



2022 EDITION



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PREFACE

This edition of the Official Flag Football Rulebook by the Flag Football World Championship Tour contains all current rules governing the playing of flag football that are in effect for the 2022 tournament season. Affiliated and sanctioned leagues and tournaments may amend the rules from time to time to regional preferences where appropriate.

The use of the word “illegal” in this rulebook applies only to situations that violate our flag football rules, and are not meant to denote illegality under any public law or regulations enforced by another organization.

The use of the word “flagrant” when described as an action by a player or participant, indicates an intentional violation of the rules deemed an excessive, avoidable and gratuitous act in the judgement of the official or officials, and does not necessarily imply malice on the part of the offending player or declare any intent other than perceived result.

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ABOUT THE FFWCT

The Flag Football World Championship Tour was established in 2015 and as of the time of this publishing currently operates the largest flag football tournament series in the world.

Our annual tournament series consists of a qualifying event series starting with open invitation Regional tournaments, Majors in key travel destinations, a United States National Championship, culminating in what has been the largest flag football tournament in history, our World Championships every January.

While each tournament offering varies, we have divisions available for all age groups from youth to adult, dozens of style variations, and multiple competitive levels for all skill levels for boys, girls, men, women and coed alike.

Outside organizations may choose to affiliate or sanction officially with FFWCT, granting their teams points, bids, event marketing assistance and insurance where applicable.

To learn more about how to become a part of the Flag Football World Championship tour series of events or and whether or not we are a fit to associate your brand, league or tournament with, visit <https://sanction.ffwct.com> for more information!

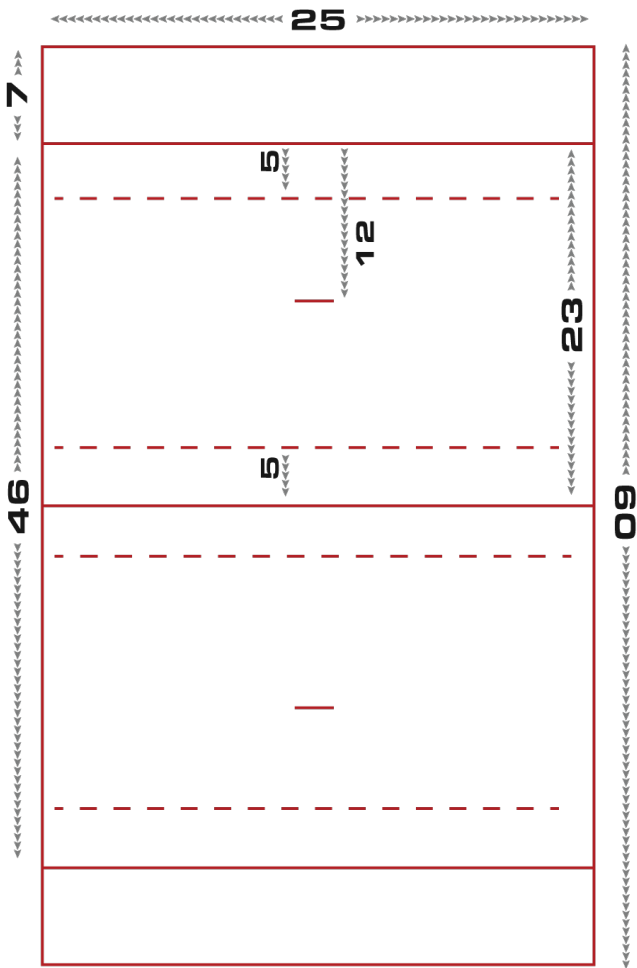


FIELD DIAGRAMS

Below are the official field diagram layouts for the 3 main field sizes utilized in FFWCT flag football tournaments for various styles. **All listed measurements are in yard increments.**

4V4 & 5V5 FIELD DIAGRAM

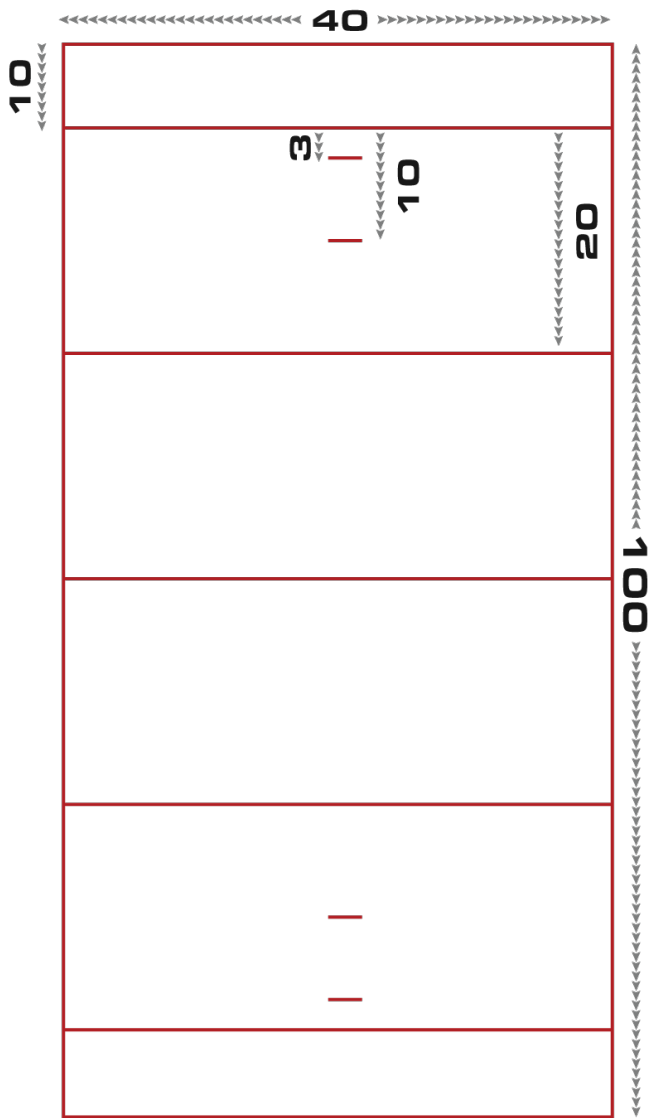
Commonly modified to as long as 64 yards with 25 yard halves, or as short as 54 yards long with 20 yard halves. Endzones should be no shorter than 5 yards, and width no shorter than 23 yards.





7V7 & 8V8 SCREEN FIELD DIAGRAM

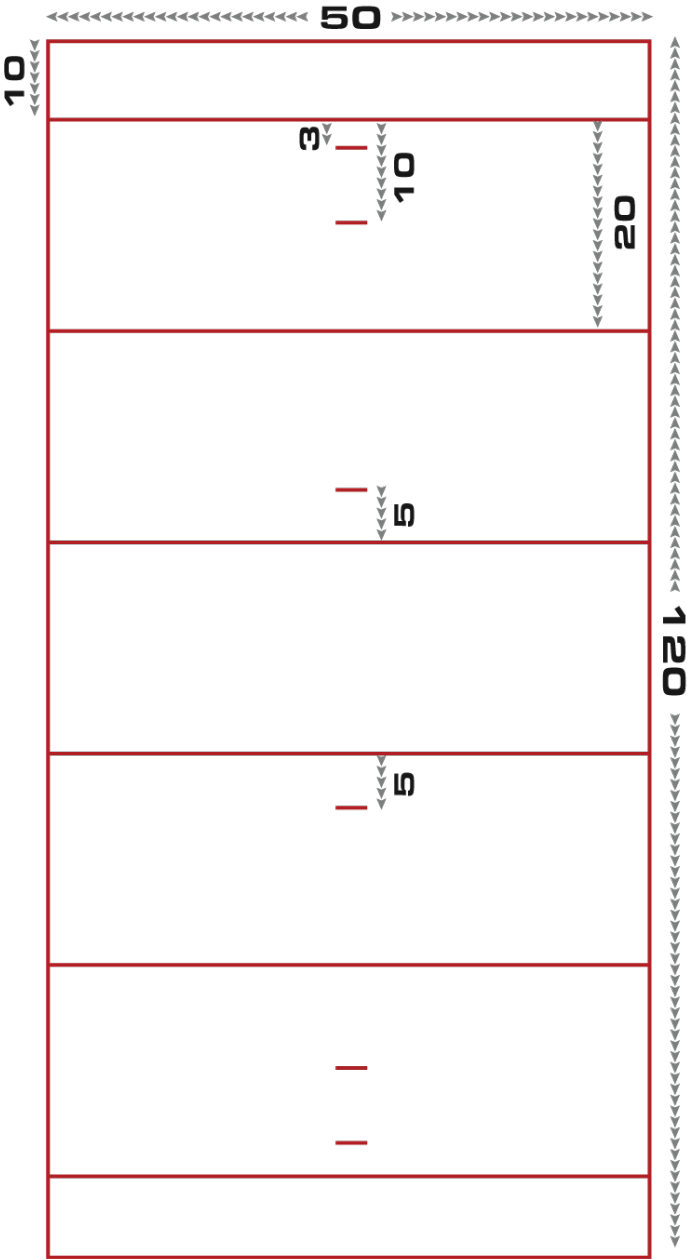
May be modified to 18 yard sections with 9 yard endzones to fit 90 yard length space restrictions or for safety reasons. Width may be as wide as 50 yards but never more narrow than 40 yards.





8V8 CONTACT FIELD DIAGRAM

The 5 yard hash at the 35 yardlines are only needed for 8v8 Warzone style.



GENERAL RULES

Every style of flag football that we offer first utilizes our common-to-all general rules as a baseline for each format. These rules are meant to standardize the game in areas where each style should be synchronized to be easier for players and officials alike to understand the basics of the game from one format to another.

Read these rules first for any style you play, as they apply to every style we offer, then also make sure and check out the style-specific rules in their specific chapters that are unique to their particular format.

RULE I: GENERAL ADMINISTRATION

SECTION 1. GENERAL GOVERNING PHILOSOPHY

Article 1. We declare the Flag Football World Championship Tour (FFWCT) the self-appointed national governing organization of the sport of flag football through common consent of our participating teams. We are aware that many leagues play with a variety of rule books that differ from the FFWCT, however the FFWCT is the ultimate governing body for all forms and styles of the sport.

Article 2. Our officials administer the rules of this league not any other organization (past or present). When more details are needed than are outlined in our abridged FFWCT Rule Book(s), game officials will defer to the most current National Federation of State High Schools Rule Book.

Article 3. The ball will be spotted wherever the ball was at the time of the flag pull or the ball carrier left the field-of-play.

Article 4. Order of tie breakers to determine seeding for playoffs are as follows: Overall record, head to head: (only applies if every team with the same record played each other directly), point differential, points against, points scored, battle points, registration date, coin toss.

SECTION 2. REQUIRED PERSONAL CONDUCT

Article 1. Players, coaches and spectators must keep their comments profanity free. Disrespectful language, racist, sexist, homophobic remarks, obscene gestures/behavior, and bullying are prohibited.

Article 2. Foul play will not be tolerated. Any staff member that hears or sees anything that leads them to believe an infraction of the required personal conduct outline has been committed the person responsible may be dismissed for the rest of the tournament.

Article 3. Fighting will lead to an immediate ejection for the remainder of the tournament, possible suspension or even a lifetime exclusion.

Article 4. Alcohol, other intoxicants, weapons, drones and pets are prohibited on our permitted fields.



SECTION 3. REQUIRED TEAM CONDUCT

Article 1. For the safety of our officials and their ability to administer the game all team personnel must remain at least two yards off the sidelines and inside the designated team boxes.

