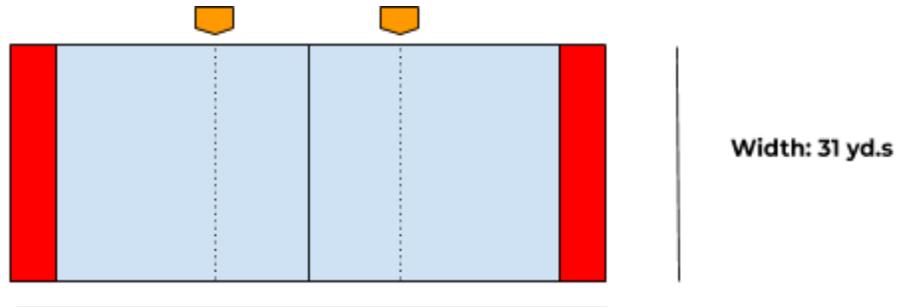


## Athletico Center Flag Football Rules

### Basics

#### Field

55 x 31 yard FULL field. See *dimensions, endzones and first down markers to the right*



#### Ball Size

Length (Full): 55 yd.s

-1st/2nd grade "Pee Wee"

-3rd/4th and 5th/6th grade "Junior"

-7th/8th grade "Youth"

- 5 yd. Endzone (red sections) x 2, 45 yd.s between Goalines
- (1st - 6th Div.) 2 static First Downs (dashed lines) each 15 yards from the closest Goaline
- (7th/8th Div.) Only one static First down at midfield.

#### Time

Games will consist of 2 x 20 minute halves with "continuous clock". Halftime will be 2 minutes long. Clock will stop **only during the last minute of the second half**. Clock stops when:

- Timeout used
- Incomplete pass/including a QB spike
- Touchdowns and changes of possession
- Extra point during final minute will be untimed.

\*Each team will be allowed 1 **timeout** per half (can NOT be carried over to second half), the timeout is 30 seconds in length, stops the game clock (**if** in last minute of 2nd half).

#### Overtime

There is no overtime, Tied games at the end of regulation are recorded as a Tie.

#### Roster

6v6 for all age groups. Each team must have a minimum of 4 players in order for the game to be played. Teams with less than 4 players must forfeit the game.

#### Scoring

Touchdowns are 6 points, after which you can elect to go for 1 extra point (2 yd.s from goaline) or 2 extra points (6 yd.s from goaline).

\*Defense can NOT return an interception on an extra point(s) attempt.

## Rules

**Coin Toss:** The team that wins the coin toss can choose to be on offense first or direction. The team that starts on offense in the first half, starts on defense in the second half.

### **Coaching:**

- One coach is allowed on the field of play for 1st/2nd and 3rd/4th grade games.
- No coaches are allowed on the field of play for 5th/6th and 7th/8th grade teams

*\*Note: The week 1 Preseason Game will hopefully mitigate the need for coaches on the field.*

**Mercy Rule:** All games will play the full 40 minutes, regardless of the score. However, if a team is down 14 or more points, they are allowed unlimited running plays (until within 13 or less points). Clock **does not stop** in the final minute of the game, if a team is behind by 14 or more points.

**This is a 100% non contact league.** No blocking, no screening, no picking, no bump-and-run, no tackling/pushing/shoving. Any infraction will result in a personal foul with a 5 yard penalty and an automatic first down.

## Gameplay

- Offense starts possession on their own goal line at the start of each half and after an opponent's score.
- Play Clock
  - 1st/2nd and 3rd/4th The offense has 45 seconds after the ball is set to "snap" the ball for the next play. Delay of game results in loss of 5 yards or loss of down if within offence's 5 yard line
  - 5th/6th and 7th/8th The offense has 30 seconds after the ball is set to "snap" the ball for the next play. Delay of game results in loss of 5 yards/loss of down if within offence's 5 yard line
- Offense has 4 downs to advance the ball past the first down marker or to score a touchdown.
- There are two, STATIC first down markers. The first that is 15 yards from offense's goal line, and the second that is 15 yards away from the defenses goal line
  - 7th/8th Division will have ONLY one first down at midfield.
- On 4th down the offensive team Elects to (by verbally declaring to the Ref) to
  - Go for it
    - A failed 4th down attempt results in a turnover on downs, and the opposing team starts with the ball at the SPOT
  - "PUNT" - NO ACTUAL Kick
    - 1st/2nd, 3rd/4th and 5th/6th Divisions: "Receiving team" starts at the (first) 1st down (15 yards from their endzone, 30 yards from their touchdown)
    - 7th/8th Division: "Receiving team" starts the ensuing offensive possession their own goal line (60 yards from touchdown)

