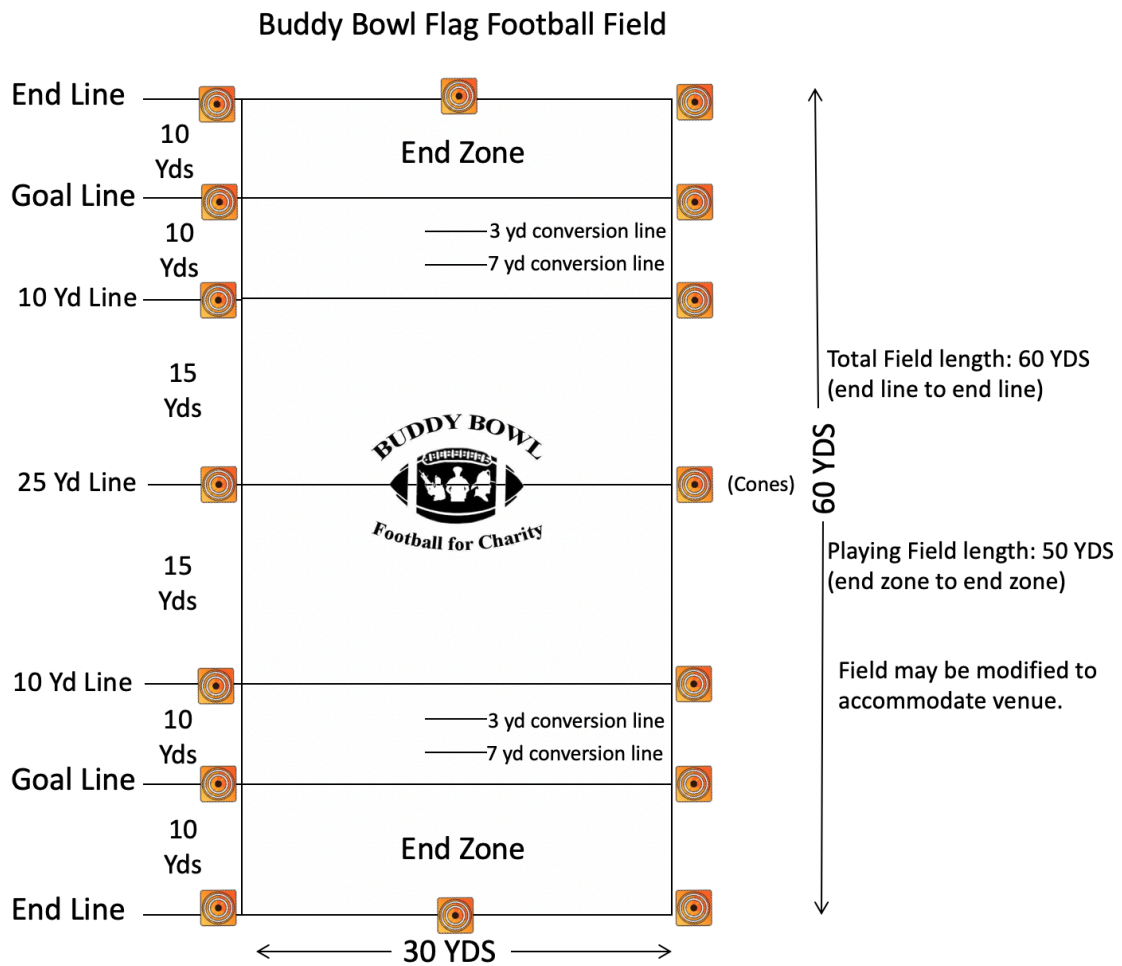




Buddy Bowl Flag Football Field Dimensions (may be modified to fit venue)



The Game—Format

Buddy Bowl is a 7-on-7 flag football tournament. Teams will be placed in brackets. Each team will consist of no less than 7 players. Teams are recommended to carry between 10-12 players on their rosters. *Teams may carry up to 12 protected players on their rosters. Additional players will be designated as Plan Buddy (Plan "B") players by their respective teams. Plan B players will be placed on other teams using the following criteria:

1. To create additional teams.
2. To bring other teams up to 10 players.

If Plan B players are not needed to fill the two requirements or a short-handed team does not want any additional players, Plan B players may remain on their original teams.



*Teams that have no less than 9 players who played in the Buddy Bowl prior to 1990 may carry up to 12 protected players on their respective rosters. The 9 players are automatically counted as protected.

