

BRUSHY CREEK

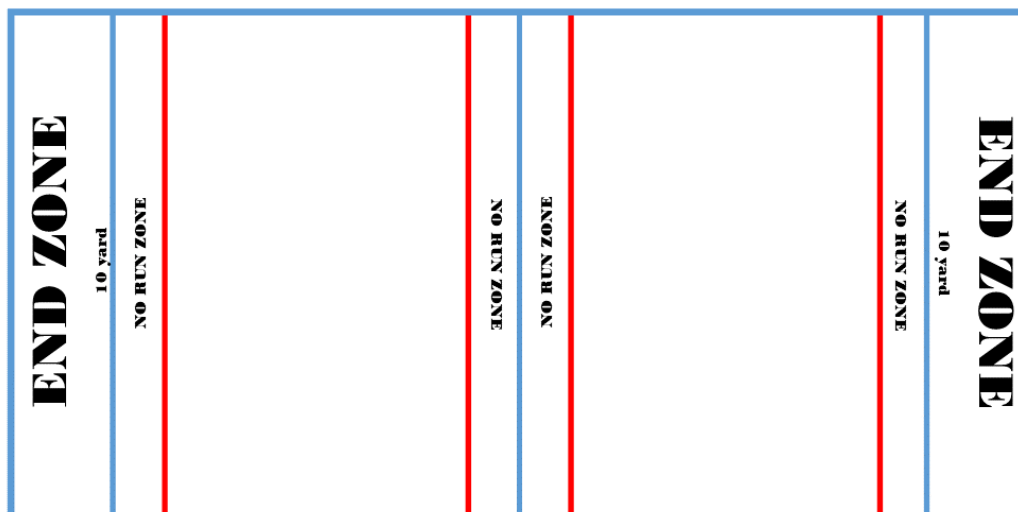
ADULT FLAG FOOTBALL GUIDELINES

THE GAME, FIELD, PLAYERS & EQUIPMENT

- Games consist of 2-20 minute halves.
 - A coin toss determines first possession.
There are NO DEFERMENTS. The winner of the coin toss has the following options:
1) offense, 2) defense or 3) choice of goal to defend. The loser of the coin toss has one of the remaining options.
- Teams will flip sides at the beginning of 2nd half.
 - Half time will be 2 minutes.
 - The team that started the first half on offense will begin 2nd half on defense.
- Each team will provide one (1) game ball for each game.
 - The game ball will be approved by the referee or adult league specialists before each game.
 - Football size: NFL or Collegiate/High School football.
- No contact allowed. That includes blocking, screening, and tackling.
 - Offensive players not involved with a play down field must attempt to get out of the way.
- The offensive team takes possession of the ball at their 5-yard line and has four (4) plays to cross mid-field. Once a team crosses mid-field, they will have four (4) plays to score a touchdown.
- If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
- All possession changes start on the offenses 5-yard line (Exception: Interceptions may be returned and the ball will be marked where the play ends).
- Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.
- Running clock: except for injuries & time-outs. The clock will stop in the last minute of the game for out of bounds, incomplete passes, and a touchdown.
- Mercy Rule: If a team is ahead by 28 points or more at any time during the game, the game will be called.

Field Size

- The field dimensions are 30 yards x 70 yards (two - 10 yard end zones).



Attire

- Cleats are allowed, except for metal spikes. Inspections can and will be made before each game.
- Shirts must be tucked in shorts, pants, etc.
- Players must wear shorts or pants without pockets to avoid penalties and finger injuries.
- No headgear with an extended bill may be worn (ex: caps, visors, etc).

FLAGS

- Teams can bring their own flags, but they **MUST** be approved by the referee or adult league specialists before each game.
- Flags must be a minimum of 12 inches in length and 1-½ inches in width and must be a different color than the player's lower uniform.
- Brushy Creek will provide flags if you or your team do not have their own flags.

Rosters

- 4 vs 4: Rosters are limited to eight (8) players and will be frozen after the third (3rd) game, with no exceptions
- 5 vs 5: Rosters are limited to eight (10) players and will be frozen after the third (3rd) game, with no exceptions

PLAYERS/GAME SCHEDULES, SCORING & TIME OUTS

- Teams must field a minimum of three (3) players at all times.
- If a team or teams are more than 5 minutes late for their scheduled games they will be forfeited.
- Brushy Creek reserves the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- All players must carry I.D. for proof of age and identity.

Scoring

- TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points

Time Outs

- Each team has one: 60-second time out per game, in which the clock stops.
- Officials can stop the clock at their own discretion.

