

TVWFF Flag Football Rules

1. Team Requirements

- A team may only have eight players on the field during game play at any given time.
 - The offensive team can have up to 7 players on the line of scrimmage at the time of the snap (Min 4 Players).
- Substitutions are allowed between plays and during time outs.
- All players must be recorded on the roster before they are allowed to participate.
- All players **must play a minimum of 3 games to participate in the playoffs. This is tracked on the roster check in each game.**
- All players must be 18 yrs or older
 - If a player is 17 and wants to play by time of season, parent consent and release of liability waiver must be signed and given to Loren before season starts.
- Each team is allowed to have a roster of 25 eligible women.
- After roster lock date, no changes can be made to roster until the next season or board approval.

2. Equipment and Facilities

- ALL FLAGS MUST SONIC BOOM FLAGS WITH A FLAG ONE ON EACH HIP!!
 - Each player must wear shoes. Proper shoes will be cleats. **NO METAL CLEATS.** Tennis shoes can be worn but not recommended as injury is often higher with tennis shoes. (Immediate disqualification of the player until proper shoes are worn).
- Pants and shorts with belt loops and/or pockets are strictly prohibited. A player may **not** turn her shorts inside out or tape her pockets in order to play.
- No towels allowed to hang from the players waist, could impede efforts of flag removal. If a towel is worn it can be used as an additional flag and be pulled as such.
- Flags must be on the outside of the entire uniform and worn on each hip. Must be over shirts and pants. Covering of the flag will result in a 10 yard penalty. Warning will be given to each participating team before kick-off.
- Any tampering with the flags natural operation will result in unsportsmanlike conduct (15 yard penalty) and if done again, ejection from the game.
- Each team must provide their own composite leather football. The size of the ball will be JR, size 7-9. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his or her discretion of any foul tampering or ball injury. During the game each team must use the referee approved legal ball presented at the beginning of the game when in possession.
- Due to no helmets, protective gear can't be made of any unyielding hard substance. Soft helmets are ok if the player wants to wear them. Face protection is ok to wear. Oftentimes face protection is made of hard plastic. Due to these specific safety reasons, these types of face protections are ok. Pads, wraps, and braces are allowed to stabilize needed areas.
- All team members must wear the same color shirt and or uniform. Shirts must be tucked in the pants. Shirts may not have pockets. No hooded sweatshirts over the jersey, if wearing a hooded sweatshirt this will be addressed before the start of the game.
 - Uniforms must be clearly different colors than the opposing team. If uniforms are close in color, the away team must provide an alternate jersey.
- Some uniforms are made with hoods, grabbing of the hood will result in a holding call.
- Mouthguards are recommended. Mouth guards must be smooth and not have anything hanging on then that can cause harm to another person. A Few Examples: Mouthguards shaped like a pacifier (ring cannot be hanging out of the mouth) or mouthguards with raised teeth on the outside are prohibited as well.
-

3. Start of the Game and Timing

- Toss of the Coin- Before the start of the game, the referee will conduct a captain's meeting where the home team captain will call the toss of the coin. The captain winning the toss will have a choice of options for the first half or defer to the second half:
 - To choose whether her team will start on offense or defense.
 - to choose the goal her team will defend.
 - During this time the discussion and decision of changing sides after halftime will happen.
 - 3 time-outs a half are allowed per team.
- The ball must be put into play no more than 25 seconds after the official has placed the ball. (Delay of game penalty 5 Yards)
- Games will consist of two 20 minute halves with a 5 minute half time. Timing will be continuous for the first half, and until the two minute warning of the second half. Only team time out, injury, and official time-outs can stop the clock.
 - Approximately two minutes before the end of the second half the referee will call the two minute warning time out. The clock will restart on the snap.
- **After 2-minute Warning, clock will be stopped after:**
 - Incomplete legal or incomplete illegal forward pass – clock starts on the snap.
 - Out-of- bounds – clock starts on the snap.
 - Safety – clock starts on the snap.
 - Team time-out - clock starts on the snap.
 - First down – dependent on the previous play.
 - Touchdown - clock starts on the snap (after the try).
 - Penalty and administration – dependent on the previous play. (EXCEPTION: Delay of game – clock starts on the snap).
 - Referee's time-out – clock starts at his/her discretion.
 - Touchback – clock starts on the snap.
 - Defense creates a turnover – starts on the snap. (ie. Interception)
 - Either team is awarded a new series following a legal punt - clock starts on the snap.
 - Team attempting to conserve time illegally – clock starts on the ready.
 - Team attempting to consume time illegally (Penalty 10 yards) – clock starts on the snap.
 - **PLAY:** During the second half, Team A leads Team B 14-12 with the game clock running. Player A false starts with 50 seconds remaining on the game clocks. **RULING:** Enforce false start, if accepted. The Referee will order the game clock to start on the snap due to Team A attempting to consume time.
 - Inadvertent whistle – clock starts on the ready.

