



## Adult Flag Football

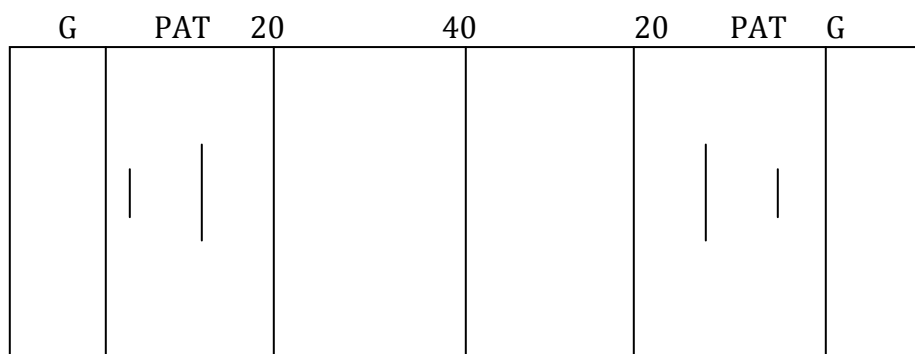
### **Game Strategy:**

Participate in a fun, recreational, and safe SCPR program. Remember: Recreation is a Healthy Habit! The success and future of this program depends solely on the participants. All participants must be 18 years of age or older.

### **Game Play**

1. SCPR Flag Football is played by two teams of (5) players a team may play with no less than (4) players. It is your coach's responsibility to field enough for a team. Injury exception: see Art. 5 under Periods, Time Factors.
2. Points are scored by touchdown, PAT, or safety. A touchdown counts as (6) points. In the second half of any game, if the point differential reaches (50), the games conclude.
3. No kickoffs. The offensive teams starts at their own 20-yard line to begin the game, after a score, and following halftime. If a foul occurs, the penalty loss, if not declined, is measured between downs.
4. Each team has four downs to cross mid field, then four downs to score. The defense takes over where the ball is spotted if the offense fails to accomplish either.
5. The quarterback is not allowed to run past the line of scrimmage. He/she has five seconds to release the ball. If time expires prior to his releasing the ball, the play is blown dead. The player receiving the ball from center is considered the quarterback regardless of motion, position, or line of scrimmage. The referee determines the five second count.
6. The offensive captain must inform an official that his/her team wishes to punt. No offensive players may cross the line of scrimmage until the ball has been punted. If the ball hits the ground on the snap, the punter still has five seconds to punt. There are no fake punts. No rushing the punter.
7. On a punt, if the ball hits the grounds before a player on the receiving team catches it, the ball is spotted where it hits the ground. \*Punts caught in the end zone are spotted on the 10-yard line. It is not illegal to return a punt out of the endzone. Safety: Any player fumbling, muffing, or deflagged in the endzone while attempting to return a punt.
8. Official's decisions are final. The ball is spotted at the approximate location at the time the flag belt is removed. If the ball breaks the plane of the goal line, prior to the flag belt clearly being removed, a touchdown or PAT will be awarded.

**The Field and Markings (not to scale):**



1. The field shall be rectangular and divided into two equal zones of 40 yards each with 10 yd endzones. The playing field width shall be 30 yards.
2. The "PAT", point after touchdown, lines will be located 3 and 10 yards into the playing field. (3 yard line)=1pt. (10 yard line) = 2 pts.

**Player Designations and Equipment:**

1. A regulation football shall be used as provided by SCPR. Another regulation ball may be used if mutually agreed upon by the two teams.
2. Players must be on the roster to participate on any down. Players may be added or dropped at any time. The coach must call 251-2970 or email [prathletics@snco.us](mailto:prathletics@snco.us).
3. Each team must designate a player as field captain and only he/she may communicate with officials. The first choice of any offered decision is final.
4. Players may only wear approved one-piece molded rubber soled shoes. NO street shoes, boots, metal spikes, or screw in cleats are allowed. Shoes with any protruding metal are illegal. No players may play barefoot.
5. No padded suits, headgear, shoulder pads, or other protective body device. Braces on the hand, wrist, forearm, and elbow made of any hard, unyielding material are illegal, even if covered. Knee braces are permitted. However, any protruding metal must be taped over.
6. Each player must wear a flag belt at the waistline with **three flags attached**. One flag on each side of the body, and one in the middle of the waist in the rear. Wrapping, tying, or in any way securing the flag belt intentionally, other than prescribed by the rules/ referee, is illegal. (PENALTY-5 yards and disqualification of the player until the infraction is corrected). The referee may check equipment at any time.
7. When any required player equipment is missing or illegal equipment is found on a player or substitute, correction must be made before participation. An official's time-out will be declared to permit prompt repair or removal. (PENALTY- Illegal equipment – (5 yards and disqualification until the infraction in corrected).
8. ***Flag belts must be worn on the outside of the shorts and sweatshirts. T-shirts must be tucked in at all times.*** It is not a penalty if a player's clothing becomes torn, nor is it the responsibility of SCPR to replace clothing that accidentally becomes torn. If clothing prohibits the removal of a flag belt, the official will refer to 7.

