

SPORTSFEST XXIV  
Saturday, March 23<sup>rd</sup>  
Sunday, March 24<sup>th</sup>

## **FLAG FOOTBALL RULES** **(MEN'S AND WOMEN'S)**

### **General Overview of Flag Football:**

- Playing Field:
  - A. The playing field will be about 80 yards long and about 40 yards wide with lines or cones dividing into four equal zones of about 15 yards.
  - B. The end zones will be about 10 yards deep.
- (Modifications may be made to accommodate the number of playing fields)**
- Games will use 15 minute halves with running time. Clock stops the last 2 minutes of the second half for the following situations:
  - 1) Incomplete pass
  - 2) Ball carrier goes out of bounds
  - 3) First downs until the official has placed the ball for the next play
  - 4) After touchdowns and PAT's on changes of possession
  - 5) Penalties
  - 6) Time-outs
  - 7) The 25 second will be watched by the officials
  - 8) Officials Time-Outs
- Unlimited substitutions permitted.
- Two (2) time-outs are permitted to each team per game. Time-outs stop the clock anytime during the game.
- **FORFEIT TIME – 10 minute Grace Period. NO EXCEPTIONS!!!**

### **Player Eligibilities and Requirements:**

1. Seven players shall constitute a team. A maximum of 20 people can be on a football team (men's and women's). A game may be played with a minimum of six players. In accordance to Sportsfest's Pilipino Rule, a minimum of 5 players on the field from each team **must be Pilipino**.
2. Mouth pieces are mandatory and must be worn at all times during play (Barkada will have mouth pieces on sale). The referees will check for mouth pieces for each game.
3. Shorts/sweats/etc. must **NOT** have pockets. **ALL PLAYERS MUST HAVE POCKET FREE BOTTOMS BELOW THE WAIST.**
4. Wristbands and IDs:
  - Wristbands must be worn at all times for all competing players.
  - If there is a lost wristband, a \$2 penalty will be assessed for a replacement wristband.
  - If the wristband is broken but still held, a wristband will be replaced at no additional cost.
  - Wristbands and IDs will be asked and accounted for before every game.

5. Regulation gym shoes, tennis shoes, molded “soccer type” cleats are recommended. **Players are prohibited from wearing any metal or detachable cleats.** No protective equipment except for athletic supporters, mouth guards, and soft foam arm or knee pads are permitted.
6. Flags will be provided by the host, “Barkada.” However, each team will be given a certain number of flags before the game begins. Each team is responsible for returning all flags given to them at the end of the game. **AT THE END OF THE GAME, IF EVEN ONE FLAG IS MISSING, WHETHER YOU WIN THE GAME OR NOT, THAT TEAM WILL FORFEIT THE ENTIRE TOURNAMENT. NO EXCEPTIONS.**
7. Each team must have a jersey or shirt of the same color, or at least distinguishable from the opposing team.
8. Each team must use an official sized collegiate or NFL sized football. (SPECIAL NOTE FOR WOMEN’S – Women teams does not necessarily need to have an “official sized” ball, just as long as it is reasonable. Meaning no “nerf” balls, kid sized balls, or junior sized balls. If there are any discrepancies, the officials of the game or coordinators will make the final decision of whether or not a team’s ball is acceptable.)
9. Each team is responsible for bringing a football for each game.
10. **Teams must register at least 1 hour prior to their first game.**
11. All players must register **BEFORE THEIR 2<sup>ND</sup> GAME** and **CHECK IN FOR AT LEAST 2 GAMES** in order to compete in playoffs. Non-registered players caught competing will result in disqualification of the tournament.
12. Weather Conditions: Football will be played in **any** weather condition. IN RAIN OR IN SHINE.

\*\*\*These rules are to be followed by all players, however, if the referee is not enforcing a certain rule (i.e. the referee is not calling a penalty for blocking, then block), then it is the team’s decision to take advantage of it.

### **Actual Game-play Rules:**

- The game will be started by a coin flip.
- The winner may choose to receive or defer (meaning you want the ball in the second half).
- Loser of the coin toss chooses the direction their team wants to go.

