

# SALT LAKE FOOTBALL FLAG



**SPRING 2009**  
**RULE BOOK**

# Game Play & Rules

## - 5 on 5 Format

- The game is 50 minutes long making each half 25 minutes (3 minute half time)
- The clock will stop on a dead ball inside the last 2 minutes of each half
- Field dimensions are 50 yards x 30 yards with 8 yard end zones
- Only one first down can be achieved per possession by crossing mid-field line, unless a penalty results in automatic first down (see penalties)
- The winner of the coin toss (team A) will receive the first option of starting on offense or on defense, defending a goal (direction of play) or deferring their decision to the second half. The loser of the coin toss (team B) will have the second option of starting on offense or defense or defending a goal (direction of play) and will have first option at the beginning of the second half unless team A deferred
- All plays must consist of 1 and only 1 forward pass which must be caught beyond the line of scrimmage
- **NO RUN PLAYS!**
- 25 second play clock between plays, play clock will start once ball is spotted. (referee will let players know when there are 10 and 5 seconds left on play clock)
- Each team is allowed three 45 second time outs per half
- Mercy rule is when a team is losing by 25 points or more in the last two minutes of the game. When this occurs the clock will not be stopped inside 2 minutes.
- **NO BLOCKING!**
- if a player goes to the ground with out being de-flagged or being touched while on the ground the player and get up and run
- The ball will be spotted where it is when the flag is pulled, not where the body is
- No diving to advance the ball! Diving is acceptable when diving for another players flags or in the attempt to make a catch on either offense or defense.
- officials are allowed to stop the clock at their discretion
- Clock will be stopped for injuries, unless inside the two minute mark of each half. Inside the two minute mark the injured players team must use a time out if they would like to stop the clock. The injured player must sit out for the next play unless a team time out has been used.
- Substitutions are allowed at anytime between plays. Once the play has started, players are not allowed to enter the field of play even if they do not have all 5 players on field.
- No games will be cancelled because of the weather unless there is lightning present or there is a possibility of damaging field (games will be rescheduled)
- All players must sign in with the officials prior to every game
- Drugs (including smoking) and alcohol are prohibited on Jordan School District property. Disciplinary actions will be taken against violators.
- Momentum rule is enforced when a player intercepts a forward pass or catches a punt between their own five yard line and their own goal line and their momentum carries them into the end zone. If while in the end zone the player gets deflagged the

ball will be spotted where the reception was made and will not result in a safety or touchback.

## Offense

- Must have at least 3 players on line of scrimmage at time of snap
- All players are eligible to receive a pass
- Only 1 player can be in motion at the snap (motion cannot be forward)
- Receiver must have 2 feet in bounds for catch.
- All fumbles are ruled dead when ball touches the ground. 10 yard penalty will be assessed from the spot where the ball first landed if fumbled ball was lateralled (EXCEPTION IS A MUFFED SNAP OR FUMBLED SNAP, THIS IS A LIVE BALL)
- QB is allowed to spike ball to stop clock
- If the ball carriers flag falls off inadvertently the defender just has to touch the ball carrier to end play or if a players flags fall off prior to catching the ball that player just has to be touched to be ruled down.
- If a offensive player steps out of bounds and it is not the result of the defensive player pushing them out of bounds, this player cannot be the first to touch the ball.
- Run plays will not be penalized, the play will be blown dead and result in loss of down.
- Any offensive penalty committed in a teams own end zone will result in an automatic safety
- Each offensive possession will start from the offensive teams own 7 yard line (exception is a safety which will be from the 15 yard line)

## Punting

On 4th down the referee will ask offense if they choose to punt or go for first down or touchdown. Once the offense makes their decision, the only way they can change their decision is by calling a time out or if a foul occurs during or before the play. The punting team must have all players except for the punter on the line of scrimmage when ball is punted. The defensive team must have at least three players on the line when ball is punted. The defensive team may attempt to block the punt by jumping or standing straight up without penetrating the line of scrimmage. Referee will let punter know when he can punt. This is a free kick, no snap is necessary

## Defense

- The defense may line up in any formation they choose as long as all defenders remain out of the neutral zone.
- All pass rushers must be 5 yards back from the line of scrimmage when the ball is snapped to legally rush the QB. A team may rush as many players as they choose. Automatic rush at snap

- Bump and run is not allowed
- A defensive player may not intentionally de-flag an offensive player without the ball. This is considered defensive pass interference.
- Interceptions run back for a score on an extra point try will be rewarded 2 points.

## Scoring

- Touchdown - 6 points
  - Extra point(s) - 1 point from 5 yard line  
- 2 points from 10 yard line
  - Safety - 2 points
- \* once a team has made their choice on the extra point, they can only change their mind by taking a time out or if there was a penalty before or during the play

## Forfeit Rules

- Five minutes after scheduled game time will be forfeit time (unless referees say otherwise)
- Team must have four players to start the game

## Overtime Play

- Kansas city rules - each team will have one possession from their opponents 20 yard line to score.
- If the game remains tied after one overtime period, additional periods will be played until the game is decided.
- A coin toss will determine the first possession. Home team will make the call. If additional overtime periods are needed there will be another coin toss but the call will go to the visiting team. If additional overtime periods are needed the call will alternate between teams
- This period will be un-timed but the play clock will still be used
- All rules regarding interceptions apply except touchbacks will simply result in change of possession. If an interception is not run back for a score, the ball will be placed on the opponents 20 yard line and the defensive team will now have their offensive opportunity.
- Each team will be allowed one 30 second time out per overtime period. Unused time outs cannot be carried over to additional over time periods

