

Flag Football 8 on 8 Rules

GENERAL:

***Team Rosters and Player Waivers must be complete and submitted prior to the first scheduled game of the tournament.**

*A team will consist of 8 players with at least 7 to start and continue play. Coed teams are required to have 3 women on the field at all times.

*Men's division will use a full 100 yard field while women's and coed divisions will use an 80 yard field with 3 20 yard first downs.

*Absolutely **NO** metal cleats are allowed on the turf fields at any time.

*Absolutely **NO** alcoholic beverages will be allowed on or around fields at any time.

*Team must wear same colored shirts/jersey's. If same colored shirts are worn by both teams, "visiting" team will have to wear pinnys or change shirts.

*All flags must be worn properly and shirts must be tucked in. No pockets or loops on any article of clothing. If a player has a pocket or loop they will not be allowed to wear a belt and will be marked down at the spot the ball was caught.

*Fighting or excessive obscene language will result in ejection from the game and possibly the tournament with no refund. Unsportsmanlike behavior **WILL NOT** be tolerated!

*Only team captains will speak/confer with the game officials!

*Officials and tournament director reserve the right to penalize, suspend or eject a player, coach or fan from the game or tournament at any time. Any player that is ejected will need to leave facility. If player does not leave, team may have to forfeit game(s).

TIME:

-The games will be divided into two 30 minutes halves. The clock will run at all times with the exception of the remaining 2 minutes in both halves where the clock will stop during all dead ball situations. *If a team is winning by 18 points or more, the clock will run continuously*

-Each team is allowed two 1 minute timeouts per game.

-Forfeit time is 5 minutes after scheduled game time.

-Overtime will consist of each team having one offensive possession starting at the opponent's 20-yard line. The offensive team will have 4 un-timed downs to score a touchdown. If a touchdown is scored the offensive team will have the option to go for a 1- or 2-point conversion (female scoring will still result in 9 point touchdowns and double conversion points). Process will be repeated until a winner is determined.

Beginning of the Game: Teams must be lined up on opposite sidelines. Before the start of the game the referee will toss a coin in the presence of opposing captains, after first designating which captain shall call the toss. The team that wins the coin flip at the start of the game must choose one of the following:

- Offense;
 - Defense;
 - To defer the choice of the above options to begin the second half;
 - The team that does not choose offense/defense will select which goal to defend
- Play starts from the 10-yard line at the beginning of each half. At the beginning of the second half, the teams will change their direction of play.

Snapping the Ball Into Play: To begin each play, the ball must be snapped by a center to the QB who is lined up at least 5 yards behind the center. The ball can be snapped to any Qb lined up at least 5 yards behind the line of scrimmage (within the blockers) with a verbal or non-verbal command. Silent counts / snaps are now legal. Players may shift and change formations prior to the snap of the ball, but must be stationary at the time the ball is snapped. One player is allowed in motion at the time the ball is snapped, but cannot be moving towards the line of scrimmage. A snap from center is not required on declared punts. A minimum of four players must be lined up (set) at the line of scrimmage at the snap of the ball.

*Before the ball is snapped into play, the head referee will announce when the line is legally set and play can begin. The QB does not have to wait until the referee makes this announcement, however the line must be legally set before a snap can occur.

No Contact/No Downfield Blocking: There is no blocking or tackling permitted. Players acting as offensive linemen may not use their hands when protecting the quarterback from defensive rushers. Offensive linemen can position their bodies at any particular angle in an attempt to direct the rushers to a particular area, but there is no contact permitted. Offensive lineman must have their hands at their sides or behind their backs when blocking to prevent their arms from extending. "Picks" are also NOT permitted at any time.

Co-ed / Gender Play Requirements: The offense will be penalized if it fails to use a female as an "operative player" at least once within three consecutive downs. The penalty for running three consecutive plays without using a female as an "operative player" will be a five yard penalty, loss of down and a female must be the "operative player" on the next play. A pass attempt must cross the line of scrimmage to count as an operative play.

First Downs: Each team shall have four downs to earn a first down or score. First downs are achieved when a team crosses either of the 20 yard markers (20, 20) based on its original field position. Offensive teams may elect to punt on fourth downs. All punts are "live" and may be fielded after bouncing on the ground. However, if a receiving player "muffs" (touches) the ball and it hits the ground, the play is dead. If a team does not punt, fails to score or earn a first down the opposing team will obtain possession.

