

Club Sports Alaska Flag Football Rules

I. Field Dimensions = Length - 80 yards / End Zones - 10 yards each / Field Width – 30 yards

1. The field will be divided into two (2) zones by a midline called “The First Down Line”.

II. Equipment

1. All players must wear molded cleats or gym shoes. Steel or metal tipped cleats are prohibited. All players must wear appropriate shoes. No street shoes will be allowed.
2. Protective Equipment such as helmets, shoulder pads, thigh pads and any other padding is prohibited. Any question as to the legality of the equipment shall be decided by the staff member on site. The use of any hard and unyielding substance cannot be used to protect any injury, no matter how well padded or covered.
3. All of the players on the field whether offensive or defensive must be wearing two flags at the waist. The flags must be attached to a belt and the belt must be worn snug around the waist. The strap must be tucked in.
 - a. Only belts provided by Club Sports are permitted during the games.
 - b. Illegal alteration, securing, or substitution of flags or belts will result in the removal of the player or players from the game and a 5 yard penalty from the previous spot by the offensive team. The penalty on the defensive team will be marked off from the succeeding spot or the previous spot, whichever is the most advantageous to the offensive team.
 - c. Any player with less than two (2) flags in the proper position at the snap of the ball shall be ruled de-flagged immediately at the point where he/she gains possession of the ball. Teammates must wear the same color flags which will be provided for by Club Sports Alaska.

III. Length of Games and Time Outs

1. There will be a Central Time Keeper (CTK)(Horn).

- a. The CTK will use a blow-horn to mark the beginning, half time and end of each game. A verbal five and two minute warnings will be given.
2. Each game shall consist of two twenty (20) minute halves as well as a five (5) minute halftime. At the start of the second half the teams shall switch directions.
3. The clock shall run continuously for the entire game.
4. Each team will have one (1) 30 second timeout for each half. Timeouts may only be called by the coach.
5. No timeouts are allowed during the last two (2) minutes of each half.
6. Each team shall have a thirty (30) minute practice before each game.

IV. Scoring

1. Touchdown – 6 points
2. PAT – A run or pass from the five (5) yard line is worth two (2) points / a kick is worth one (1) point and the defense may not obstruct the kick attempt.
3. Safety – 2 points

V. Players and Substitutions

1. There will be free substitutions as long as the players being substituted for are off the field prior to the next snap or are out of the area of play and are departing the field in haste.
2. Each team is allowed fourteen (14) players on their roster. When the game starts there must be at least five (5) players on the field for each team and after the game has started each team must be able to field at least four players.
3. No more than seven (7) players from each team are allowed on the field of play at the time of the snap.
4. All players must have approximately equal playing time during each game.

5. Team Roster Players may be added to a team until the playoffs only with the approval of the Club Sports Alaska staff.

VI. Playing Regulations

1. **Start of Game:** At the beginning of the game a player from each team shall meet in the middle of the field and will do “Rock Paper Scissors” to decide who shall kickoff or receive.
 - a. If the ball goes out of bounds on a kickoff it shall be placed at the spot it went out of bounds and a five (5) step penalty will be assessed against the kickoff team.
 - b. If the ball hits a player then hits the ground it is dead were it touches the ground.
2. **Coaches on field:** A coach is allowed on the field when their team is on offense. (Coaches in the 12-15 age division are allowed on the field but Club Sports encourages coaches to stay on the sideline by mid season.)
3. **Ready-for-Play:** After the referee marks the ball ready for play the offense will have twenty (20) seconds to snap the ball into play or they will be penalized five (5) steps from the line of scrimmage for **delay of game**.
4. **Motion:** Only one offensive player can be in motion at a time. The player in motion must be going parallel to or away from the line of scrimmage to be legally in motion.
5. **Offside:** If either an offensive or defensive player enters the neutral zone after the ball has been marked ready for play they are offside. This is a dead ball foul and the team will be penalized five (5) steps from the line of scrimmage.
6. **First Downs:** A team will be allowed four (4) downs to advance the ball from one zone to the next. The next zone will be considered reached when the forward part of the ball, in possession, is blown dead touching or in advance of the ball into the next line. If after four (4) downs, a team has failed to advance the ball into the next zone possession shall be given to the defense at the dead ball spot.
 1. **Play requirements (runs vs passes):** A team is allowed only 2 running plays during each 4 down series, once a team achieves a first down the

play sequence is reset and they have two more running downs. A team can choose to pass every down.

