

## Grace & Truth's Men's Flag Football Rules

- 1) **BATTING:** Batting of the ball is intentionally striking at the ball with the arm or hand. **PENALTY: 5 yds.**
- 2) **BLOCKING:** No contact above shoulders or below waste. You may not leave your feet to block. **PENALTY: 10 yds.**
- 3) **CAPTAINS:** Each team shall designate a field captain who speaks to the refs.
- 4) **CHARGING:** Charging is when an offensive player runs through a defensive player who has established position. **PENALTY: 10 yds.**
- 5) **CHUCKING RECEIVER:** 1 chuck off line is permitted within 5 yards. **PENALTY: 10 yds.**
- 6) **CLIPPING:** A block that makes contact to the back of an opponent. **EXCEPTION:** Blocking from rear above the waste is permitted if the defender spins, exposing his back. **PENALTY: 10 yds.**
- 7) **COIN TOSS:** Home Team chooses: Ball, Defend a Goal, Defer to Second Half.
- 8) **DEAD BALL:** Fumbles are dead at spot. If the ball carrier allows the ball to touch the ground (to re-gain balance).
- 9) **DIVING:** Diving to pull flag is legal. Diving to advance ball is illegal. Diving to block is illegal.
- 10) **INELIGIBLE LINEMAN:** The Center and 2 Guards are ineligible receivers; Ineligible touching. **PENALTY: 10 yds.**
- 11) **ENCROACHMENT:** Encroachment denotes the position of a player whose person is beyond the line of scrimmage. **PENALTY: 5 yds.**
- 12) **END ZONE CELEBRATIONS:** End Zone Celebrations are acceptable if the player celebrating does not taunt his opponent.
- 13) **EXTRA POINTS:** From 3 yd line is 1 point. From 8 yd line is 2 points.
- 14) **FAIR CATCH:** A legal fair catch signal is extending the arm above the head and waving it from side to side.
- 15) **FIELD:** The football field: 150' x 300' with (4) 20 yd zones, (2) 10 yd end zones.

- 16) **FLAGS:** All players on offense, defense & special teams **MUST** wear flags at all times. **EXCEPTION:** Center and 2 guards on offensive line so as to designate their ineligibility.
- 17) **FLAG FALLS OFF INADVERTANTLY:** Revert to 2-hand touch.
- 18) **FLAG GUARDING:** Illegal use of ball carriers hand or arm to protect flag from being pulled. **PENALTY: 10 yds from spot and loss of down.**
- 19) **FORMATION:** On regular scrimmage downs, guards must be covered by eligible ends or wide-outs. The two guards need only have one foot on the line (defined by the heels of the center).
- 20) **FORWARD PASS:** 1 forward pass per down.
- 21) **FREE-BLOCKING ZONE:** The Free-Blocking Zone is a rectangular area extending laterally 4 yds on either side of the spot of the snap of the ball and 3 yds behind each scrimmage line.
- 22) **FUMBLE:** All fumbles are dead at the spot. If a ball is fumbled in mid-air, the defender may recover the ball before it touches the ground.
- 23) **HOLDING; Offensive and Defensive:** No grabbing onto jerseys to stop the rushers or runner.
- 24) **HUDDLE:** There is a 35 second play clock.
- 25) **HURDLING:** Jumping over a down player is legal. **PENALTY:10 yds.**

26) **INADVERTANT WHISTLE:** At the time of the inadvertent whistle the team with possession of the ball has the option of replaying the down or the result of the play.

27) **INTENTIONAL GROUNDING:** Illegal to avoid a sack while in the pocket, (between the guards); legal to stop the clock. The QB can throw the ball OOB if it is beyond the line of scrimmage. **PENALTY:10 yds, loss of down. KICK-OFF:** There are no kick-off's

28) **KNEE DOWN:** If a player's knee touches the ground while his flags are still on, he is down.

29) **LINE OF SCRIMMAGE:** 5 offensive players on line of scrimmage at snap. All other offensive players must be in the offensive backfield.

30) **MOTION:** Only 1 player allowed in motion at the snap.

31) **MUFF:** All muffed punts are dead on the ground. If a muff is caught in mid-air, a player may advance the ball before it touches the ground.

32) **NEUTRAL ZONE:** The neutral zone is the length of the football when it is spotted.

33) **NUMBER OF PLAYERS ON FIELD:** 9 Players - Center and 2 guards are ineligible.

