

GCIC Sports Day Flag Football

The Game

- No contact allowed
- No Blocking
- A coin toss determines first possession
- Ball must be snapped between the legs to start play
- The offensive team takes possession of the ball at their 5-yard line and has four plays to cross mid-field. Once a team crosses mid-field, they will have four plays to score a touchdown.
- If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from where the opposition relinquished the ball.
- All possession changes except interception start on the offense's 5-yard line
- Interceptions will not be run back
- Team change sides after the first 15 minutes, possession does not change, and the clock does not stop (no quick snaps)
- Each time the ball is spotted a team has: 30 to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.

Attire

- Cleats are allowed, except for metal spikes.
- Shoes must be worn.
- Shirts must be tucked in pants etc.

Players/Game Management

- Teams must field a minimum of three players at all times
- Teams consist of 8 players (4 on the field with 4 substitutes)
- We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.

Scoring

- Games are played to 28 points or 30 minutes, whichever comes first.
- TD = 6 points, Extra Point = 1 (5 yards out); 2 (10 yards out), Safety = 2 points

Time outs

- Each team has one: 60 second time-out per play, in which the clock stops.
- Officials can stop the clock at their own discretion.

Rushing the QB

- All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
- Players not rushing the QB may defend on the line of scrimmage
- A special marker, or the referee, will designate 7 yards from the line of scrimmage
- The QB cannot run the ball

Passing

- All passes must be forward and received beyond the line of scrimmage
- Shovel passes are allowed but must be received beyond the line of scrimmage
- Interceptions change the possession of the ball at the point of the interception. The ball comes out to the 5-yard line if the interception occurs in the end zone.

Receiving

- All players are eligible to receive passes
- Only one player is allowed in motion at a time
- Player must have at least one foot in bounds when making a catch.
- Pass may not be intentionally tipped in any direction to another teammate.
- Spinning is allowed but players cannot leave their feet to avoid a defensive player. The ball is spotted where the ball carriers' belt is when the flag is pulled, not where the ball is. Ball must break the plane for a 1st down and touch down.

Dead Balls

Play is ruled "dead" when:

- Offensive player's flag is pulled.
- Ball carrier steps out of bounds
- Touchdown is scored
- At the point of interception (interception returns are not allowed)
- Ball carrier's knee, hip or ball hits the ground
- There are no fumbles. Ball is spotted where belt of the ball carrier was at the time the ball came loose.
- Exception: If the QB/ center snap is fumbled, the QB may continue to pick up the ball and attempt a pass.

Sportsmanship/Roughing

- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player ejected from the game. FOUL PLAY WILL NOT BE TOLERATED
- Trash talking is illegal. Official has the right to determine the language which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators) Referee can eject player from the game for trash talking.

Overtime

- If the score is tied at the end of 30 minutes, teams move directly into overtime.
- Coin toss determines possession.
- Each team receives one play from their five-yard line.
- Negative yardage on a play is better than an interception, but not an incomplete pass.
- Defensive penalties may be accepted if resulting in 10 yards, and the option to run an additional play if necessary. Result of the following play and the 10 yards from the penalty count towards the overall possession yardage. A penalty of the offence is deemed as negative 10 yards and loss of down.
- The team gaining the most yardage on the one play is declared the winner and awarded one additional point even if the result of a play is a touchdown.

Penalties

- All penalties will be called by the referee.
- All penalties are assessed from the original line scrimmage.

Defense:

- Offsides
- Interference
- Illegal contact (holding, bump and run, blocking, etc.)
- Illegal flag pull (before the receiver has the ball)
- Illegal rushing (start from inside 7-yard marker)
- All defensive penalties are 10 yards (from the line of scrimmage) and an automatic 1st down.

Offense:

- Illegal motion (more than one person moving, false start, motion, etc.)
- Illegal forward pass (pass received behind the line of scrimmage)
- Offensive pass interference (illegal pick play, pushing off/away from defender)
- Flag guarding
- Delay of game - clock will stop/10 yards and loss of down
- All offensive penalties are 10 yards (from line of scrimmage) and loss of down
- Within 10 yards of goal, ball is placed $\frac{1}{2}$ the distance to the goal.
- Referees determine incidental contact which may result from normal run of play.
- Only the team captain may ask the referee questions about rule clarification and interpretations.
- Players cannot question judgment calls.

Other

- One- and two-point conversions do not count as timed plays within the last 2 minutes of the game. The clock starts back up on the referee's whistle.
- If the flag is pulled before the football leaves the QB's hand, the QB is down or sacked.
- If the receiver does not have both flags attached when a catch is made, the defender needs only to touch the receiver with one hand anywhere to down the offensive player.
- No contact is to occur (pushing, pulling, bumping, etc.) between the receiver and defender or lineman and rusher. Judgment of the officials will be based on who initiated the contact.