Article 2. Coaches may signal or call-in plays during the play clock but must be out-of-bounds before the snap. Coaches on the field-of-play during game play will be assessed a timeout.

Article 3. After all touchdowns and successful PAT attempts, the ball carrier must report to an official who will ensure the flag was not tampered with by pulling the flag from the ball carrier.

Article 4. Teams are required to position themselves on an opposite sideline from the opponent. A team occupying a sideline during a previous game with a back to back game on the same field will have priority on the same sideline until they no longer have a game scheduled there.

Article 5. If teams cannot agree on a sideline to occupy the Referee will conduct a coin toss and assign sidelines.

Article 6. Officials may require that boom-boxes or other noise producing devices be turned off or eliminated as they interfere with the game official's ability to communicate and administer the game.

Article 7. Teams are required to clean up their garbage after contests.

SECTION 4. ROSTER RULES

Article 1. Rosters must be completed through the registration system or in person on paper before your first game on an official roster sheet. Team captains must invite players by entering their email address or sending them the invite link. Players must accept the invite, register themselves and accept the waiver in order to be eligible to participate.

Article 2. If the team captain is also playing, they must register themselves as a player on the roster and accept the waiver. If the team captain is not playing, their spot on the roster does not count toward the roster maximum.

Article 3. Failure to complete your roster will result in a forfeit if protested and removal from the event without refund.

Article 4. Players are not eligible to be on a roster for more than one team in each format (i.e. 5v5 Non-Contact, etc) including lower skill divisions (Pro, Comp, Rec, etc). If a player is found to be on multiple rosters, only their PRO roster would be deemed legal, and if on multiple PRO rosters, all rosters are deemed illegal. Age specific divisions are excluded, so you may play in one O35 or U24 division of the same style.

Article 5. Transgender players may play on the team that matches the gender on their state or federal issued identification document.

Article 6. Players must have a valid I.D. or copy of their I.D. with them at all times. In the event of a Roster Protest this is the only form accepted as proof of identity.

Article 7. The number of players that can be on a team's roster varies by style. See individual style rules for details.

SECTION 5. PLAYOFFS

Article 1. During tournament play the number of teams that advance to playoff rounds will be determined by the number of teams in each bracket.

SECTION 6. THUNDER AND LIGHTNING PROTOCOL

Article 1. Practice and competitions will be suspended immediately when lightning is detected within 10 miles. All athletes and spectators should seek safe shelter during severe weather (but not under trees). Play shall not resume for at least 30 minutes after the last sight of lightning or sound of a thunderclap. Three long blasts from an air horn, car horn, or whistle will be the signal it is safe to continue play.

RULE 2: UNIFORMS AND EQUIPMENT

SECTION 1. SAFETY

Article 1. Players may not wear hard, unyielding, or stiff material items that in the view of the officiating crew may present a hazard to other players.

Article 2. It is mandatory that all players wear a protective mouthpiece while on the field-of-play.

Article 3. Players must wear pants or shorts that do not have pockets, belt loops, zippers, or exposed draw strings. Pants or shorts with pockets that have been professionally sewn-shut are allowed at the game official's discretion. Pants or shorts cannot be tapped or turned inside out unless the shorts are double lined.

SECTION 2. FLAG BELTS

Article 1. Teams must supply their own flags. The specific type for each style and event will be communicated on the FFWCT event landing page.

Article 2. Bring extra flags and belts, event organizers may not have flags for sale and have no means in which to replace or repair damaged flags. Your participation is subject to having the correct and working flags.

Article 3. Having the correct and legal flags is solely the responsibility of the participant. If you are not certain if your flags are legal or allowed, it is your duty to confirm with the officials or director prior to game start in order to avoid consequences of illegal equipment.

Article 4. Altered or tampered flags could result in an ejection or forfeit. No shortening, cutting, using a cloth material or other substrate different from the traditional vinyl material (at the discretion of the officials and director), etc.

Article 5. Youth size flags may not be worn in adult leagues. Adult flags must be no less than 14" long as measured from the bottom of the popper or flag belt when there is no popper present and no less than 1 ¾" wide. (Failure to Wear Proper Equipment – 5-yards, loss of down)

Article 6. Flags must be a contrasting color to a player's pants/shorts. Contrasting is at the official's discretion.



Article 7. Flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding. Flags must be evenly distributed on the belt. Suction cups must face down and away from the body. Belts must be snug around the waist to avoid rotating.

Article 8. If a player chooses to wear a hand towel, or any other object, on their waist it will be treated as part of the flag belt.

Article 9. If a ball carrier starts the play wearing an incomplete, improperly worn, or improperly secured flag belt, or no flag belt at all, they may not advance the ball after taking possession of it and will be ruled down where they took possession of the ball. For example: They may catch a pass but not advance it.

Article 10. The person taking the snap is an exception to this rule, they may take the snap and advance the ball or otherwise participate in a play and will be downed by one-hand touch.

Article 11. If a player is legally or illegally deflagged during a play and then comes into possession of the football later during the same play, they must be downed by one-hand touch.

Article 11. All players on the field are eligible receivers at the snap regardless of possible uniform violations.

Article 12. A missing flag violation will not delay the game or stop a live play.

SECTION 3. MISCELLANEOUS UNIFORM AND GEAR ISSUES

Article 1. Some type of team jersey is required; the minimal standard is similar-colored shirts. Teams must carry two colored shirts, a dark color and a light color. They do not have to be official uniforms, the light colored one can be a white T-shirt. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change into a different color.

Article 2. Players must ensure their jerseys are long enough to remain tucked in during the entire play or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline. (Jerseys should never cover the flag belt).

Article 3. When a shirt is untucked at the snap a hold will not be called on the defender that is making a fair and legal attempt at the ball carrier's flag. It is the player's responsibility to check their equipment before each snap.

Article 4. Footballs must be pebble grained leather or rubber covered and meet the recommendations of size and shape for a regulation football.

- Adult men's teams must use a regulation size ball.
- Adult women's teams may use a regulation, intermediate or junior size ball.

Article 5. Players must wear close-toed shoes. Cleats with exposed metal are never allowed.

Article 6. Players may wear eye protection to include prescription glasses or flexible sunglasses.

Article 7. Players may wear a face shield molded to the face with no protrusions to protect against facial injury.

Article 8. Jewelry that in the judgement of a game official might endanger other players must be removed before play.

Article 9. Player's finger nails must be trimmed or taped over to protect opponents. Alternatively,

players may wear gloves to protect their opponents.

Article 10. Players may wear knit or stocking-style caps. Hard-billed caps must be removed or turned around backward. Players may wear a headband made of non-abrasive material. Rubber or elastic bands may be used in hair. Soft-shelled helmets designed for flag football players (e.g., the EliteTek brand), may be worn.

Article 11. Players may tape forearms, hands and fingers. Players may wear soft gloves, elbow pads, shin guards, and knee pads. Unyielding items such as braces, casts, or anything with exposed metal are not allowed.

Article 12. Officials will endeavor to identify missing, incomplete or improperly worn flag belts prior to the snap and announce for example "number X, down on possession". The player with the missing flag violation must fix the issue during the next dead ball situation or leave the field until they have done so.

RULE 3: CLOCK MECHANICS

(length of games and stop-clock procedures vary by style)

SECTION 1. GENERAL TIMING PROCEDURES

Article 1. Game time is forfeit time. To avoid a forfeit, teams may use team timeouts to 'buy' time.

Article 2. Time outs are 30-seconds.

Article 3. The offense has a 25-second play clock to snap the ball before a delay of game penalty is assessed.

Article 4. Length of games and stop-clock procedure vary by style, please refer to individual style rules books. When officials go to the 'stop clock' mechanic the clock will stop / start as listed below:

- Defense gains possession of the ball: on the following snap unless it is a PAT attempt
- Either side is awarded a first down after a punt / on the snap
- Inadvertent whistle / at the ready
- Incomplete passes / on the snap
- Intentional grounding / at the ready
- Offense achieves a first down / clocks stops till referee whistles the ready to play whistle
- Out-of-bounds plays with a player in possession of the ball / on the snap
- Intentional loose ball initiated beyond the line of scrimmage that goes out-of-bounds / on the ready (judgement call)
- Penalty administration (other than Delay of Game) / depends on previous play
- Delay of game / on the snap
- Referee timeout / at the Referee's discretion
- Safety / when the receiving team take possession of the ball to attempt a return
- Team timeout / on the snap

- Injury / when player is removed from field (depending on the status of clock on previous play)
- Touchback / on the snap
- Touchdown / on the next snap after the PAT attempt. PATs are untimed downs during 'stop/pro clock mechanics'.
- Onside Plays are untimed downs.

SECTION 2. TIME OUTS AND CLOCK PROTOCOL

Article 1. Officials may stop the clock as needed.

Article 2. Team timeouts are 30 seconds. After 30 seconds the official will audibly place the offense on a 25-second play clock. Timeouts do not roll over from the first half.

Article 3. Halftime is two minutes.

Article 4. Team captains are encouraged to yell "clock?" or "clock check?" in lieu of "time?" to avoid confusion when requesting a team timeout.

Article 5. Event directors may enter the field of play during any dead ball situation to address matters they believe should not wait till half-time or the end of the game by calling a 'Director's time-out'.

RULE 4: COIN TOSS

SECTION 1. COIN TOSS

Article 1. Team captains are required to bring their game ball(s) to the coin toss for inspection.

Article 2. Game officials will confirm with team captains during the coin toss that the teams are in correct and legal uniforms (pockets, flags, contrasting colors, unyielding materials, etc.).

Article 3. Referee will issue the first warning about unsportsmanlike conduct, excessive rough play, and language.

Article 4. During tournament play "Home" or "Away" will be determined using either a strength of play record ("seeding") or randomly ("draft-style").

Article 5. First possession is decided using a coin toss. The head official will ask the 'calling captain' their choice of "heads" or "tails". The official will ask the opposing team to repeat and confirm the choice before flipping the coin. The head official will then confirm the call. The captain winning the toss shall choose one of the following options:

- Begin on offense
- Begin on defense
- Designate which goal their team will defend
- Defer their choice to the second half

Article 6. The loser of the coin toss shall make a choice of the remaining options. Before the start of the second half, the choice of options shall be reversed. If a team captain does not attend the coin toss, the opposing team will win the toss.



Article 7. In order to keep to schedule, the game clock shall start one minute after the coin toss formalities have concluded, regardless if the teams have taken the field or not.

RULE 5: CHALLENGE PROCEDURE

SECTION 1. RULE CHALLENGES

Article 1. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Generally, officials are happy to answer quick response and general questions during the game if they do not impede the game. The priority is to spot the ball then address questions without impeding the play clock.

Article 2. If a captain or head coach believes an official has made a procedural error they may call for a timeout. If the head official agrees that there has been a procedural error (e.g., wrong down, incorrect penalty yardage, etc.) the procedural error will be addressed and the timeout will not be charged. The challenge must be made to an official before the next snap.

Article 3. In the event the captain or head coach loses a procedural challenge and the captain's team did not possess a legal team timeout a fifteen-yard unsportsmanlike conduct penalty will be assessed.

Article 4. Only procedural issues may be addressed, not an official's judgment call or no-call.

Article 5. If the protesting team is unsatisfied with the ruling of the challenge on the field and would like to elevate the challenge to a league director / head of officials, they may do so.

Article 6. If the protest is ultimately lost, the protesting team will lose all remaining timeouts of that half. If the protesting team does not have any timeouts left in the half they will lose all of the timeouts in the following half.

Article 7. If the team doesn't possess any timeouts at all they will be assessed an unsportsmanlike conduct penalty.