34) **OBSTRUCTING/HOLDING:** obstructing, holding, tackling, tripping the ball carrier is illegal. **Penalty: 10 yd.** If the infraction is committed by the last defender, the **touch down is awarde**

- 35) **OVERTIME:** Regular Season Game = each team receives 4 plays from the 20 yd line.
- 36) **PADDING:** No pads allowed. EXCEPTION: To protect an injury.
- 37) **PASSER'S ARM IN MOTION:** The passer's hand, arm or ball can not be hit when the passer's arm is in motion.
- 38) **PASS INTERFERENCE:** OFFENSE = **Penalty: 10 yd.** penalty from previous spot and loss of down. DEFENSE = **Penalty: Spot foul.**
- 39) **PLAYERS ON LINE:** A player on the line of scrimmage may not receive a snap.
- 40) **PROTECTION OF CENTER:** The defense is NOT allowed to line up over the Center. The Center must be allowed to assume a blocking position before contact is allowed.
- 41) **PROTECTION OF PASSER:** The defense is NOT allowed to run into or hit the quarterback before or after the ball has been released. **Roughing the passer** is a personal foul. **ROUGHING THE PASSER:** PENALTY: Roughing the passer: Incomplete pass: 10 yards, automatic first down. Completed pass: automatic 1<sup>st</sup> down, plus gained yardage from the pass completed and 10 extra yards added on
- 42) **PROTECTION OF Receiver:** It is illegal for a defender to go through the receiver or collide with the receiver in an effort to break up the pass. It shall be unnecessary roughness **10 yd. penalty.**
- 43) **PUSH-OUT:** The defense may NOT push the runner or receiver OOB. If the push out is committed by the last defender, a touch down is awarded.
- 44) **RECEPTION:** One foot in bounds for legal reception. Push-out is illegal. **47) ROSTER:** 15 - 18 man roster limit. Extra, non-roster players may be activated up to 1 hour before schedule game, but officials and opposing team must be notified.
- 48) **ROUGHING THE PASSER: Automatic 1st down plus 10 yd. penalty.** Defensive players must make a definite effort to avoid charging into a passer. No downward motion of the arms towards the passer by the defensive player while the passer is in the throwing motion can be made. Any contact with the passer's arm **above the shoulders** (the ball in the passer's hand is an extension of the passer's hand) constitutes a roughing the passer call. Penalty yardage added to any gain.
- 49) **RUNNER:** The ball carrier may not lower his head into a defensive Player. Spins are legal. Hurdles of down players are legal.
- 50) **SAFETY:** 2 points. Kick-off or punt from 20 yd line after safety.
- 51) **SCORING:** Touchdowns = 6 points

Extra Points = 1 point (Run or pass from 3 yd line)

" " = 2 points (Run or pass from 8 yd line)

" " = 1 or 2 points (Return of extra point try by defense)

Safety = 2 points

- 52) **SNAPS:** Direct snaps are legal.
- 53) **SPOT OF BALL:** The position of the flag when de-flagged is the spot of the ball.
- 54) **STIFF ARMS:** Stiff Arms are illegal.
- 55) **STRIPPING:** Stripping of the ball is illegal.
- 56) **TEAM BOX:** Between the 20 yd lines. Teams must use opposite side-line from bleachers.
- 57) **TIME:** 24 minute halves, 35 second play clock, and 15 minute halftime; the clock will stop for a called time-out, during penalty mark off, and after each score until the ball is set for the next possession. The clock may also stop at the referee's discretion for discussion.

At 2 minutes left in either half, there will be a two-minute warning. During the last 2 minutes of the halves, the clock will stop for out of bounds, incomplete passes; change of possession, and during penalty mark off.

- 58) **TIME-OUTS:** 3 time-outs per half. 1 time-out per overtime period.
- 59) **TRIPPING:** tripping is illegal.
- 60) **TWO MINUTE WARNING:** An official time-out will take place at the 2-minute warning of each half.
- 61) **UNSPORTSMANLIKE CONDUCT:** No profanity shall be tolerated. No baiting or taunting of an opponent shall be tolerated.

### **EQUIPMENT:**

- 1) **BALL:** The ball should be official size; i.e.; Wilson F1100 or SPALDING TF100 football.
- 2) **FLAG:** The official flag to be supplied by G&T.
- 3) **UNIFORMS:** Jerseys - Must be G&T, **EXCEPTION:** notify referee, must be tucked in at all times. Hats are allowed but caps must be worn backwards on the field. Jewelry/Sunglasses - Not allowed at anytime. Shoes - No metal spikes allowed.

- 4) **Pads** - No pads allowed. **EXCEPTION:** To protect injury. Mouth-guards  
- Recommended for players'

Each team can call 3 time-outs per half (30 seconds) to stop the game clock. A personal ("captains") time-out may be called for the purpose of addressing portentous behavior.

