



**UNITED SPORTS
TRAINING CENTER**

**FLAG FOOTBALL
LEAGUE/TOURNAMENT**

2008

**OFFICIAL RULES
AND REGULATIONS**

SPORTS

**2008 United Sports Training Center
Flag Football Official Rulebook**

General Rules:

- 01) BLOCKING: No contact above the shoulders or below the waist. You may not leave your feet to block. No high-low blocks.
PENALTY: 10yds
- 02) CAPTAINS: Each team shall designate a field captain who speaks to officials
- 03) CHARGING: Charging is when an offensive player runs through a defensive player who has established position.
PENALTY: 5yds
- 04) CHUCKING: Chucking off line is permitted within 5 yards.
PENALTY: 5yds Automatic 1st Down
- 05) CLIPPING: Clipping is contact to the back of an opponent who is not the runner.
PENALTY: 10yds
- 07) DEAD BALL: Fumbles are dead at the spot of the fumble.
- 08) DIVING: Diving is illegal (except to pull a flag). Ball is dead where the offensive player left the ground.
- 09) ELIGIBLE LINEMEN: All players are eligible and must be wearing flags
- 10) ENCROACHMENT: A defensive player must start at least **2 yards off** the line of scrimmage. A defensive player cannot draw an offensive player off-sides.
PENALTY: 5yds
- 11) FAIR CATCH: A legal catch signal is extending the arm above the head and waiving it from side to side.
PENALTY: 5yds
- 12) FIGHTING:** Player is ejected from the league (never to return) and team forfeits game. If this occurs after the game the team forfeits next 2 games. This includes anyone leaving the sidelines.
PENALTY: \$300 team fine to be paid before teams next game***
- 13) FLAGS: All players on offense and defense must wear flags on their side at all times.
- 14) FLAG FALLS OFF: Revert to 2-hand touch between shoulders and knees. Defense cannot act like a flag is pulled, when it's not.
PENALTY: Offense gets result of play and automatic 1st down
- 15) FLAG GUARDING: Illegal use of ball carriers hand or arm to protect a flag from being pulled.
PENALTY: 5yds

USTC RULEBOOK: GENERAL RULES (continued)

16) FORMATIONS:

Defense:

Defensive linemen must line up 2 yards off the ball....**except on the goal line (no 2yd rule, within 5yds of the goal line).**

PENALTY: 5yds

Offense:

4 offensive players must be on the line before the snap.

PENALTY: 5yds

17) FUMBLES: Fumbles are dead at the spot. Fumbles cannot be forwarded.

18) HUDDLES: Once you huddle only 7 men allowed

PENALTY: 5yds

19) INADVERTANT WHISTLE: Play is dead where the whistle blew.

20) INTENTIONAL GROUNDING: Illegal to avoid a sack and must be outside the pocket and the ball must go past the line of scrimmage.

PENALTY: 5yds loss of down.

21) KNEE DOWN: If a player's knee touches the ground while his flags are still on, he may advance the ball. If touched with 2 hands while down, play is dead. Otherwise player is down at spot flags are pulled.

22) LINE OF SCRIMMAGE: 4 offensive players must be on the line before the snap (no other requirements).

23) MERCY RULE: **No longer in effect.**

24) MOTION: Only one player is allowed in motion at the snap.

25) OUT OF BOUNDS: One foot for legal catch. **NO PUSHING OUT OF BOUNDS**

26) PADDING: No padding allowed. EXCEPTION – to protect an injury.

27) PASS INTERFERENCE: Impeding a player from making a catch.

PENALTY: 10yds Automatic 1st down

28) PUNTS: Punts are a free kick, **but must be snapped.** Defense must have 3 men on the line of scrimmage. Everyone must wait for the ball to be kicked before they release. Punter has 3 seconds to punt the ball.

29) QUARTERBACK: Must receive a snap or start with the ball touching the center. It is legal for a defender to contact the quarterback's arm unless the ball has been tipped.

PENALTY: 10yds Automatic 1st down

30) ROSTERS: Unlimited; 12 man minimum.

