

5 vs 5 Coed Flag Football Rules

Summary

5 vs 5 Flag football is a co-ed activity where players are required to wear flags while playing the game. The game is played on half of a football field (50 yds long and 25 yds wide) with endzones on each side of the field, a first down line in the middle of the field and a no rush zone area near each endzone. Touchdowns and other scoring positions are worth 6pts, 2pts, and 1pt during a game. There will be no kick offs for flag football but punting is allowed. Each team can have a maximum of 8 players per team and a minimum of 4 players on the field to play without forfeiting. Most rules are very similar to NCAA college football rules but some rules have been made and adjusted for flag football at Warner University.

The Football:

The ball shall be made of leather, new or nearly new, of regulation size, weight and pressure with no alterations. Each team may use its own legal ball at the referee or managers discretion.

Mandatory Equipment:

- a. **Shirts:** Players of a team shall wear jerseys of the same color. The jerseys must be full-length and tucked into the pants. No team can be shirtless at any time or wear shirts where the belly is highly exposed.
- b. **Shorts:** All athletic shorts or pants are allowed to be worn but no yoga pants/leggings, tights, spandex, compression pants or anything similar are allowed to be worn during the game.
- c. **Shoes:** Athletic shoes or cleats will be worn during games. Cleats are allowed as long as they are not metal cleats. (No bare feet will be allowed during play)
- d. **Flags:** Tightly fixed flag belts with sockets and 2 flags (pop-flags). Every effort must be made to keep one flag on each hip of the player. These must not be altered or cut. The sockets must not be glued or changed in any way and placed to look downwards and outside. The flags must be clearly visible, hang down freely and must not be covered in any way by the player's uniform. Players, who deliberately manipulate their flags, will be ejected from the game.

Team and player Designations:

Offense and Defense: The offense is the team which puts the ball in play by a snap. The Defense is the opposing team.

Snapper: The snapper is the offensive player who snaps the ball. After the snap, he/she may become a receiver

Quarterback: The quarterback is the offensive player who first gets possession of the ball after the snap.

Passer: The passer is the offensive player who throws a legal pass.

Runner: The runner is a player in possession of a live ball.

The Ball Live or Dead

Live Ball: A live ball is a ball in play. A pass that has not yet touched the ground is a live ball in flight.

Dead Ball: A dead ball is a ball not in play.

When Ball Is Ready for Play: A dead ball is ready for play when the ball is placed on the ground and the referee blows his whistle.

Spots

Enforcement Spot: An enforcement spot is the point from which the penalty for a foul is enforced.

Dead ball Spot: The dead ball spot is the point at which the ball becomes dead.

Spot of the Foul: The spot of the foul is the point at which that foul occurs. If out of bounds, it shall be transmitted to the sideline. If behind the goal line, the foul is in the end zone.

Out-of-Bounds Spot: The out-of-bounds spot is the point at which the ball becomes dead because of being out of bounds.

Foul, Penalty and Violation

Foul: A foul is a rule infraction for which a penalty is prescribed. A flagrant foul is a rule infraction that places an opponent in danger of injury.

Penalty: A penalty is a result imposed by rule against a team that has committed a foul and may include one or more of the following: loss of yardage, loss of down, automatic first down or disqualification. If the penalty involves loss of a down, the down shall count as 1 of the 4 in that series.

Violation: A violation is a rule infraction for which no penalty is prescribed, it does not offset a foul.

Loss of a down: "Loss of a down" is an abbreviation meaning "loss of the right to repeat a down".

Shift, Motion

Shift: A shift is a simultaneous change of position by multiple offensive players after the ball is ready and before the snap.

Motion: A motion is a change of position by one offensive player after the ball is ready and before the snap.

Handling of the ball

Hand-off: Hand-off is successfully transferring player possession from one teammate to another without throwing.

Pass: A pass is any intentional act to throw the ball in any direction. A pass starts with any intentional movement of the hand or arm with the ball firmly in control.

A pass continues to be a pass until it is completed to a player or the ball becomes dead.

Fumble: A fumble is any act other than passing or successful handing that result in loss of player possession. A fumble can only occur after a player gains possession of a ball.