SECTION 2. ROSTER CHALLENGES

Article 1. To protest a roster, a team captain must specifically request a protest from the officials and select one individual player to challenge. This must occur while the game is in play.

Article 2. Challenges will be examined and fully enforced first before another or cross-protest can be issued.

Article 3. During tournament play if a player is found playing on a team illegally, the team will immediately forfeit the game the illegal player participated in. They are not allowed to protest back at that time because the game is no longer in play.

Article 4. If the protest is lost, the protesting team will lose all remaining timeouts of that half. If the protesting team does not have any timeouts left in the half they will lose all of the timeouts in the following half. In the event the captain or head coach loses a procedural challenge and the captain's team did not possess a legal team timeout a fifteen-yard unsportsmanlike conduct penalty will be assessed.



RULE 6: OFFENSE

SECTION 1. GENERAL OFFENSE

Article 1. Offensive players must come to a complete stop for one second before the ball is snapped unless they are the only player in motion.

Article 2. For specific divisions, no offensive player may begin a play closer than five yards from a sideline unless they were momentarily at least 9-yards from a sideline (this is sometimes referred to as “inside the numbers” or “checking in”). 3) All players must substitute from their sideline only. This allows the defense to be aware of their presence and avoids deceptive plays by the offense.

Article 3. The ball must be snapped between the center’s legs.

Article 4. It is a false start if any player on offense enters the neutral zone before the snap.

Article 5. The offense may not act or move in a manner that, in the judgement of the covering official, is clearly intended to cause the defense to encroach. Verbalizing play-calls or snap counts alone are not acts or moves that should be considered unless they are in conjunction with other acts or moves. The speed, abruptness, down and distance and if any player pretends to have the ball or otherwise simulate action at the snap will be considerations.

Article 6. Direct snaps are legal to any player not on the line-of-scrimmage.

Article 7. The ball will be declared dead if any portion of the ball carrier’s body other than their hands and feet (knee, elbow, buttocks, ball-in-hand, etc.) touches the ground.

Article 8. The offense is responsible for retrieving the ball and returning it an official or to the line of scrimmage at the end of each play.

SECTION 2. FUMBLES AND MUFFS

Article 1. Fumbles are a “dead ball” when they hit the ground. If a lateral, muffed or fumbled ball is intercepted before becoming dead it remains a “live ball”.

Article 2. Forward fumbles that hit the ground will be marked where the ball carrier’s feet were when he/she lost control and not the spot where the ball hit the ground.

Article 3. Muffed snaps will be marked where the ball hit the ground.

SECTION 3. RUNNING / JUMPING / DIVING

Article 1. Ball carriers are allowed to leave their feet, jump, and spin as evasive maneuvers in order to advance the ball as long as they do not put another player’s safety at risk. Not every insignificant jump or small hop constitutes a safety issue and player safety risk is at the discretion of each official. Jump cuts or leaping between two defenders is allowed if they do not initiate noteworthy contact with the defender or put another player’s safety at risk.

Article 2. Ball carriers may not hurdle over another player. Ball carriers may not dive, lunge, or fall forward in a perceived intentional manner in order to advance the ball or achieve a line-to-gain. This is a judgment call by the game officials.



Article 3. Ball carriers may extend the ball out in front of them to gain additional yardage.

Article 4. Diving by the defense to capture a ball carrier's flag is legal.

Article 5. Ball carriers must make every effort to avoid a defender who has established a stationary position.

Article 6. Runners may leave their feet to avoid collision or falling on another player.

Article 7. Passers may jump vertically to throw the ball over a defender.

Article 8. The offense may use multiple backward hand-offs or laterals.

SECTION 4. FLAG GUARDING INCLUDING STIFF-ARMING

Article 1. The ball carrier's flags must be accessible to the defense throughout the play. Flags may not be tucked in pants, tucked under jerseys, worn improperly, looped around the waist belt, or knotted.

Article 2. Flag guarding is the act of a ball carrier denying a defender the opportunity to capture their flag in any physical way. The ball carrier shall not flag guard by flailing of arms, using their hands, arms, elbows or extremely dipped shoulders to deny the opportunity of an opponent to remove a flag.

Article 3. The ball carrier may not swat a defender's hands away nor pin the flag against their body using the ball or hands. An official may call flag guarding if they feel that a ball carrier's natural running motion gave the ball carrier a decisive advantage over the defender and the running motion caused part of the ball carrier's body to block a de-flagging attempt.

Article 4. What constitutes flag guarding is up to the official's judgment. We recommend you carry the ball with your hands held high on the body to avoid flag guarding. This is one of the most difficult transitions for traditional football players. Flag guarding shall not be called if there is no defensive player within reasonable distance to capture the flag.

Article 5. The ball carrier may bend at the knees to dip low, side cut, skip, or take short hops. Extreme low dips (sometimes called a "duck-walk") are legal and do not constitute flag guarding in themselves, as long as the flag carrier's flags are still exposed and the defensive player isn't physically impeded (i.e. the ball carrier isn't using his arms, hands, shoulder, ball, etc. to impede the defender. Normally flag guarding can be avoided while "duck-walking" when the ball carrier keeps his hands and elbows high on the body (ex: at shoulder-level). Examples of flag guarding:

- stiff arming
- pinning the flag
- swatting
- using the ball as a stiff arm

Article 6. No penalty will be called if a ball carrier simultaneously flag guards as the defender pulls the flag.

Article 7. Tampering with the flag in any way to gain advantage is illegal.



SECTION 5. PASS PLAYS

Article 1. Only one forward pass per play. Once the ball has passed the line-of-scrimmage it cannot be returned to behind the line-of-scrimmage and thrown forward legally.

Article 2. If any portion of the passer's body is behind the line-of-scrimmage it is a legal pass.

Article 3. All players are eligible to receive a pass unless they have stepped out-of-bounds of their own accord. Players may re-establish themselves in the field of play and catch the ball if another player has touched the ball first.

Article 4. Any offensive player who receives either a forward or backward handoff behind scrimmage can pass the ball from behind the line-of-scrimmage.

Article 5. Backward passes are allowed.

Article 6. If the passer's flag has been pulled while the passer still has the ball in their hand, it is a sack. There is no allowance given for the passer's arm being in motion at the time of the sack. Ball in hand at all equals a sack.

SECTION 6. INTENTIONAL GROUNDING

*Intentional grounding does not apply to 4v5 or 5v5 Non-Contact where intentional grounding is allowed.

Article 1. A passer may not throw the ball into the ground to avoid a loss of yardage or conserve time.

Article 2. An exception to this rule is it is legal to conserve time by intentionally throwing the ball to the ground immediately (spiking) after receiving either a direct hand-to-hand snap or from the "shot-gun" formation for styles that do not allow hand-to-hand snaps. The spike must be fluid and immediate after the snap or it is intentional grounding.

Article 3. A pass may not be intentionally thrown into an area not occupied by an offensive receiver.

Article 4. Passers may not throw the ball out-of-bounds to stop the clock as in NFL or NCAA games.

Article 5. Intentional grounding can occur anywhere behind the line of scrimmage.

SECTION 7. CATCHES

Article 1. A pass is completed when an offensive player simultaneously places at least one foot inbounds and momentarily maintains possession of the ball.

Article 2. Simultaneous catches between a defensive and offensive player go to the offense.

Article 3. In the event of a bobbled catch, i.e., the ball is batted about by the receiver in an attempt to catch it, and the intended receiver is de-flagged before taking full possession there is no penalty for early flag pull.

Article 4. Whether or not a ball is tipped or touched in the air has no bearing on the play as it applies to fouls anywhere on the field (roughing, personal fouls, illegal contact, etc.).

Article 5. If a receiver steps out-of-bounds of their own accord and is the first to touch a pass, it is

illegal touching. The play will be allowed to continue to a dead ball situation (5-yards from previous and a loss of down, if accepted).

Article 6. If the ball comes out of the receiver's grasp due to contact with the ground or while going to the ground the pass is incomplete.

RULE 7: DEFENSE

SECTION 1. GENERAL DEFENSE

Article 1. Stripping or attempting to strip the ball from a player's hand, including the quarterback, is illegal.

Article 2. Defensive teams may not simulate the offensive team's signals or cadence. (Unsportsmanlike)

Article 3. There are no "free plays" for the offense. After the head official blows the ready-for-play whistle and the snapper puts their hand(s) on the ball, no player may enter the neutral zone until the ball is moved to start the snap. Entering the neutral zone before the snap is known as "offside" or encroachment which causes the play to be immediately blown dead and the offending team is penalized five yards.

Article 4. If a defensive team intentionally commits a penalty in order to achieve a specific goal and the penalty is declined, any subsequent attempts to continue committing the penalty will result in a 15 yard unsportsmanlike penalty and automatic first down for the offense.

- Example: Offense has the ball 2nd down and 3 yards to gain prior to a first down. Defense intentionally jumps offsides to try and get offense to accept a first down and long line to gain. If offense declines, and defense immediately attempts same penalty again, an additional unsportsmanlike penalty will be enforced.

SECTION 2. ROUGHING

Article 1. Defensive players must make a concerted effort to avoid charging into the quarterback.

Article 2. In general, defensive players may not "crash" the quarterback's throwing arm, shoulder or body even if the ball is touched first. This rule applies to holders and kickers as well.

Article 3. It is a quarterback's right to step into a throw, and the rusher's duty to avoid contact. If contact is significant and forceful at the discretion of the officials, whether attempting to go for the flag or not, it may be deemed roughing the passer.

Article 4. An insignificant "brush-by" may be allowed by the referee but is not guaranteed.

Article 5. Making contact with the quarterback while blocking a pass or attempting to block a pass may result in a roughing the passer penalty.

Article 6. Whether or not a ball is tipped in the air has no bearing on the play as it applies to fouls (roughing, personal fouls, etc.).

Article 7. A roughing penalty will not be enforced if a quarterback initiates contact with a defensive player while in the throwing motion; for example, during the passer's follow through the player's



arm makes contact with an opponent's hand, arm, or shoulder. In this instance the impetus of the contact is the action of the quarterback and not the defender. This is a judgment call.

SECTION 4. FLAG PULLING MECHANICS

Article 1. Flag football is a finesse game versus the brute strength game of traditional tackle football.

Article 2. Flag pulling is the legal removal of a flag from an opponent in possession of the ball. Legal flag pulls must begin with the hands leading toward the opponent's hips and flags.

Article 3. No player shall make any contact with an opponent which is deemed unnecessary or excessive and which incites roughness. (This is a judgement call IAW NFHS rule 9-4-3g, Illegal Personal Contact)

Article 4. No player has the right to over-aggressively 'body up', 'wrap up', 'play through', 'bull rush', charge, spear or lead with a shoulder against an opponent even to capture a flag. Players must play to capture the flag, not to commit Illegal Personal Contact.

Article 5. Pushing out on the sidelines is not permitted unless the defense was making a fair, legal, and reasonable attempt to pull the ball carrier's flags, i.e. the defender's hands were aimed low at the ball carrier's hips and flags and not high up on the body.

Article 6. Pushing, striking, holding, slapping or tripping while attempting to pull a flag is not permitted.

Article 7. A defensive player may not pull the flag of a player who is not in possession of the ball.

Article 8. Any defensive player who removes the flag from an offensive ball carrier is encouraged to show good sportsmanship and hold the flag above their head to assist the officials in locating the spot where the capture occurred.

Article 9. Players may be penalized for unsportsmanlike conduct for throwing, spiking, obscuring, or delaying the ball carrier in recovering their pulled flag.

Article 10. If a player's flag inadvertently falls off during the play the de-flagging reverts to a one-hand touch of the runner between the shoulder and the knees.

