

## SAYFA FLAG RULES 2020

80 Yard Field Length / Width set by sideline and opposite hash ( $\frac{2}{3}$  field)

First Downs marked every 20 yards

Punts will be marked off 30 yards

Turnover on Downs marked by down marker

### OFFENSE

7 Player Offense. Q, C, RB-L, RB-R, WR-x, WR-y, WR-z

Center snap to QB to start play. Center not eligible to run but may go out for a pass.

\*NO FUMBLES...BALL is DEAD if Dropped...Whistle should be blown

Center may Side Snap, any motion allowed

QB is not an eligible runner.

**Ball carrier may NOT guard their flags. No wrapping Flags, No Altering Flags  
(Warding example. No stiff arm)**

### DEFENSE

**ALL Defenders must start 5 yards from the LOS**

-If Ball is handed off defensive players may pursue

- On Pass plays defenders must cover (no blitzing)

**Defensive rusher (1) must be 7 yard back over Center, Referee Count (3 seconds)  
when he may rush at Flag Signal**

No Tackling or Pushing Ball Carrier

INTERCEPTIONS allowed, play on.

May not make contact with player who is set to Pick/Screen

## **PENALTIES**

### **IMMEDIATE WHISTLE**

HOLDING...Offense or Defense	5 yards
PASS INTERFERENCE	5 yards
FALSE START	5 yards
OFF SIDES	5 yards
RUNNER FLAG GUARDING	Down at spot
MOVING SCREEN	Down at spot
OVERT CHARGING (shoulder / diving for legs), ROUGHING, UNSPORTSMANLIKE	15 Yards

Player safety rules:

Coaches observing issues should consider removing player for unsafe play.

Coach Conduct:

Referee's call stands. Do not argue.