

## ELEMENTRY FLAG FOOTBALL RULES 15

### Game Rules, Guidelines & Equipment

#### **Eligibility of Players**

- 1) To be eligible to participate in CSAA activities a student must be enrolled in and attend a member school.
- 2) A student establishes initial eligibility upon the first day of attendance at any school or by trying out for and being selected for membership on a school team.
- 3) Player must play in at least three (2) regular season games in order to be eligible for post season.
- 4) ALL PLAYERS MUST SIGN-IN AT THE CSAA TABLE BEFORE THE GAME.
- 5) (6) on (6) flag football league
- 6) Twenty players are allowed on the roster.
- 7) FINAL ROSTERS ARE DUE by the first game of the season.
- 8) Field dimensions are approximately 40 yards long 20 yards wide
- 9) No first downs
- 10) Players jerseys must be tucked into the pants.

#### **Time:**

At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall stat with the ball. The visiting team shall call the toss

Two 16-minutes halves running time. Teams switch sides of the field at half time.

(2) Time-outs per half (60 seconds).

Stop time starts the last (1) minute of each half. The Clock moves on extra point, except for the last minute of each half.

Teams have 25 seconds to hike the ball between plays (or delay of game penalty).

Teams have a 15- minute grace period before a **forfeit** is called.

Haftime time is 5 minutes long

## **Overtime:**

-Each team will get 1 POSSESSION (1-DOWN) to score a touchdown...

-The ball will be placed on the 10-yard line to score 6-points. Extra pt will also be taken from the five (5) yard line.

-First team to score the most points after dual possessions wins.

Maximum possessions in O.T are Three (3). After three possessions are completed, and the score is still tie the score is FINAL!!!

## **Possessions:**

**At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall stat with the ball. The visiting team shall call the toss.**

1. Offense
  2. Defense
  3. Designate which goal team will defend
  4. Defer choice to the second half.
- 
- A)** Loser of the coin toss shall make a choice of the remaining option.
  - B)** Before the start of the second half, the choice of options shall be reversed
  - C)** The offensive team takes possession of ball at their 5 yard line and has four (4) play plays to cross mid-field or score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team take over on their five (5) yard line.
  - D)** A team can elect to punt on Fourth if they choose.
  - E)** All drives and possession changes except interceptions.

## **Play is ruled dead when:**

1. When ball is dropped or fumbled by the quarterback to the ground.
2. If a ball carrier Fumble the ball to the ground.
3. A ball carrier knee touches the ground.
4. The ball carrier flag is pulled.
5. A ball carrier steps out of bounds
6. A ball carrier dives into end zone or for a first down.
7. The receiver catches the ball while in possession of or no flags.
8. If a player jumps and leaves g to avoids his/her flag being grappled.
9. (5) Mississippi count. After 5 count, AND the whistle is blown the play is dead
10. Inadvertent whistle

## **Scoring**

1. Touchdown six (6) Points
2. Point after Touchdown (PAT) conversion (1) point is from the 5 yard line.
3. Two (2) Points conversion is from 10 yard line.
4. Safety (2) Points.
5. PAT can be return (interception) Two (2) pts.
6. Players must have both feet and ball across end zone to score a touchdown.
7. Any forfeit will be scored as 6-0 for the non-forfeiting team.
8. MERCY RULE AFTER ONE TEAM IS TRAILING BY MORE THAN 30 POINTS IN THE SECOND HALF.  
THE LOSING TEAM WILL BE GIVEN ONE LAST DRIVE TO CONTINUE THE GAME

## **Blocking:**

-Contact blocking is **not allowed**

-A blocker is attempted by placing your arms in front of your body in a down position, or in a cross position at your chest, while screening your body between the ball carrier and the defender.

-The offensive player must stop his block positioning by standing still when the defender is within two feet of the offensive blocker.

## **Offense:**

- The quarterback cannot directly run the ball. The QB does have the ability to scramble in the back field, but cannot advance the ball beyond the line of scrimmage.

-Shovel pass is allowed.

