



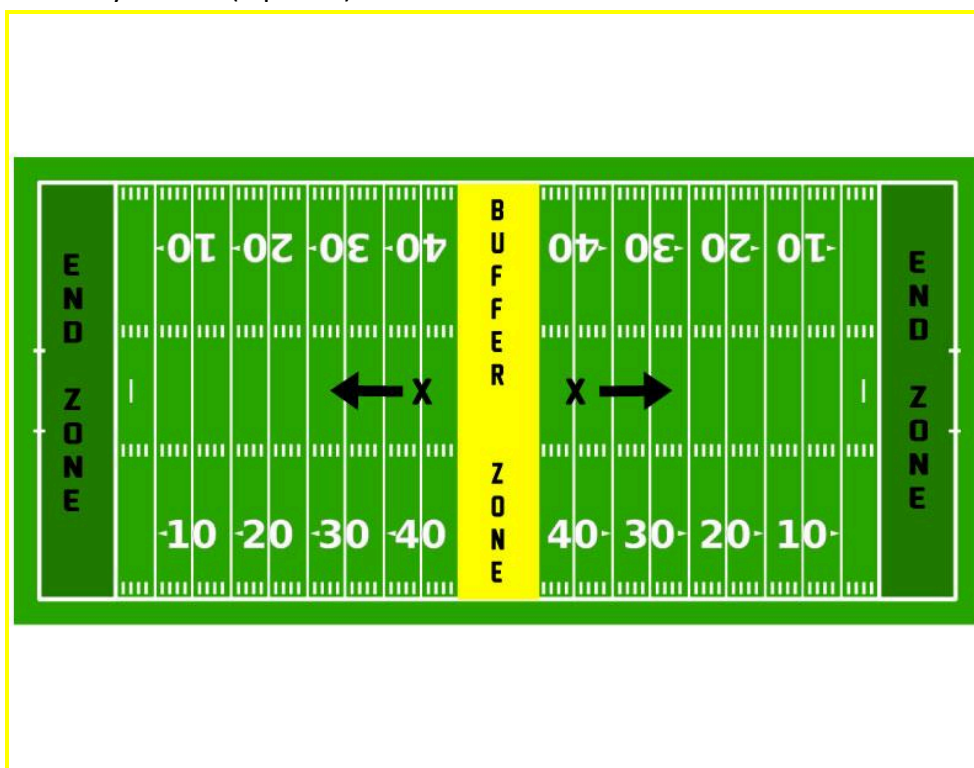
SCAL Flag Football Rules

SCAL will be playing 7v7 flag football with both running and passing allowed. There are no special rules for co-ed play. **Yellow highlights are crucial to pay attention to.**

Field Set Up:

FIELD DIMENSIONS: Approx Width: 40 Yds, Length: 4 - 10 yd segments and 1 - 10 yd endzone, 50 yds play in total. This set up enables two games to be conducted simultaneously on a standard, regulation football field. The field needs to be divided into 4 –10-yard segments.

- First downs are made when a team crosses into the next 10-yard segment.
- Extra Point lines are to be located in the middle of the field at the 5-yard line (1 point) and the 10-yard line (2 points).



Equipment:

- Football size: Boys Varsity: Youth (TDY or equivalent)
- Elementary: Pee Wee (K2 or equivalent)
- Girls Varsity / JV: Junior (TDJ or equivalent)
- **Mouth pieces are required**
- **All shorts MUST HAVE NO POCKETS due to potential finger injuries**
- **Flag belts must be Triple Threat or equivalent. Flags MUST BE STATIONARY on the belt. (Belts must be able to be pulled off as one unit) & must clip (no Velcro)**
- Shoes are mandatory and can either be tennis or rubber cleats. **(NO METAL CLEATS)**
- Uniforms must be all the same color.

Game Times, Time Outs, and Related:

- 2 – 20-minute halves with a 5-minute halftime. Each team is allowed two-timeouts per half. Unused timeouts do not carry over.
- There will be a two-minute warning during each half.
- **If a team arrives 10 minutes late to game the quarters will be cut in length to ensure that the next game on the field begins on time. If no game follows yours, it will be up to the coaches to agree on if they want to move forward with a full game or still cut the length. If more than 15-20 minutes late the team that was ready to go on time can ask for a time delay forfeit. Game can still be played as a scrimmage but will not count towards standing but the forfeit will.**
- **The clock will stop the last two minutes of the last half for the following reasons: - Ball carrier stepping out of the bounds - Penalties - Incomplete passes - First downs ***
- The clock should not start until the ball is snapped at the beginning of each half and during the last two minutes of the last half for the above reasons.
- The ball has to be put into play within 30 seconds of the ball being placed by the ref.