- For a play to start the entire Offense must be set (static), with the exception of 1 motioner
  - Motion can go laterally or backwards, NOT forward
- An individual play begins on “snap of the ball”. All levels will use **QB Tees with automatic timers attached** (the Tees will also serve as the LOS marker).
  - QB will have 6 seconds to get rid of the ball before timer goes off
  - All 5 NON-QBs are eligible to catch a pass
  - If timer sounds, and the ball is not **in the air**, it's considered a sack with **NO LOSS OF YARDS**, just, loss of down
- There are NO LOSS of YARDS
  - There are **no safeties**.
  - Sacks revert back to original LOS (loss of down)
  - The defense can never cross the LOS (except on their blitz)
    - Even vs Run or PlayAction
- Defense downs the ball carrier by successfully pulling off the runner's flags.
  - The ball is spotted **on FEET** (not ball) of ball carrier when the flags are pulled or where the offensive player steps out of bounds.
- “Ghost flag falls” If a ball carrier's flags come off **unintentionally** (without defensive contact), the carrier is STILL LIVE, until the defense touches them down (1 hand)
- There are NO FUMBLES. Once the ball hits the ground, the ball is dead (Offense retains possession of the ball)
  - Defender is NOT allowed to strip/punch/etc. To force a fumble
- Interceptions are live plays and may be returned.
  - Interception Return that does NOT score = Intercepting Team starts with the ball at the SPOT, 1st Down.

### Offensive Runs/Defensive Blitzes

- The offense has one running play **per possession**. This INCLUDES QB runs. Hence any QB run, handoff or toss play counts as your Run for that possession. (1st/2nd grade have unlimited runs)
  - A “Run” is defined by any offensive play where the QB **does NOT throw the ball forward**
  - The one run is INDEPENDENT of a defense blitzing
    - If QB runs on a blitz (assuming you have not used your run), that counts as your run
    - If blitzed, QB can scramble as long as he stays behind the line of scrimmage (this does NOT result in a “Run Lost”)
  - 1st/2nd Divisions has unlimited runs
- Defense is allowed one blitz **per possession**
  - Only 1 defender can blitz
  - Since we are using “Tees”, the blitzing defender MUST WAIT until the QB finishes his drop (no more backward momentum)
    - Examples: QB does not drop: blitz immediately. QB drops “sideways” (i.e. scrambles and/or sprints out: blitz. QB drops/runs backward: can NOT blitz until he stops/moves any direction but backward

### Ball Carrier

- Flag guarding is **not allowed**, defined as the ball carrier using hand/arm to block a defender from pulling their flag. **Flag guarding is at the discretion of the referee.**
- Spin moves are **not allowed**.
- Ball carrier can NOT leave his feet.
  - No diving for the endzone/gain extra yards (ball is spotted by feet, not ball)
  - No hurdling a defender

## Penalties

- Penalties, gameplay and game/play clock is 100% based on referee's determination
  - Any/all input from non-coaches will NOT be tolerated
- **Taunting is strictly forbidden.** Coaches are responsible for the conduct of all players on the field and their parents. A player flagged for taunting must sit out the team's entire next series of downs. A player flagged for taunting twice in one game will be removed for the remainder of the game and must sit out the team's next game.
- Offensive false start will result in a 5yd penalty and down repeated. (If accepted by defense). An offensive false start on their own goal line will result in a loss of down.
  - Referees will correct players, look for an advantage and use discretion when calling offside penalties, especially in the 1st/2nd grade league.
- Defensive offsides/encroachment will result in a 5 yd penalty and down repeated. (If accepted by offense).
  - A defender that crosses the LOS before the "snap" is offsides, EVEN if he jumps back onsidess
- Offensive and Defensive Pass Interference will result in a 10 yard penalty and automatic first down (Def. PI), repeat down (Off PI) (PLAY THE BALL not the PERSON)