Possession: Possession means the firm holding or controlling a live ball.

Batting: Batting the ball is intentionally striking it or intentionally changing its direction with the hands or arms.

Kicking: Kicking the ball is intentionally striking the ball with the knee, lower leg or foot and is illegal.

Pass

A forward pass is determined by the point where the ball first strikes anything beyond the spot of the pass. All other passes are backward passes, even if it is lateral (parallel to the scrimmage line). A snap becomes a backward pass when the snapper releases the ball, even if it slips from the hand of the snapper.

Crosses Scrimmage Line

A legal forward pass has crossed the scrimmage line when it first strikes anything beyond the scrimmage line inbounds.

Catch, Interception

A catch is the act of firmly establishing and maintaining player possession of a live ball in flight.

A catch of an opponent's pass is an interception. A player who leaves his feet to make a catch or interception must have the ball firmly in his possession when he first returns to the ground inbounds with any part of his body and maintain complete

and continuous control of the ball throughout the process of contacting the ground to complete a pass. If the player loses control of the ball and the ball touches the ground before the process of the catch is complete then it is not a catch.

Sack

A sack is the removal of a flag (flag pull) from the QB who is in possession of a live ball.

Holding, Blocking, Contact and Tackling

Holding: Holding is grasping an opponent or his equipment and not releasing it immediately. Not releasing it immediately will result in a 10 yard penalty to the opposing team committing the foul.

Blocking: Blocking is allowed but using excessive force that could result in injury will result in a 10 yard penalty. Blocking legally is when a hand or both hands are near the opponents' chest or front part of their shoulders or if you use your body to screen block. Any other type of blocking is illegal and will result in a penalty.

Contact: some physical contact is allowed but excessive contact is illegal and will result in a penalty.

Flag Pull: A flag pull is the removal of one or more flags from an opponent with their hand(s).

Flag Guarding: Flag guarding is an attempt by the runner to avoid a flag pull by covering the flag with any part of the body (hand, elbow or leg) or with the ball. Flag guarding is also leaning the upper body forward or stretching out a hand, with or without the ball.

First Half

3 minutes before the scheduled starting time, the referee shall toss a coin at midfield in presence of the field captains from each team, first designating the field captain of the visiting team to call the coin toss.

The winner of the toss will have the option to put the ball in play first by a snap at its own 5-yard-line in the first half or in the second half; the loser shall designate which goal line his team will first defend. There are no kickoffs.

Second Half

In the second half, the teams shall defend the opposite goal line to the one they defended in the first half. The team not starting with the ball in the first half, will put the ball in play by a snap at its own 5-yard-line.

Extra Periods (Overtime)

The tiebreaker system will be used when a game is tied after 2 halves and a winner must be determined.

- a. After a 2 minute intermission, the referee shall declare which end of the field will be used for the extra downs and toss a coin at midfield as at the beginning of the game.
- b. The winner of the toss shall choose Offense or Defense, with the offense to start each period.
- c. No charged team timeouts will be granted.
- d. An extra period shall consist of 2 series with each team putting the ball in play by a snap at the middle line for one series of downs (no first down at middle), except when the defense scores during the first series other than on the try.
- e. Each team retains the ball during its series until it scores, including try downs (extra points for 1 or 2), or fails to score.
- f. If after a period (with 2 series) the score is still tied, a new period will be played.
- g. The team scoring the greater number of points during the regulation and extra periods shall be declared the winner.

Playing Time

Length of Play and Intermission

The total playing time shall be 40 minutes, divided into 2 halves of 20 minutes each, with a 2 minute intermission in between. The first half will be a running clock and the 2nd half will be a running clock until the last 2 minutes of the game. The clock will then be stopped during dead balls, or running out of bounds.

Extension of Periods

A period shall be extended until a down has been played which is free from live ball fouls by the defense for which the penalty is accepted. If offsetting fouls occur during a down in which time expires, the down will be repeated.

No period shall end until the ball is dead and the referee declares the period ended.

Timing Devices

Playing time and 25-Second-Clock shall be kept with a game clock that may be a stop watch operated by an official.

