



ADULT FLAG FOOTBALL RULES

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 ensure 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 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 the 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 20 players. Persons not on the roster are ineligible.
3. Rostered players must be at least 16 years of age with a youth add/delete form signed by parent/guardian.. CARD Staff may ask for ID/age verification at any time.
4. Free substitution on dead balls. (Illegal Participation, 10 yards).
5. Only players who meet league requirements and who have signed the league roster and/or player addition form and have it on file at the CARD office are eligible to play. Penalty: League suspension

and fine.

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

Coin flip decides possession. Home team defends first, and the home team receives the ball to start the 2nd half. Play begins from their own 20 yard line. No kick off.

TIME

1. Forty minute game consisting of two twenty-minute halves. The intermission between halves shall be three minutes. If defense commits a penalty on the last play of the half or game, offense gets another play.
2. Two time-outs per half.
3. Clock can be stopped or started at the official's discretion.
4. When play is stopped due to injury, the 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.
7. Clock will be stopped during extra point attempts. Clock will restart on the next play.

SCORING

1. Touchdowns are SIX points. Teams have 1 play to score from the 5 yard line for an extra point.
2. After a touchdown, the opposing team starts with the ball on the 20 yard line.
3. After a safety, the ball will be given to the scoring team on their own 20 yard line.
4. No kickoffs

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 to the opposite 20 yard line. If offense plays, and does not make a first down, defense takes over at that spot.

OFFENSIVE POSITIONING

1. Required: 1 Center, 1 Quarterback, 1 Half Back (Teams may choose to have 2 Half Backs). Minimum of 3 Wide Receivers.
3. All players must be inbounds.
4. Motioning is not permitted. (Illegal Procedure, 10 yards)

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. The ball is down where the flag is dropped. Defensive

players must drop flags immediately after deflagging. The referee will decide where the ball is down if the tackling player does not immediately drop the flag.

2. When a player loses a flag belt, the ball is down where the flag falls. Play is dead after the flag belt is dropped.
3. Illegal flag removal results in a penalty of 10 yards, or half the distance to the goal.
4. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts results in an Unsportsmanlike Conduct penalty and may result in ejection from the game.

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). **Ball will be blown dead immediately.**
3. Diving for additional yardage is not allowed and will result in a penalty (Diving -10 yards).

OFFENSIVE SCREEN BLOCKING

1. NO BLOCKING OR SCREENING BESIDES THE CENTER (10 yard penalty). The Center is the only player permitted to screen blocks. The Center must keep hands at their sides. (10 yard penalty for using hands/arms/legs to screen block)
2. Any use of the hands, arms, elbows, legs, or body to initiate contact with another player is not permitted. (10 yard penalty).

DEFENSIVE RUSHING

Maximum of 3 defensive players are permitted to rush the backfield if there is 1 Half Back. Maximum of 4 defensive players are permitted to rush the backfield if there are 2 Half Backs. Defensive players must go around the Center. 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) - 10 yard penalty. The Defense may rush after 3 seconds.

OFFENSIVE RUSHING

Quarterback is the only position that may hand the ball off. Only 1 handoff per down. Quarterback may only hand the ball off to Half Back or Wide Receivers. Centers may not receive a handoff.

PASSING

1. One forward pass per play. Forward passes can only be made from behind the line of scrimmage All players are eligible receivers. Quarterback has 6 seconds to pass or handoff.(10 yard penalty).
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 catch the ball and whether the ball was catchable (Interference - ball is spotted at the the spot of the penalty).
3. One foot must be in bounds for a legal catch.

PASS COVERAGE

1. Defensive players may not push the offensive player at any point (10 yard penalty or at the spot of the foul and possible ejection at the official's discretion).
2. Pass interference will be called at the official's discretion. (10 yard penalty or at the spot of the foul and possible ejection at the official's discretion).
3. Players may touch the offensive player, but may not hand check. Similar to guarding in Basketball.

DELAY OF GAME

Twenty seconds between plays. Time starts at the official's whistle. (Dead Ball, Delay of Game, 10 yard penalty).

MOTION

No Motioning.

FUMBLES AND TURNOVERS

Fumbles are an immediate dead ball and no change of possession can occur. Interceptions may be advanced. Defense may not strip the ball.

TIE GAMES

During regular-season play, games will end in a tie. No overtime sessions will be played.

Playoffs:

Away team starts from the 5 yard line, with 5 yards to gain for a touchdown. Home team gets 5 consecutive "4th down" attempts to score a touchdown. Home team then receives the same opportunity. Best of 5 wins. Similar to a shootout in soccer/hockey. If the score is tied after the first "shootout", teams will do best of 3. If still tied, best of 1 until a winner is crowned.

INFRACTIONS PENALTY ENFORCEMENT POINT

10-yard penalty:

Offside

Illegal Procedure

Illegal formation

Delay of the Game

Illegal Forward Pass

Flag Guarding

Illegal Blocking

Pass Interference - 10 yards or at spot of foul.

Ball Carrier (Charging)

Diving

Stripping

Hurdling (Ball Carrier)

Personal Foul

(Excessive or repeated Personal Fouls during the same game may result in ejection from the game.)

Unsportsmanlike Conduct

(Two Unsportsmanlike/tackling/roughing penalties during the same game will result in ejection from the game.) Tackling

Unnecessary Roughness

Roughing the Passer

Line of Scrimmage Illegal Substitution