Scoring:

•Touchdown:

A Male Touchdown is awarded 6 points

A Female touchdown is awarded 9 points (females can run, throw or catch to score)

•Extra Point(s):

From the 5 yd line: Male rewarded 1 extra point. Female rewarded 2 extra points.

From the 10 yd line: Male rewarded 2 extra points. Female rewarded 3 extra points.

Pass Rush: Once the line of scrimmage has been marked, the referee will walk off five paces in the direction the offense is going and place another marker. This "5 pace" marker is the "RUSH LINE". Only defensive players that are behind this marker when the ball is snapped may cross the line of scrimmage to rush the QB. No players lined up within this "zone", may rush the QB. If the QB pitches the ball or hands-off to another offensive player, any defensive player may cross the line of scrimmage no matter where they were lined up before the snap. If the line of

scrimmage is between the goal line and the five-yard line, the RUSH LINE will be the goal line. The rush line can never be placed inside the endzone.

Play shall continue until:

- Ball carrier has flag-belt pulled by an opponent (see flag specifics for the few exceptions/additions concerning flag pulling)
- Ball carrier leaves the field of play
- Ball carrier scores
- Ball carrier's knee touches the ground
- Ball touches the ground

Spot of the Ball: The ball will be spotted where the ball is at the time the ball carrier's flag is pulled.

Punts: A punt must be declared and cannot be faked. The receiving team may return a punt once it has hit the ground. The referee shall notify the defensive team prior to a punt. All punts are "free punts". Punts must be kicked and cannot be thrown. A team need not snap during a punt. A dropped snap during a punt is not a fumble. The kicking team may not cross the line of scrimmage until the ball is kicked. Downfield blocking is not permitted. The receiving team can line up be no closer than the 5-yard rush line and may not raise hands or jump to block a punt. If a punt is "shanked" and caught it is a live ball and is returnable. The punting team may down the punted ball if the receiving team makes no effort to gain the ball. A punt through the end zone will be spotted at the 10-yard line. If a player drops the ball in the end zone, the ball is spotted at the 10-yard line and is not counted as a safety.

Turnovers: A change of possession (not after a score) can only occur due to downs or an interception.

Defensive Penalties:

- Off Sides = 5 yards & Replay Down
- Illegal Participation = 5 yards/Line of Scrimmage & Replay Down
- Illegal Rushing = 5 yards & Replay Down
- Pass Interference = 10 yards & automatic First Down
- Roughing the Passer - 10 yards & automatic First Down
- Holding = 5 yards/Previous Line of Scrimmage on pass plays/End of the run for run plays/Result of play (once a player catches the pass, it is considered a run play when applying this rule)
- Replay the down if the penalty occurs on 4th down or inside the 10-yard line
- Illegal Flag Pull = 5 yards at Spot of Foul
- Illegal Contact = 5 yards & Replay Down
- Illegal Stripping = 5 yards from the Spot
(It is illegal to bat or strip a ball from a player's hand.)
- A game cannot end on a defensive penalty even if time expires. One un-timed down will be required to complete the game.

Offensive Penalties:

- Illegal Participation = 5 yards/ Line of Scrimmage & Replay Down

- Illegal Formation = 5 yards / Line of Scrimmage & Replay Down
- Illegal Motion = 5 yards & Replay Down
- False Start = 5 yards & Replay Down
(This is a “dead ball” foul and may not be declined.)
- Illegal Pass = 5 yards/Line of Scrimmage & Loss of down
- Gender Violation = 5 yards/Loss of Down & Next play remains “closed”
- Offensive Pass Interference = 5 yards/Previous Line of Scrimmage & Replay Down
- Holding = 5 yards/ Line of Scrimmage & Replay Down
- Illegal Contact = 5 yards & Loss of Down
- Flag Guarding = 5 yards/Spot of Foul & Loss of Down-
(Flag guarding is defined as any action that is made with the arms, hands, or legs that prevents a player from being able to pull another player’s flag.)
- Hurdling/Diving = 5 yards/Spot of Foul & Loss of Down
- Off Sides = 5 yards & Repeat Down
- Downfield Blocking = 5 yards/Spot of Foul

General Penalties:

- Unsportsmanlike Conduct = 10 yards/Possible Ejection
- Excessive Contact/Rough Play = 10 yards and loss of down (offensive)/First Down (defensive)