4. Game Rules

- Field is 100 yards long by 54 yards wide with 10 yard end zones, first down yard markings every 20 yards.
- The ball will be placed on the 20 yard line after every touchdown and touchback.
- Teams shall have four consecutive downs to advance to the next first down line to gain (and earn a first down).
- A new series of downs will be awarded when a team moves the ball past the first down line.
- **Flag Removal**
 - When a flag is legally removed from the ball carrier, the down shall end and the ball is declared dead at the point where the flag becomes detached. (Player tampering with flag spot will result in a 10 yard penalty)
 - If both the carrier's flags inadvertently fall off, one-hand touch is immediately activated.
 - In an attempt to remove the flag from the ball carrier, defensive players may contact the body of an opponent with his or her hands.
 - A defensive player may not hold, intentionally push or knock the ball carrier down in an attempt to remove the flag.
- No player can trip an opponent, (flag or non-flag related) contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier. Penalty: personal foul, 10 yards (flagrant offenders will be ejected from the game and possibly suspended for the remainder of the season).
- Ball CANNOT be swatted from under center during hike
- **Cool Down Rule-** To deescalate players' emotions and situations, a Coach (or Ref/Captain by recommendation) will be encouraged to remove the player from the field of play for minimum 5 plays to a half, timeframe on coach for 1st offense. If continued a 2nd offense results in the rest of game suspension/ejection.
- For a legal catch, a pass receiver must come down with at least one foot in bounds.
- Rush-The defense must line up at least 1 yard from the line of scrimmage. This is true even when the offensive team is less than one yard from the end zone.
- Each member of the offense is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
- The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped in one continuous motion, from the spot designated by the ball marker. The ball may be moved with approval by the official due to poor field conditions.
- Before the snap, all but one offensive player must come to a complete stop for at least 2 full seconds.
- Only one offensive player may be in motion, and may not be moving towards the opponent's goal line at the time of the snap.
 - If two or more players go in motion before the snap, then this is considered a shift and all players must come set for two full seconds prior to the snap.
- The ball becomes dead when:
 - legal de-flagging occurs.
 - the ball carrier touches the ground with any part of their body other than the hands or feet.
 - a fumble hits the ground.
 - a snap from the center touches the ground. Officials make the call.

- Fumbles
 - Fumbles are dead when the ball touches the ground.
 - The ball is put into play at the point where the ball first touched the ground.
 - A ball fumbled into the offensive team's end zone will result in a safety.
- The ball is placed on the 20 yard line after a touchback.
- Extra Point Attempts- A try for two points will be taken from the 8 yard line. A try for one point will be taken from the 4 yard line.
 - If the defense should intercept a pass, they may return it for a score.
 - A defensive score will equal two points, regardless of whether or not the attempt is for one, or two points.
- **Overtime-** If the score at the end of regulation is tied, the captains will be brought together and a coin toss will be conducted to begin overtime.
 - Each team has a chance to score from the 20 yard line with 4 plays, and must go for the 2 point conversion.
 - If both teams score on their respective overtime series, a second and final overtime period will begin with another coin toss.
 - Play will be placed on the 4 yard line you have one chance to score, each team will get a chance.
 - if both teams score the same procedure, one chance to score happens.
- No jumping to elude a flag pull or jumping into the end zone is allowed.
- No diving into the end zone is allowed.

