



**COBRA FLAG FOOTBALL TOURNAMENTS  
OFFICIAL RULEBOOK**

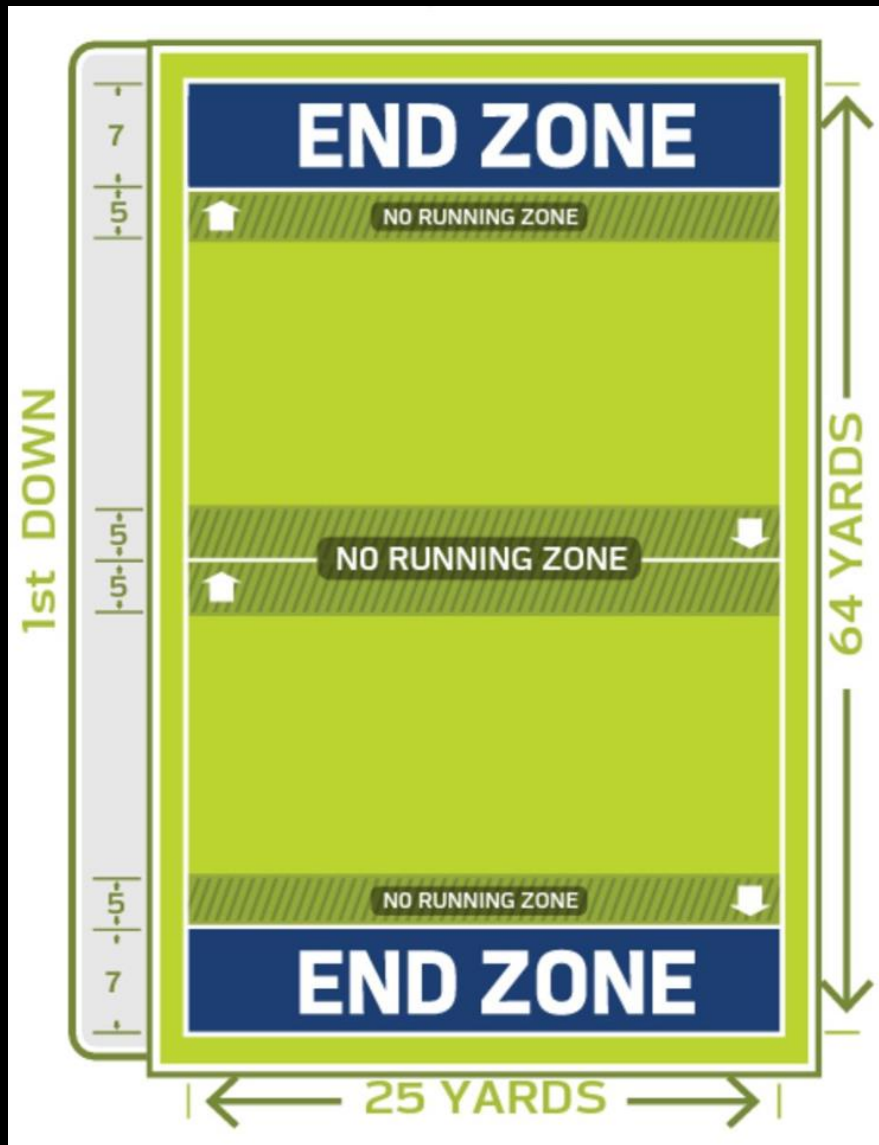
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# FIELD SET UP



- Field dimensions are 25 yards by 64 yards with (2) 7-yard end zones and a midfield line to gain (Some tournaments may use smaller fields because of field space available or for scheduling purposes). No-run zones precede midfield on either side by 5 yards. No-run zones also precede the end zone by 5 yards at both end zones.

- The referee will place the ball in the middle of the field prior to the “Ready to Play”. The ball will NOT be placed closer than 10 yards to any boundary.

- The boundary lines mark out of bounds. Stepping on a boundary line is out of bounds. Any player who steps out of bounds cannot be the first to possess the ball.

- Coaches and players are only allowed from 5-yard line to 5-yard line on the sidelines.

# POSSESSIONS

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- For each possession, the offense has (4) downs to obtain a first down at midfield. If midfield is not obtained prior to 4th down; you can elect to go for it or to punt.
- If the offense elects to punt, the ball will be set at the opposing team's 5-yard line to begin their possession.
- If the offense elects to go for it and succeeds, they will have (3) downs to reach the end zone. If the offense elects to go for it and fails, then the opposing team will take over at the spot the offense failed to achieve.
- When the offense crosses midfield and has (3) downs to convert a touchdown, if they do not convert the ball will be set at the opposing team's 5-yard line to begin their possession, regardless of where the ball last was for the offense.

# SCORING / EXTRA POINTS

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- A touchdown is worth 6 points.
- A (1) point conversion is attempted from the (5) yards out from the goal line. This is a “NO RUN” play.
- A (2) point conversion is attempted from the (10) yards out from the goal line. Players can pass or run for this conversion in accordance with the passing and rushing rules.
- Once you determine if you are going for a (1) point conversion or a (2) point conversion you can only switch your decision by using a timeout. If you do not have any timeouts remaining, you cannot switch your choice.