BRACKETS

- Elite Male/Female: Competitive teams
- Amigo Male/Female: Semi-competitive and ad hoc teams
- Buddy Male/Female: ad hoc teams
- Co-ed
- Legends: Ad hoc teams composed of players 45 years and over

DIVISIONS

- 2-5 teams: one division (5 teams: each team plays 4 games)
- 6, 8, or 10 teams: 2 conferences (Amigo Conference & Buddy Conference), each of one division.
- 12, 14, or 16 teams: 2 conferences of 2 divisions (11 teams: 1 conference of 1 division/1 conference of 2 divisions)

GAMES

Number of games each team plays is determined by number of teams in a respective bracket. Generally, each team will play no less than 3 and no more than 4 games.

SAMPLE BRACKET

Amigo Conference

West	W - L	East	W - L
Team A		Team D	
Team B		Team E	
Team C		Team F	

Buddy Conference

West	W - L	East	W - L
Team G		Team J	
Team H		Team K	
Team I		Team L	

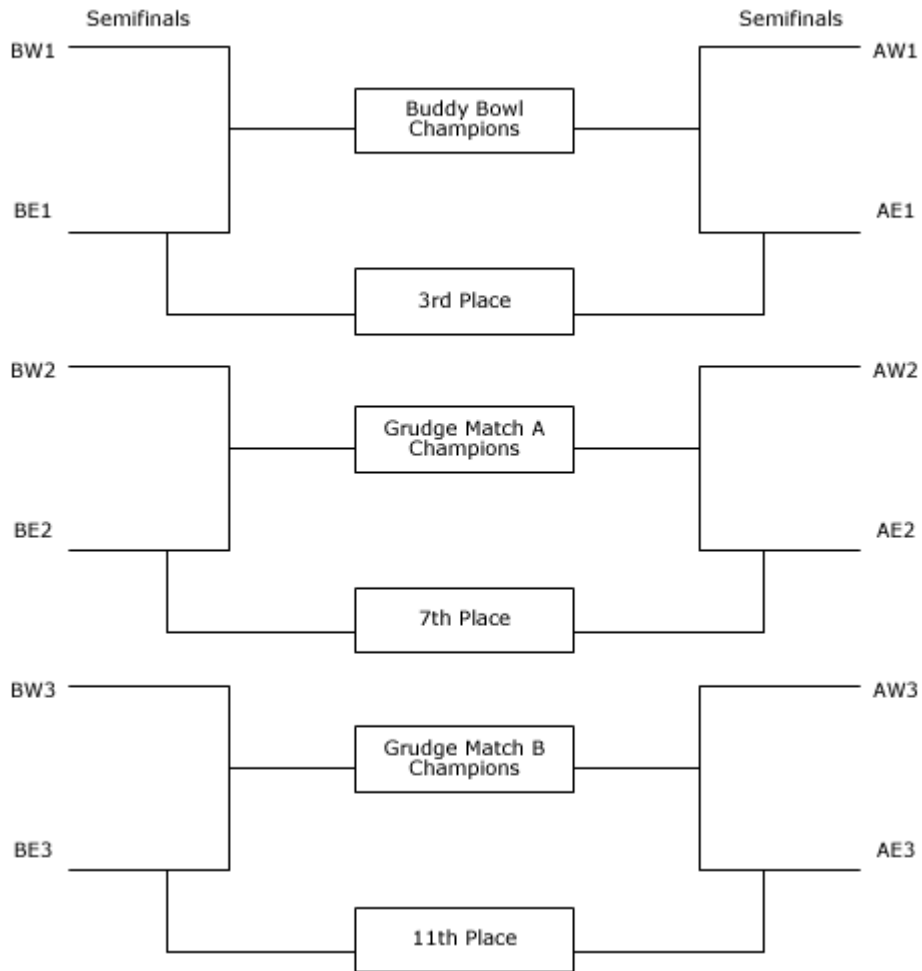
Field	Game	Score	Field	Game	Score	Field	Game	Score
1	A vs. C		1	B vs. C		1	A vs. B	
2	D vs. F		2	E vs. F		2	D vs. E	
3	G vs. I		3	H vs. I		3	G vs. H	
4	J vs. L		4	K vs. L		4	J vs. K	
Bye	B, E, H, K		Bye	A, D, G,		Bye	C, F, I,	



J

L

Championship Round



TIE-BREAKERS

Regular season tie-breakers determined by: (1st) Best record; (2nd) Head-to-Head; (3rd) Division Winner; (4th) Record Against Common Opponent(s); (5th) Record of Opponents; (6th) Points For/Points Against Difference Against Common Opponent(s); (7th) Overall Points For/Points Against Difference; (8th) One Game Playoff (Overtime Rules).