Article 11. When a ball carrier flag guards and a defensive player pulls the ball carrier's flag simultaneously, no penalty will be called for flag guarding.

Article 12. If a defensive player physically contains, tackles, or attempts to tackle the ball carrier (e.g., bear hugs, holds, wrestles with, obstructs, pushes the ball carrier out-of-bounds, tackles, or attempts to tackle, etc.) without making a clear, legal attempt to pull the ball carrier's flag, the offensive team will be awarded at least one line-zone-to-gain or fifteen-yards (offended team's choice) from the spot of foul and an automatic first down.

Article 13. This type of action can result in a score awarded if the foul occurred inside the final line-zone-to-gain or the covering official reasonably believes the foul is the only thing that prevented the ball carrier from scoring. (Teaching point: Play the flag not the ball carrier's body or ball as in traditional tackle football).

SECTION 4. PASS COVERAGE

Article 1. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

Article 2. A player may “find” their opponent by reaching out and placing a hand on him/her as long as touching does not delay or impede him/her. This is not considered pass interference.

Article 3. Contact away from the direction of the pass is not considered pass interference. Examples of pass interference include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Not playing the ball: the defender is looking at the receiver and contact materially impedes the receiver.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.
- Cutting off the path of a receiver by being in front of them and slowing down or being beside them and “riding” them off their path to the ball.

Article 4. Whether a pass is catchable or uncatchable has no bearing on pass interference.

Article 5. A player may use their arms or hands to intentionally obstruct the receiver’s view (face guarding) of the ball without turning their own head to play the ball as long as contact is not made with the receiver.

SECTION 5. INTERCEPTIONS

Article 1. Interceptions may be returned. In the event of an interception, the intercepting team must secure the ball with “clean hands,” i.e., they must not have committed a foul before or simultaneous to the interception.

Article 2. If the intercepting team gained the interception with “clean hands” they will be awarded a first down where the ball becomes dead (flag pull, stepping out-of-bounds, fumbled, etc.)

Article 3. The ball will be spotted wherever the ball was at the time of the flag pull or the ball carrier left the field-of-play.

Article 4. Fouls by the intercepting team after an interception will be assessed from the spot of the foul. Fouls by the intercepted team after the interception will be assessed at the end of the run.

RULE 8: SCORING

SECTION 1. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT.

Article 4. Unsportsmanlike conduct and personal fouls during successful touchdown attempts will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 5-yard line and 1-point attempts at the 2 ½-yard line) or on the kickoff. All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start, offside, etc.) will result in penalty yardage assessed and the down replayed.

Article 6. Fouls by the offense during a PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being “no good” and the attempt will not be repeated.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls simultaneous to the snap (illegal shift, illegal motion, illegal formation, etc.), if accepted, will result in penalty yardage assessed and the down replayed.

Article 9. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered. The offense may opt to accept or decline penalty yardage before the retry.

Article 10. Interceptions on any PAT can be returned by the defense for two points regardless of PAT point attempted.

SECTION 2. SAFETIES

Article 1. Terminologies and Designations – Team A is the team that initiates the snap. Team B is the opponent that began the play on defense. Safeties occur when the ball becomes dead in the offense’s (Team A’s) end zone or Team A commits a foul in their end zone. The team’s End Zone is the one it is defending. The goal line is IN the End Zone. Examples include:

- Grounded fumbles in or out of Team A’s end zone (sidelines and end line).
- A player in possession of the ball has their flag pulled in the end zone (except after a change-of-possession).
- The ball carrier going out-of-bounds behind the goal line (except after a change-of-possession).
- The ball is snapped out of the end zone.

Article 2. Team B Exceptions:

- A flag pull immediately after an interception by Team B in the end zone is a touchback, not a safety. A Team B player going out-of-bounds behind the goal line immediately after an interception in the end zone is a touchback, not a Safety.
- If the ball is intercepted by Team B in the end zone and Team B fouls in the end zone prior to the ball being brought back into the field-of-play (example: flag guarding) the result of the play is a touchback and the foul will be administered from the touchback spot. This will not a safety.
- If the ball is intercepted Team B between the 5-yard line and the goal line and the player's momentum takes them into the end zone where the ball becomes dead in Team B's possession or Team B fouls in the end zone (example: flag guarding) the ball belongs to Team B and the penalty will be assessed from the spot where it was intercepted. It is a touchback. It is not a safety.

RULE 9: OVERTIME

SECTION 1. GENERAL PROCEDURES

Article 1. Only one coin toss is allowed during overtime regardless of the number of overtime periods played.

Article 2. If additional overtimes are played, the captains will alternate choices (for example: the winner of the overtime coin toss chooses defense. If there is another overtime period the loser of the overtime coin toss now gets to choose).

Article 3. For winning the coin toss, a team may choose offense, defense, or direction the overtime periods will be played.

Article 4. Refer to individual styles rule books specifics for overtime details.

Article 5. Kicking for points in overtime is allowed at the 8v8 Contact formats if goal posts are available.

Article 6. Each team is allowed one timeout per each overtime period.

Article 7. Interceptions are returnable in overtime for two points in extra point shootouts.

Article 8. Penalties are administered as during the regular game.

Article 9. The goal line shall always be the line-to-gain in overtime, regardless of the number of overtimes played.

RULE 10: OFFICIATING

SECTION 1. GENERAL OFFICIATING

Article 1. Officials do not have to call everything they see but they must completely see everything they call.

Article 2. Game officials may not use any recording or replay in making any decision relating to the game.

Article 3. Officials must not tolerate taunting, baiting, and unsportsmanlike acts.

Article 4. Game official must err on the side of safety while officiating.

SECTION 2. ENDING THE GAME / FORFEITS

Article 1. The game may not end with a penalty unless it is declined.

Article 2. Penalties by the offense that include a loss of down with time expired in either half (i.e., there is no time on the clock) will not extend the half or game.

Article 3. Offsetting penalties will not extend the half or game.

Article 4. Forfeits that occur prior to game will be recorded as 28-0 for 4v4 and 5v5 games and 17-0 for 7/8/9 player formats. Forfeits that occur during the game will be recorded at these scores or the actual score of the game at the time of the forfeit, whichever is the larger differential.

Article 5. A forfeit will not be official until expressly issued by a director only and deemed final.

Article 5. Team's and players participating in multiple styles that are not guaranteed to be scheduled separately, or in the same schedule block, are required to have enough players to participate to avoid a forfeit and no rescheduling or holding the game up will be administered.

Article 6. It is each team's responsibility to have enough players present at the coinflip in order to avoid a forfeit, even in the event of other divisions or fields running behind. The only time a game will be held up officially is when those styles have specifically been guaranteed not to overlap as detailed on the event page. If you are not certain if your teams games will overlap, make sure to double check prior to schedules being released.

Article 7. No period or half can end if there is an obvious timing error or any other irregularity has occurred and verified.

Article 8. Four unsportsmanlike and / or personal fouls by one team will result in a forfeiture.

SECTION 3. PREVENTATIVE OFFICIATING

Article 1. Officials should aim to assist teams to avoid penalties (preventative officiating). Cautions and teaching points are appropriate most times.

Article 2. It is not the mission of the game officials to flag every small, nuanced infraction of traditional high-level football unless it produces a significant unfair advantage. Preventative

officiating examples include:

- Warning players about unsportsmanlike conduct during the coin toss
- Reminding coaches and players how the clock works
- Clarifying rules
- Tell the quarterback to “wait for my whistle”
- Give players warnings when appropriate
- Remind players on the line to “check with me / look at me” to help them line up correctly
- Announcing “10 seconds to snap, please” and counting down: five, four, three, etc.
- Announcing “balls away” to let the defensive players know they can stop pursuing the passer
- Yelling ‘forward’ or ‘back’ while observing a pass to leave no doubt what you saw
- Keeping sidelines clear of players and coaches etc.

Article 3. Prior to a snap, officials can require and warn players to adjust their flags to their proper alignment. Repeated warnings of this nature can result in an unsportsmanlike penalty.

SECTION 4. MECHANICS OF OFFICIATING

Article 1. No penalty or penalty flag stops a live play.

Article 2. Be ‘game-aware’ of where you should be to make your best call.

Article 3. Officiating is a team sport. Keep regular eye-contact with fellow officials and mimic their commands and hand signals.

Article 4. Remember to ‘dead ball’ officiate. Just because the play is over doesn’t mean you don’t have to pay attention.

Article 5. Officials must highly endeavor to announce down and distance before any snap. While it always the team coach’s responsibility to be game aware, the officiating crew should always endeavor to keep them informed.

Article 6. Resist the temptation to watch the ball in the air, no foul has ever occurred up there. Watch your players.

Article 7. Resist the temptation of running with the whistle in your mouth to avoid inadvertent whistles.

Article 8. Use short-underhand tosses to avoid hitting players with the ball when relaying the ball to a game official.

Article 9. Officials should throw their hat to the ground when they see a player step out-of-bounds.

Article 10. All officials will respect the calls of other officials. However, it is purely acceptable for an official to ‘come over the top’ of another official if the official had a better angle or saw something the other did not.

Article 11. In order to be convincing and ‘sell’ your calls: use strong whistle and flag mechanics, clear and crisp signals and a strong and clear voice.

Article 12. In the interest of safety do not attempt to throw your penalty flag to the exact spot of the

foul when you may inadvertently hit a player with the thrown flag. Throw it somewhere parallel to the spot of the foul.

SECTION 5. MARKING THE SPOT

Article 1. The ball will be spotted wherever the ball was at the time of the flag pull or the ball carrier left the field-of-play.

Article 2. A ball spotter / ball marker or line judge shall be used to mark the line-of-scrimmage.

Article 3. When a ball carrier's flag accidentally falls off — but not as a result of any action by the defense — that player will be downed by one-hand touch.

Article 4. Flag guarding is notionally and effectively the end of the play. However, the play will be allowed to come to its natural dead-ball situation without the whistle being blown.

Article 5. If a defensive player initiates contact with a ball carrier while making an attempt to capture the ball carrier's flag and that force causes the ball carrier backward prior to the flag being captured 'forward progress' will be awarded as long as the ball carrier does not make a move under their own power to continue the play.

Article 6. If the ball is intercepted in the end zone and intercepting team fouls in the end zone prior to the ball being brought back into the field (example: flag guarding) the result of the play will be a touchback and the foul will be administered from the touchback spot. This will not result in a safety.

Article 7. If the entire ball is brought back into the field of play and then a foul occurs anywhere on the field, including the end zones, the penalty will be administered from the spot of the foul.

SECTION 6. PENALTY ENFORCEMENT

Article 1. Penalties are assessed for live ball fouls in the order they occurred before dealing with dead ball fouls.

Article 2. Live ball and dead ball fouls do not offset one another.

Article 3. Officials may accept or decline penalties on a coach's behalf if they are obvious. However, the coach has the last word.

Article 4. There is no limit of how many dead ball fouls can be enforced.

Article 5. Penalties will be assessed half the distance to the goal when the yardage is more than half the distance to the goal.

Article 6. Fouls simultaneous to the snap, if accepted, will result in penalty yardage assessed and the down replayed.

Article 7. An official shall have the authority to rectify an error and correct a down until the series has ended.

Article 8. Penalties associated with automatic first downs: An offended team may accept the automatic first down portion of a penalty but decline the yardage portion or they may accept both the yardage and the automatic first down.

Article 9. Yardage portions of any penalty may be declined.

Article 10. Disqualifications, Ejections and Unsportsmanlike Conduct are the only three penalties that cannot be declined.

Article 11. The loss-of-down aspect of a penalty has no significance following a change of possession or if the line to gain is reached after the enforcement.

