

Rules

BASICS

1. A team shall consist of a maximum of ten players a minimum of six.
2. Length of field: 50 yards = (2) 5-yard end zones and (2) 25-yard halves.
3. Length of game: (2) 18-minute halves with a 5-minute halftime. During each half, the first 16 minutes is running time, stopping the clock only for a: touchdown, safety, or team timeout.

During the final two minutes of each half, the clock will be stopped any time the play is dead. There is a dead ball when there is an:

- Incomplete pass
- First Down
- Touchdown
- Turnover
- Player goes out of bounds
- Timeout

In the final minute of the GAME, the clock will be stopped for each sack, as well. ONLY in the last minute of the second half.

The clock will continue to run on completed passes that do not result in a 1st down.

1. Possession: Each team is given four downs to advance the ball over the center line. If this is achieved, four additional downs are given to score.
2. Timeouts: (2) timeouts per half of one-minute in duration per team (not accumulative).

KICKOFFS/PUNTING

1. Kickoff: At the beginning of each half and after touchdowns or safeties, kickoff from the 10-yard line by a place kick. The kicking team must stay behind the 10-yard line until the ball is kicked. The receiving team must have a minimum of four receivers behind the center line.
2. On a kickoff, if the ball touches the ground before it is caught, the ball is declared dead with the receiving team getting the ball wherever it touched the ground first.
3. Intentional short kicks are NOT allowed. The ball must clear the center line, and if it doesn't, the ball will be given to the opposing team one yard before the center line, giving them the chance for a 1st Down upon crossing the center line.
4. Punting: Before the down, the offensive team must inform their opponents of the intention to kick.
5. A ball kicked past the center line, but out-of-bounds is either a foul (penalty 5 yards from kick) or re-kicked. The receiving team has the choice of which penalty will be enforced. If it is kicked out of bounds before passing the center line, the opposing team will have the ball one yard before the center line, giving them the chance for a 1st Down upon crossing the center line.
6. Following a touchback, the ball is placed at the 10-yard line.
7. A muffed catch (touched ball not caught) is marked dead on that spot WITH THE RECEIVING TEAM GETTING THE BALL.

NEUTRAL ZONE

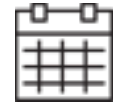
1. There is no rushing of the quarterback. The quarterback may not run with the ball nor hand off to a running back. Passing is the only component of offense. A pass must cross the line of scrimmage to be good. Lateral passes are allowed, as in regular football. The person receiving the lateral must be behind the person with the ball. And someone receiving a lateral behind the line of scrimmage MAY pass the ball. Though whoever PASSES the ball counts as the passer, not the QB who lateraled it.
 1. The quarterback must pass the ball within 7 seconds (one thousand 1, one thousand 2...one thousand 7). The 7 seconds will be called out by the team captains. If the pass is not off in that time, it is an automatic sack and loss of down. You have UNTIL one thousand 7 to make the pass.
2. A defensive team must have a minimum of six players on the line of scrimmage.
3. The offensive line players must remain stationary for one second prior to the snap.
4. The player receiving the snap may be no more than 2 yards from the line of scrimmage.
5. If a snap hits the ground it is dead.
6. Two offensive players must touch the ball before it is advanced.



Flag Football

Players
6-10 players

Captain
One Awesome Person



Sign-up Deadline
September 15th
Regular Season
Octo 2nd – Nov. 19th
Playoffs
Nov. 27th – Dec 10th



Duration
45 Minutes

Games
6

Rules Cont.

PASSING

1. All players are eligible to catch a pass.
2. One foot must come down inbounds on a pass.
3. Pass interference will be penalized with a first down. Pass interference constitutes an obvious attempt to impede (such as hands on the face).
4. The ball must cross the line of scrimmage for pass interference to be called.
5. A pass must be completed TWICE per set of downs (twice before achieving a 1st down, and twice again after achieving a 1st down, for a total of 2 each scoring drive.) Penalty: 5 yds. from spot of release and loss of down. The PAT is also SEPARATE from this.
6. If a fumble occurs and is recovered by the team that had the ball, it is a dead ball at the spot of the fumble and results in a loss of that down. If a fumble occurs and it is recovered by the opposing team, it is a dead ball and that team takes possession of the ball at the spot of the fumble. If the ball is stripped and does not touch the ground, but is recovered by the other team, it is live and they may legally advance the ball.

BLOCKING

1. On defensive blocking, hands may only touch the opponent inside the shoulders on the chest. No pushing.
2. On offensive blocking, hands and arms may be used for protection but elbows must be held in. No stiff-arming.

DEFLAGGING

1. The flag belt must be worn legally attached. The ball is spotted at the point of the BALL when the person is de-flagged. NOT the end point of the dropped flag, NOT the spot of the person.
2. An offensive player cannot guard the flag belt with his body. To avoid being deflagged, you may spin or jump.
3. A ball carrier who has fallen to the ground, even though not legally deflagged, is down; the play has ended.
4. If a player's flag falls off mistakenly during a play and that player is advancing the ball, he/she must now be "deflagged" with a two-hand touch.

SCORING

1. Touchdown: 6 points. Safety: 2 points. PAT: 1 or 2 points.
2. A player scoring a touchdown must be able to legally detach his/her belt and show their captain.
3. Mercy Rule: If a team is 23 or more points ahead when the 2-minute warning is announced for the second half, the game shall be over.
4. Point After (PAT): Ball placed three yards from the goal for 1 point or 10 yards for 2 points. The team gets one chance to advance the ball for a PAT with either a run or pass. A PAT attempt can not be run back for points if the ball is intercepted or recovered by the defensive team. The ball would then be dead on a turnover during a PAT.
5. Overtime: if the game ends in a tie, each team shall have one series of four downs to score from the 10-yard line. If successful, the PAT may then be attempted. If the game is still tied after the first extra set of downs, this ends the first overtime. A second set of extra down is then awarded to each team. The game is scored a tie if the score remains tied after two overtimes. In the playoffs, the set of overtime downs will continue until a winner is determined.

Scores

Your Score

Opponent's Score

Week #1

Week #2

Week #3

Week #4

Week #5

Week #6

Attention: Each captain must report the score of each game as soon as possible. Upload the final scores in the Captains Corner of the Staff Sports Program Website before midnight on the following Saturday.