RUSHING THE QB, CENTER SNAP, RUNNING, PASSING & RECEIVING

Rushing the QB

- All players that rush the passer must be a minimum of 7 yards and 1 yard over from the center position (either side) from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
- Players not rushing the QB may defend on the line of scrimmage.
- Once the ball has been handed off, the 7 yard rule is no longer in effect and all defenders are eligible to rush.
- A special marker, or the referee, will designate 7 yards from the line of scrimmage.

Center Snap

- A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it cleanly off the bounce (one or more) from the ground. However, if quarterback muffs the ball to the ground or the ball goes past the quarterback it is dead where the ball touches the ground.
- All center snaps must be made between the center's legs. A false movement of the football by the

center after he is set shall constitute encroachment. At all times the ball shall be snapped from the spot marked by the official ball marker.

Running

- The Quarterback CANNOT run the ball.
- Only direct hand-offs behind the line of scrimmage are legal. NO laterals or pitches of any kind.
- The offense may use multiple hand-offs.
- The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
- "No Running Zones" are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction.
 - "No Running Zones" are designed to avoid short yardage power running situations.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player.
- The ball is spotted where the ball carrier's belt is when the flag is pulled, not where the ball is. Ball & flags must break the plane for a 1st down and touchdown.

Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the LOS.
- A Forward Pass/Lateral is defined as a live ball thrown towards the opponent's goal line.
- QB has a 7-second "pass clock". If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off the 7-second rule is no longer in effect.
- Interceptions may be returned. Interceptions during Extra Point may be run back for 2 points. Interceptions that occur in the end zone will be brought to the 5-yd line.
- If the QB intentionally grounds the ball to avoid a sack, then the play will be ruled a loss of down and be assessed a 5 yard penalty.

Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- Player must have at least one foot in bounds when making a catch.
- Pass may not be intentionally tipped in any direction to another teammate.

DEAD BALLS, OVERTIME & SPORTSMANSHIP/ROUGHING

Dead Balls- Play is ruled "DEAD" when:

- The offensive player's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown is scored.
- Ball carrier's knee or the ball hits the ground.
- If an Offensive player's flag falls out during the course of a play, a defensive player must touch him for the ball to become dead.

Fumbles- There are no fumbles.

- The ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead.

Exceptions:

- a. Any ball dropped in a forward motion will be brought back to the last point of contact.
- b. Quarterback may field the ball off of a bounce.

Overtime

- If the score is tied at the end of 40 minutes, teams move directly into overtime.
- Coin toss determines possession.
- Each team receives the ball at the 5-yd line with one possession. This will continue until a winner is declared.
- Interceptions will end the series.

Sportsmanship/Roughing

- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from that current game and the possibility of the next game at the discretion of the Adult League Specialists.

FOUL PLAY WILL NOT BE TOLERATED

- Trash talking is illegal. The official has the right to determine language that is offensive. (Trash talk is that which may be offensive to officials, opposing teams, or spectators). The referee can eject players from the game for trash talking.

OFFENSIVE & DEFENSIVE PENALTIES & PROTESTS

Offensive Penalties

- Illegal Snap: Five yards, repeat down
- Illegal Motion: Five yards, repeat down
- False Start: Five yards, repeat down
- Impeding Rusher: Five yards, loss of down
- Blocking/Screening Downfield: Five yards (L.O.S.), loss of down
- Illegal Pick: Five yards (L.O.S.), loss of down
- Flag Guarding: Five yards from the spot of infraction, loss of down
- Lowering Head/Shoulder: Five yards (L.O.S.), loss of down
- Pass Interference: Five yards (L.O.S.), loss of down
- Illegal Forward Pass: Five yards (L.O.S.), loss of down
- Illegal Hand-off/Pitch: Five yards (L.O.S.), loss of down
- Illegal Run: Five yards (L.O.S.), loss of down
- Delay of Game: Five yards (L.O.S), loss of down
- Intentional Grounding: Five yards (L.O.S), loss of down

Defensive Penalties

- Off-sides: Five Yards, repeat down
- Illegal Rush: Five Yards, repeat down
- Illegal Contact: Five Yards, automatic first down
- Holding: Five Yards from end of play, automatic first down
- Illegal Flag Pull: Five yards from L.O.S., automatic first down
- Pass Interference, Minor: Five yards from L.O.S., automatic first down
- Pass Interference, Major: Spot Foul, automatic first down
- Roughing the QB, Minor: Five yards, automatic first down
- Roughing the QB, Major: Fifteen yards, automatic first down
- Delay of Game: Five yards, repeat down
- Illegal Push: Five yards (L.O.S.), automatic first down