

BOYS FLAG FOOTBALL RULES

Parochial Athletic League

Except as designated below, CIF rules will apply.

PLAYING PROCEDURES

Sec-1 Team Size and Playing Time

A team consists of 9 players playing on the field at one time. **All players must play at least 1 play in each half.** Girls are eligible to play if they meet all the other requirements. A team must have 7 eligible players ready to play at game time or a forfeit will be declared.

Sec-2 Equipment

No helmets or shoulder pads will be allowed. Only soft padding (ex. - elbow pads, knee pads) are legal. **All players must have a mouth piece.** All players must wear shoes. No metal spikes will be allowed: Only rubber molded cleats. (Baseball cleats ARE NOT acceptable. **All players must have long pants and all shirts must be completely tucked in.** (Shorts are not allowed) Only Triple Threat Flag belts will be used, Velcro Flags and Quick Release Flags are not acceptable. Flags of any color will be acceptable however flags cannot be the same color as your teams pants) Any tampering with the flags will be considered unsportsmanlike conduct and will result in a 15 yard penalty and/or ejection from the game. The game ball will be intermediate size for the varsity and junior size for the J.V. Each team will be allowed to use its own ball on offense.

Sec-3 Field Dimensions

The field will be divided into five equal sections. The two endzones will be 10 yards deep. The side and end lines are considered out of bounds. Coaches and players not in the game must stand between the 20 yard lines.

Sec-4 Game Time

Varsity and J.V. games will consist of two 20-minute halves. The clock will stop on all scores, change of possession, and time-outs. The last two minutes of each half will be regulation CIF stop time. Teams will switch directions at halftime.

Sec-5 Time Outs

Each team will be allowed 2 time-outs per half. Unused first half time-outs will not carry over to the second half.

Sec-6 Scoring

A touchdown will be worth 6 points. An extra point play from three yards out will be worth 1 point. A kicking extra point will be worth 2 points. A safety will be worth 2 points. A field goal will be worth 3 points. In addition, teams may attempt a 2-point extra point play from 10 yards out. A 2 inch kicking block may be used for field goals and extra points.

Sec-7 Coin Toss

The winner of the coin toss at the beginning of the game shall choose whether to start on offense or defense, or which goal to defend. In the second half, the teams will change sides and the team that started the first half on defense will be given the ball.

Sec-8 Substitutions

There will be unlimited substitutions during any dead ball situation. Substitutes must remain in the game for at least one play. Offensive substitutes must pass within ten yards of the ball to enter the game.

Sec-9 Ball Placement

At the start of each half, and after a touchdown the ball will be placed at the offensive teams 30 yard line. After a safety the ball will be placed on the offensive teams 40 yard line. After a touchback the ball will be placed on the 20 yard line. After a missed field goal the ball will be placed on the 20 yard line or spot of the kick whichever is to the benefit of the team on offense. **There will be no kickoffs.**

Sec-10 Line of Scrimmage and Backfield Player Positioning

A minimum of five offensive players must be positioned on the line of scrimmage. All offensive players, except for the back in motion, must be set for one second prior to the snap of the ball. All offensive players must line up at least five yards from the sidelines.

Sec-11 Man-In-Motion

Only one member of the offensive backfield may be in motion at any one time. A man in motion must be aligned in the backfield position. In order to be eligible to go in motion, a wide receiver must be lined-up off the line of scrimmage.

Sec-12 Eligible pass receivers/Legal forward pass

All offensive backs and the two players on either end of the line are eligible to receive a forward pass. Only one forward pass may be attempted per play. Once the ball has crossed the line of scrimmage on any given play, no passes may be attempted. (The fumbleruski will be considered an illegal play)

Sec-13 First Downs

Four downs are granted to make a first down. A first down will be awarded for advancing the ball across any section line. If the section line had been previously crossed during the same series, a first down will not be awarded. Exception: If a team is awarded a first down because of penalty, they must only cross the next section line, whether or not it had been previously crossed, in order to get another first down. Section lines are every 20 yards on the field.

Sec-14 Downfield Blocking

Downfield blocking is permitted on all running plays and on pass plays **only after the pass has been completed.** No downfield blocking is allowed while the ball is in the air or before a pass is thrown. Violations of this rule will be penalized the same as offensive pass interference. Defensive players are allowed to block on potential receivers **within five yards** of the line of scrimmage. Violations of this rule will be penalized the same as defensive holding.