### **Periods, Time Factors:**

1. The game will consist of two 25-minute halves. The clock will run continuously in the first half regardless of timeouts.
2. The clock will run continuously in the second half until the last two minutes of the game. Then it will stop on all dead balls or timeouts. Injuries will result in a 20 second runoff by the offense if occurring within the last two minutes.
3. Each team is allowed two time outs per game. Each time-out is 60 seconds max.
4. A coin toss will determine which team puts the ball in play first. The winner of the toss shall have first choice of the options listed below for either the first or second half. The loser of the toss shall have the first choice of options for the half that the winner did not choose.
  - a) To choose whether or not to start on offensive.
  - b) To choose whether or not to defer to the second half.
  - c) To choose which goal his team will defend.
5. An injured player must leave the field for one play, even if this means both teams must play one player short for the next down. If no substitutes are available for an injured player then both teams will resume one player short. *The injury must occur on the field during play.*
6. A charged time-out occurs when the ball is dead and:
  - a) A captain's request is legally granted.
  - b) For the repair of any faulty equipment that exceeds 25 seconds.
  - c) A time-out is requested and granted for the purpose of reviewing an official's application of a rule, which may have been misinterpreted or misapplied, and no change in the ruling results.
7. After a team has used its permissible charged time-outs in a game, any subsequent request will be denied unless it is granted to review possible misapplication or misinterpretation of a rule.
8. Charged time-outs shall be reduced in length only if both teams are ready to play prior to the expiration of the time-outs. Successive time-outs may be granted. The official will notify the captain when his team's time-outs are used for the game.
9. Any action, which prevents promptness in putting the ball in play results in a delay of game penalty. This includes:
  - a) Failure to snap the ball within the 25-second clock.
  - b) Unnecessarily carrying or throwing a dead ball.
  - c) Any unnecessary conduct, which unduly prolongs the game.

### **Substitutions:**

1. No substitutions may enter during a down.
2. Substitutes or replaced players unsuccessfully leaving the field, even if he/she doesn't affect the play, constitute an illegal substitution.

### **Offensive Rules (in addition to the rules listed under play):**

1. All players are eligible to catch a pass. A player is still eligible to catch a pass if his/her flags fall off. The ball is dead where the player comes down with the catch. College-one foot inbounds.

2. Blockers may only screen the defender. Screening in the open- one offensive player is allowed to cut off an opponent's view or approach to the ball carrier. However, you are not permitted to charge into the opponents, use your hands, or initiate contact.

3. Once the quarterback releases the first pass; all players may lateral, hand off, or run with the ball. There is no limit to the number of times a ball is exchanged between players on any given down.

4. The offensive team has just 25 seconds to call a play and snap the ball. We will be enforcing this rule more closely. After the official spots the ball and blows the whistle the 25-second clocks begins.

5. Offenses are not allowed to run pick plays. A pick must be determined to be intentional by the officials.

6. Offensive or defensive players may not lower their shoulder, head, or neck and deliberately drive into an opponent (unnecessary roughness).

7. No stiff arming-deliberately protecting the lag belt with the use of hands or arms.

**8. Flag guarding (defense chooses one of two options):**

- 1) Ball is dead and spotted where infraction took place and the down counts.
- 2) 5-yard loss from the line of scrimmage, replay the down.
- 3)

**Dead ball and the down has ended when:**

- The ball is out of bounds- carried or loose.
  - The ball carrier's flags are removed and clearly no longer attached around the waist.
  - The ball carrier loses his flag through his own actions.
  - The ball carrier touches the ground with any part of his body other than his feet or hands.
  - A touchdown, PAT, or safety occurs.
  - A fumbled or muffed ball touches the ground. If a QB fumbles the ball in the end zone, it is a safety.
  - The snap from center touches the ground before touching a player, *except on a snap for a punt.*
  - A forward or backward pass is incomplete or is simultaneously caught by opposing players.
  - When a punt lands on or behind the opposing team's goal line or when a punt touches the ground.

**Defensive Rules:**

1. Defenders must line up at least 1 yard off the line of scrimmage.

2. Tackling is prohibited. You may dive for a flag, but the referee determines if you tackled the ball carrier.

3. No grabbing and holding the ball carrier. No de-flagging a player without the ball.

4. The defender who grabs a flag shall hold it in the air for the referee to clearly see that the offensive player was de-flagged. The official determines the spot of the ball after a flag belt is removed.

5. No rushing the quarterback. The defense is not allowed to cross the line of scrimmage unless the ball has been handed off, lateraled, or passed.

