



**2013 CARD BOWL
SPRING FLAG FOOTBALL TOURNAMENT
June 6th & 7th**

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- I. Registration
 - a. All registration is first come first serve with money required to guarantee a position in the tourney.
 - b. Tournament Registration Deadline is **Thursday June 6, 2013 at 5:00 pm.**

- II. Schedules / Rosters
 - a. Tournament roster must be submitted to the CARD Field Supervisor before the start of the first game.
 - i. Non roster fine – Any team caught with player(s) that have not officially signed a CARD Roster or Add/Drop form will be fined \$50 and the manager will be suspended for 1 game. The fee must be paid before the next game or the entire team cannot participate.
 - b. Tournament schedules will be available on line at www.teamsideline.com/chico by 5pm on **Friday, June 7th, 2013**

- III. Entry Fee & Format
 - a. \$175 per team.
 - b. A maximum of 2 checks will be accepted per team for registration.
 - c. Tournament format will be determined by the number of teams entered with a 3 game guarantee.

BEHAVIOR AND SPORTSMANSHIP

It is every player's responsibility to know the rules and abide by them. It is also every player's responsibility to respect and cooperate with the officials. It is the responsibility of the team manager to insure proper behavior on the part of his/her team's fans. The team manager is ultimately responsible to the CARD staff for all of the above. All infractions will be governed by the Players Code of Conduct.

The objective of CARD Sports Leagues is to provide the opportunity for participants to benefit from quality a leisure time activity which encourages fitness, healthy competition, fun and fellowship in the form of organized sports. Friendly competition and good spirited rivalry are expected. However, Officials and Facility Supervisors are CARD employees and will not tolerate verbal abuse or physical threats from or amongst players, coaches or spectators. Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension. The Official or Facility Supervisor may forfeit games if either team's participants or supporters act in such a way as to interfere with proper conduct of the game.

GENERAL

Conversations with officials will be kept to a minimum. Team managers, and only team managers, may address the officials. Managers may only address matters of rule interpretation or essential game information and must do so in a courteous manner. Any verbalization directed toward an official other than that outlined above, will result in technical foul and possible dismissal from the contest.

No jewelry (rings, watches, necklaces, earrings, etc.) may be worn during the games (safety). Length of finger nails, if deemed dangerous, will be removal of player from that game.

BLOOD RULE

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered or the uniform is changed.

PLAYERS

1. Seven players per side are on the field at one time. It takes a minimum of five players to start the game.
2. Rosters are limited to 14 players. Persons not on the roster are ineligible.
3. Free substitution on dead balls. (Illegal Participation, 10 yards).
4. Only players who have signed the tourney roster are eligible to play.

SPECTATORS

1. Team managers are responsible for the conduct of their team's spectators sitting in the spectator area and their players along the sideline.
2. Non-playing spectators **MAY NOT** stand along the sideline; they must remain back in the spectator area.

EQUIPMENT

No bare feet, or metal cleats. No jewelry. No arm or hand pads unless they are used to protect injury. Subject to referee's inspection. Any regulation football may be used as long as it is available to both teams.

PREGAME

Game time is and **MUST** be **FORFEIT** time. Coin flip decides possession. Team "B" chooses direction. Second half team "B" has possession and direction is reversed. Play begins from own 20 yard line. No kick off.

TIME

1. Forty minute game consisting of two eighteen-minute halves. The intermission between halves shall be five minutes. If defense commits a penalty on the last play of the half or game, offense gets another play.
2. Two time-outs **per game**, per team. **Not Per Half**
3. Clock can be stopped or started at official's discretion.
4. When play is stopped due to injury, injured player must sit out at least one play.
5. Clock will run continuously during each half. **The last two minutes of each half** will utilize stop time.
6. The clock stops on every first down under two minutes, until set by officials.

SCORING

1. Touchdowns are six points.
2. PAT are plays attempting to get the ball into the end zone utilizing a run or pass play. A PAT from the 20 yard line is worth 3 points and an attempt from the 10 yard line is worth two points. A PAT from the three yard line is worth one point.
3. After a successful PAT, the ball will be given to the opposing team on their 20 yard line.
4. After a safety, the ball will be given to the scoring team on their own 20 yard line.
5. After a touchback, the ball will be placed on the 20 yard line.
6. A conversion return will be two points for the scoring team.

GAME PLAY

1. Offense has four plays to move the ball past the first down line. First downs are every 20 yards.
2. On fourth down, offense is given the option to play or punt. If offense plays, and does not make a first down, defense takes over at that spot.