The Game—Rules

Game Time:

Two 12-minute halves with a running clock (clock stops on PATs). Last 2 minutes of each half clock



also stops on change of possession, out-of-bounds, penalties, and incomplete pass. If game is tied at the end of regulation, game will go to overtime.

Game Play:

No kickoffs. Offense starts out with ball on their own 15-yard line. Team that wins toss may either chose to take offense, defense, or defer the choice. If the team that wins the toss defers, they get their choice of offense or defense in the second half.

Any offensive formation is legal however, 5 offensive players must be on the line-of-scrimmage when the ball is snapped. Offensive tackles may offset within one yard of line. All offensive players are eligible.

Motion: One (1) player at a time may be in motion. The player may be in motion when the ball is snapped. No shifts. Shifts will be considered illegal motion. Offensive linemen cannot go in motion; players on the line closest to center on center's left and right once ball is set are considered offensive linemen.

Ball must be snapped from center to an offensive player who is not on the line-of-scrimmage at the time of the snap. No center sneak or direct handoffs to offensive linemen. No three/four-point stance on offense (exception: center) or defense.

No contact or blocking.

No direct QB run.

QB rushers must start rush 7 or more yards off ball.

If no rush, QB has 5 seconds to release ball or will be considered down at spot.

Only one forward pass per play. If illegal forward pass/lateral is intercepted, intercepting team has option to take INT or penalty.

One foot in bounds on a reception (other foot must not be touching ground out-of-bounds)
Ball must cross plane of goal line for TD even if feet are in end zone.

If an offensive player steps out-of-bounds, player may not be the first to touch ball when reentering field.

25-yard cone is 1st down

1-point PAT: 5 yards out/2-point PAT: 10 yards out

Interceptions returned for a TD on a PAT try count as 1 or 2 points respectively for the intercepting team.

No hurdling/diving by the ball carrier except to avoid collision. Diving to grab flag is allowed.



If the ball is in the passer's hand when flag pulled, passer is down. If player loses flag, it is one hand touch on that player. If player's knee hits the ground player is down at that spot.

Fumbles: Behind line-of-scrimmage/after an interception, ball is dead at spot of fumble/where center's snap hits ground; forward of line-of-scrimmage, dead ball foul, 5-yard loss from spot where ball hits ground.

No grounding to stop clock.

Three 45-second timeouts per team per game. Huddle time: 25 seconds; Halftime: No more than 5 minutes.

Co-ed Rule

3 females must be on the field of play for each team during any given down. Females must have possession of the ball once every four plays. (Being quarterback or an attempt to receive the ball – unsuccessful attempts count). Simply receiving the snap and immediately handing the ball off does not count as a female play. If a female is used as quarterback, she must either make a lateral pass backwards or pass or run beyond the line of scrimmage. If a female is not used in the female play and it is the 1st through 3rd down, a 5-yard penalty will be issued to the offensive team, the down will remain the same and the female plays will not reset (a female needs to be used in the next play). The defensive team will have the choice to DECLINE this penalty on 4th down, and if they choose to do so, the play will reset at the line of scrimmage and a female must be used in the next play. If it is a female play and the fourth down and the offensive team does not use a female in the play, the ball is forfeited to the opposing team at the line of scrimmage.

Punts:

All punts must be declared on any down (1st through 4th) and kicked (no throwing). No fake punts. Punter must begin kicking motion from directly behind the snapper. The punter can walk back to his kicking position with the ball; punter does not have to receive the snap from the center.

There is no rush on a punt. The receiving team must have a minimum of three (3) players on the line-of-scrimmage prior to the punt. Neither team may cross the line-of- scrimmage until the ball has been kicked.

The receiving team may advance all kicks caught in the air in the field of play.

A punt is dead at spot where it hits ground (receiving team retains possession). A muffed punt shall not be considered a fumble. Fair catches are legal.

After a safety, ball is punted from the 10-yard line.

Overtime:

Coin Toss: A coin toss will be held immediately following regulation play. The winner of the toss shall choose one of the following options: Offense or defense.

EXTRA PERIODS: An extra period shall consist of two series (one by each team) in which each team puts the ball in play at mid-field (unless moved by penalty). Both series are played toward the same goal line.