Sec-15 Putting the ball in play

To put the ball in play, the center must pass the ball to the quarterback in a single continuous motion. Prior to putting the ball in play, the center may adjust the ball **one time only.** After such an adjustment, further movement before the snap will be considered illegal procedure.

Sec-16 Runs from Scrimmage

Direct runs by the quarterback will be allowed

Sec-17 Defensive Player Movement

Defensive players can move around on the defensive side of the ball, however if it is deemed that the movement caused an offensive player to jump a penalty will be enforced. Also, any encroachment where the defensive player goes over the line of scrimmage a penalty will be enforced immediately. The defensive player cannot in any way try to cause the offensive player to move or false start.

Sec-18 Punts and Field Goals

During a punt, field goal or a kicking extra point attempt a defensive player cannot make contact with the center at any point until the ball has been kicked by the punter or field goal kicker. If this occurs the penalty will be unsportmanlike conduct.

Sec-19 Downed ball carrier

A ball carrier is considered down any time he has possession of the ball and his flag belt is removed by a defender or it falls off accidentally. If a pass receiver loses his flag, the ball will be considered dead at the point of reception. A ball carrier will also be considered down if he contacts the ground with any part of his body other than his feet or hands.

Sec-20 Legal Catch

A pass receiver must have at least one foot (first foot) in bounds after gaining possession of the ball for the catch to be legal. This is provided his other foot is not already out of bounds at the time of the catch. If a receiver catches the ball while suspended in the air in bounds, and is forced out of bounds by a defensive player before hitting the ground, the pass will be ruled completed. A defensive player cannot force an offensive player out of bounds while in the air trying to catch a pass.

Sec-21 Dead Ball

A live ball becomes dead when: a) a score is made, b) the ball goes out of bounds, c) an errant snap from center or a lateral touches the ground, d) a pass falls incomplete, e) a punt is dropped, or f) an official blows his whistle, even though inadvertently. In this case, the team in possession will be given the option of taking the ball at the spot of the whistle or taking the entire play over. Exception: If there is a penalty against the team in possession, the penalty will be enforced.

Sec-22 Loose Ball

All loose balls are dead upon touching the ground. In the case of a fumbled lateral, the ball will be spotted at either the point of contact with the ground or at the point the ball was last controlled, whichever creates the greatest disadvantage for the team in possession. On extra points and field goals if the ball touches the ground it will be dead. At no time can you attack the ball while a ball carrier has possession of the ball. This includes any person in possession of the football including the quarterback while attempting to hand the ball to a running back or receiver. (You must go for the flag, if you attempt to strip the ball it will be considered tackling or unsportmanlike conduct)

Sec-23 Punt Returns

A punt may not be returned if the ball is not fielded cleanly by the receiving team. Any punt that is fielded and then dropped is considered a dead ball and may not be advanced. The ball shall be spotted according to sec-20. A ball that bounces before being touched can be picked up and advanced by the receiving team.

A blocked punt may only be advanced if it is fielded before it hits the ground. In addition, the kicking team can only advance a blocked punt if it gains possession behind the line of scrimmage. In all other instances of blocked punts, the receiving team will gain possession where the ball hit the ground.

General Rules

- 1.) Center sneaks are illegal, NO FUMBLERUSKI type plays will be allowed.
- 2.) NO deceptive/trick plays will be allowed.
- 3.) At no time can a player dive to make a first down or a touchdown
- 4.) Language of an inappropriate nature will not be tolerated
- 5.) Coaches are responsible for their schools parents/fans

PENALTIES

Sec-1 Illegal Procedure

The following violations shall constitute illegal procedure and a penalty of 5 yards will be assessed against the violating team. All illegal procedure penalties will be enforced from the line of scrimmage.

- A) Illegal Snap from Center
 - 1) Further movement of the ball by the center after initial adjustment.
 - 2) Advancement of the ball by the center.
- B) Illegal Motion
 - 1) Failure of all offensive players except the man in motion to come set one second prior to the snap of the ball.
 - 2) Movement towards the line by the man in motion.
 - 3) Movement within 5 yards of the sideline by the man in motion.
 - 4) Having two or more players in motion simultaneously.
- C) Illegal Delay of the Game
 - Failure by the offensive team to snap the ball within 30 seconds of the time that the referee has placed the ball ready for play. Delay of game violations committed by a team that is leading or tied in the last three minutes of the game shall automatically stop the clock.
- D) Illegal Substitutions
 - 1) Failure of all entering offensive substitutes to pass within 10 yards of the ball.
 - 2) Having more than 9 players on the field while the ball is in play.
- E) Offside
 - 1) Once the offensive team comes set, **neither team** can cross the line of scrimmage before the ball is snapped.
 - 2) The play will be blown dead and the penalty will automatically be assessed.