FLAG REMOVAL

1. Deflagging (removal of the flag of an offensive player by a defensive player) is the equivalent to tackling in football and marks the end of the play. A player must have possession of the ball before he/she can legally be deflagged.
2. When a player loses a flag belt, either accidentally, inadvertently, or on purpose, play continues. The deflagging reverts to a **one hand tag** of the runner between the shoulders and the knees.
3. In circumstances when a flag is removed illegally, play should continue with the option of the penalty or the play. Penalty is a personal foul.
4. Pulling or removal of the flag belt from an offensive player without the ball, by a defensive player, is illegal. Penalty is a personal foul.
5. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such act results in an Unsportsmanlike Conduct penalty.
6. Holding in anyway, while pulling a flag is considered a tackle.
7. ****NEW**** Player is down at spot where hips are when flag is pulled, not where ball is.

FLAG GUARDING

1. Ball carrier must attempt to avoid defenders.
2. Swinging the hand or arm over the flag to prevent defender access or lowering the shoulder to prevent access is prohibited (Flag Guarding 10 yards).
3. Diving for additional yardage is not allowed and will result in a penalty (Diving -5 yards).

MINIMUM LINE PLAYERS

1. The offensive team must have at least 4 players on their scrimmage line at the snap.
2. The remaining players must be either on their scrimmage line or in their backfield.
3. All players must be inbounds.
4. A player in motion is not counted as one of the 4 on the scrimmage line. (Illegal Procedure, 5 yards)

OFFENSIVE SCREEN BLOCKING

1. The offensive screen block shall take place without contact.
2. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back.

3. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal.
4. A blocker may use his/her hand or arm to break a fall or to retain his/her balance.
5. A player must be on his/her feet before, during, and after screen blocking. (Personal Foul, 15 yards).
6. No Downfield Blocking is allowed. You can only block up to 5 yards past the line of scrimmage.

DEFENSIVE RUSHING

Defensive players **must go around** the offensive player's screen block. The arms and hands may not be used in any way to contact an opponent in order to gain an advantage. (i.e. using hands/arms as a wedge). A blocker may use his/her arms or hands to break a fall or retain his/her balance. (Personal Foul, 15 yards).

PASSING

1. One forward pass per play. Forward passes can only be made from behind the line of scrimmage (Illegal Forward Pass - 5 yards & loss of down). All players are eligible receivers.
2. No bump and run coverage. This includes jamming the center. Picks are prohibited. No contact is allowed on pass plays other than incidental. Interference will be judged on whether or not a player impedes another player's chance to the ball and whether the ball was catchable (Interference - 10 yards loss of down/first down).
3. One foot must be in bounds for a legal catch. If, after catching a ball and player land out of bounds; play may be determined a legal catch if official determines player was pushed. In cases of a simultaneous catch, the ball is dead and possession goes to the offensive team.
4. Roughing the passer: Excessive force toward the quarterback during or after the pass.

DELAY OF GAME

Twenty-five seconds between plays. Time starts at ball placement. (Dead Ball, Delay of Game, 5 yards).

MOTION

Only one offensive player is allowed in motion prior to the snap.

PUNT

If offense punts, both teams line up on the ball and ball is snapped to punter. Punter takes one step and kicks. Ball is down where it is fielded, goes out of bounds, rolls dead, or is a touchback. There is no rush and no one on either team can cross the line of scrimmage. Ball is down if dropped by anyone. There are no fakes allowed. Any violation is illegal procedure. Only the receiving team can gain possession of the punt.

FUMBLES AND TURNOVERS

Fumbles are an immediate dead ball and no change of possession can occur. Interceptions may be advanced.

INFRACTIONS PENALTY ENFORCEMENT POINT

Offside: 5 yards from Line of Scrimmage

Illegal Procedure: 5 yards from Line of Scrimmage

Not having 4 players on the Line: 5 yards from Line of Scrimmage

Delay of the Game: 5 yards from Line of Scrimmage

Diving: 5 yards from Point of Infraction

Illegal Forward Pass: 5 yards & loss of down from Point of Infraction

Straight Arm: 10 yards from Point of Infraction

Flag Guarding: 10 yards from Point of Infraction

Down Field Blocking: 10 yards from Point of Infraction

Holding (Offense): 10 yards from Line of Scrimmage

Holding (Defense): 10 yards & first down from Line of Scrimmage

Intentional Grounding: 10 yards & loss of down from Line of Scrimmage

Pass Interference 15 yards & loss of down from Line of Scrimmage / first down

Ball Carrier (Charging): 15 yards from Point of Infraction 5

Personal Foul: 15 yards from Point of Infraction (**Excessive or repeated Personal Fouls during the same game may result in ejection from the game at the discretion of the officials.**)

Unsportsmanlike Conduct: 15 yards from Point of Infraction (**Two Unsportsmanlike penalties during the same game will result in ejection from the game.**)

Tackling: 15 yards & first down from Point of Infraction

Unnecessary Roughness: 15 yards & first down from Point of Infraction

Roughing the Passer: 15 yards & first down from Line of Scrimmage

Illegal Substitution: 5 yard penalty from Line of Scrimmage