### **KICK-OFF:**

- A. The kick-off will be made from half the distance between the goal and the 1<sup>st</sup> first down marker. The ball must be placed on the ground or on a kick-off tee.
- B. The receiving team must have at least four players at mid-field.
- C. A kick-off that hits the field of play and goes out of bounds will be put in play by the receiving team at the spot the ball went out of bounds.  
\*However if it goes out of bounds **without hitting the field of play**, the ball is placed at mid-field.\*
- D. The kick-off will be a free ball, but may not be recovered by the kicking team. (**No on-side kicks.**)

- E. If the ball touches a receiving player and hits the field of play, it will be down at that spot. If the ball hits the field of play without touching any receiving player, it may be recovered and run back. If the ball hits the end zone, it is an automatic touchback. **No fair catches.**
- F. If any receiving player catches the ball in the end zone and drops the football (while still in the end zone), the play is ruled dead and is an automatic touchback. If the ball is caught and dropped outside of the end zone, the ball is spotted at the place of the dropped ball location.
- G. On all touchbacks, the ball will be placed from half the distance between the goal and the 1<sup>st</sup> first down marker.

### **PUNTING:**

- A. A free kick will be declared by the offensive team whenever they select to punt. If the ball should hit the ground off the snap it shall be declared dead and the receiving team takes possession at the spot.
- B. When a punt is declared the ball must be kicked.
- C. No player on either team may move prior to the ball being punted.
- D. Ball must be centered on all kicks.
- E. Receiving team must have four players on the line of scrimmage.
- F. Rules toward a punted ball are the same as those of a kick off.

### **OFFENSE:**

- There must be at least 4 players on the line of scrimmage, before the ball is snapped.
- All players on offense are eligible to receive a forward pass.
- **25 second rule:** offense has 25 seconds to put the ball in play after the ball has been marked by the referee on all plays. (P.A.T.'s and kickoffs included)
- The offense has 4 downs to reach one of the first down markers or score a touchdown (6 points will be awarded if they reach the opposing team's end zone).
- Once the offense is set, unless a player is in motion, the offensive players cannot move until the ball is snapped.
- Only one player may go in motion. A player in motion may move side to side along the line of scrimmage, backwards from the line of scrimmage to the backfield, or forward from the backfield to the line of scrimmage. No player may motion forward past the line of scrimmage prior to the snap of the ball.
- Offense may shift their offensive set, but must clearly and loudly call a shift, to indicate that the set is a shift and not 2 players motioning.
- On a fourth down, the offense may declare to punt or play the down to go for a 1<sup>st</sup> or score. However, once the offense declares to punt, **THEY MUST PUNT.** Time Outs do not allow you to change your mind.
- When the offense scores, they are eligible to score 1 or 2 points.
  - 1 point (3 yard line)
  - 2 points (5 yard line)

### **PASSING/RECEIVING:**

- A. One forward pass may be made on any play except for kicks and interceptions.
- B. Laterals (tossing the ball to another teammate, as long as the ball does not go forward) may be made any number of times.
- C. No player may make a forward pass when they pass the line of scrimmage.
- D. A pass may be touched consecutively by any number of offensive or defensive players before being caught and still in play.
- E. **THERE ARE NO DIRECT RUNS BY THE QUARTERBACK**
- F. The ball will be put into play at the original line of scrimmage after any incomplete pass.
- G. **One foot** must touch in bounds for a valid pass reception or interception.
- H. Receivers may not bump or push a defender away in order to get free or a reception. (see interference)

### **RUNNING:**

- A. A ball carrier is down when the player's flag has been pulled. The ball will be spotted **WHERE THE FLAG WAS PULLED, NOT WHERE THE BALL IS.**
- B. A ball carrier is down when he/she runs out of bounds.
- C. A ball carrier that inadvertently loses their flag or had no flags is down with a one handed tag.
- D. A ball carrier may not purposely run into or through a defensive player, they must make an attempt to go around or evade the defensive player.
- E. The offense may not run or make plays that go directly up the middle. The middle is the designated area, 2 yards on each side from the center of the ball.
- F. No knots will be tied in the flags to capitalize or gain advantage. If purposely done, the player may be ejected from the game.
- G. All fumbles are dead balls when they hit the ground (including laterals) and are spotted where the ball landed.