## **Dead Ball Definition**

- ball carrier steps out of bounds at the point of progress
- incomplete pass
- turnover
- any points scored
- defensive penalty
- extra point attempts
- clock does not run on extra points inside 2 minutes of each half

## **Playoffs**

- Single Elimination
- In order for a player to be eligible to play in the playoffs they must have played in at least 4 of the teams regular seasons games. The only exception will be injured players, which will still have to participate in two regular season games. Injured players must show documentation from a doctor or a physician verifying limited physical activity during the regular season. (This is simply to avoid teams bringing in “Ringers” come play off time.)

## **Equipment and Apparel**

- Shirts must be tucked in or belts worn over shirts at all times
- Flag belts must be worn so that there is one flag down the side of each hip and one flag in the middle of the back.
- No metal cleats.
- Each team is responsible for wearing matching colored jerseys with numbers (Games will not be delayed if team is not ready at game time with matching #'s and jerseys. Those players will not receive stats for that game)
- Each team must supply their own NCAA or NFL size football
- Flags will be provided for all players
- Draw strings must be tucked in at all time
- Jewelry such as bracelets, necklaces, watches, piercings are not allowed
- towels at a players waist are not allowed unless tucked in (if player does have towel at waste that becomes untucked, the towel will act as extra flag on belt)

## **Penalties**

- A game cannot end with a defensive penalty unless the offense declines the penalty
- All penalties can be declined
- Referees will determine incidental contact
- The referee has the final say in all calls. Mistakes will be made, we are human, just have to move on.

### ***The following are 5 yard penalties***

- Illegal forward pass (loss of down)
- Excess time out, illegally used or requested (10 seconds will be deducted from game clock if called by losing team inside 2 minute warning)
- Delay of game. Defensive team yelling or simulating snap to make offense false start will result in delay of game on the defense.
- Illegal snap (replay down)
- Illegal pick, plays designed to deliberately pick off the defense. This will be to the discretion of the officials.
- Illegal contact on defense, de-flagging a player with out the ball is considered illegal contact (replay down)
- False start (replay down)
- Putting ball in play before declared ready for play (replay down)
- Illegal formation (replay down)
- Illegal shift, more than one player in motion at time of snap or vertical motion (replay down)
- Flag guard, runners shall not guard the flag by using any part of their body or the football to deny the opponent the opportunity to de-flag the runner. Including swinging hand or arm over the belt or flags, placing ball over belts (penalty will be assessed from spot of foul)
- Offsides by either team (replay down)
- Illegal defensive rush not 5 yards back (replay down)
- Illegal reception by receiver who stepped out of bounds, came back into play and was the first to touch the ball (loss of down)
- Blocking, 5 yard from spot of foul.

### ***The following are 10 yard penalties***

- Fumbled lateral, inadvertent fumbles will not be penalized, muffed or fumbled snap is a live ball.
- Offensive pass interference (replay down)
- Defensive holding (replay down)
- Illegally blocked punt (replay down)
- Roughing the passer, a defensive player may not contact the QB including the ball while still in QB's hand, (unless contact is incidental in an attempt to deflag the QB) cannot contact the QB even if pass is blocked. (automatic first down)

### ***The following are 15 yard penalties***

- Unsportsmanlike conduct - taunting or excessive celebration, offensive language after warning, kicking or throwing of the ball in violent or unnecessary form.
- Persons illegally on the field

- Tying of your flags or belt

### ***Spot of foul penalties***

- Defensive pass interference, if occurs in the end zone ball will be placed on the one yard line (automatic first down)
- Intentional grounding, minimum of 5 yard penalty. When a QB intentionally throws the ball out of bounds or not in the vicinity of another player to avoid a sack. Throwing out of the back of the end zone will not be considered a penalty (loss of down)

### ***Penalties accessed near goal line***

- If penalty length is sufficient to cause a touchdown or safety, the penalty is accessed at half the distance to the goal
- If a referee witnesses any flagrant acts, cheap shots, elbowing, tripping, tackling or any other unsportsmanlike acts, the player(s) committing this will immediately be ejected and possibly suspended
- Trash talking is not allowed (trash talk is talk that may be offensive to players, officials, or spectators). Officials will determine offensive language. If this happens there will be one warning issued, which will be directed at both teams, If the trash talk continues the player(s) involved will be ejected from the game

## **Fighting**

- Zero tolerance!!!
- Salt Lake Flag Football will not hesitate to report incidents to the Midvale police.
- All players seen engaging in a fight will be ejected from the game and possibly suspended. (Captains will be notified of suspended players and will be responsible to let involved player(s) know)
- Any player that enters the field of play, that is not a part of the participating 5 on 5 will be ejected from the game and possibly suspended. (Captains will be notified of suspended players and will be responsible to let involved players know)
- Once a player is ejected from the game, that player must leave the property, not only the playing area. Captains will be responsible to make sure their players cooperate at all times. Uncooperative players may cost a team to forfeit the current game.
- Any fights in the parking lot or in the vicinity will result in suspension of involved players or teams!