:** Teams have thirty (30) seconds to put the ball in play from the time the official spots the ball.

**OFFICIAL SNAP:** In order to begin a play from the line of scrimmage, the ball must be snapped from between the legs of the center.

**DOWNS PER ZONE:** A team has four (4) scrimmage downs to advance the ball to the next zone (20 yards).

**STARTING YARD LINE:** The ball starts at the 20-yard line and time begins with the first snap of the ball.

**DOWNED/DEAD BALL:** In all cases, any ball that hits the ground is ruled dead. A fumble constitutes a dead or downed ball.

**QUARTERBACK SNEAKS:** A quarterback can not run up the middle if snap is taken from under center (no quarterback sneaks.) A quarterback may run up the middle from a shot gun formation.

**CENTER SNEAKS:** Are not legal.

**BALL CARRIERS:** Ball carriers are to avoid contact and not create contact. The ball carrier shall strive to avoid the defense by agility. Any attempt by the ball carrier to run over, charge straight arm or steer his blockers shall be illegal.

*PENALTY:* 10 yards from the point of the infraction/loss of down/possible disqualification from the game.

**SPINNING:** Spinning is allowed, but the ball carrier must have one foot in contact with the ground at all times.

**HURDLING:** Hurdling is not permitted. The ball carrier must have one foot in contact with the ground at all times.

**DIVING:** Diving is the act of the ball carrier attempting to advance the ball by diving through the air over a defensive player. No player may dive to advance the ball. **EXAMPLE:** It is illegal for the ball carrier to dive over the first down or goal line to gain the first down or to score

*PENALTY:* 10 yards from the infraction/loss of down.

**SPEARING:** A ball carrier may not run with his head down, i.e. as a battering ram.

*PENALTY:* 10 yards.

**DOWNED RUNNER:** A ball carrier is down when the flag is pulled off by an opponent.

When flags are accidentally lost, the ball is down on the spot where the flag fell off. When the ball carrier releases the ball and his flags are pulled, he is no longer an eligible receiver.

**PROTECTING THE FLAG:** The ball carrier cannot protect his flags by guarding, backing up, or holding the flag.

*PENALTY:* 10 yards from the spot of the foul and a loss of down.

**USE OF HANDS:** Players may not use their hands while on offense. While blocking they must block between the waist and the shoulders. It is suggested that blockers grab their jersey and hold their hands near their chest while blocking/screening.

**BLOCKING SCREENING:** The blocking shall be a type of body checking or screening with the blocker in an upright position. Any rough tactics, such as attempting to run over or batter down an opponent, must be penalized as unnecessary roughness.

*PENALTY:* 10 yards and loss of down if by the offense

## OFFENSE (CONTINUED)

**FORWARD PASS:** A forward pass may be thrown by the team which has put the ball in play from the line of scrimmage. There may be more than one legal pass during a down but each must be thrown from behind the line of scrimmage. The passer is declared down if his flag is withdrawn by a defensive player before he releases the ball.

**PASS RECEIVING:** A receiver needs to have only one foot in bounds when catching a pass.

## DEFENSE

**FLAGS:** All nine (9) players must wear flags on defense. If a player intercepts a pass and has inadvertently lost his flags, the ball will be down on the spot where the flag fell.

**L.O.S. PUNT DEFENSE:** There must be five (5) defensive linemen on the line of scrimmage during a punt.

**USE OF HANDS:** Players may use their hands but, may not hit opponents in the face or neck even with open hands.

**PREMATURE FLAG PULLING:** Premature flag pulling by the defense on purpose, in the judgment of the officials, carries a 10 yard un-sportsman-like penalty and down is played over. The penalty may be refused by the offense and the gain may be taken.

**NO DEFENSE ZONE:** There can be no defense player lined-up on the line of scrimmage between the following zone: one (1) yard on each side of the offensive center and 3 yards in front of the center.

*PENALTY:* 10 yards from line of scrimmage

**PUSHING:** Pushing a ball carrier out of bounds is illegal. \*\*If the first defensive man between the ball carrier and the goal line is guilty of the above violation, the ball carrier shall be given the score he would have attained if he was not fouled

*PENALTY:* 10 yards from the spot of the foul.