### **BLOCKING:**

- A. Players **MAY NOT USE THEIR HANDS, ARMS, OR SHOULDERS.** They do not necessarily need to put their arms behind their backs, but just as long as they do not make contact against another player.
- B. Blockers may not knock down an opposing player.
- C. Blockers may not hold or "seal" a defender.

### **DEFENSE:**

- Defense must attempt to stop the offensive team from advancing the ball into their end zone
- Unlike offense, defensive players may move as much as they like prior to the snap.
- Defense must remember that the offensive team does not have to wait for them the set up

- Defense may score a safety if the ball is downed in the offense's own end zone or if the offense fumbles the ball or commits a penalty in their own end zone. After a safety, the defensive team is awarded 2 points, and the offense must punt. \*Kick-off rules apply on the punt.\*

#### **COVERAGE:**

- A. The defensive player must **play the flag, not the player**. Defensive players may not hold nor hit the ball carrier.
- B. A defensive player cannot flagrantly push a ball carrier out of bounds
- C. Defensive players may not bump or hit a receiver while they are attempting to receive the ball (see interference)

#### **RUSHING:**

- A. Defensive rushers may go up the middle, if there is a gap between the center and the guard wide enough for them to go through.
- B. Rushers may not flagrantly run over or through a blocker. They must attempt to go around the blockers.
- C. Rushers may not use the "swim technique," to get through the blockers.
- D. Rushers are allowed to play the ball instead of the flag when the quarterback is in the motion of throwing to deflect the pass.

#### **INTERFERENCE:**

During a down in which a legal forward pass is thrown, any contact which interferes with an eligible player is pass interference except: **when two or more eligible players making simultaneous, legitimate attempts to reach, catch, or bat the ball. Eligible players of either team have equal right to the ball.** Forward pass interference regulations are in effect whether or not the pass crosses the scrimmage line.

- Interference by the offensive players is prohibited from the time the ball is snapped until it is touched by any other player after the pass.
  - Interference by the defense is prohibited from the time the ball is passed until it is touched by another player.

#### **UNSPORTSMANLIKE CONDUCT:**

1. Abusive language is considered unsportsmanlike conduct and will carry with it a 10-yard penalty and possible ejection.
2. Any player that throws a punch, **HIT or MISS**, is immediately ejected from the game and possibly the remainder of the tournament. Action will be taken upon the officials, Flag Football Coordinators, and team managers/coaches with the final judgment made by the Sports Chair.

#### **MISCELLANEOUS:**

- A. Each team has to have a representative to remain at Sportsfest till the playoff schedule for the final day is given out. If you do not have a representative and we have no way to contact you, and if you miss your game, you will forfeit it.
- B. **Record Tiebreakers:**
- a. Win-Loss Records
  - b. Point total of wins minus point total of losses. Ex. You win three games by margins of 4, 3, and 2. Your point total for wins is +9. You lose one game by 2. Your point total for losses is -2, therefore your rating is +7. Tiebreakers decide seeding for playoffs.
- C. **TIE GAMES: OVERTIME:**
- Another coin toss will be made to decide which team will first have possession.
  - The first team will have a chance to score 6 points from the 15 - yard line within 4 downs. If they succeed they will have the option of trying to score 1 or 2 points. This is not sudden death, both teams will get equal chances, and the process continues until one team outscores the other.
  - An intercepted ball erases the offensive team's downs. Ex. If it is the 1<sup>st</sup> down, and the ball is intercepted, the offense is finished and the other team starts their try. Also if the ball is intercepted, it may be run back for a touchdown. If the defense scores a touchdown in this situation, the game is over, because the interception ends the offense's chance to score.
  - The number of downs it took one team to score does not determine how many downs the other team has to score. Ex. If the first team scores within 1 try, the second team does not have to score within 1 try, they still get 4 downs to score.
- D. **A team captain may protest an interpretation on the rules, but may not protest a judgment decision by the official.** The protesting team shall inform the Sports Chair or the Flag Football Sports Coordinator.
- **A \$25 deposit is required before a protest is made. If you win the dispute, you will be refunded your money.**
  - Protest must be made **“on the spot” or before the game ends** and must be made by either the team captain or the team's coach.

**Note: Rules are subject to change.**