When Clock Starts

When the game clock has been stopped by rule it shall be started when the ball is legally snapped.

Exception: The game clock will start at the ready-for-play when it was stopped at referee's discretion.

When Clock Stops:

The game clock shall be stopped when each period ends, for a charged team timeout, an injury timeout or, at referee's discretion.

Within the last 2 minutes of the 2nd half period the clock shall stop:

1. To award a first down, also after a change of possession.
2. To complete a penalty.
3. When a ball or runner goes out of bounds.
4. When a pass becomes incomplete.
5. When a score is made.
6. When a charged timeout is granted.

The game clock shall not run during an extra point attempt within the last 2 minutes, during an extension of a period or during an extra period.

Timeouts

Charged Team Timeouts: An official shall allow a charged team timeout when requested by any coach or inbound player when the ball is dead. Each team is entitled to 2 charged team timeouts per half. Unused timeouts may not be carried over to a subsequent period.

Injury Timeout: In the event of an injured player any official may declare an official timeout, provided the player for whom the timeout is taken is removed from the game for at least one down.

Length of Timeouts: A charged team timeout shall not exceed 90 seconds (this includes the 25 seconds after the ready for play). The referee shall notify both teams 30 seconds before a charged timeout expires and 5 seconds later shall declare the ball ready for play. Other timeouts shall be no longer than the referee deems necessary to fulfill the purpose for which they are declared.

Referees Notification

Unless a visual game clock is the official timepiece, the referee shall inform all coaches when approximately 2 minutes of playing time remain in each half. Other notifications of time may be given at the discretion of the officials or by request.

Live Ball - Dead Ball

Dead Ball Becomes live

For the next down the ball shall be put in play at the spot midway between the side lines, laterally in line with the spot where the ball was when it became dead by rule, or at the spot where the ball has been placed following completion of an accepted penalty or to award a new series.

After a dead ball is ready for play, it becomes a live ball when it is legally snapped. A ball snapped before it is ready for play or is illegally snapped remains dead.

Live Ball Becomes Dead

A live ball becomes dead and an official shall sound his whistle when:

- a. A ball touches anything out of bounds.
- b. The runner goes out of bounds.
- c. Any part of the runner's body, except his hand or foot, touches the ground.
- d. A runner simulates placing his knee on the ground.
- e. A pass or fumble strikes the ground.
- f. A player becomes in possession of the ball with fewer than 2 flags.
- g. The flags of a player in possession of the ball are not positioned correctly and the player himself is responsible for it.
- h. A touchdown, touchback, safety or successful extra point attempt occurs.

Series of Downs

A Series: Started, Broken, Renewed

When to Award Series

A series of 4 consecutive scrimmage downs shall be awarded to the team that is next to put the ball in play by a snap at the begin of each period and after a score, safety, touchback or change of team possession. A new series shall be awarded to the offense if:

- a. It is in legal possession of the ball beyond the middle when the ball is declared dead and it is the first time in this series that has happened. If a subsequent play or penalty brings the ball back behind the middle and the ball is then advanced across the middle line for a second time during the same series, no new first down shall be awarded.
- b. An accepted penalty results in or mandates a first down.

A new series and change of possession shall be awarded to the defense on its own 5-yard-line if the offense following 4th down has failed to score or earn a new first down. A new series shall be awarded to the defense at the dead ball spot after an interception.

Down and Possession after a Penalty

Foul Before Change of Team Possession

If a penalty is accepted for a foul that occurred during a down before any change of team possession, the ball belongs to the offense and the down shall be repeated, unless the penalty also involves loss of a down, mandates a first down, or leaves the ball beyond the middle.

Foul After Change of Team Possession

If a penalty is accepted for a foul that occurred during a down after change of team possession, the ball belongs to the team in possession when the foul occurred. The next down shall be a first down.

Penalty Declined

If a penalty is declined, the number of the next down shall be whatever it would have been if that foul had not occurred.

Foul Between Downs

If a foul occurs between downs, the number of the next down shall be the same as that established before the foul occurred, unless enforcement of the penalty leaves the ball beyond the middle or the penalty mandates a first down.

