

2025 TRI-VALLEY CHRISTIAN ATHLETIC LEAGUE FLAG FOOTBALL RULES

FIELD

1. Field dimensions are to be 80 yards long x 40 yards wide, with 10-yard end zones. First down zones are every 20 yards.
 - a. First downs are awarded when the ball is moved from one zone to the next.

LENGTH OF GAMES

1. Official time will be kept by the referees. **The game will consist of four 10-minute running quarters, with a 5-minute halftime break after the second quarter.**
2. WeThe referees will make an effort to keep coaches informed of the time remaining throughout the game (Coaches can ask for time updates as well).
3. The clock will stop for time-outs and a score.
4. **CIF Stop Clock Procedures will be used in the last two minutes of the second half if the score is within 21 points.**

Time Outs:

1. **Two 1 Minute time-outs are allowed per team per half. Timeouts cannot be carried from one half to the next.**

EQUIPMENT

1. Each team will bring its own regulation ball for its offensive possessions. (Youth size for Junior High and junior size for Elementary)
2. All players **MUST** wear a mouthpiece. A player will not be allowed to participate without one. **NO EXCEPTIONS.**

3. All jerseys must be tucked in. The official will send the player off for one play if they are improperly equipped. A second violation will result in “Unsportsmanlike Conduct” and a penalty of 10 yards.
4. All players must wear rubber cleats or rubber-soled shoes.
5. No pads are allowed, but protective padded headgear is permitted

PENALTIES:

1. **Minor penalties are 5 yards, major penalties are 10 yards. There are no 15-yard penalties.**
2. All penalties not covered in these rules will be enforced according to CIF rules.

KICKOFFS

1. **There are no kickoffs. After the coin toss or a new set of downs following a score, the ball will be placed on the 30-yard line**

PUNTS:

1. **There are no punts. The offensive team must declare on the 4th down. The receiving team will take the ball on their own 20-yard line.**

GAME PLAY:

1. Each team will have 7 players on the field at one time. The offensive team must have a **minimum** of 4 players on the line of scrimmage when the ball is snapped.
2. All offensive players are eligible to catch a pass.
3. The defense must line up two yards off the ball at the snap
4. The offense must have four players on the line of scrimmage.
5. **The defense may not enter the neutral zone for the entire play if its team is ahead by 21 points.**
6. **The thrower has seven seconds to pass the ball during the 21-point no-rushing period.**

FLAGS: Each Team is Required to Provide its Own Flags.

1. Each set of flags should have 3 flags that are not removable from the belt. When a flag is pulled, the entire belt should be removable.
2. If a team alters its equipment to not allow a belt to be removed, it will result in an “Unsportsmanlike Conduct” penalty of 10 yards. A repeat offense will result in a forfeit of the game.
3. Flags need to be worn with one on each hip and one at the back of the waist.
4. Flags must be in direct contrast to the jersey color

SCORING:

1. Touchdown – 6 points
2. Safety – 2 points
3. PAT (Point After Touchdown)*
 - a. From 10 yards – 2 points
 - b. From 3 yards – 1 point

*If a ball is intercepted on a PAT, the play is blown dead and cannot be advanced.

SAFTIES

1. Following safety, the ball will be placed on the 30 Yard line.

OVERTIME RULES

1. A coin flip will determine who will get the ball first. The winner of the toss can choose offense or defense.
2. The team on offense will start from the 20-yard line and have 4 downs to score. After the first team is on offense, the opposing team will get a chance to be on offense.
3. The defense can score on a turnover. At such a point, the game will be over.

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4. If the score remains tied, the same process will continue until there is a determined winner.
4. Each team will be granted one time-out per overtime period. Time-outs do not carry over during overtime.
5. The same endzone will be used for the entirety of overtime periods.

BALL CARRIER

1. The ball will be spotted at the place of the ball when a flag is pulled.
2. The ball is dead if any of the ball carrier's body parts other than the hand or foot contacts the ground.
3. The ball carrier can only make 1 spin per defender. If a group of defensive players are near one another, that constitutes 1 defender.
4. **A player who has received the ball and does not have flags (fell off accidentally) will be downed by one hand touch.**

FORWARD PASSES

1. Forward passes have to be made from behind the line of scrimmage.
2. If a forward pass is thrown away intentionally to avoid loss of yards, it is considered Intentional Grounding: a penalty of five yards from the spot of the foul, plus loss of down.
3. **Laterals are legal at any point on the field. If a lateral is not backwards, an illegal forward pass will be called. The penalty is five yards from the spot of the foul and a loss of down.**

HAND-OFFS:

1. **Effective 2025: There are no bean bags. Offense or defense can utilize every part of the field.**
2. **When a ball is muffed or fumbled by the offense, the ball is dead immediately.**

3. A pass or lateral that is intercepted by the defense before it touches the ground can be advanced.
4. **Any backward pass that touches the ground is dead at the spot where the ball hits the ground.**
5. **Hurdling by a ball carrier is not allowed. 10 Yard Penalty**

ILLEGAL USE OF HANDS

1. **1. The ball carrier may NOT use his arms or hands to protect their flags.
EFFECTIVE 2025: Flag Guarding is a 10-yard penalty enforced from the spot of the foul and loss of down.**
2. Defenders must go for flags and not attempt to strip the ball or hold the ball carrier. Stripping of the ball is a 10-yard penalty.
3. No stiff/straight arms are allowed at any point. This is illegal contact: a 10-yard penalty

BLOCKING / Defending:

Point of Emphasis: TVCAL Flag Football is a No-Contact League

1. **Blockers are to be considered screeners. They cannot initiate contact with the defense with any part of their body. Illegal contact or holding by the offense is a 10-yard penalty.**
2. **A Defender may not initiate contact with the offensive player. Illegal contact or holding by the defense is a 10-yard penalty.**

Diving

1. **Offensive players cannot dive in an attempt to reach the line to gain or to avoid having their flag pulled. 10 Yard Penalty**