# TIME SITUATIONS

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- (3) timeouts a game, timeouts will be 30 seconds in length.
- Games are played with (2) 10-minute halves and a (1) minute half time
- There will be a PRO clock in the final minute of the second half of both pool play and playoff games.
- The exception to PRO clock being instated is if the score of the game is a 9-point margin or greater (Mercy rule for PRO clock).
- There will be a 1:00 warning at either the 1:00 mark of the second half or at the amount of time left after the most recent play that started above the 1:00 mark. If the game is in mercy rule scoring (9-point margin or greater) the clock will stop for the 1:00 warning and then begin to wind immediately again.
- If a team cuts into the 9 Point margin with under a minute, PRO clock will then be in effect.

# OVERTIME

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- Pool play will not have overtime. If a game is tied at the end of regulation of a pool play game, it will finish as a TIE.

## Playoffs

- If team #1 decides to go for the 1-point conversion and converts, team #2 can decide to go for the 1-point conversion to tie and go to a second overtime or go for the 2-point conversion to win or lose after that play.
- Coin toss determines possession.
- If we are forced to go into a second overtime, both teams must go for two.
- Third overtime will be one play from the 5-yard line the team to get the most yards wins.
- If either team fails to gain any yardage during the third overtime, both teams will try again, with each team having an attempt.

# GENERAL OFFENSE

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- NO INTENTIONAL CONTACT of any kind is permitted.
- Downfield blocking is illegal. Any offensive player who continues running AND impedes the progress of a defensive player who is attempting to pull the ball carrier's flag will be called for illegal blocking. However, a player running down field on the opposite side of the field that has nothing to do with the play will not be called.
- All players must start with their mouth pieces in, shirts/jerseys tucked in, flag belts on, and flags properly secured at the hips with flag sockets facing outwards. Once the referees notices an illegal player, they will be asked to come off the field to fix their equipment. If the play has already started, it would be considered illegal touching.
- The ball must be snapped between the center's legs to start a play. Shotgun snaps are allowed; QB can also take the snap under center.
- Passes can be thrown forward in the backfield and ran downfield IF the offense is NOT in the no run zone. All passes in the no run zone MUST be past the line of scrimmage.

# GENERAL OFFENSE

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- There is a 25-second play clock, which starts once the line of scrimmage is marked and the referees are set.
- Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage, and no motion is permitted towards the line of scrimmage. A motion player does NOT need to stop, prior to the snap of the ball.
- Laterals are allowed an unlimited amount in the backfield along with handoffs. Laterals downfield are NOT permitted and would be a dead ball at the spot.
- No diving into the endzone.
- Jumping is allowed, however you cannot jump into contact. Jump cuts, spin moves are legal. Jumping or diving to catch a pass is permitted.
- The ball will be spotted at the location of where the ball was when the flag was pulled.
- If a player starts the play without a flag, they are down where they have control of the ball.
- Players will be asked to pull their own flags after any scoring play to make sure flags are legal.

# PASSING GAME

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- QB has a 7 second “pass clock.” The referees are instructed to count to 6 seconds, and the whistle counts as 7.
- If the ball is not thrown within 7 seconds, the play is ruled dead, with a loss of down. The ball is placed at the original line of scrimmage.
- If the ball is handed off or lateraled, the 7-second pass rule is no longer in effect.
- Passes must be thrown from behind the line of scrimmage, including feet.
- Only one forward pass per down. You can throw the ball behind the line of scrimmage as many times as you would like.
- You cannot hand the ball off to the center, but the center is eligible to be a drop back guy for a double pass scenario. The ball must be thrown backwards.

# RECEIVING

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- A receiver must have control of the football and at least one foot in bounds when making the catch.
- If a receiver's flag inadvertently falls off, even without contact from another player, that player is ruled down at the spot the flag fell off.
- A receiver cannot willingly run out of bounds and then come back in bounds to catch a ball.

# RUNNING

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- Only “direct” handoffs (player to player, hand to hand) behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a handoff. A player must completely let go of the ball to be considered a legal handoff.
- There is no limit to the number of handoffs that can be performed by the offense in a single play, so long as the ball never crosses the line of scrimmage.
- The QB can run the ball only if he/she has first handed the ball off behind the line of scrimmage and then taken a “direct” handoff or lateral back from another player before the ball has ever crossed the line of scrimmage.
- The player who takes the handoff can throw the ball, if he or she does not pass the line of scrimmage first. Or he or she can run as long as they are not in the no run zone.
- It is the responsibility of the ball carrier to avoid colliding with defenders that lie in his/her path.

# DEFENSE

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- NO INTENTIONAL CONTACT of any kind is permitted.
- Defensive players cannot cross the line of scrimmage unless the ball is handed off, thrown backwards, or a forward pass is thrown in the backfield and the defensive player is crossing the line of scrimmage to pull the receivers flag.
- All defensive players must give the offense a one-yard cushion prior to the snap of the ball.
- Defensive players who are not lined up at the 7-yard rush line with their hand up cannot pass the line of scrimmage until the ball is handed off or thrown backwards in the backfield.