TEAM SERIES: A first down may only be gained by reaching/surpassing the opposing team's 15-yard line. Teams that begin their overtime period outside of the mid-field line due to penalty will NOT receive a first down for crossing the mid-field line during their respective series of downs unless such gain is the result of a defensive penalty that results in an automatic first down.

SCORING: When a team scores, they may attempt either a one (1) or two (2) point conversion. The team that began the overtime period on defense will then begin its series of downs. The team that scores the most points in the overtime period is declared the winner.

If both teams fail to score in any overtime period the winner will be determined by the team that has gained the most net yardage from the mid-field line. (The officials will mark the dead ball spot after completion of Team A's fourth down to determine the line to gain for Team B. If the teams are tied in score or in yardage at the end of an overtime period, the overtime procedure will be repeated until there is a winner.

INTERCEPTIONS: Team B may intercept the ball and return it for a touchdown, in this case they will win the game. If they do not score on the interception, the ball will be placed on the mid-field line to begin their series of downs. In this case Team A will receive zero net yards for their possession. If the team that intercepted the ball advances the ball past mid-field on any down after getting the turnover, they win the game.

TIMEOUTS: Each team shall be allowed one timeout for each overtime period. Timeouts not used during the regulation periods may not be carried over into the overtime period(s). Unused overtime timeouts may not be carried over to other overtime periods.

	PENALTY	YARDS	SPOT
	Offsides/Encroachment *	5	LOS
	Delay of Game (A)	5	LOS (clock stops)
	False Start (A)	5	LOS
	Illegal Motion	5	LOS
	Too Many Players on Field	5	LOS
	Illegal Contact/Blocking	5	LOS
	Center Sneak	5	LOS & Loss of Down
	Helping the Runner	5	SOF
	Flag Guarding	5	SOF
	Illegal Hurdle	5	SOF
	Illegal Forward Pass/Lateral	5	SOF (OFF: Loss of Down)
	Picking	5	LOS
	Illegal Participation	10	LOS
	Pass Interference	10	LOS (DEF: Automatic 1st Down)
	Intentional Grounding	10	LOS & Loss of Down
	Grabbing Ball Carrier's Clothes	10	SOF
	Hidden Flag/Illegally Attached Flags***	10	EOP
	Illegal Hideouts****	10	LOS
	Personal Foul	10	EOP (DEF)/LOS (OFF)



* Play blown dead and penalty automatically enforced if offensive player drawn offsides or contact is made, otherwise offense gets choice to accept penalty or take result of play.

** If an offensive player holds a defender in the defender's end zone, the SOF will be the defending team's goal line.

***Jerseys/shirts must either be tucked in or length of jersey/shirt must not cover any part of the flag or flag belt. Flag belts must be clipped on with clip attached to flag belt, not tied.

**** Illegal Hideouts: All players must break from the huddle before each play. If team does not huddle, all players must be at least 5 yards from the sidelines when the ball is put into play, or they shall be penalized.

(A): The play is blown dead and the penalty is automatically enforced. All other penalties may be declined.

Penalties inside the 10-yard line will be measured half the distance to the goal.

If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from on or behind its goal line, it is a safety.

If a SOF is committed during a play in which a first down is achieved before the penalty takes place, the play will result in a first down with two lines to gain.

LOS: line-of-scrimmage; SOF: spot of foul; EOP: end of play

Personal Fouls: Blocking or physical contact, rushing with elbows/shoulders/forearms, tackling, tripping, charging, swatting the passer's/lateraler's/ball carrier's arm/ball, illegal wearing or tying of the flags, and talking mean-spirited, vulgar, or excessive smack. Personal fouls may result in immediate ejection or suspension from the tournament!

Referees: Teams that receive a bye may be required to referee. Teams are expected to play within the rules and admit to penalties. Do not argue with or harass referees. Players who do may find themselves ejected or suspended from the tournament. Remember it's the Buddy Bowl!

Flag Belts: Teams will use standard Buddy Bowl flag belt: Triple Threat flag belt (three sewn flags on belt; no "pop" flags or Velcro flags). Flags will be provided by Buddy Bowl. Teams may bring their own flags as long as they are the same as the Buddy Bowl standard flag belt.

Game Balls: NCAA or NFL size (Male and Co-ed brackets). Junior size ball (Female and Kid brackets).

Bottom Line: Don't get anybody injured, no whining, be a good sport, and have FUN!!!