6. A "PAT" may be returned for the exact points the offense was trying to score.

### **Definition of Penalties:**

- Clipping – Throwing, charging, or falling the body across the back of the legs of an opponent.
- Illegal Blocking – Any block where the hands/arms are not against his own body. Key: initiating contact
- Stiff Arming – Using the arm to hold away a defender.
- Pass interference – No player shall interfere beyond the line of scrimmage with an eligible opponent's opportunity to move toward, catch, or bat a legal forward pass. Exceptions: once the ball is touched all restrictions end. Unavoidable contact – a simultaneous, bona fide attempt to move toward, catch, or bat the ball.
- Offensive Pass Interference – infraction of the above by an offensive player.
- Defensive Pass Interference – (spot of infraction, automatic first down).
- Illegal use of hands – use of hands anywhere above the shoulders of an opponent.
- Flag guarding – using the hands or arms to protect the flag in any way from being removed.
- Holding – obstructing an opponent so as he/she cannot move freely.
- Tripping – using the lower leg or foot to obstruct an opponent below the knee.
- Tying on belts – securing the belt so it prohibits someone from removing the belt in a normal situation.
- Tackling – grasping or encircling an opponent with the hand or arm. If a defender tackles a ball carrier that, in the judgment of the official, had an open field for a touchdown or PAT, it is the discretion of the official to determine if points shall be awarded.
- \*Unsportsmanlike Conduct – Any action by a player involved in disruptive or abusive behavior with an official or an opponent prior, during, or following a game will result in disqualification. Players on the sidelines must adhere to the same rules. Examples: any flagrant action, abusive language, tackling, etc. A player may be ejected at the discretion of the officials and/or site supervisor. Two violations of either of the above in the same year and the player is automatically ejected from play and suspended for the remainder of the season with no appeal process.
- Offsides – lining up inside the one-yard buffer zone from the line of scrimmage.
- False start – any movement prior to one second before the ball is snapped. (Dead ball foul).
- Illegal motion – any two players moving at the same time, any player moving towards the line of scrimmage prior to the snap of the ball.
- Snap infraction – center moving the ball or faking a snap.
- Encroachment – entering the neutral zone before a play, after the ball is ready for play. (Penalty: 5 yds).
- Illegal Chucking – defender making contact beyond five yards.

### **Summary of Penalties**

#### **Five Yard Penalties:**

- a. Delay of game
- b. Illegal substitution
- c. Encroachment
- d. False start
- e. Snap infraction
- f. Failure to punt within (5) seconds
- g. Aiding a runner
- h. Illegal motion or shift

#### **Five Yard Penalties & Loss of Down**

- a. Illegal forward lateral or pass
- b. Failure to declare a punt
- c. OB running beyond the line of scrimmage prior to releasing the ball
- d. Stiff-arming

#### **Loss of Down:**

- a. Failure to release the ball within

- i. Illegal fair catch signal (5) seconds (QB)
- j. Illegal equipment
- k. Illegal procedure
- l. Illegal chucking beyond (5) yards
- m. Flag guarding (see Art. 8 under Offensive Rules)
- n. Tying on flag belt
- o. Offsides

**Ten Yard Penalties:**

- a. Holding
- b. Illegal blocking
- c. Illegal screening
- d. Clipping
- e. Removing a flag belt intentionally
- f. Tripping
- g. Spearing by the runner
- h. Unnecessary roughness
- i. Unsportsmanlike conduct
- j. Hurdling
- k. Illegal use of hands

**Ten Yard Penalties & Loss of Down**

- a. Offensive pass interference

**Ten Yard Penalties & 1<sup>st</sup> Down**

- a. Tackling the ball carrier
- b. Holding the runner to remove flag

**Point of infraction**

- a. Defensive pass interference (automatic first down from the point of infraction).

Any player who receives TWO (2) UNSPORTSMANLIKE penalties will be ejected from the game and suspended for a minimum of TWO(2) additional games from all SCPR activities or facilities. Any player ejected in more than one game during the season will be suspended for the remainder of the season. The player and team will be on probation for a full year from the date of the most recent incident and any ejection will result in expulsion from SCPR programs and facilities

**Overtime:**

1. The winner of the overtime coin toss shall have first choice of the options listed below. The loser of the coin toss shall have choice of the remaining options. To choose to start on offensive, defer the choice until the second half, or defend a goal. Both teams will start play on the same end of the field.
2. Each team has (4) downs to score from the 20-yard line. After a touchdown, the offense shall decide to go for (1) point or (2) points. After the 1<sup>st</sup> OT, the teams must go for 2 pts thereafter.
3. Each team receives (1) time out per overtime period.
4. Regular season: if 2 overtime periods expire without either team ahead, a tie is awarded. Playoffs you must have a winner determined.