SECTION 7. ESTABLISHING ZONE-LINE-TO-GAIN

Article 1. For live ball fouls, the penalty yardage will be marked off first, then the next line-to-gain (first-down marker) will be established.

Article 2. On a change of possession, all live-ball penalties will be administered prior to determining the next line-to-gain. Once that line is established all dead ball penalties will be administered.

Article 3. To determine if a first down was achieved on any given running or passing play, the official will mark off any un-administered live-ball penalty yards before making the determination.

Article 4. If a penalty awards an automatic first down (e.g., roughing the passer) and the original line-to-gain was not achieved after the yardage was resolved, the original line-to-gain will remain in effect.

SECTION 8. PACE OF PLAY

Article 1. Officials will hustle but not hurry. They must control the game and not let an anxious team set the pace. Please keep a consistent and brisk pace throughout the game to ensure teams get the maximum amount of playing time possible.

Article 2. If a snap occurs before the officials are ready, ready-to-play whistle or announcement, the ball will be blown dead and the quarterback issued a warning for the first offense. For the second offense a Delay-of-Game penalty will be earned.

Article 3. Officials may stop the clock as they see fit in order to administer a fair, controlled contest.

Article 4. Offensive teams may not take advantage of defensive substitutions to run "quick snap" plays to catch defensive teams not ready.

SECTION 9. MOMENTUM RULE

Article 1. If the ball is intercepted between the 5-yard line and the goal line and the player's momentum takes them into the End Zone where the ball becomes dead in their possession or the intercepting team fouls in the end zone (example: flag guarding) the ball belongs to the intercepting team and the penalty will be assessed from the spot where it was intercepted. It is not a touchback. It is not a safety.

SECTION 10. CONTACT ABOVE THE SHOULDERS

Article 1. Safe play is our utmost concern. Officials will penalize any noteworthy contact above the shoulders (head, neck, or face) between players, even if accidental.

SECTION 11. HOLDING

Article 1. Holding is a judgement call. Officials will penalize any noteworthy hold that provides a significant unfair advantage. A simple tug or momentary grasp may not necessarily constitute

holding. Holding is an attempt to gain a physical advantage by using hands or arms to hook, lock, clamp, grasp, encircle or restraining an opponent. Be aware defenders will be given the benefit of the doubt if the ball carrier's shirt is untucked.

SECTION 12. ILLEGAL PERSONAL CONTACT

Article 1. No player may make contact with an opponent that is judged to be unnecessary or provokes rough-play or retaliation.

Article 2. In the judgement of the game official, when one player uses enough force to knock another to the ground by pulling, tripping, bear-hugging, charging, sweeping, flinging, shoving, 'bodying-up' etc. Whether or not the player goes to the ground is irrelevant.

Article 3. It is possible for a player(s) to go to the ground and it not be considered Illegal Contact, such as unintentional collision, i.e., the runner and defender meeting in the same space during the play, when a defender is making a fair, safe and reasonable attempt to capture the ball carriers flag and the ball carrier is making a fair, safe and reasonable attempt to avoid the defender. Simply stated, two solid objects tried to occupy the same space at the same time.

Article 4. If a defender trips or compresses a ball carrier while pursuing the offensive player from the rear (typically seen in break-away plays), even if the defender is making a fair and reasonable attempt to capture the ball carrier's flag, the defender will be called for Illegal Contact. The defender is obliged to make a fair, SAFE and reasonable attempt.

Article 5. Safety is paramount.

Article 6. Incidental contact between opponents that does not grant either player an advantage should not be penalized.

SECTION 13. COOL DOWN PERIOD

Article 1. Before, or instead of, disqualification or ejection an official may order (but is not required to) a player a "cool down" period if the official chooses.

Article 2. Players should think of this 'cool down' as a warning before being ejected and be thankful for it.

Article 3. This period will consist of five plays and will be tracked by the official that ordered the 'cool down'.

Article 4. The player must be off the field for five plays regardless. A score or other event does not release the player back to the field. They must stay off the field for five plays.

SECTION 14. DISQUALIFICATIONS AND EJECTIONS

Article 1. Disqualifications, Ejections and Unsportsmanlike Conduct are the only three penalties that cannot be declined. They are completely the option of the game officials. The yardage portion of the penalty may be declined but infraction itself cannot.

Article 2. The difference between disqualification and ejection is completely the determination of the presiding referee and may not be appealed.

Article 3. Disqualifications are normally reserved to address lower-level transgressions.

Article 4. A disqualification will last for the remainder of the contest the player was disqualified for.

Article 5. A disqualified player may play in the next scheduled contest.

Article 6. An ejected player may not play in the next scheduled contest. They must sit out at least one additional game.

Article 7. Any official may disqualify a player.

Article 8. To eject a player all officials must agree and it must be reported to the Style Director prior to play resuming.

Article 9. Ejections / disqualifications may occur for but are not limited to:

Article 10. A second unsportsmanlike or personal foul on a single player

Article 11. Any act deemed egregious by the head official

Article 12. Disrespectfully addressing or intentionally touching a game official

Article 13. Four unsportsmanlike and /or personal fouls by one team (forfeiture)

Article 14. Fighting of any kind, with punches thrown or landed, or involving yourself with a fight in order to escalate the situation without control.

SECTION 15. UNSPORTSMANLIKE CONDUCT

Article 1. Disrespect toward an official, coach, spectator or another player will constitute unsportsmanlike conduct.

Article 2. Players shall not 'showboat', taunt, spike the ball or flag belt toward an opponent, or be excessive in any way, to include using force against or verbally attack or harass another player.

Article 3. Celebrations are fine but keep them short, conservative and not directed at an opponent.

Article 4. Use of inflammatory words or gestures is prohibited.

Article 5. If unsportsmanlike conduct occurs during a live play and the team did not score on that play, the penalty will be assessed from the new line-of-scrimmage, i.e., will be added to or subtracted from the end of the play.

SECTION 16. FIGHTING

Article 1. Fighting will lead to immediate ejection, possible suspension or lifetime exclusion.

Article 2. Fighting is any act or attempt to act by a player or non-player to strike or engage a player or non-player in a combative manner unrelated to football. Such acts include, but are not limited to, attempting to or striking with the arms, hands, legs, feet, or foreign object whether or not there was contact.

Article 3. Any player who comes off the sideline to participate in a fight will be disqualified or ejected.

Article 4. If either team leaves the bench during a fight the game will be forfeited immediately.

SECTION 17. BENCH FOULS / WARNINGS

Article 1. Teams may incur bench fouls for a variety of reasons to include but not limited to:

- Players or non-players interfering with play or an official
- Disrespect toward officials or other players or non-players
- Players or non-players in the designated restricted zone during a live play
- Non-players on the field of play
- Teams not remaining in the designated team box
- Coaches on the field or becoming entangled in a live play

SECTION 18. INADVERTENT WHISTLE

Article 1. If an official blows an inadvertent whistle they will declare the ball dead where the ball was at the time the inadvertent whistle. The team against which the action offended may have the option of accepting the play (i.e., the yards gained and the down advances) or replaying the down from the original line-of-scrimmage.

Article 2. If the ball was in the air when the inadvertent whistle occurred it will be returned to the line-of-scrimmage and the down will be replayed.

Article 3. If a penalty marker is thrown prior to an inadvertent whistle, an accepted penalty will be administered as in any other play situation. When the foul is accepted, the inadvertent whistle is disregarded.

Article 4. When an inadvertent whistle is triggered by an unfair act or an act used to deceive or confuse a game official the officiating crew may use their collective judgement to fairly adjudicate the situation. It may result in yardage awarded, a score granted, and/or the guilty player disqualified, etc. It is solely up to the officiating crew to decide.

SECTION 19. UNFAIR ACTS RULE

Article 1. Neither team shall commit act(s) which, in the judgment of the game officials, tends to make a travesty of the game.

Article 2. The head official may enforce any penalty or remedy any situation with anything he/she considers equitable – including the award of a first down, a line-zone-to gain, a replay, a score, forfeiture, removal of forfeiture or any administrative issue or situation or not covered specifically covered in these rules.

Article 3. If an ineligible player (ex: not on the roster, previously disqualified or previously ejected) is discovered by any means (ex: observation, challenge, etc.) participating in a live ball play that team will forfeit the game and the Unfair Act is assessed to the head coach.

SECTION 20. LAST PLAYER RULE AND PENALTY

Article 1. If the last defensive player physically contains the ball carrier (e.g., bear hugs, flagrantly holds, pushes the ball carrier out-of-bounds above the hip, tackles, attempts to tackle, etc.) without making a clear, legal attempt to pull the ball carrier's flag or commits illegal contact, the offensive team will be awarded at least one line-zone-to-gain distance from the spot of foul and an automatic first down.



Article 2. In the spirit of the Unfair Acts Rule: Officials have the discretion to award a score if a flagrant foul occurred inside the final line-zone-to-gain or they reasonably believe a foul is the only thing that prevented the ball carrier from scoring. To evoke this rule we require there must be total agreement of all game officials that saw the foul. (IAW Rule 9-9-5 NFHS).

SECTION 21. ESCALATION LADDER

Article 1. The escalation ladder helps you determine an appropriate way of dealing with difficult situations. It is not a road map to be followed exactly, it doesn't have to be followed step-by-step. However, try to handle the situation at the lowest-level possible if appropriate.



4v4 NON-CONTACT

The following 4v4 non-contact flag football rules for men and women are FFWCT approved.

Read through the General Rules first, as they apply to every style we offer, then also make sure and check out the style-specific rules below that are unique to this format.

RULE I. OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 60 yards long by 25 yards wide with 7 yard endzones. Approved field sizes may fluctuate from 53-64 yards long when necessary, or 23-30 yards wide. Endzones should not be shorter than 5 yards.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME – upon approval by an FFWCT director

Article 2. Minimum 2 players to start a game.

Article 3. A coin toss determines 1st possession. The team can elect to have offense, defense, defer or direction. Choice in the 2nd half will be awarded to the team that did not have the choice 1st half.

Article 4. The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field. Once a team crosses mid-field they have three plays to score. If the offensive team fails to cross mid-field, the ball changes possession. If the offense does not score, the ball changes possession. All drives start from the 5-yard line with the exception of an interception.

Article 5. No blocking is allowed. No intentional contact is allowed.

SECTION 3. ATTIRE

Article 1. Teams also must have the same color shirts and have an alternative color (one dark color/one light color). They do not have to be official uniforms. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change into a different color. Failure to provide a secondary uniform or unwillingness to change will result in a forfeit.

SECTION 4. GAME CLOCK FORMAT

Article 1. Tournament clock is 25 minutes long. Two 12 minute halves and 1-minute halftime.

Article 2. Each team has two 30 second timeouts PER GAME. If a time out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.

Article 3. The play clock is 25 seconds from the end of the previous play.

SECTION 5. FIRST HALF CLOCK

Article 1. The clock will run continuously during the 12 minutes of the first half unless a team timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee



conference, game management purposes, etc.)

Article 2. The head official will give a verbal two-minute warning (for rule specific changes inside 2 minutes)

Article 3. The clock will run during point-after-touchdown attempts (PATs) in the first half unless either team opts to use a team timeout.

SECTION 6. SECOND HALF CLOCK

Article 1. In the second half the clock will run continuously for the first 11 minutes unless a team timeout or an official's time out is used.

Article 2. The one-minute warning will stop the clock in the second half if the score difference is 8 points or less.

Article 3. The head official will give a verbal two-minute (for rule specific changes) and one-minute warning as close as possible to the actual marks but will not interrupt a live play.

Article 4. At the one minute warning officials will use a 'stop' clock mechanic for the remainder of the contest.