Sec-2 Personal Fouls

- A) Illegal Block
 - 1) A blocker may not leave his feet to make contact with an opponent.
 - 2) When blocking with the forearms, a blocker's hands and arms may not extend further than the vertical plane of his elbows.
 - 3) Contact can not be made with the fists or elbows.
 - 4) Contact can not be initiated below the waist.
 - 5) Any contact above the shoulder even if unintentional is strictly prohibited.

Penalty Enforcement: 15 yards from the spot of the foul.

- B) Clipping
 - 1) Contact on a block must be made within the blocked player's field of vision. The position of the blocker's head at the time the block is delivered will be used to determine the block's legality.
 - 2) If a player about to be blocked turns his back to the blocker within 3 yards of contact, no penalty will be called.

Penalty Enforcement: 15 yards from the spot of the foul.

- C) Unnecessary Roughness
 - 1) Any action which in the opinion of an official may cause injury to another player (even if unintentional).
 - 2) Ball carriers must make an effort to avoid potential flag pullers and may not run over, straight arm, or in any way ward off a defender.
 - 3) Defensive players must go for the ball carrier's flags. They may not tackle, hold, block, or shove a ball carrier out of bounds.

Penalty Enforcement: 15 yards from either the end of the play (dead ball) or the spot of the foul (live ball).

D) Roughing the Passer

- 1) Any time a defensive player who does not deflect a quarterback's pass makes contact with the quarterback, roughing the passer will be called.

- 2) A defensive player who does make contact with the pass must still make an effort to avoid contact.
- 3) Any defensive player who is blocked into the quarterback will not be guilty of roughing.

Penalty Enforcement: 15 yards from the line of scrimmage.

E) Holding

- 1) Offensive players may use their hands to block, but may not hold or hook an opponent.
- 2) Offensive players may not put their hands wider apart than the width of their shoulders.
- 3) Defensive players can use their hands to push or move blockers out of the way but may not tackle or hold any potential ball carrier or receiver.

Penalty Enforcement: Offensive Holding - 10 yards from the line of scrimmage. Defensive Holding - 5 yards from the line of scrimmage, and an automatic first down.

Sec-3 Major Pass/Run Procedure Penalties

A) Flag Guarding

- A ball carrier may not use his hands to prevent a defender from pulling his flags. All ball carriers must keep arms and hands above the waist while in the immediate vicinity of defensive players. Spinning will be considered legal if it conforms to the above rules.

Penalty Enforcement: 10 yards from the spot of the violation and loss of down.

B) Hurdling

- A ball carrier may not attempt to jump over a potential flag puller. He may step over a fallen player or players.

Penalty Enforcement: 10 yards from the spot of the violation and loss of down.

C) Illegal Forward Pass/Lateral

- 1) More than one forward pass in one down.
- 2) Throwing a forward pass while past the line of scrimmage.
- 3) Passer catching his own pass, unless deflected first by a defender.
- 4) Ineligible receiver touching an undeflected forward pass.

Penalty Enforcement: 5 yards from the spot of the violation and loss of down.

D) Pass Interference

- 1) Making contact with an opposing player which hinders him from catching the ball.
- 2) Waving hands in the receiver's face.
- 3) Incidental contact occurring when neither player has an obvious advantage will not be considered a violation.

Penalty Enforcement: Offensive Interference - 10 yards from the line of scrimmage and a loss of down. Defensive Interference - Automatic first down at the spot of the infraction. If Defensive Interference happens behind their own goal line, the offense is given a first down and goal at the one yard line.

OVERTIME

Overtime will be used only in the playoffs. During the regular season, any game ending in a tie will remain a tie.

Overtime will be decided by sudden death. The first team to score will be declared the winner. Overtime will start with a coin toss. The team that wins the toss will be given the option whether to start on offense or defense, or which goal to defend.

Overtime will be played in twenty minute halves with the last two minutes being regulation CIF stop time. If a second half of overtime is needed, the teams will change sides and the team that started on defense will be given the ball.

Each team will be allotted two time-outs per half in overtime.