

# Flag or Touch Football



# The field

- The field shall be 100 yards by 40 yards, including two 10 yard end zones.
- The width of the field shall be lined at 20 yard intervals from goal line to goal line.
- The 3 and 10 yard try for point lines shall be 1 yard wide.

# Teams

- A team shall consist of seven players on the field for men's and women's competition and eight players for co-recreational competition.
- To avoid a forfeit, a team must have at least 5 players to start the game in men's and women's competition and 6 players in coed.
- In coed, a team may participate with 8 players (4 men and 4 women), 7 players ( 4 men and 3 women, or 3 men and 4 women), or 6 players (3 men and 3 women). These are the only combinations allowed for coed play.

# The Game

- The games shall consist of two 20 minute halves with a running clock.
- Each half will have two 10 minute periods
- Halftime shall be 5 minutes long.
- The clock will run continuously until the last 2 minutes of the second half, then the clock will stop on all dead ball situations.

# Start of the Game

- A coin toss shall determine first possession to begin the game.
- The winner of the toss shall have 3 options:
  - 1. Offense or Defense
  - 2. Choose a goal to defend, or
  - 3. Defer options to the second half.

# Substitutions

- Players may enter or leave the game an unlimited number of times.
- Substitutions may only enter during a dead ball.

# Uniforms

- All teams must wear jerseys of the same color which will be provided, unless a team chooses to wear their own.
- All layers of shirts ***must*** be tucked in.
- *Shorts with pockets and belt loops are illegal.*
- All players must wear close-toed athletic shoes.
- Jewelry and caps are not allowed.
- Bandanas with exposed knots are not allowed.
- **The penalties for illegal equipment are 5 yards each time the equipment is present on the field of play.**

# Timeouts

- Each team is allowed 2 time outs per half.
- These time outs shall be 1 minute in length, and unused time outs from the first half do not carry over to the second half.



# Scoring

- The following is a list of scoring opportunities and their point values for coed play.
  - Touchdown run by a male = 6 points
  - Touchdown run by a female =9 points
  - Touchdown thrown by a female =9 points
  - Touchdown thrown from a male to a male =6 pts
  - Extra point try from 3 yard line =1 point
  - Extra point try from 10 yard line = 2 points
  - Extra point try from 20 yard line = 3 points

# Rules

- Consuming more than 25 seconds in putting the ball in play after the whistle shall result in a delay of game penalty. **Penalty: 5 yards delay of game.**
- The offense must have at least four players on the line when the ball is snapped. Any player in motion will not be considered one of the four line players. **Penalty: 5 yards illegal procedure.**

# More Rules

- Also, all offensive players must be within 15 yards of the ball. **Penalty: 5 yards illegal procedure.**
- Snapping the ball: The player who receives the snap from center must be at least 2 yards behind their scrimmage line. The snap does not have to go between the legs of the center. However, the ball must remain on the ground and stationary until snapped in one continuous motion. If the snap is fumbled, it is dead immediately and down where it hit the ground.

# Passing the ball:

- All players except the passer are eligible to touch a forward pass after it is thrown.
- A forward pass is a live ball thrown towards the opponent's goal line.
- A backward pass is a live ball thrown parallel or towards the passer's goal line.
- A backward pass hitting the ground is ruled the same as a fumble.

# More on passing

- The passer may catch his/her own forward pass after it has touched an opponent.
- If a legal forward pass is caught simultaneously by members of opposing teams, the play is whistled dead and possession goes to the offense.

# Co-recreational play

- *A male cannot advance the ball through the scrimmage line (orange ball spotter). This includes a completed forward pass behind the line of scrimmage.*
- *If a male catches a forward pass from a female behind the line of scrimmage and advances it beyond the line of scrimmage it is an illegal forward pass. **Penalty 5 yards and loss of down***
- *In co-rec, the play has to be open for a male to receive a male thrown pass. When a male catches a pass from another male this closes the plays until it is open again. In order to open a play, there has to be a completed, forward pass, for positive yardage, and it has to be thrown or received by a female in order to open the play up. (running the ball will not open the play)*

# Stealing a ball

- It is illegal to attempt to steal a ball in any player's possession. **Penalty: 10 yards unsportsmanlike conduct.**

# Rouging the Passer

- Defensive players must not contact the passer at anytime during or after the play.
- **Penalty: 10 yards roughing the passer, automatic first down.**