RULE 2. OFFENSE

SECTION 1. RUNNING

Article 1. The quarterback may not run unless the ball has been thrown back, handed or pitched to him or her in the backfield.

Article 2. Teams may handoff (unlimited), pitch, or throw back in the backfield. Only 1 lateral or throwback behind the LOS is allowed for the player to remain eligible to pass. If a 2nd throwback occurs behind the LOS, that player is now considered a runner and may not advance the ball forward through the air or will be penalized for an illegal forward pass. The player who receives the pitch or handoff may throw the ball as long as he or she is not beyond the line of scrimmage.

Article 3. Pitching (backwards/laterally) is allowed downfield (unlimited). Handoffs are allowed forward or backwards when behind the line of scrimmage, and only backwards beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.

Article 4. A forward pass DOES NOT have to cross the LOS to be a legal play.

Article 5. If the ball is placed on the "Back" of ANY player, the player MUST run the ball (no give and go to the QB on the back)

Article 6. No run zones are located 5 yards before mid-field and 5-yards before the end zone. You may not run the ball in the no run zone (5-yards before the first down and end zone), only forward passes are allowed.

Article 7. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 8. Players may NOT block down field in any form.



SECTION 2. PASSING

Article 1. The quarterback has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, then the play is dead. After the ball is ruled dead it is returned to the line of scrimmage.

Article 2. Once the ball is handed off or pitched backwards the 5 second count stops. If the defensive team rushes, then there is no 5 second count.

Article 3. There is no arm in motion, if the ball is in hand when the quarterback's flag is pulled then it will be ruled a sack.

Article 4. Interceptions may be returned.

Article 5. The rusher may not have any contact with the QB (no hitting the QB arm or knocking the ball out of the QB hand).

Article 6. If ANY part of the players body is behind the LOS it is a legal pass

SECTION 3. RECEIVING

Article 1. All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.

Article 2. Players must have at least one foot in bounds when making a catch.

RULE 3. DEFENSE

SECTION 1. RUSHING THE QUARTERBACK

Article 1. Players that blitz/rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

Article 2. The 7 yards will be measured off by a referee.

Article 3. Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there is a change of possession.

Article 4. The blitzer/rusher is allowed a direct lane to the quarterback as long as he or she rushes from either side of the center or outside the bunch formation. The offense must avoid interfering with the rusher if he or she has established a lane. Officials will announce LANE or NO LANE for rushers/blitzers prior to the snap. This is a judgement call/decision based on the spacing between the players in the offensive formation.

Article 5. The rush of a blitzer has to be immediately after the snap, quick and straight towards the point where the quarterback receives the snap in order to retain the right of way. If a blitzer is rushing late, slowly, aiming at another spot, changing direction during the rush or just does not rush the quarterback, the player loses the right of way but still can participate as any other defensive player.

SECTION 2. PASS COVERAGE:

Article 1. Contacting receivers is not allowed

Article 2. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.



Article 3. A player may “find” their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.

Article 4. A player may use their arms or hands to intentionally obstruct the receiver’s view (face guarding) of the ball without turning their own head to play the ball as long as noteworthy contact is not made with the receiver.

Article 5. If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.

Article 6. Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5-yard line.

Article 7. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

Article 8. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.

RULE 4. SCORING

SECTION 1. POINTS

Touchdown	<ul style="list-style-type: none"> • 6 points
Point After Touchdown (PAT)	<ul style="list-style-type: none"> • 1 point from the 5-yard line (no-run zone in effect) • 2 points from the 12-yard line, run, pass (outside of no-run zone) • Interceptions returned on PAT’s are worth 2 points
Safety	<ul style="list-style-type: none"> • 2 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a



successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.

Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

Article 9. If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively holds, tackles, etc. without making a clear, legal attempt to pull the ball carrier's flag, the ball carrier will be awarded two points.

SECTION 3. OVERTIME EXTRA POINT SHOOT-OUT

Article 1. A coin flip determines first possession, 1 timeout per OT period

Article 2. Teams will go in reverse order if more than 1 OT is required

Article 3. Teams can elect to go for 1 or 2 points

Article 4. Winner will be determined once the value of the extra point exceeds the other team's attempt.

SECTION 4. MERCY RULE

Article 1. No Mercy Rule during pool play games. If a team is up by 28 points or more during bracket play at any time, the game will be over.

SECTION 5. PENALTIES INSIDE 2 MINUTES

Article 1. All penalties inside of 2 minutes of BOTH halves remain the same except:

- Defensive delay of game (+ 15 yards Unsportsmanlike & AFD)
- Intentional Offensive delay of game (-15 yards Unsportsmanlike & LOD + clock stops)
- Offensive Pre-snap penalties – yardage + LOD + clock stops



RULE 5. PENALTY CHART

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	5	Previous spot	Loss of down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead ball - Previous spot	Replay down**
False Start	5	Dead ball - Previous spot	Replay down**
Offsides	5	Previous spot	Replay down**
Encroachment	5	Dead ball - Previous spot	Automatic 1st down
Cool Down Period	0	No foul	Player must sit out 5 plays
Illegal Shift or Illegal Motion	5	Previous spot	Loss of Down
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: Loss of down By the Defense: Automatic 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal Participation	5	Previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of the foul	Automatic 1st down
Impeding the rusher	5	Previous spot	Loss of down
Charging	5	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line

** LOD, if 2 min or less in either half



5v5 NON-CONTACT

The following 5v5 non-contact flag football rules for men and women are FFWCT approved.

Read through the General Rules first, as they apply to every style we offer, then also make sure and check out the style-specific rules below that are unique to this format.

RULE I. OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 60 yards long by 25 yards wide with 7 yard endzones. Approved field sizes may fluctuate from 53-64 yards long when necessary, or 23-30 yards wide. Endzones should not be shorter than 5 yards.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME – upon approval by an FFWCT director

Article 2. Minimum 3 players to start a game. May only have up to 5 players on the field at any one time.

Article 3. A coin toss determines 1st possession. The team can elect to have offense, defense, defer or direction. Choice in the 2nd half will be awarded to the team that did not have the choice 1st half.

Article 4. The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field. Once a team crosses mid-field they have three plays to score. If the offensive team fails to cross mid-field, the ball changes possession. If the offense does not score, the ball changes possession. All drives start from the 5-yard line with the exception of an interception.

Article 5. No blocking is allowed. No intentional contact is allowed.

SECTION 3. ATTIRE

Article 1. Teams also must have the same color shirts and have an alternative color (one dark color/one light color). They do not have to be official uniforms. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change into a different color. Failure to provide a secondary uniform or unwillingness to change will result in a forfeit.

SECTION 4. GAME CLOCK FORMAT

Article 1. Tournament clock is 25 minutes long. Two 12 minute halves and 1-minute halftime.

Article 2. Each team has two 30 second timeouts PER GAME. If a time out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.

Article 3. The play clock is 25 seconds from the end of the previous play.

SECTION 5. FIRST HALF CLOCK

Article 1. The clock will run continuously during the 12 minutes of the first half unless a team



timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee conference, game management purposes, etc.)

Article 2. The head official will give a verbal two-minute warning (for rule specific changes inside 2 minutes)

Article 3. The clock will run during point-after-touchdown attempts (PATs) in the first half unless either team opts to use a team timeout.

SECTION 6. SECOND HALF CLOCK

Article 1. In the second half the clock will run continuously for the first 11 minutes unless a team timeout or an official's time out is used.

Article 2. The one-minute warning will stop the clock in the second half if the score difference is 8 points or less.

Article 3. The head official will give a verbal two-minute (for rule specific changes) and one-minute warning as close as possible to the actual marks but will not interrupt a live play.

Article 4. At the one minute warning officials will use a 'stop' clock mechanic for the remainder of the contest.

RULE 2. OFFENSE

SECTION 1. RUNNING

Article 1. The quarterback may not run unless the ball has been thrown back, handed or pitched to him or her in the backfield.

Article 2. Teams may handoff (unlimited), pitch, or throw back in the backfield. **UNLIMITED laterals or throwbacks behind the LOS are allowed for the player to remain eligible to pass.**

Article 3. Pitching (backwards/laterally) is allowed downfield (unlimited). Handoffs are allowed forward or backwards when behind the line of scrimmage, and only backwards beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.

Article 4. A forward pass DOES NOT have to cross the LOS to be a legal play.

Article 5. If the ball is placed on the "Back" of ANY player, the player MUST run the ball (no give and go to the QB on the back)

Article 6. No run zones are located 5 yards before mid-field and 5-yards before the end zone. You may not run the ball in the no run zone (5-yards before the first down and end zone), only forward passes are allowed.

Article 7. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 8. Players may NOT block down field in any form.

SECTION 2. PASSING

Article 1. The quarterback has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, then the play is dead. After the ball is ruled dead it is returned to the line of scrimmage.

Article 2. Once the ball is handed off or pitched backwards the 5 second count stops. If the defensive team rushes, then there is no 5 second count.

Article 3. There is no arm in motion, if the ball is in hand when the quarterback's flag is pulled then it will be ruled a sack.

Article 4. Interceptions may be returned.

Article 5. The rusher may not have any contact with the QB (no hitting the QB arm or knocking the ball out of the QB hand).

Article 6. If ANY part of the players body is behind the LOS it is a legal pass

SECTION 3. RECEIVING

Article 1. All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.

Article 2. Players must have at least one foot in bounds when making a catch.

RULE 3. DEFENSE

SECTION 1. RUSHING THE QUARTERBACK

Article 1. Players that blitz/rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

Article 2. The 7 yards will be measured off by a referee.

Article 3. Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there is a change of possession.

Article 4. The blitzer/rusher is allowed a direct lane to the quarterback as long as he or she rushes from either side of the center or outside the bunch formation. The offense must avoid interfering with the rusher if he or she has established a lane. Officials will announce LANE or NO LANE for rushers/blitzers prior to the snap. This is a judgement call/decision based on the spacing between the players in the offensive formation.

Article 5. The rush of a blitzer has to be immediately after the snap, quick and straight towards the point where the quarterback receives the snap in order to retain the right of way. If a blitzer is rushing late, slowly, aiming at another spot, changing direction during the rush or just does not rush the quarterback, the player loses the right of way but still can participate as any other defensive player.

SECTION 2. PASS COVERAGE:

Article 1. Contacting receivers is not allowed

Article 2. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

Article 3. A player may "find" their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.

Article 4. A player may use their arms or hands to intentionally obstruct the receiver's view (face

guarding) of the ball without turning their own head to play the ball as long as noteworthy contact is not made with the receiver.

Article 5. If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.

Article 6. Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5-yard line.

Article 7. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

Article 8. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.

RULE 4. SCORING

SECTION 1. POINTS

Touchdown	<ul style="list-style-type: none"> • 6 points
Point After Touchdown (PAT)	<ul style="list-style-type: none"> • 1 point from the 5-yard line (no-run zone in effect) • 2 points from the 12-yard line, run, pass (outside of no-run zone) • Interceptions returned on PAT's are worth 2 points
Safety	<ul style="list-style-type: none"> • 2 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.



Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.

Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

Article 9. If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively holds, tackles, etc. without making a clear, legal attempt to pull the ball carrier's flag, the ball carrier will be awarded two points.

SECTION 3. OVERTIME EXTRA POINT SHOOT-OUT

Article 1. A coin flip determines first possession, 1 timeout per OT period

Article 2. Teams will go in reverse order if more than 1 OT is required

Article 3. Teams can elect to go for 1 or 2 points

Article 4. Winner will be determined once the value of the extra point exceeds the other team's attempt.