Fouls by Both Teams

If offsetting fouls occur during a down and both are accepted, the previous down shall be repeated.

Kicks

Kicking

- a. Kicking is only allowed for punts. There are no fake punts. A punt has to be told by the ref so that both the offense and defense is aware of what is happening. Once the play is called everyone on offense besides the punter has to be at the line of scrimmage and remain there until the ball is kicked.
- b. The defense has to be lined up at the line of scrimmage as well except for 1 person that can receive and return the kick.
- c. There are no attempts to block a punt.
- d. Once the ball touches the ground, the play is considered dead.

Illegal Kick

A runner must not kick the ball, this foul causes the ball to become dead.

PENALTY - 5 yards

Snapping and Passing the Ball The Scrimmage

Ball Ready for Play

- a. No player shall put the ball in play before it is ready for play.

PENALTY - 5 yards, enforced from the scrimmage line.

- b. The ball shall be put in play within 25 seconds after the referee has declared the ball ready for play.

PENALTY - 5 yards, enforced from the scrimmage line.

Starting With a Snap

After the snapper touches the ball, the snapper may not lift the ball, move it forward or simulate the start of the snap.

Before the snap, the long axis of the ball must be at right angles to the scrimmage line.

A legal snap is handing or passing it backward from its position on the ground with a quick and continuous backward motion of the hand or hands and actually leaving the hand or hands in this motion. The snap need not to be between the snapper's legs. Any illegal snap will result in a penalty.

Illegal Snap PENALTY - 5 yards, enforced from the scrimmage line.

Offensive Team Requirements

3 offensive players need to be at the line of scrimmage before snap.

a. After the snapper touches the ball and before the ball is snapped all players must be inbounds and behind their scrimmage line.

b. All players of the offensive team must come to an absolute stop and remain stationary in their positions for at least 1 full second before the ball is snapped or a motion starts.

c. No offensive player shall make a false start or make a movement that simulates the beginning of a play.

PENALTY - 5 yards, enforced from the scrimmage line.

d. When the ball is snapped on or inside the 5-yard-line going towards the opponent's end zone (no-running-zone), the offense has to make a forward pass play. If the quarterback or runner get deflagged behind the scrimmage line before a forward pass play has happened, it is no penalty for a run play within the no-running-zone.

PENALTY - 5 yards, enforced from the scrimmage line.

Defensive Team Requirements

a. Before the ball is snapped all players must be inbounds and behind their scrimmage line.

b. After the ball is declared ready for play no defensive player may touch the ball until after the snap is complete.

c. No player shall use words or signals that disconcert opponents when they are preparing to put the ball in play.

PENALTY - 5 yards.

d. All defensive players have to stay behind their scrimmage line until the ball has been handed off or after 3 second count from the ref.

Blitzing:

A blitz is when the defense attempts to go after the QB once the ball is snapped and before the 3 second countdown. The defense can have 1 blitz every 4 downs. If the defense has already used its blitz and crosses the line of scrimmage a second time before a new series, it will result in a penalty.

PENALTY - 5 yards, spot of foul is the scrimmage line.

Handing the Ball

The Offense may hand the ball off multiple times behind the line of scrimmage.

a. No player may hand the ball to a teammate except an offense player who is behind his scrimmage line.

b. No snapper may receive a forward hand-off

PENALTY - 5 yards, enforced from the basic spot.

Passes and Fumbles

Backward pass

A runner may pass the ball backwards provided they are behind the scrimmage line when they do so and it is prior to any change of possession.

PENALTY - 5 yards, also loss of down if by offense before team possession changes, enforced from the spot of foul.

Complete Pass

Any pass or fumble caught by an eligible player touching the ground inbounds is completed and the ball continues in play unless completed in the opponent's end zone or a teammate of the runner catches the fumble. One foot must be in bounds while the receiver has control of possession of the ball.

Incomplete Pass

Any pass is incomplete if the ball touches the ground when not firmly controlled by a player. It also is incomplete when a player leaves his feet and receives the pass but first lands on or outside a boundary line.