2. **Stances:** For safety reasons 3 and 4 point stances are not allowed, even interior lineman begin in a 2 point stance.
3. **Line of Scrimmage:** The offensive team must have at least four (4) people on the line of scrimmage at the snap. The defensive team has no maximum or minimum number of players required on the line of scrimmage. In order to qualify as being on the line the player must have at least one part of his/her body within one (1) yard of the line of scrimmage.
4. **Blocking:** Lineman are allowed to use open palm check blocking within five yards of the line of scrimmage, outside the five yard line of scrimmage zone only screen blocking is allowed.
 - a. Screen blocking is obstructing the defenders path to the ball carrier. When screen blocking down field the offensive players hands must tucked into their chest (eagle wings) and they do not drop their shoulders, a five (5) step penalty from the point of the blocking foul shall be called if the blockers hands leaves their chest or they drop their shoulders. (Although blocking down field is allowed, we encourage **SAFE AND GENTLE** blocking.)
 - b. The defender within the five yard line of scrimmage zone may push and pull but not punch the blocker, punching the player shall result in a five (5) step penalty from the point of the foul or the line of scrimmage, whichever is the most advantageous to the offended team. (If the punch is flagrant it will be ruled as unnecessary roughness & the player will be sent off the field.)
 - c. Outside the five (5) yard line of scrimmage zone it is expected that the blocker and the Defensive player avoid contact as much as possible. **Illegal contact** shall result in a five (5) step penalty from the point of the foul or the line of scrimmage, whichever is the most advantageous to the offended team.
 - d. Making contact with another players head is not allowed and shall result in a five (5) step penalty from the point of the foul or the line of scrimmage, whichever is the most advantageous to the offended team.

5. **Defensive Rushing:** After the ball is snapped the defense can rush the offense after a count of five (5) MISSISSIPPI. The players must signal the whole count one (1) through five (5) with their hands. This rule is simply to give the offense time to set up.
 - a. If the Ball is not kept clearly in view after the snap then the defense can rush immediately without a count.(Fake handoffs and laterals)

If the Quarterback runs a bootleg or fakes a bootleg the defense can rush as soon as the QB leaves the pocket.
6. **Roughing the Passer:** The rusher may not make contact with the passer other than to pull their flag. Roughing the passer will result in a five (5) step penalty from the line of scrimmage and an automatic first down.
 - a. If a player makes contact with the Quarterback in a failed attempt to block a pass then a roughing the passer will be called.
2. **Passing:** There is only one (1) forward pass allowed per down. Laterals and handoffs are not passes.
 - a. If more than one (1) pass occurs during a single play then a five (5) step penalty shall result from the point of the foul or the line of scrimmage, whichever is the more severe.
 - b. Once the ball crosses the line of scrimmage it can no longer be passed.
 - c. As long as the ball does not cross the line of scrimmage a team can handoff or lateral it as many times as they want and still pass it once.
3. **Laterals:** Any pass that moves backwards is considered a lateral.
 - a. There is no limit to how many laterals a team can make in one play.
 - b. A lateral can be made at any point on the field.
 - c. A lateral is not considered a pass.
4. **Receiving:** All of the players are eligible receivers.

- a. In order for a pass to be complete the receiver must have control of the ball and have at least one foot in bounds.
 - b. A double reception goes to the person who comes down first.
5. **Pass Interference:** Pass interference rules apply on any legal forward pass to offense and defense equally. After the pass is in the air, neither the receiver nor the defender may interfere with the other until one of them touches the ball. If one of them touches the ball, pass interference cannot be called.
- a. All **offensive pass interference** plays shall result in a five (5) step penalty from the point of the foul or the line of scrimmage, whichever is the most advantageous to the offended team. It shall also result in a loss of down.
 - b. All **defensive pass interference** plays shall result in a five (5) step penalty from the line of scrimmage and an automatic first (1) down or an automatic first (1) down from the spot of the foul, whichever is the most advantageous to the offended team.
 - c. Defensive pass interference that occurs in the end zone will be penalized from the one (1) yard line.
6. **Pulling the Flags:** The ball carrier is down when either flag is pulled or if any part of their body other than their feet or hands touch the ground.
- a. A defensive player may leave his/her feet to pull a flag as long as it does not result in a tackle. (Exp. chasing the ball carrier.)
 - b. When the flag is pulled it must be held over the head to let the referee know the play is over, then the flag must be handed back to the player it was pulled from.
 - c. Tackling is prohibited. Tackling is grasping or encircling the body of the ball carrier with the hand or arm, thus impeding his/her progress. The penalty for **tackling** is five (5) steps from the end of the run.
 - d. Grabbing the ball carriers clothing shall be penalized as tackling. Tackling the ball carrier shall result in a five (5) step penalty from the end of the run. If the contact prevents a touchdown and was deliberate with no attempt to pull the flag, a touchdown may be awarded.