SECTION 4. MERCY RULE

Article 1. No Mercy Rule during pool play games. If a team is up by 28 points or more during bracket play at any time, the game will be over.

SECTION 5. PENALTIES INSIDE 2 MINUTES

Article 1. All penalties inside of 2 minutes of BOTH halves remain the same except:

- Defensive delay of game (+ 15 yards Unsportsmanlike & AFD)
- Intentional Offensive delay of game (-15 yards Unsportsmanlike & LOD + clock stops)
- Offensive Pre-snap penalties – yardage + LOD + clock stops



RULE 5. PENALTY CHART

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	5	Previous spot	Loss of down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead ball - Previous spot	Replay down**
False Start	5	Dead ball - Previous spot	Replay down**
Offsides	5	Previous spot	Replay down**
Encroachment	5	Dead ball - Previous spot	Automatic 1st down
Cool Down Period	0	No foul	Player must sit out 5 plays
Illegal Shift or Illegal Motion	5	Previous spot	Loss of Down
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: Loss of down By the Defense: Automatic 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal Participation	5	Previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of the foul	Automatic 1st down
Impeding the rusher	5	Previous spot	Loss of down
Charging	5	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line

** LOD, if 2 min or less in either half

5v5 GAUNTLET

The following 5v5 Gauntlet flag football rules for men and women are FFWCT approved. These rules are an extension of our **5v5 Non-Contact** rules so read through those, along with the General Rules first, as they apply to every style we offer. Below are the changes to this style for Gauntlet:

RULE 1: GAUNTLET CHANGES

SECTION 1. ROSTERS

Article 1. Rosters for teams playing Gauntlet must consist of players from one home state, or players living in any directly bordering state from their declared home state only. Residence is determined by each player active and valid photo ID with current address.

- A government issued photo ID must be valid within the last 12 consecutive months. It must clearly show a "CURRENT" & "VALID" address of residency. This must be a private residence.
- A VALID IDENTIFICATION INCLUDES:
 - Drivers License with valid and non-expired date
 - State I.D. with valid and non-expired date
 - A student I.D. that shows the player is enrolled in that institution within the last 12 months and shows a valid address and players name.

Article 2. Teams may only have a maximum of 7 players on their roster per tournament.

SECTION 2. OFFENSE

Article 1. The offensive team takes possession of the ball at midfield and has 4 plays to score. If the offensive team fails to score, the ball changes possession. All drives start from midfield with the exception of an interception returned past midfield or a penalty assessment marked prior to the start of the series.

Article 2. The quarterback may run IMMEDIATELY unless the ball is spotted inside the NO RUN ZONE.

Article 3. No under center snaps. All snaps must be received at or beyond the QB SNAP LINE (this line is an imaginary line running parallel 5 yards behind the LOS from sideline to sideline)

- An illegal snap (under center or not traveling to or beyond the QB Snap Line) will continue the play but result in a 5 yard penalty and loss of the down.

Article 4. No QB pass clock (even if there is no rush)

Article 5. Receivers are allowed to use techniques to avoid contact/shed coverage by the defense within 2 yards of the LOS (ex. swim move, hand battle)

SECTION 3. DEFENSE

Article 1. Rush line is 5 yards from LOS.

Article 2. The rusher must DECLARE their intent to rush with 1 hand raised high above their head until the snap is initiated. This signal will notify the officials and the offensive team who is rushing and who to avoid in the rusher's path to the QB. Failure to signal will result in the rusher losing his/her right of way/direct path to the QB.



Article 3. Jamming is allowed for 2 yards except on center position. Contact (jamming) must occur between the shoulder and waist line. Contact (jamming) of the center is NOT ALLOWED.

Article 4. Interceptions may be returned. An interception that is not returned past midfield will result in a touchback, with the intercepting team's offense taking over at midfield on a change of possession. If an interception is returned past midfield, the offense will start at the point of return or scored a touchdown if returned all the way to the opposing endzone.

5v5 AIR IT OUT

The following 5v5 Air It Out flag football rules for men and women are FFWCT approved. These rules are an extension of our **5v5 Non-Contact** rules so read through those, along with the General Rules first, as they apply to every style we offer. Below are the changes to this style for Air It Out:

RULE I: AIR IT OUT CHANGES

SECTION 1. OFFENSE

Article 1. The offensive team has 4 plays to get a first down, and 4 plays to score once a first down is achieved.

Article 2. The quarterback may not run or cross the line of scrimmage at any point. All plays must be include a forward pass that advances the ball. A forward pass can be legally completed behind the line of scrimmage and advanced.

Article 3. No Laterals or handoffs of any kind on offense or defense. Any intentional or inadvertant lateral or handoff will be ruled dead at the spot.



5v5 COED

The following 5v5 non-contact flag football rules for men and women are FFWCT approved. These rules are an extension of our **5v5 Non-Contact** rules so read through those, along with the General Rules first, as they apply to every style we offer. Below are the changes to this style for coed:

RULE 1: COED CHANGES

SECTION 1. ELIGIBILITY

Article 1. 5v5 Non-Contact Coed Flag Football teams must consist of 2 females on the field at the same time or be subject to forfeit. A typical team would consist of 3 males and 2 females, but you may use more females than required, but no less than 2. As long as you have 3 females and a minimum of 3 total players on the field you are eligible for play.

SECTION 2. EQUIPMENT

For women's and coed formats, a Junior size or Intermediate size football is allowed.

SECTION 3. GAMEPLAY

Article 1. To ensure coed participation, a penalty will ensue if the offensive team fails to use a female as an operative player within 3 consecutive downs. This applies to the full game. The penalty for running 3 consecutive plays without a female as an Operative Player will be a 5 yard penalty and a loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down) and the female must now be the operative player on the next play. An Operative Player is defined as a player who:

- is the intended receiver in the eyes of the official
- runs the ball as the primary runner (must cross line of scrimmage)
- receives the snap as the QB and must attempt to be the person who initiates the ball crossing the line of scrimmage

Article 1. An Operative Player is NOT defined as a player who:

- hands off the football
- snaps the ball into play
- receives a hand-off only to give it back to a male before crossing the line of scrimmage
- receives a pitch downfield

Article 2. Examples of an operative player:

- a pass deflected by a male and caught by a female is a female play
- a pass intended for a female (in the eyes of the referee) that is deflected by a female, and caught by a male counts as a female play
- a pass thrown by a male, received by a male and immediately pitched to a female (the "hook and ladder") will not constitute a female play – no matter how far the female advances with the ball after the pitch
- a pass intentionally grounded by a female in the last one minute of either half in order to stop the clock DOES count as a female play
- if a female pitches the ball to a male behind the line of scrimmage this will not result in a female play.



- a female intercepting the ball on defense in a pick 6 scenario would count as the operative player.

Article 3. Laterals

- If at any point in a scoring play a male player on the scoring team receives a lateral or handoff downfield, or in the backfield and runs past the line of scrimmage, the play will be ruled a 6 point play whether a female was involved as an operative player at any point or not.

SECTION 4. SCORING

Article 1. Touchdowns

- 6 points awarded for all male participation
- 9 points awarded for female participation as the operative player.

Article 1. Extra Points

- 1 point awarded for all male participation play from 5 yard line
- 2 points awarded for all male participation from 12 yard line
- 2 points awarded for female participation play from 3 yard line. Only qualifies if it fulfills all Operative Player requirements above (i.e. if a male passes to a male and then simply hands off or pitches to a female just before crossing the goal line, this is not a 2 or 3 point play).
- 3 points awarded for female participation play from 10 yard line.

Article 3. Mercy Rule

- No Mercy Rule during pool play games.
- During playoffs, if a team is up by 48 points or more during tournament play at any time, the game will be over.

SECTION 5. SECOND HALF CLOCK

Article 1. The one-minute warning will stop the clock in the second half if the score difference is 12 points or less.

5v5 BEACH

The following 5v5 Beach flag football rules for men and women are FFWCT approved. These rules are an extension of our **5v5 Non-Contact** rules for adults, or **5v5 Youth** rules for youth, so read through those, along with the General Rules first, as they apply to every style we offer. Below are the changes to this style for Gauntlet:

RULE I: BEACH CHANGES

SECTION 1. DIFFERENCES FROM YOUTH & ADULT 5V5

Article 1. Beach 5v5 rules are identical to the traditional 5v5 non-contact youth and adult rules with the following changes:

- Field dimensions are smaller, with one 30 yard playing zone and two 7 yard endzones.
- Teams have 4 downs to score, starting at their own 5 yard line, and no first down to gain.
- Shoes and cleats are not allowed, but players are allowed to wear a form of low-profile soft padded sand socks on their feet or small ankle brace.



5v5 YOUTH

The following 5v5 non-contact flag football rules for men and women are FFWCT approved.

Read through the General Rules first, as they apply to every style we offer, then also make sure and check out the style-specific rules below that are unique to this format.

RULE I. OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 60 yards long by 25 yards wide with 7 yard endzones. Approved field sizes may fluctuate from 53-64 yards long when necessary, or 23-30 yards wide. Endzones should not be shorter than 5 yards.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME – upon approval by an FFWCT director.

Article 2. Minimum 3 players to start a game. May only have up to 5 players on the field at any one time.

Article 3. A coin toss determines 1st possession. The team can elect to have offense, defense, defer or direction. Choice in the 2nd half will be awarded to the team that did not have the choice 1st half.

Article 4. The offensive team takes possession of the ball at their 5-yard line and has four plays to cross mid-field. On 4th down, teams have 5 seconds to declare to go for it or punt. Once a team crosses mid-field they have three plays to score. If the offensive team fails to cross mid-field, the ball changes possession. If the offense does not score, the ball changes possession. All drives start from the 5-yard line with the exception of an interception or failed 4th down conversion, where defense takes over at the spot.

Article 5. No blocking is allowed. No intentional contact is allowed.

SECTION 3. EQUIPMENT

Article 1. Teams also must have the same color shirts and have an alternative color (one dark color/one light color). They do not have to be official uniforms. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change into a different color. Failure to provide a secondary uniform or unwillingness to change will result in a forfeit.

Article 2. Approved football sizes:

- 8U and below: Pee-wee or mini football, junior, and youth size ball allowed
- 9U-13U: Junior and youth size ball allowed
- 14U: Youth size ball (with option of using regulation high school sized ball)

Article 3. Teams must wear NFL Youth, Youth Shruumz, or Sonic Flag-a-Tag flags (if custom flags are worn they must be of equal dimensions as Sonic flags). Flags will not be allowed that have been altered (cut, taped, etc.). Mushroom Flags are not allowed for youth. The flags cannot be the same color as a player's shorts. Mouth guards are required.

SECTION 4. COACHES

Article 1. Coaches are volunteers whose role it is to help young people learn to play and enjoy football. Parents are encouraged to support their youth and their coach at all times.

Article 2. Coaches (1 Coach per Team) in the 8U and under divisions (only) are permitted on the field no close to assist players with their position alignment and mentoring on offense only (no coaches allowed on the field while on defense). At the snap, on-field coaches must be 5 yards behind the quarterback.

Article 3. Coaches of all other age divisions may not come on to the field of play during a game unless a player is injured. Coaches who come on the field of play anytime during a game will be penalized. One sideline warning per game will be issued after which the following penalties will result:

- Coach on the field during live action = unsportsmanlike conduct
- Coach on the field during a dead ball = delay of game

Article 4. Only three coaches per team are allowed on the sidelines. **ONLY THE HEAD COACH CAN ADDRESS THE GAME OFFICIALS.**

SECTION 5. GAME CLOCK FORMAT

Article 1. Tournament clock is 25 minutes long. Two 12 minute halves and 1-minute halftime.