When a forward pass is incomplete, the ball belongs to the passing team at the previous scrimmage line, this is the dead ball spot.

When a backward pass is incomplete, the ball belongs to the passing team at the spot of the last possession, this is the dead ball spot.

Fumble

When a fumble hits the ground or is caught by a teammate of the runner (fumbler), the ball is dead and belongs to the fumbling team at the spot of the last possession, this is the dead ball spot.

Illegal Touching

All inbound players are eligible to touch, bat or catch a pass. The quarterback is only allowed to catch a pass after it has been touched by another player.

No offensive player who goes out of bounds by himself during a down shall touch a pass inbounds or while airborne.

If an offensive player is forced out of bounds and immediately returns to the field of play, he is still eligible.

PENALTY - Loss of down at the scrimmage line.

Forward Pass

Legal Forward Pass

A team may make one forward pass during each scrimmage down before team possession changes, provided the pass is thrown from a point behind the scrimmage line.

Illegal Forward Pass

A forward pass is illegal:

- a. If thrown by an offensive player who is beyond the scrimmage line when he releases the ball.
- b. If thrown after a runner has gone beyond the scrimmage line.
- c. If it is the second forward pass by the offense during the same down.

PENALTY - 5 yards, also loss of down if by offense before team possession changes, enforced from the spot of foul.

Pass Interference

Pass interference rules apply only during a legal forward pass play up to the point where the pass is completed or falls incomplete. Physical contact is required to establish interference. Pass interference is contact that interferes with an opponent whilst the ball is in the air. It is the responsibility of the defensive players to avoid the opponents. It is not pass interference when 2 or more eligible players are making a simultaneous and fair attempt to touch, bat or catch the pass. Eligible players of either team have equal rights to the ball.

PENALTY - 10 yards, enforced from the basic spot. Loss of down for fouls by Offense.

Automatic first down for fouls by Defense.

Note: Contact on a pass play before the pass has been thrown or if the pass does not cross the scrimmage line, is a contact foul.

Running with the Football

If a player has possession of the ball while running, no body part of his can be used to protect the flags around his waist. The runner needs to be able to avoid physical contact if necessary. This will result as a penalty.

Examples such as:

- a. Stiff arming
- b. Lowering body in an attempt to hit a defender(s)
- c. Flag Guarding
- d. Pushing defenders away using a swim arm motion

No Running Zone:

The no running zone is the area 5 yard area until you reach the endzone line. If the ball is spotted anywhere within that area, there will be no running plays in which a QB scramble or handing the ball to another offensive player can score. The offense must be able to complete a pass in the endzone. This will result in a 5 yard penalty.

During an extra point attempt, if the team that scored goes for 1pt instead of 2 pts, the running rule applies as well.

PENALTY 5 yards for illegal run play

Fumbles

At anytime a team fumbles the ball and the ball touches the ground, the play will be called dead at the spot where the football first made contact with the ball.

Scoring

Value of Scores

Scoring Plays

The point value of scoring plays shall be:

Touchdown 6 Points.

Successful Try from 3 yd - 1 Point.

Successful Try from 10 yd - 2 Points.

Defense Touchdown on a Try - 2 Points.

Safety - 2 Points (points awarded to opponent).

Safety on a Try - 1 Point (points awarded to opponent).

Touchdown

How Scored

A touchdown shall be scored when:

- a. The ball in possession of a runner advancing from the field of play penetrates the opponent's goal line (plane).
- b. A player catches a pass in the opponent's end zone.

Extra Point Attempt

How Scored

The points shall be scored according to the point values if the extra point attempt results in what would be a touchdown or safety.

Opportunity to Score

An extra point attempt is an extra down with the opportunity for either team to score 1 or 2 points.

- a. The ball shall be put in play by the team that scored a 6-point touchdown. If a touchdown is scored during a down in which time expires, the extra point attempt shall be attempted. The scoring team has to decide if it will go for 1 or 2 points before the ready for play.
 - b. The extra point attempt begins when the ball is ready for play.
 - c. The snap will be midway between the side lines on the opponent's 3-yard (1 point) or 10-yard (2 points) line.
 - d. The extra point attempt ends when either team scores or the ball is dead by rule.
- If the try will be repeated after a penalty, it is still worth the same value as before. No change of decision (1 or 2 points) will be made before the try ends.