USTC RULEBOOK: GENERAL RULES (continued)

- 31) ROUGHING THE PASSER:** Hitting a quarterback if a ball was not tipped. **Don't hit the quarterback!** Any late hit.
PENALTY: 10yds Automatic 1st down
- 32) RUNNER: The ball carrier may not lower his head or shoulder into a player.
PENALTY: 5 yds
- 33) SNAPS:** Quarterback must receive a snap or start with the ball touching the center. If no snap – it must be a TWO WORD cadence
'NEW RULE' **Within 5yds of the goal line ALL plays must start with a QB/C exchange
PENALTY: 5yds
- 34) NO STIFF ARMS:** **Stiff arms are illegal. No stiff arms, no flag guarding...any use of your hands carrying the ball is illegal**
PENALTY: 5yds loss of down
- 35) STRIPPING: Stripping is illegal.
PENALTY: 5yds
- 36) TACKLING No tackling permitted.
PENALTY: 10 yds (if to prevent TD, the TD is good)
- 37) TEAM BOX: Your side of mid-field. Teams must stay on their side.
- 38) TRIPPING: Tripping any player is illegal.
PENALTY: 10yds
- 39) UNSPORTSMANLIKE CONDUCT: No profanity shall be tolerated. No baiting or taunting of an opponent shall be tolerated. This also includes any discriminating remarks made by player-to-player, player to teammate or anyone watching.
PENALTY: 10 yds 2nd PENALTY: Ejection
- 40) BALL CARRIER:** **The play is dead at the spot the ball carrier's flags/hips are when the flag is pulled (not the ball). For example, you can not reach the ball across the goal line or 1st down marker....you are ruled down at the spot your hips are when the flags are pulled.**
'NEW RULE'

****ALL OTHER FOOTBALL RULES USED BY UNITED SPORTS WILL FOLLOW THE NCAA RULEBOOK****

GAME RULES:

- 1) COIN TOSS: 4 choices: Kickoff, Receive, Defend a Goal, Defer to second half
- 2) EXTRA POINTS: 4yd line is 1 pt and 8 yd line is 2 pts. Defense can return 2pt conversion only (for 2pts.)
- 3) HUDDLE CLOCK: 25 seconds. Referee will announce a 10 second warning
- 4) KICK-OFFS: no kick-offs
- 5) # OF OFFICIALS: Two (2) three (3) for playoffs
- 6) # OF PLAYERS ON FIELD: 7 v 7
- 7) OVERTIME: NCAA Rules. One set of downs from the 20yd line. Must go for 2 pt conversion. Defense gets a chance to match.
- 8) SAFETY: 2 Points
- 9) SCORING: Touchdowns = 6pts. Extra pt. = 1pt 2pt Conver. = 2 pts.
- 10) TIME: 50 min. game: (2) 25 min halves. Clock will stop only in the last 1 min. of the 2nd half. Incompletes, out of bounds, change of possession. 5 min half-time.
- 11) TIME-OUTS: 2 Time-outs per game, use at any time.
- 12) ONE MINUTE WARNING: An official time-out will take place with 1 min remaining in the second half.

EQUIPMENT:

- 1) BALL: The ball must be of NCAA or NFL size & weight.
- 2) FLAGS: The flags used at USTC must be the double pop flag belt.
- 3) FIELD: 80yds X 50 yds; (1) first down at mid-field; 10yd End Zones
- 4) UNIFORMS: Teams must have matching jersey's / shirts. If a player does not have a matching jersey/shirt they cannot play. Plastic spikes are allowed (no metal). No jewelry, sunglasses, hooded sweatshirts, or hats shall be worn at anytime.

PENALTIES:

(Any penalties not listed are under the NCAA Rules)

5yd Penalties

- 1) Excess time-out
- 2) Delay of game
- 3) False start
- 4) Defensive holding
- 5) Holding a runner (automatic 1st down)
- 6) Chucking after 5yds (automatic 1st down)
- 7) Flag guarding
- 8) Charging
- 9) Illegal formation
- 10) Stripping
- 11) Defensive linemen out side box
- 12) Illegal Huddle
- 13) Intentional grounding (and loss of down)

10yd Penalties

- 1) Tripping
- 2) Clipping
- 3) Offensive pass interference
- 4) Defensive pass interference (automatic 1st down)
- 5) Illegal use of hands
- 6) Roughing the passer
- 7) Unsportsmanlike conduct
- 8) High low blocks
- 9) Tackling (to prevent TD, touchdown stands)

15yd Penalties

- 1) Illegal blocks

Ejection's (all ejections carry a \$50 team fee 1st time & \$300 team fee the 2nd time)

- 1) Fighting (out of the league)
- 2) 2nd unsportsmanlike conduct (game plus one)
- 3) Intent to injure
- 4) If a player is ejected anytime during a season 2 times, they are gone for the season.