

Specific Rules of Play
2019-20 PSAA FLAG FOOTBALL RULES AND REGULATIONS

FAIR PLAY

-**Coaches** need to make certain that their players, assistants, and players' parents also respect the decisions made by the on field umpires.

-**Comments** made from the sideline should be positive, constructive, and encouraging.

-**Comments** by players on the field should be positive and encouraging and relating to the play.

- **We are expecting** that everyone will use appropriate, non-threatening, cordial language, and will speak in a tone and manner that is non-confrontational nor condescending.

- **Players** are not to shout/scream in a manner to unsettle a player in order to gain an advantage.

-**Referees** will address the players and coaches cordially. Will know these rules and will apply them fairly. Will attempt to maintain good position on the field in order to make the proper call.

-**Coaches** need to be supportive of the calls referee make. The key is that referee makes consistent calls. If an official needs to be corrected about a rule, both coaches of the teams playing must be in agreement that an error in the understanding of the rule needs to be corrected and may together bring this to the official's attention. This is not about whether you agree or not regarding who gets called out, or whether a foul or violation should have been called or not.

-**Following the game**, this information should be directed to the tournament convenor to make certain the correction made was accurate.

Remember, we should model the behaviour we expect.



1. EQUIPMENT

1.1 Uniforms

- a) Brings bibs/pinnies in case of duplication in shirt/jersey color.
- b) Standard numbered shirt is a necessity.

1.2 Players

- a) Cleats are allowed, but must be rubber, molded soles. No screw in cleats. Inspections must be made prior to the game.
- b) It is recommended that all players wear a protective mouthpiece.

1.3 Balls

- a) Junior ??? Please note that any ball being used in the game is to be made available to **BOTH** teams.
- b) There is no kicking, therefore no TEE is required

1.4 Dimensions

- a) Length of field is as follows: 60 – 80 Yards
- b) Width of field is as follows: 20 – 30 Yards

- c) End Zone is as follows: **7 - 10 Yards**

- d) Must be marked five (5) yards from each end zone. **[No-running zones]**
- e) A special marker **[bean bag]** will designate the rushing line seven (7) yards from the line of scrimmage.

2. ROUND ROBIN PLAY

2.1 Time:

- a) Game length is 30 minutes. Running time-two halves, 15 minutes each.
- b) The games are played with 14 minutes of run time each half.
- c) Each team has 2 x 60-second time outs per game. The clock stops during a time out.
- d) Once we hit the one-minute warning, then there will be three offensive plays left in each half.
- e) A one/two point conversion is not considered an offensive play.

2.2 Possession: There are no kick-offs!

- a) A coin toss determines the possession of the ball in either the first half or the second half. The team that does not win the coin toss will choose the side of the field they will defend.
- b) Teams change sides at half time.

- c) The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown.
- d) An automatic first down by penalty will overrule the other requirements regarding three plays to make either a first down or score.
- e) If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- f) If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

***NOTE:** all possession changes, except interceptions, start on the offense's 5-yard line.

2.3 Positions:

FLAG FOOTBALL IS NON-CONTACT, BLOCKING AND TACKLING ARE NOT ALLOWED.

- a) 5 players are on the field at a time.
- b) Teams may play with a minimum of four (4) players (due to injuries). If less than 4 players are available, the game is forfeited.
- c) **OFFENSE MUST HUDDLE BEFORE EVERY PLAY**
- d) **QB** cannot carry the football across the line of scrimmage
- e) The Quarterback is only player that can call the snap count, all **TEAMS MUST USE "DOWN, SET, HUT"** to snap the ball. There is no fake signals or verbal calls allowed.
- f) Play Action Blitzing-once the quarterback turns his/her back to the play [**with a running back in the back field**] this is play action and any and all defenders can rush the quarterback
- g) **NO FORWARD HANDOFFS AT ALL**-all running backs must receive the ball [**hand-off/pitch**] behind or beside the quarterback
- h) Only allowed one player in motion at a time. No player can be moving towards the opponent's endzone at the time of the snap. They may be moving backwards or laterally. If a penalty occurs it will be enforced at the end of the play.
- i) Only one designated RUSHER. There is no stripping of the ball.
- j) The designated rusher must be a minimum of SEVEN YARDS from the line of scrimmage and be lined up within two (2) yards (side to side) of the ball when the ball is snapped.
- k) Defensive **PLAYERS** not rushing the quarterback may defend one (1) yard from the line of scrimmage. Once the ball is handed off or tossed, or there is a play-action fake, the seven yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
- l) Only the **TEAM CAPTIAN** may ask the referee questions about rule clarification and interpretations.

m) **REFEREES** determine incidental contact that may result from normal run of play. Players cannot question judgment calls.

2.4 Offensive Penalties: All penalties can be declined.

ALL OFFENSIVE PENALTIES ARE BLOWN DEAD AUTOMATICALLY UNLESS OTHERWISE STATED IN THIS SECTION.

a) Come with a five (5) yard penalty and repeat the down.

***NOTE:** the five yards will always occur from the line of scrimmage.

b) Delay of game

c) Substitution fouls

d) Illegal motion [**more than one person moving and not resetting**]

e) False Start

f) Illegal Snap

g) Offensive holding

h) Illegal shift or failure to pause for one second

i) Player out of bounds [**if player goes out of bounds, player cannot return to the field and catch ball**]

j) Illegal forward pass [**pass received behind line of scrimmage**]

k) Offensive pass interference [**illegal pick play, pushing off/away defender**]

***NOTE:** these exceptions.

l) Flag Guarding -- 5 yards from the point of foul.

m) Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.

n) Rusher Interference - It is illegal for a receiver to run a pattern that interferes with a rusher on his/her direct path to the quarterback. **This is based on referee's discretion.**

***NOTE:** 1st offence is a team warning. 2nd offence will be automatic loss of down. The referee will blow the play dead once the infraction occurs.

o) Not allowed to run interference on the defense in any situation, this includes interference on the blitz or a defensive player trying to get flags.

p) The ball carrier to avoid contact with the defender.