5. Blocking

- Blocking, as in regulation tackle football, is allowed. Proper blocking technique must be used, referees will be advised what to look for and will be calling accordingly (5 Yard penalty to start, 10 Yard penalty if team excessive)
 - Hands must be placed on the front of the player's torso between the shoulders and waist.
 - Full extension of arms is allowed
 - No stiff arms allowed
 - No blind side blocks, this will result in a penalty.
 - No blocking in the back
- Exception to this rule:
 - If offensive players make contact with a defensive player initially in the front and defensive player turns, without breaking contact, the offensive player can proceed to block.
- If offensive players hands are released (either by offensive player or broken by defensive player who made a move) offense may not reset hands on the defensive players back. This would be considered a block in the back.

6. Punting

- On fourth down, the offense may request protection for a protected punt.
- Both teams must maintain at least 4 players on the line until the ball is kicked.
- The offense cannot cross the line of scrimmage until the ball is kicked.
- Linemen on the defensive line may raise their arms, and or jump to distract, or try to block the kick but may not cross the line of scrimmage. Defenders may not move laterally along the line of scrimmage until the ball is kicked.
- The punter must receive the snap at least 5 yards behind the center and immediately punt the ball.
- Punters cannot start with the ball in hand.
- If the punter drops the snap and the ball hits the ground, the ball is dead at the spot.

- NO FAKE PUNTS ARE ALLOWED
- The penalty for not punting the ball immediately shall be a 5-yard, illegal procedure.
- If a protected punt has been announced and a timeout is called, the team must re-declare their intention for a protected punt.
- If a protected punt has been announced and then the kicking team runs an offensive play, the penalty shall be an immediate dead ball foul for unsportsmanlike conduct (15 yard penalty applied).
 - If the team is below the 20 yard line the ball would start on the 10 yard line.
 - All touchbacks will be placed at the 20-yard line.
- If a team is down by 18 points or more, punting will become an auto punt. Meaning the ball will automatically start at the 30 yard line, instead of the offense punting the ball.

8. Penalties:

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	10	Spot of Foul	Loss of Down
Illegal Motion	5	Spot of foul	Replay of Down
Illegal Forward Pass	5	Spot Foul or Previous spot if behind LOS	Loss of down
Intentional Grounding	5	Spot of foul	Loss of down
Offensive Pass Interference	10	Previous spot	Loss of down
Defensive Pass Interference	10	Previous spot	Automatic 1st down
Personal Foul/Unnecessary Roughness	10	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	10	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Roughing: Passer/Kicker/Holder/Center	10	End of the play or previous spot	Automatic 1st Down
Delay of Game	5	Previous spot	Replay down
False Start	5	Dead ball - Previous spot	Replay down
Offsides	5	Dead ball - Previous spot	Replay down
Encroachment	5	Dead ball - Previous spot	Replay down
Cool Down Period	0	No Foul	Player must sit out 5 plays
Illegal Substitution (to many players on the field)	5	Dead ball - Previous spot	Loss of down – live ball penalty

Stripping or Attempted Stripping	5	Spot of the foul	Automatic 1st down
Illegal Contact	5	Previous spot or spot of the foul	By the Offense: Replay down By the Defense: Automatic 1st Down
Early Flag Pull	5	Previous spot	Automatic 1st Down
Illegal Block	10	Spot foul or previous spot if behind LOS	Replay Down
Holding	10	Spot Foul, previous spot if behind LOS or end of play if holding ball carrier	Replay Down
Illegal Formation	5	Previous Spot	Replay Down
Charging and Bullrush	5	Previous Spot	Replay Down
Illegal QB Contact (all other rules plus hitting arms/hands while ball in hand)	10	End of play or previous spot	By offensive team: loss of down By defense team: automatic 1st down
Taunting (coaches, sidelines, or extensive on field taunting)	10	End of play or previous spot	By offensive team: loss of down By defense team: automatic 1st down
Jumping (to elude flag pull or into the end zone)	5 yards	Previous Spot	Repeat Down
Diving into the end zone	5 yards	Previous Spot	Repeat Down