Next Play

After an extra point attempt, the ball shall be put in play by the opponent on its own 5-yard-line.

Safety

How Scored

It is a safety when:

- a. The ball becomes dead behind the goal line or the flag is pulled from an offensive player in their own endzone.

Snap After a Safety

After a safety, the ball shall be put in play by the scoring team at its own 5-yard-line.

Touchback

When Declared

It is a touchback when:

- a. Mostly occurs on punt plays
- b. A defense player intercepts a pass in the endzone, attempts to run and drops the ball in the same endzone.

Snap After a Touchback

After a touchback, the ball shall be put in play by the defending team at its own 5-yard-line.

Conduct of Players

Contact Fouls

Initiating Contact

- a. No player shall intentionally contact an opponent or official with the exception of legal blocking.
- b. No player may step, jump or stand on another player.
- c. No player may hold another player.
- d. All stationary players have the right of place and opponents must avoid contact.
- e. The runner has no right of way and is charged with avoiding contact with opponents.
- f. All offense players have the right of way as long as a legal forward pass is still possible and defense players must avoid contact. When the forward pass is in the air all players have the right to play the ball, but not by targeting (playing through) the opponent.

PENALTY - 10 yards, enforced from the basic spot. Automatic first down for fouls by Defense.

Targeting an Opponent

Even with the right of way no player shall target an opponent and contact him.

PENALTY - 10 yards, enforced from the basic spot. Automatic first down for fouls by Defense.

Game Interference

- a. No substitute or coach may contact or interfere in any way with the ball, a player or an official during the game.

PENALTY - 10 yards, enforced from the basic spot. Automatic first down for fouls by Defense.

Non-contact Fouls

Unsportsmanlike Acts

- a. Use of abusive, threatening or obscene language or gestures, or engaging in such acts that provoke ill will or are demeaning.
 - b. If a player is neither returning the ball to the next spot nor leaving it near the dead ball spot.
 - c. If a player is neither immediately returning a pulled flag to the opponent nor leaving it near the spot where it has been pulled. The players should prefer to return the flag to the opponent.
- PENALTY - 10 yards, enforced from the basic spot.**

Unfair Acts

- a. No runner shall commit flag guarding.
PENALTY - 5 yards, also loss of down if by offense before team possession changes, enforced from the spot of foul.
- b. No player shall pull a flag from an opponent other than the runner or an opponent who simulates being the runner.
PENALTY - 5 yards, enforced from the basic spot.
- c. No player shall kick a pass.
PENALTY - 5 yards, enforced from the basic spot.
- d. Participation by 6 or more players is illegal.
PENALTY - 5 yards, spot of foul is the scrimmage line, enforced from the basic spot.
- e. Coaches and substitutes may not be outside the team area during a down.
PENALTY - 5 yards, spot of foul is the scrimmage line.
- f. No player wearing illegal equipment or missing mandatory equipment shall be permitted to play. A player with a bleeding wound must leave the field.
Players have to leave the field immediately after being ordered to do so by an official.
VIOLATION - Charged timeout. Penalty - 5 yards, if no timeout left.

Substitutions

Substitution Procedures

- a. Any number of legal substitutes for the offense team may enter the game to replace a teammate after the ball is dead and before the snapper touches the ball.
 - b. Any number of legal substitutes for the defense team may enter the game to replace a teammate after the ball is dead and before the ball is snapped.
- PENALTY - 5 yards, spot of foul is the scrimmage line.**

Penalty Enforcement

General

Flagrant Fouls

A flagrant foul is a foul which endangers a player to injury and requires disqualification. A disqualified player has to leave the team area and the field.

Unfair Tactics

If a team refuses to play or repeatedly commits fouls that can be penalized only by halving the distance or commit an obviously unfair act not specifically covered by the rules, the referee

may take any action he considers equitable, including assessing a penalty, disqualify a player or coach, awarding a score, or suspending or forfeiting the game.