-The ball is hiked by touching the ball, and simultaneously saying set-hike after the in-play whistle blows from the head official.

-Every player from the offense must be completely motionless and behind the line of scrimmage before the quarterback says says-hike.

-Only one PLAYER can go in motion at a time.

-Players are responsible for placing their flags (3) in the correct positions (two on side, one hanging from the rear). If player is missing a flag and a defender attempt to grab flag on left or right side and it's missing ref will blown play dead.

- A runners may not leave their feet to advance the ball, diving or leaping.

- A player must have at least 1 foot in bounds for a reception.

-A football spin moved is allowed, but players may not leave their feet.

-Absolutely NO laterals.

-Quarterback pitches being the line of scrimmage is allowed.

-All players are eligible to receive passes, including the Quarterback. If the ball has been handed off being the line of scrimmage.

## **NO RUN ZONES**

-Ten (10) yards from EACH end-zones

## **Defense:**

-No bump and run or any contact allowed with receivers.

-No running through offensive blockers.

-The defensive Rusher/Giver which is the player lined up directly over the ball on the line of scrimmage may not drop back more than 5 yards.

-The Rusher/Giver must line-up over the ball before the ball is hiked to identify his or her self. Then they can move back within five yards or choose to move left or right as long as they are behind the line of scrimmage.

-Flags must be held high in the air, if grabbed by a defensive player at the spot of the play.

-It is illegal to attempt to strip or pull the ball from the ball carrier's possession at anytime.

## **Coaches:**

-Coaches cannot step on to the playing field to call a play, unless it's a time out.

-Coaches are responsible for the conduct of their own fans, parents, players, etc. (15 yard penalty for conduct that is seen to be disruptive to the officials).

-Coaches cannot add a player to a roster after the final roster has been turned in without the permission of the league commissioner.

Coaches are responsible for making sure that all players have jerseys, and mouth guards.

NO MOUTH GUARD NO PLAY...

Rubber cleats are NOT allowed.

Teams that wish to protest a game must first.

- 1) Notify head official at the game about protest.
- 2) Protest must be emailed to CSAA Directors within 24 hours.
- 3) kevinjuliusb@aol.com (CSAA DIRECTOR OF ATHLETICS)

## Penalties and Rules:

- 1) Pass interference (spot penalty & first down)
- 2) Offensive pass interference (10 yard penalty from line of scrimmage and lost of down)
- 3) Screen block (10 yards spot penalty)
- 4) Off sides (5 yards)
- 5) Encroachment (5 yards)
- 6) Holding (5 yards)
- 7) False start (5 yards)
- 8) Intentional diving (5 yards)
- 9) Illegal run within the NO RUN ZONE (10 yards penalty from line of scrimmage and lost of down)
- 10) Unsportsman like conduct penalty excessive celebration, cursing or coaches running on to the field of play during the game is a 15 yards and replay previous down.
- 11) Unnecessary roughness 15 yard penalty (2) actions deemed dangerous can lead to automatic ejection, and game suspension.
- 12) Delay of game (5 yards repeats down)
- 13) Unnecessary roughness (15 yards) 2 calls ejection.
- 14) Coaches or players can't line up inside (10) yard line on either sideline (5 yard penalty)
- 15) Illegal flag pull (5 yard penalty) form the spot of the infraction.
- 16) Illegal motion (5 yard penalty and repeat the down.
- 17) Illegal Forward Pass 5 yard penalty and a loss of down.
- 18) Stripping 5 yard penalty
- 19) Flag Guarding (spot penalty foul)and 10 yards...

## Sportsmanship Rule

A) Is shown by walking across the field, and giving hi-five before each game.

AND

Expressing good luck at the completion of EVERY game. (No exceptions) players who fail to comply with the sportsmanship rule will be suspended one game.

B) All teams must remove garbage, bottles etc, from sidelines after the game.

C) Any unforeseen problems, rules, or Protest that arise during the season will be given to the CSAA Commissioner (TY MOORE 347 702-3232) for all final decisions.