# RUSHING OF THE QUARTERBACK

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- The rush marker will be designated by the referee seven yards from the line of scrimmage.
- The rusher(s) must identify by raising a hand and checking in with the rushing referee before the snap. The rusher may attempt to block the pass but will be penalized if any contact is made to the quarterback's arm or head.
- Any number of players may rush the quarterback if they are beyond the rush marker at the time the ball is snapped.
- If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play.
- The rusher must take an angled path to the QB.
- The rusher CANNOT run straight into the center.
- Players not rushing the quarterback may defend the line of scrimmage.

# FLAG GUARDING

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- Flag Guarding is an attempt by the ball carrier to obstruct the defender's access to the flags.
- Flag Guarding will be a 5-yard penalty from the spot of the infraction. If you get a first down where the infraction takes place 5+ yards past the first down marker, it'll be 1st and goal with a 5-yard penalty from the infraction.
- If the infraction takes place 1-4 yards over midfield, the spot will be behind midfield and a loss of down. If it was 4<sup>th</sup> down on the play of flag guarding and the above takes place, it would be a turnover on downs.

# FLAG PULLING

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- Defenders can dive to pull flags but cannot tackle, hold, or run through the ball carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- The flag belts must be secured.
- Shirts/jerseys must be tucked in always.

# OFFENSIVE PENALTIES

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All offensive penalties are a 5-yard infractions and a loss of down.

- False start
- Offsides
- Illegal motion
- Offensive impeding
- Delay of game
- Attempting to run from a “No Run Zone”
- Offensive pass interference
- Too many players on the field
- Flag guarding
- Illegal ball advancement
- Intentional contact
- Illegal touching
- Illegal equipment

# DEFENSIVE PENALTIES

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Penalties will be 5 / 10 yards, and the offense will be awarded a first down.

- Roughing the passer (10 yards)
- Intentionally removing a receiver's flag belt before he/she contacts the ball (5 yards)
- Illegally rushing the quarterback (5 yards)
- Too many players on the field (5 yards)
- Defensive Pass Interference (Spot Foul. If the DPI occurs in the end zone, the ball will be placed on the 1-yard line.)
- Intentional contact (5 yards)
- Illegal Equipment (5 yards)

# INADVERTENT WHISTLE

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- If there is an inadvertent whistle during a play, the offense has the choice of either the result of the play at the point the whistle was blown or replaying the down.
- If there is an inadvertent whistle during a passing play and the ball is in flight, the down is replayed.
- The half or game cannot end of an inadvertent whistle. This would be an untimed down.

# UNSPORTSMANLIKE CONDUCT

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- FOUL PLAY WILL NOT BE TOLERATED!
- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots or any unsportsmanlike act, the game will be stopped, the player will be penalized for unsportsmanlike conduct 10-yard penalty (offense it's a loss of down, on defense its an automatic first down for the offense).
- If the referees or field monitor determine the unsportsmanlike conduct act warrants an ejection, that player will be ejected from the game, and potentially the entire tournament.
- Offensive or confrontational language is not allowed.
- Ball-carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball-carrier when pulling flags.
- Fans must also adhere to good sportsmanship as well.

# MOCKING THE GAME

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- Anyone who comes off the sideline to interfere with a play will be ejected from the tournament and it will be an automatic touchdown for the opposing team.
- Teams cannot purposely go offsides numerous times in a row. The second time will be an unsportsmanlike conduct penalty and potentially an ejection. This goes for any intentional penalties to try to kill clock that are not normal flow of the game plays.
- If you call a timeout without having a timeout, it will be an unsportsmanlike conduct penalty.

# Equipment

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**Participants must bring their own flag belts and mouth guards to the tournament. All players MUST wear a mouthguard.**

- All players must wear flags that are a different color than their shorts. NFL Flags, regular flags, Shruumz are all legal. Flags must be at least 14 inches in length from the popper and may not be cut or altered. Poppers and Belt attachment MUST be the same color. Flags must be pushed fully in & players must be able to pull their own flag out with one hand in a fluid motion. Illegal flags will result in ejection of that player from the game or tournament at field monitors discretion.
- Players may wear cleats. However, cleats with exposed metal are not allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.

# Equipment / Other

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- Soft brim bucket hats/beanies are allowed. Hard brim hats MUST be worn backwards. Players may wear protective eye wear as long as they are worn on eyes. Players may wear soft shell helmets, but they must be secured at all times.

- Players must wear shorts or pants that do not have pockets. Shorts, pants, or shirts with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets. The player will be removed from game until this is fixed.

- Ball size

PEE-WEE size ball - 6U,7U,8U,9U GIRLS

Junior size ball – 9u,10u,11u GIRLS

Youth size ball - 11U,12U,13U,14U, 12U GIRLS,14U GIRLS, High School GIRLS

- Jewelry or sunglasses are not permitted on the field.

- ONLY players, coaches, media, refs, and directors are allowed within the field dimensions/fence line and MUST have an eligible wristband to have access.

- Referees and tournament directors can remove coaches, players, and/or fans from the tournament if they deem it is necessary at their own discretion.