# Pass Interference

- Offensive pass interference is where the receiver makes illegal contact with a defensive player and gains an advantage past the line of scrimmage.
- **Penalty: 10 yards offensive pass interference, loss of down.**
- Defensive pass interference is where the defender makes illegal contact with an offensive player and gains an advantage beyond the line of scrimmage.
- **Penalty: 10 yards defensive pass interference, automatic first down.**

# Removal of the flag belt:

- When a player is legally deflagged, the play whistled dead at the spot where the ball is when the flag is pulled.
- If a flag inadvertently falls off the runner, a one-hand tag between the shoulders and knees constitutes capture.
- It is illegal to purposely deflag a player before he/she has possession of the ball.
- **Penalty: 10 yards unsportsmanlike conduct or pass interference, loss of down.**

# Screen blocking:

- Contact shall not be allowed except for incidental contact in which no player gains an advantage.
- An offensive player may screen a defensive player by maintaining a position in the path of the defensive player.
- The offensive player may not move in such a manner as to initiate contact with the defensive player, nor may the defensive player initiate contact with an offensive player.
- The concept is similar to the block-charge call in basketball.
- **Penalty: 10 yards illegal contact.**

# Punts:

- On fourth down, the offense may either elect to run another play, or punt.
- If the offense elects to punt, the punting team must still have at least four players on the line of scrimmage.
- All players must remain motionless until the ball is kicked. **Penalty: 5 yards illegal procedure.**
- Defensive players may block the kick by jumping straight up and not cross the neutral zone until the ball is kicked. **Penalty: 5 yards encroachment.**

# More on punting

- The kicker must be at least 5 yards behind the line of scrimmage when he/she receives the snap.
- Upon receiving the snap, the kicker must kick the ball immediately and in one continuous motion. **Penalty: 5 yards illegal procedure.**
- The receiving team may advance a kick that hits the ground, unless touched by a player and then touches the ground. A muff is considered a fumble and is dead at the spot where it hits the ground.

# 5 Yard Penalties

- Required equipment worn illegally
- Delay of game (Dead ball)
- Unfair tactics
- Substitution rules infractions
- Infraction of free kick formation (Dead ball)
- Encroachment of free kick lines (Dead ball)
- Free kick out-of-bounds
- Infraction of protected scrimmage kick formation-Line players
- Infraction of protected scrimmage kick formation-kickers
- Encroachment (Dead ball)
- False start (Dead ball)
- Illegal Snap (Dead ball)
- Offensive player not within 15 yards of ball
- Infraction of scrimmage formation
- Player out-of-bounds when ball is snapped
- Offensive player illegally in motion
- Player receiving snap within 2 yards of scrimmage line
- Illegal shift
- Illegally handing ball forward (Loss of down if by Team A)
- Intentionally throwing backward pass or fumble out-of-bounds (Loss of down if by Team A)
- Illegal forward pass (Loss of down if by Team A)
- Intentional grounding (Loss of down)
- Helping the runner

# 10 Yard Penalties

- Quick kick
- Kick catch interference
- Two or more consecutive encroachments during same interval between scrimmage downs
- Forward pass interference-Offense (Loss of down)]
- Forward pass interference-Defense (Automatic first down)
- Illegally secured flag belt on touchdown (Loss of down if by Offense) (Automatic first down if by Defense) (Player Ejection)
- Un-sportsmanlike player conduct
- Spiking, kicking, or throwing ball during dead ball
- Un-sportsmanlike conduct by coaches, substitutes, or others
- Steal, strike or attempt to steal ball
- Contact with opponent on ground
- Throw runner to the ground
- Trip an opponent

# More 10 yard penalties

- Hurdle any player
- Contact before or after ball is dead
- Unnecessary contact of any nature
- Drive or run into player
- Clipping
- Position upon shoulders or body
- Tackle runner
- Roughing the passer
- Illegal offensive screen blocking
- Interlocked interference
- Defensive use of hands
- Guarding the flag belt
- Stiff arm
- Obstruction or holding runner
- Batting a free ball



# More 10 yard penalties

- Illegal Kicking
- Illegal participation
- Illegal substitute/replaced player
- Pretend, unfair substitution
- Reentry of disqualified player
- Illegal flag belt removal
- Unfair Act



# Disqualification

- Flagrant un-sportsmanlike player conduct
- Intentionally kicking at or swinging an arm, hand or fist at any opposing player
- Flagrant spiking, kicking or throwing ball
- Flagrant un-sportsmanlike conduct by players, coaches, substitutes or others subject to the rules
- Intentionally contacting an official
- Flagrant personal fouls
- Tackle the runner
- Intentional tampering with flag belt-Offense (Loss of down)
- Intentional tampering with flag belt-Defense (Automatic first down)