The clock will stop for a called time-out, during penalty mark off, and after each score until the ball is set for the next possession. The clock may also stop at the referee's discretion for discussion.

At 2 minutes left in either half, there will be a two-minute warning. During the last 2 minutes of the halves, the clock will stop for out of bounds, incomplete passes; change of possession, and during penalty mark off.

**INADVERTANT WHISTLE** – Offended team will have the choice to replay the down or take the spot of the ball where whistle was blown.

### **HALF TIME DEVOTION**

Any team member not present for the devotion except as excused by team captain, that person will sit out the second half of the game.

Both team leaders must discuss this previous to the re-start of the game. If one of you disagrees, immediately advise the League Director.

Any attempt by the defense to induce a false start will be flagged for unsportsman like conduct for a 10 yard penalty.

### **DELIBERATE FLAGRANT FOULS**

Whenever, in the judgment of any official, the following acts are deliberate or flagrant the players involved may be ejected from the game. **PENALTY:** Unsportsmanlike conduct, 10 yards and if **FLAGRANT**, the Offender may be ejected from the game. Examples include, but are not limited to:

Intentionally making physical contact with an official

Tackling the ball carrier as in regulation football

Using fists, kicking and fighting

Using locked hands, elbows or any part of the forearm or hand

## **PROHIBITED ACTS**

There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the rules. Examples include, but are not limited to:

Any acts of unfair play

Intentionally kicking at the ball other than during a legal kick

Using disconcerting acts or words prior to the snap in an attempt to interfere with offensive team signals or movements

Spiking ball, taunting opponent or other similar theatrics before or after a touchdown

Using profanity, abusive, insulting, vulgar language or gestures

Indicating objections to an official's decision

Deception plays – any plays used to deliberately deceive the opposing team – i.e. Man standing **near** the sideline

Pulling or removing a flag from an offensive player without the ball by a defensive player intentionally PENALTY: Unsportsmanlike conduct, 10 yards and if flagrant, the offender may be ejected from the game.

## **UNFAIR ACTS**

No player shall block in a manner that would cause his feet, knees, or legs to strike an opponent. All blocking shall be done with the feet in contact with the ground

There shall be no high-low blocking

There shall be no contact with an opponent who is on the ground

The runner shall not be thrown to the ground

There shall be no hurdling to advance the ball. Hurdling to avoid injury is acceptable

No player shall make contact with an opponent obviously out of the play either before or after the ball is declared dead

The ball carrier shall not deliberately drive or run into a defensive player.

There shall be no unnecessary roughness of any nature

Tackling

Using of fists

Knocking out-of-bounds

Punch strike. No strip or attempt to steal the ball from a player in possession

Position himself on the shoulders or body of a teammate to gain an advantage

Make any contact with an opponent which is deemed unnecessary of any nature including using fists, locked hands, elbows or any part of the forearm or hand PENALTY: 10 yards and if flagrant, the offender may be ejected from the game.

### **PLAYER/TEAM CONDUCT**

Trash Talkers Rule-Bating/Taunting - unsportsmanlike conduct: when a player(s) is continually and belligerently lashing out with derogatory remarks to an opposing team player or players, that team will receive an unsportsmanlike conduct penalty of 10 yards and a warning to the player. If the actions continue, the player(s) involved will receive an immediate ejection from the game and the player(s) will serve a one game suspension in the following weeks game.

Offensive and defensive captain's responsibility should be to keep teammates under control. They are NOT to go to officials and try to get a call or change a call. Officials calls WILL BE respected.

1st violation - warning to the captain and player - 2nd violation – ejection of game to the player and warning to the captain - Any subsequent violation will be forfeiture of the game.

Swearing and abusive language or taunting directed at any player or official. 1st violation - 10 yards and the player sits out one full half - 2nd violation

- 10 yards and ejection from the game and player conduct will be reviewed by the League Administrators to deter any future problems.

**IF A PLAYER DOES NOT LEAVE THE PLAYING FIELD WITHIN ONE MINUTE OF EJECTION, THE GAME IS FORFEITED.**

All other unnecessary roughness, unsportsmanlike conduct or illegal play as determined by the officials, first down and/or expulsion from the game of the player(s) involved.

Deliberate personal fouls that are flagrant may result in a 3 game suspension and players conduct will be subject to review. Examples of such fouls are: Deliberate contact to the head or neck with a forearm or elbow. Deliberate contact below the waist or to an injured body part.

Any deliberate contact to an official by a player shall result in a one-year suspension for the player.

Modesty is appreciated (please keep your shirts on).