Penalties Completed

How and When Completed

A penalty is completed when it is accepted, declined or canceled. Any penalty may be declined by a team captain or coach, but a disqualified player must leave the game.

When a foul is committed, the penalty shall be completed before the ball is declared ready for play. Only team captains and coaches may ask the referee questions about rule clarification.

Simultaneous With Snap

A foul that occurs simultaneously with a snap is considered as occurring during that down, the spot of foul is the scrimmage line.

Live Ball Fouls by the Same Team

When 2 or more live ball fouls by the same team are reported to the referee, the referee shall explain the alternative penalties to the field captain of the offended team, who then may elect only one of these penalties.

Offsetting Fouls

If live ball fouls by both teams are reported to the referee, the fouls offset and the down is replayed.

Exceptions:

1. When there is a change of team possession during a down, and the team last gaining possession had not fouled before last gaining possession, it may decline offsetting fouls and thereby retain possession after completion of the penalty for its foul.
2. When a live ball foul is administered as a dead ball foul, it does not offset and is enforced in order of occurrence.

Dead ball Fouls

Penalties for dead ball fouls are administered separately and in order of occurrence.

Interval Fouls

Penalties for fouls that occur between the periods are enforced from the spot of the next series.

Enforcement Procedures

Basic Spot

The basic spot is the scrimmage line.

Exceptions:

1. For offensive fouls behind the scrimmage line, the basic spot is the spot of the foul.
2. For defense fouls when the dead ball spot is beyond the scrimmage line, the basic spot is the dead ball spot.
3. For fouls after a change of possession the basic spot will be the dead ball spot. Only if the foul is on the last related run from the team ending with possession and behind the dead ball spot, the basic spot is the spot of foul.

Procedures

The enforcement spot for live ball fouls is the previous scrimmage line if not otherwise mentioned in the penalty.

The enforcement spot for dead ball fouls is the next scrimmage line.

Dead ball fouls by both teams offset and the down counts.

Fouls during or after a touchdown or try:

1. Fouls with 10 yard penalty by the non scoring team during a touchdown, enforced on the try. Other fouls are declined by rule.
2. Fouls after a touchdown and before the ball is ready for play on the try, enforced on the try.
3. Fouls with 10 yard penalty by the non scoring team during a try, enforced on the next snap. Other fouls are declined by rule.
4. Fouls after a try, enforced on the next snap.

Half-Distance Enforcement

No distance penalty, including tries, shall exceed half the distance from the enforcement spot to the offending team's goal line.

Officials' Duties

General Duties

Jurisdiction of Officials

The officials' jurisdiction begins with the coin toss and ends when the referee declares the score final.

Number of Officials

The game shall be played under the supervision of 3 officials.

Basic Responsibilities

- a. The referee has general oversight and control of the game, is the sole authority for the score and his decisions upon rules and other matters pertaining to the game are final.
- b. The referee shall inspect the field and report irregularities to game management, coaches and other officials.
- c. The referee has jurisdiction over player equipment.
- d. The referee shall indicate that the ball is ready for play, shall direct the clock, shall time the 25-second-count, count the number of charged timeouts, award new series of downs and administer penalties.
- e. The referee shall notify both head coaches of any disqualifications.
- f. The referee shall count the number of offense players.
- g. After the snap, the referee shall be responsible for ruling on the play behind the scrimmage line around the ball.

Linesman (LM)

Position

The initial position of the linesman is on the scrimmage line at the sideline with the down indicator.

Basic Responsibilities

- a. The linesman is responsible for the operation of line of scrimmage
- b. The linesman shall count the number of offense players and keeps count of the downs.
- c. The linesman has jurisdiction over the scrimmage line and his sideline.

d. Once the ball has crossed the scrimmage line on his side of the field, the linesman shall be responsible for ruling on the play around the ball. The linesman indicates forward progress on his side to the referee.

Field Judge (FJ)

Position

The initial position of the field judge is 7 yards deep at the sideline opposite to the down indicator.