2.5 Defensive Penalties: All penalties can be declined.

GAMES CANNOT END ON A DEFENSIVE PENALTY, UNLESS THE OFFENSE DECLINES THE PENALTY.

a) No diving on defense

- b) Offside -- 5 yards and automatic first down
- c) Pass Interference -- 15 yards and automatic first down
- d) Illegal contact (holding, blocking, etc.) -- 5 yards and automatic first down
- e) Illegal flag pull (before receiver has ball) -- 5 yards and automatic first down
- f) Illegal rushing (starting rush from inside 7-yard marker) -- 5 yards and automatic first down
- g) Substitution fouls, player enters field after ball is blown ready for play.

Example: To deceive opponents, or 6 players on the field

- h) Disconcerting signals [signals to distract opponent or simulate offensive signals prior to snap] –5 yards repeat down
- i) Interference with opponent or ball at the snap – 5 yards repeat down

2.6 Sportsmanship and Roughing:

FOUL PLAY WILL NOT BE TOLERATED.

***NOTE:** If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.

- a) Trash talking is illegal. [trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.]
- b) Officials have the right to determine offensive language. If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- c) Once a flag is pulled, the defensive player should hold the flag above his/her head so that the referee can spot the location of the flag pull.
- d) The pulled flag should be handed to the player who lost the flag or to a teammate. Intentionally throwing the flag onto the ground is considered poor flag etiquette.

2.7 Advancing the ball via a Run Play:

- a) The ball must be snapped between the legs of the snapper. The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct handoff back from the quarterback [**no center sneak play**].
- b) The quarterback is the player who receives the ball directly from the snap. The quarterback cannot run with the ball past the line of scrimmage.
- c) An offence may use multiple hand-offs behind the line of scrimmage. Only backward or lateral hand-offs are allowed during a down.
- d) Tosses or sweeps behind the line of scrimmage are allowed and are running plays.
- e) Once a player has possession of the ball beyond the line of scrimmage [**downfield tosses are not permitted**], any loss of possession will be blown dead by the official.

- f) The player who takes the hand-off can throw the ball from behind the line of scrimmage. All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play-action fake.
- g) Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player [**no diving or no jumping**].
- h) The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- i) the ball carrier to avoid contact with the defender. Good defensive position should be rewarded by the officials.

***NOTE:** "No-running zones" are located 5 yards from each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot use a running play to cross the line of scrimmage.

2.8 Advancing the ball via a Pass Play:

- a) All players are eligible to receive passes [**including the quarterback if the ball has been handed off behind the line of scrimmage**].
- b) Only one player may be in motion, but not in motion towards the opponent's end zone at the snap.
- c) A player must have at least one foot inbounds when making a reception. [**A receiver cannot return on to the playing field from an out of bounds position**]
- d) Shovel passes [all forward passes] are allowed but must be received beyond the line of scrimmage.
- e) Once a player catches the ball he/she is no longer allowed to lateral the ball. This applies to receivers as well.

Example: hook and laterals are not permitted

- f) Interceptions change the possession of the ball.
- g) The defense can return interceptions.
- h) On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 5yard line.
- i) Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead.

NOTE: However, should the ball carrier return to the end zone and be de-flagged, or the ball be ruled dead the result would be a safety for the other team.

2.9 Dead Ball: Substitutions may be made on any dead ball!

- a) Official blows the whistle.
- b) Ball carrier's flag is pulled or becomes illegal.
- c) Ball carrier steps out of bounds.
- d) Touchdown or safety is scored.

- e) When any part of the ball carrier's body, other than a hand or foot, touches the ground. f) If the ball carrier's flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off.

***NOTE:** there are **NO** fumbles.

- g) The ball will be spotted where the ball carrier's feet were when the fumble was made.

Example: A bad snap will be blown dead and the ball will be spotted at the centre's feet.

2.10 Scoring:

- a) Touchdown: 6 points
b) Extra point: 1 point (played from 5-yard line) 2 points (played from 12-yard line)
c) Safety: 2 points and possession of ball on 5 yard Note:
d) An interception return to opponent's end zone on any extra-point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series at its own five-yard line.

3. PLAYOFF QUALIFIERS

- 3 points for a win; 1 point for a tie
- We do not keep track of the final scores!

*** Should a team demonstrate superior play it is not necessary to convey that information on the scoreboard**

- a) Tie breaking procedure for playoff seeding: HEAD TO HEAD WON/LOSS RECORD HEAD TO HEAD against next seeded team [**continue down rankings until tie is broken.**]
b) If a tie needs to be broken and a team will be eliminated from playoff play,– **see OVERTIME rules below...**

4. PLAYOFFS

If there is a tie at the end of regulation, the following will be used to break the tie:

- a) A coin toss determines first possession of **OVERTIME**. The team that wins the coin toss starts with the ball on its own five-yard line.
b) Play continues as in regulation until one-team scores.
c) Each team must have the same amount of possessions.
d) There will be no timeouts granted during the overtime period.

***NOTE:** the only exception would be if the defense returned an interception to the opponent's endzone for 2 points

COMMITMENT

- Teams are expected to remain on site for all scheduled matches.
- Each Coach is asked to bring his/her own First Aid Kit.

We are all responsible for leaving Pine Glen clean. Please make certain that garbage is disposed of in the appropriate receptacles throughout the day and not left to the end of day clean-up. Make certain your team picks up after itself.