Playing Rules:

1. No kickoffs or punts. The ball starts on the 40-yard line and each subsequent change of position also starts at the 40. A coin toss will determine which team has the ball first.

*****2. ELEMENTARY and MS GIRLS ONLY:** Only one coach from the offense and one from the defense are allowed on the field. Once play begins, the coaches are not allowed to say anything until the play is finished.

3. A ball that hits the ground is dead. No live fumbles. A ball cannot be fumbled forward.
4. All players are eligible runners / receivers.
5. If the flag belt falls off then the tackle becomes a **one** hand touch anywhere on the body from the shoulders to the knees.
6. Only one offensive player can be in motion at a time. This player can only move parallel or away from the line of scrimmage.
7. When catching a pass, the receiver must have one foot in bounds.
8. The offense must have at least four men on the line of scrimmage when the ball is hiked. There is no set number of players on the line for the defense. Defense could go with zero on line.
9. No bumping of receivers.

*****10. The defense must start minimally 5 yards from the line of scrimmage. The exception is if the offense is less than 4 yards from a first down or goal line. The defense may then line up on the first down line or goal line.**

11. A ball carrier is considered down if: An opponent has pulled the flag belt. The flag belt falls off and the player is touched with one hand. The ball carrier's knee touches the ground.

12. A forward pass is illegal if: - the passer's foot is beyond the line of scrimmage - the ball is carried across the line of scrimmage and then is brought back and thrown intentionally thrown to the ground or out of bounds to avoid loss of yardage - there is more than one forward pass during a down (this will be unlimited behind the line of scrimmage).

13. The QB can take the snap under center or in the shotgun. The ball **MUST be snapped between the legs. **NO SIDE SNAPS.****

14. Runners may spin but cannot leave the ground - no jumping!

15. An offensive player may not escort the ball carrier. Meaning they cannot run next to the ball carrier but can set a screen

16. No Blocking. Players must remain in a stationary position (ie stand like a statue) and cannot move.

17. Hiking the ball. The center must hike between their legs.

18. An interception is a dead ball play that results in a turnover to the defense with that team then starting at the 40 yard start point on offense.

19. Mercy rule. 28 points. The losing team may choose to finish the game or call it quits. The game will then switch to a running clock.

20. Overtime. A coin toss will determine which team has the ball first. Teams will alternate starting with the ball in each OT. Each team will have the opportunity to be on offense. Each team will receive four plays from the opponents 10 yard line to score. When a TD is scored a PAT will also be attempted.

21. Flags must be at least 14 inches long and triple threat belts or similar.

22. After each touchdown the referee will pull the scoring player's belt. If the belt does not remove easily and appears to be altered or tied intentionally, the touchdown will not stand and a 10 yard penalty will be assessed from the previous spot and a loss of down.

23. For Elementary division, if there is a bad snap, the offense can retry that down. If another bad snap occurs within that offensive series it is a loss of down.

25. When a flag is pulled, it is the position of the BALL when the flag is pulled that marks the down. That is where the ball is spotted.

Penalties:

1. **Penalties Loss of 5 yards** - Flag guarding. From spot of infraction - False start on offense - Offside on defense - Delay of game - Illegal man in motion - Bumping receiver.
2. Loss of 10 yards - Illegal blocking - Holding - Stiff arming.
3. **Offensive pass interference** - Defensive pass interference. Plus, automatic first down. - Half tackling or hindering the ball carrier - Ball carrier lowering his head or running over a defensive player - Intentional grounding.
4. **Loss of 15 yards** - Unsportsmanlike conduct (bad language, throwing or kicking the ball in anger, etc...) - Team not ready to play to begin the game or second half - Striking, kicking, kneeing, elbowing, etc... - Tripping and clipping - Illegal use of hands - Tackling (from point of infraction plus automatic first down). If a tackle occurs inside the red zone (10 yards and in) then it shall be ruled a TD. - Roughing the passer. - Pushing a ball carrier out of bounds.
5. **Other violations:** Defensive player pulls flag belt before a catch. If the ball is caught, a 10-yard penalty will be added plus an automatic first down. If the ball is not caught, it will be an automatic first down at the spot of infraction.
6. **Double penalties during a live ball:** If there is an offensive and defensive penalty during a live ball the down will be replayed.
7. **Penalties during and after play:** If a penalty is called during a play and another is called after the ball is whistled dead, the penalties will be administered in order of occurrence.

8. When a team commits two or more penalties during a play only one penalty will be measured. The offended team will choose which penalty to accept.
9. **Rules Not Covered:** If a rule is not covered in this document, the referee will default to:

<http://play.nirsa.net/wp-content/uploads/flag-football-rules.pdf>

<https://irp.cdn-website.com/09bd7bce/files/uploaded/21-22%20FHSAA%20Flag%20Football%20Rule%20Book%20%281%29.pdf>