Basic Responsibilities

- a. On a 3-man crew the field judge is responsible for timing the game or supervising the game clock operator.
- b. The field judge shall count the number of defensive players.
- c. The field judge has jurisdiction over his sideline.
- d. Once the ball has crossed the scrimmage line on his side of the field, the field judge shall be responsible for ruling on the play around the ball. The field judge indicates forward progress on his side to the referee.

Summary of Penalties

AUTOMATIC FIRST DOWN (AFD)

Defensive pass interference [also 10 yards]

Illegal contact [also 10 yards]

Targeting [also 10 yards]

Game interference [also 10 yards]

Defensive Holding (Also 10 yards)

LOSS OF A DOWN (LOD)

Illegal touching

Illegal backward pass [also 5 yards]

Illegal forward pass [also 5 yards]

Flag guarding [also 5 yards]

Offensive pass interference [also 10 yards]

LOSS OF 5 YARDS

Illegal kick by runner

Illegal snap

Delay of game

Illegal snap

Encroachment

False start

Illegal motion

Illegal run play

Offside

Illegal blitz

Illegal hand-off
Illegal backward pass [also LOD]
Illegal forward pass [also LOD]
Blocking
Flag guarding [also LOD]
Illegal Flag pull
Illegal kicking a pass
Illegal participation
Sideline interference
Illegal Substitution

LOSS OF 10 YARDS

Offense Pass interference [also LOD]
Defense pass interference [also AFD]
Illegal contact [also AFD]
Targeting [also AFD]
Game interference [also AFD]
Unsportsmanlike
Defensive Holding

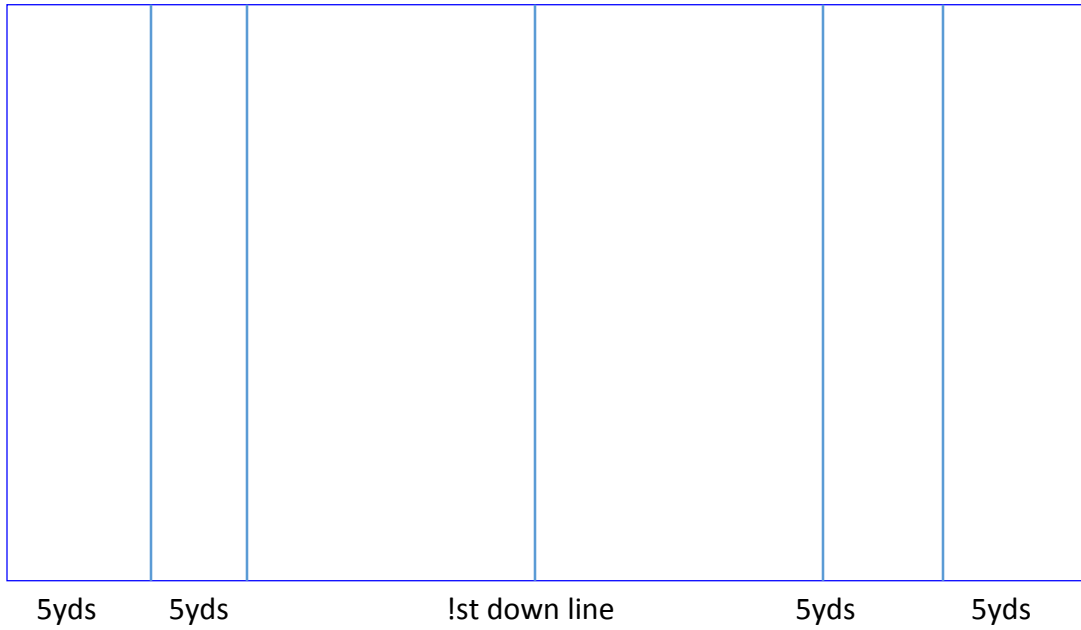
CHARGED TIMEOUT

Player with wearing illegal equipment not leaving field
Player with missing mandatory equipment not leaving field
Player with bleeding wound not leaving field

Field Diagram

No running zone line

No running zone line



50yds X 25yds

5 yd endzones

5 yard No Running Zones

25yds from first down line to endzone

***** All rules based on The National Flag Football Rules