- e. The intentional premature pulling of an opponent's flag with the intent of making him ineligible is a five (5) step penalty from the spot of the foul, the end of the run or the previous spot, whichever is the most advantageous to the offended team and an automatic first down. The intended receiver of a forward or backward pass may only be de-flagged after the ball has been touched.
 - f. Any player that intentionally prematurely pulls a flag must leave the game for two (2) plays. If the same player prematurely pulls a flag twice they will leave the field for the rest of the half.
7. **Ball Carrier:** The ball carrier has the main responsibility for avoiding contact, he/she must make an effort to avoid the defensive player. The ball carrier may jump or spin but they could be penalized if contact occurs.
- a. The stiff-arm is illegal and will result in a penalty of five (5) steps from the previous spot.
 - b. The ball carrier shall not protect his flags by blocking with hands, arms, head or body. He/she must give unobstructed opportunity for the defensive player in the act of pulling the flags. The penalty for **flag-guarding** is five (5) steps from the previous spot.
 - c. The ball carrier may spin or jump but they may not jump and spin at the same time, if they do it will result in the ball being down at the spot of the foul. (This is a rule for the players safety)
8. **Fumble:** If the ball touches the ground it becomes a dead ball and belongs to the team last in possession at the spot where the ball hits the ground or goes out of bounds. When the ball is fumbled into an opposing team's end zone it is a touchback.
9. **The Center Snap:** The center snap must be one continuous motion. The snap can be made between the legs or to the side. A false movement shall constitute **encroachment**, this is a dead ball foul resulting in a five (5) step penalty.
10. **Center Sneak:** IS NOT ALLOWED.
11. **Inadvertent Whistle:** If an official whistles the play dead inadvertently, the offended team has the choice of taking the ball at the point the whistle blew or replay the down.

12. Punt: The offense has the option to punt on fourth (4) down. No notification is required.

- a. A punt is whistled dead as soon as it touches a player from the punt team or when the ball stops moving.
- b. A punt muffed by the receiving team in the end zone and the ball hits either in the end zone or out the back or sides of the end zone will be a touchback.
- c. If the punt is whistled dead in the receiving team's end zone it will result in a **touchback**.
- d. If the ball bounces and the receiving team catches it, it is a live ball and may be advanced.
- e. If the ball hits a player then hits the ground it is dead were it touches the ground.

13. Penalties:

- a. All **live ball fouls** will require a captain's choice from the offended team.
- b. All **dead ball fouls** will be enforced in the order in which they occur.
- c. A live ball foul and a dead ball foul do not offset each other even if they are on opposing teams.
- d. After a penalty is called only the captain of the offended team may discuss it with the referee.
- e. The captain's first choice will be final.
- f. **Unnecessary Roughness:** If in the opinion of any referee the following acts are committed and deemed to be intentional and flagrant the player(s) are to be ejected and the Club Sports Alaska staff will decide if a one (1) game or more suspension will be administered.
 1. Slugging, kicking or kneeling
 2. Illegal use of hands, forearms or elbows

3. Tackling
4. Any act that could cause injury
5. Any un-sportsman-like conduct
6. Foul and/or abusive language towards opponents or officials

14. Illegal advancement of the ball may not occur by the ball being slapped, kicked or pushed by either team in the direction of the end zone. The ball will be declared dead at the spot and a five (5) yard penalty will be assessed. If offsetting fouls occur the down shall be played over.

All rules covered by this supplement shall be governed by the current Club Sports Alaska Staff.

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