**ILLEGAL CONTACT:** Any contact other than that of pulling the flag is illegal. **EXAMPLES:** holding, grabbing the arm of the ball carrier or tripping are all causes for unnecessary roughness.

*PENALTY:* 10 yards from the spot of the foul/down remains the same.

**PASS INTERFERENCE:** A 10 yard penalty will be assessed from the original line of scrimmage and an automatic first down.

**NO FLAG BELT:** In a case where the ball remains alive and is acquired by a player without a flag belt, the ball is down where the player gained possession.

## TIE BREAKER

Regular season and tournament games that end in a tie will be resolved as follows: A toss of the coin will determine who will be on offense first. The ball is placed at mid-field (40 yard line). Each team has 4 consecutive downs. Intercepted passes will be considered as incomplete. After the total of 8 downs has been completed, the winners will be the team gaining the most yardage or the most points in their 4 downs. If a team scores a touchdown, they are allowed to go for the extra point from either location to score an additional 1 or 2 points.

## OFFICIATING

**NO CONTACT:** There is no contact in regards to hitting, tackling or other tactics that are related to tackle football. Officials have the right to enforce this concept.

**UN-SPORTSMAN-LIKE CONDUCT:** Any un-sportsman-like conduct (spiking, throwing the ball into the air, or language that is deemed as not appropriate by a player on or off the field of play) is not allowed. This also includes parents/fans of the players that are on the side lines. Any flagrant or un-sportsman-like actions may lead to disqualification.

*PENALTY:* 10 yards from the point of the infraction or 10 yards on the next possession if a score was made.

**QUICK WHISTLE:** If either official inadvertently blows their whistle before the ball becomes dead the following apply:

- a) Behind the line of scrimmage or when the ball is in the air, the play is dead and starts over.
- b) Beyond the line of scrimmage, the ball is dead where it is when the whistle is blown. The offense has a choice to replay the down or take the spot.

**LOSS OF FLAGS:** It will be up to the officials to determine if a receiver's flag was pulled prematurely. If so, the official may assess a penalty. Otherwise, the ball will be ruled down where the flag fell.

### FOOTBALL RULINGS ON VIOLATIONS AND PENALTIES

<u>VIOLATIONS</u>	<u>PENALTY</u>	<u>DOWN</u>	<u>ENFORCED FROM</u>
OFFSIDES (ENCROACHMENT)	5 YARDS	SAME	L.O.S
DELAY OF GAME	5 YARDS	SAME	L.O.S.
DEFENSE HOLDING	10 YARDS	SAME	S.O.F.
ILLEGAL BLOCK	10 YARDS	SAME	S.O.F.
ILLEGAL USE OF HANDS	10 YARDS	SAME	S.O.F.
STRAIGHT ARM, CHARGING, SPEARING, PROTECTING THE FLAG	10 YARDS	L.O.D.	S.O.F.
HIDEOUT	10 YARDS	L.O.D.	S.O.F.
PUSHING OUT OF BOUNDS	10 YARDS	SAME	S.O.F.
UNNECESSARY ROUGHNESS	10 YARDS	SAME	S.O.F.
UNSPORTSMANLIKE CONDUCT	10 YARDS	SAME	S.O.F.
ROUGHING PASSER	10 YARDS	SAME	S.O.F.
INTENTIONAL KICKING A FREE BALL	10 YARDS	SAME	S.O.F.
HURLING OR DIVING	10 YARDS	L.O.D.	S.O.F.
ILLEGAL FORWARD PASS	5 YARDS	L.O.D.	L.O.S.
CLIPPING OR TRIPPING	10 YARDS	SAME	S.O.F.
OFFENSIVE PASS INTERFERENCE	10 YARDS	L.O.D.	L.O.S.
DEFENSIVE PASS INTERFERENCE	10YARDS	A.F.D.	L.O.S.

#### KEY:

L.O.S. -- LINE OF SCRIMMAGE

S.O.F. -- SPOT OF FOUL

L.O.D. -- LOSS OF DOWN

A.F.D. -- A FIRST DOWN

FIELD DIAGRAM, CENTER ZONE DIAGRAM W BLOCKERS ON EACH SIDE