Article 2. Each team has two 30 second timeouts PER GAME. If a time out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.

Article 3. The play clock is 25 seconds from the end of the previous play.

SECTION 6. FIRST HALF CLOCK

Article 1. The clock will run continuously during the 12 minutes of the first half unless a team timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee conference, game management purposes, etc.)

Article 2. The head official will give a verbal two-minute warning (for rule specific changes inside 2 minutes)

Article 3. The clock will run during point-after-touchdown attempts (PATs) in the first half unless either team opts to use a team timeout.

SECTION 7. SECOND HALF CLOCK

Article 1. In the second half the clock will run continuously for the first 11 minutes unless a team timeout or an official's time out is used.

Article 2. The one-minute warning will stop the clock in the second half if the score difference is 8 points or less.

Article 3. The head official will give a verbal two-minute (for rule specific changes) and one-minute warning as close as possible to the actual marks but will not interrupt a live play.

Article 4. At the one minute warning officials will use a 'stop' clock mechanic for the remainder of the contest.



RULE 2. OFFENSE

SECTION 1. RUNNING

Article 1. The quarterback may not run unless the ball has been thrown back, handed or pitched to him or her in the backfield.

Article 2. Teams may handoff unlimited times in the backfield. Handoffs are allowed forward or backwards when behind the line of scrimmage, and only backwards beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.

Article 3. Lateral rules:

- 13U and younger may lateral once behind the line of scrimmage per play, but may not lateral or pitch at any time past the line of scrimmage.
- Divisions 14U and older may execute unlimited laterals in the backfield and downfield.
- Any player who receives a handoff, pitch or lateral behind the line of scrimmage may throw the ball as long as he or she is not fully beyond the line of scrimmage.

Article 4. A forward pass DOES NOT have to cross the LOS to be a legal play.

Article 5. If the ball is placed on the "Back" of ANY player, the player MUST run the ball (no give and go to the QB on the back)

Article 6. No run zones are located 5 yards before mid-field and 5-yards before the end zone. You may not run the ball in the no run zone (5-yards before the first down and end zone), only forward passes are allowed. The no run zone does not apply to the 6U division.

Article 7. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 8. Players may NOT block down field in any form.

SECTION 2. PASSING

Article 1. The quarterback has 7 seconds to pass the ball if there is no rush. If the ball is not thrown, then the play is dead. After the ball is ruled dead it is returned to the line of scrimmage.

Article 2. Once the ball is handed off or pitched backwards the 7 second count stops. If the defensive team rushes, then there is no 7 second count.

Article 3. There is no arm in motion, if the ball is in hand when the quarterback's flag is pulled then it will be ruled a sack.

Article 4. Interceptions may be returned.

Article 5. The rusher may not have any contact with the QB (no hitting the QB arm or knocking the ball out of the QB hand).

Article 6. If ANY part of the players body is behind the LOS it is a legal pass

SECTION 3. RECEIVING

Article 1. All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.



Article 2. Players must have at least one foot in bounds when making a catch.

RULE 3. DEFENSE

SECTION 1. RUSHING THE QUARTERBACK

Article 1. Rushing is ONLY allowed for 8U divisions and up and is NOT allowed for youth ages 7U and below.

Article 2. Players that blitz/rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

Article 3. The 7 yards will be measured off by a referee.

Article 4. Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there is a change of possession.

Article 5. The blitzer/rusher is allowed a direct lane to the quarterback as long as he or she rushes from either side of the center or outside the bunch formation. The offense must avoid interfering with the rusher if he or she has established a lane. Officials will announce LANE or NO LANE for rushers/blitzers prior to the snap. This is a judgement call/decision based on the spacing between the players in the offensive formation.

Article 6. The rush of a blitzer has to be immediately after the snap, quick and straight towards the point where the quarterback receives the snap in order to retain the right of way. If a blitzer is rushing late, slowly, aiming at another spot, changing direction during the rush or just does not rush the quarterback, the player loses the right of way but still can participate as any other defensive player.

SECTION 2. PASS COVERAGE:

Article 1. Contacting receivers is not allowed

Article 2. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

Article 3. A player may "find" their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.

Article 4. A player may use their arms or hands to intentionally obstruct the receiver's view (face guarding) of the ball without turning their own head to play the ball as long as noteworthy contact is not made with the receiver.

Article 5. If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.

Article 6. Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5-yard line.

Article 7. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

Article 8. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include:



- **Shoving** or pushing off to create separation.
- **Playing** through the back.
- **Hook** and turn: grabbing the torso and turning an opponent before the pass arrives.
- **Arm bars**, hooking, restricting, grabbing wrists, or turning a receiver.
- **Blocking** downfield before the ball has been touched, commonly seen through “pick plays”.

RULE 4. SCORING

SECTION 1. POINTS

Touchdown	<ul style="list-style-type: none"> • 6 points
Point After Touchdown (PAT)	<ul style="list-style-type: none"> • 1 point from the 5-yard line (no-run zone in effect) • 2 points from the 12-yard line, run, pass (outside of no-run zone) • Interceptions returned on PAT's are worth 2 points
Safety	<ul style="list-style-type: none"> • 2 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.

Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

Article 9. If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs,



aggressively holds, tackles, etc. without making a clear, legal attempt to pull the ball carrier's flag, the ball carrier will be awarded two points.

SECTION 3. OVERTIME EXTRA POINT SHOOT-OUT

Article 1. A coin flip determines first possession, 1 timeout per OT period

Article 2. Teams will go in reverse order if more than 1 OT is required

Article 3. Teams can elect to go for 1 or 2 points

Article 4. Winner will be determined once the value of the extra point exceeds the other team's attempt.

SECTION 4. MERCY RULE

Article 1. No Mercy Rule during pool play games. If a team is up by 28 points or more during bracket play at any time, the game will be over.

SECTION 6. PENALTIES INSIDE 2 MINUTES

Article 1. All penalties inside of 2 minutes of BOTH halves remain the same except:

- **Defensive** delay of game (+ 15 yards Unsportsmanlike & AFD)
- **Intentional** Offensive delay of game (-15 yards Unsportsmanlike & LOD + clock stops)
- **Offensive** Pre-snap penalties – yardage + LOD + clock stops



RULE 5. PENALTIES

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	5	Previous spot	Loss of Down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead ball - Previous spot	Replay down**
False Start	5	Dead ball - Previous spot	Replay down**
Offsides	5	Previous spot	Replay down**
Encroachment	5	Dead ball - Previous spot	Automatic 1st down
Cool Down Period	0	No foul	Player must sit out 5 plays
Illegal Shift or Illegal Motion	5	Previous spot	Loss of Down
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: Loss of down By the Defense: Automatic 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal Participation	5	Previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of the foul	Automatic 1st down
Impeding the rusher	5	Previous spot	Loss of down
Charging	5	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line

** LOD, if 2 min or less in either half



5v5 CONTACT

The following 5v5 contact flag football rules for men and women are FFWCT approved.

Read through the General Rules first, as they apply to every style we offer, then also make sure and check out the style-specific rules below that are unique to this format.

RULE I: OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 60 yards long by 25 yards wide with 7 yard endzones. Approved field sizes may fluctuate from 53-64 yards long when necessary, or 23-30 yards wide. Endzones should not be shorter than 5 yards.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME – upon approval by an FFWCT director

Article 2. Minimum 3 players to start a game. May only have up to 5 players on the field at any one time.

Article 3. A coin toss determines 1st possession. The team can elect to have offense, defense, defer or direction. Choice in the 2nd half will be awarded to the team that did not have the choice 1st half.

Article 4. The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field. Once a team crosses mid-field they have three plays to score. If the offensive team fails to cross mid-field, the ball changes possession. If the offense does not score, the ball changes possession. All drives start from the 5-yard line with the exception of an interception.

Article 5. Blocking is allowed.

SECTION 3. ATTIRE

Article 1. Teams also must have the same color shirts and have an alternative color (one dark color/one light color). They do not have to be official uniforms. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change into a different color. Failure to provide a secondary uniform or unwillingness to change will result in a forfeit.

SECTION 4. GAME CLOCK FORMAT

Article 1. Tournament clock is 25 minutes long. Two 12 minute halves and 1-minute halftime.

Article 2. Each team has two 30 second timeouts PER GAME. If a time out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.

Article 3. The play clock is 25 seconds from the end of the previous play.

SECTION 5. FIRST HALF CLOCK

Article 1. The clock will run continuously during the 12 minutes of the first half unless a team



timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee conference, game management purposes, etc.)

Article 2. The head official will give a verbal one-minute warning.

Article 3. The clock will run during point-after-touchdown attempts (PATs) in the first half unless either team opts to use a team timeout.

SECTION 6. SECOND HALF CLOCK

Article 1. In the second half the clock will run continuously for the first 11 minutes unless a team timeout or an official's time out is used.

Article 2. The one-minute warning will stop the clock in the second half if the score difference is 8 points or less.

Article 3. The head official will give a verbal one-minute warning as close as possible to the actual marks but will not interrupt a live play.

Article 4. At the one minute warning officials will use a 'stop' clock mechanic for the remainder of the contest.

SECTION 7. MERCY RULE

Article 1. No Mercy Rule during pool play games. If a team is up by 28 points or more during bracket play at any time, the game will be over.

RULE 2. OFFENSE

SECTION 1. RUNNING

Article 1. All offensive players may run the ball at any time, except in the no-run zones which are located 5 yards before mid-field and 5 yards before the goal line only in the direction that the offense is going.

Article 2. Teams may handoff (unlimited), pitch, or throw back in the backfield. **UNLIMITED laterals or throwbacks behind the LOS are allowed for the player to remain eligible to pass.**

Article 3. Pitching (backwards/laterally) is allowed downfield (unlimited). Handoffs are allowed forward or backwards when behind the line of scrimmage, and only backwards beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.

Article 4. A forward pass DOES NOT have to cross the LOS to be a legal play.

Article 5. If the ball is placed on the "Back" of ANY player, the player MUST run the ball (no give and go to the QB on the back)

Article 6. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 7. Only the center needs to be lined up on the LOS

SECTION 2. BLOCKING

Article 1. CONTACT IS ALLOWED: Open hand contact allowed between shoulder and waist. Blocking in the back is not allowed.



Article 2. Players may block down field. Blocking downfield is only allowed once the ball is completed downfield. Players may block downfield for all running plays or when the pass is behind the LOS except when the LOS is established inside the no run zone. Offensive players blocking downfield before the ball is thrown downfield will be assessed a pass interference penalty (5 yards from the LOS).

Article 3. Crackback Blocking and Blindside blocking is NOT allowed. Crack-back block is a blind-side block on a player by an opponent who starts downfield and then cuts back toward their own goal line to make contact. A blind-side block is engaging an opponent other than the runner who does not see the blocker approaching.

SECTION 2. PASSING

Article 1. There is no 5 second count to pass the ball if not rushed.

Article 2. There is no arm in motion, if the ball is in hand when the quarterback's flag is pulled then it will be ruled a sack.

Article 3. Interceptions may be returned.

Article 4. The rusher may not have any contact with the QB (no hitting the QB arm or knocking the ball out of the QB hand).

Article 5. If ANY part of the players body is behind the LOS it is a legal pass

SECTION 3. RECEIVING

Article 1. All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.

Article 2. Players must have at least one foot in bounds when making a catch.

RULE 3. DEFENSE

SECTION 1. RUSHING THE QUARTERBACK

Article 1. Players may rush from anywhere as long as any part of their body is not across the LOS.

Article 2. The Center is protected when he snaps the ball. The Center cannot be touched until he/she picks up their head and takes one step towards his/her pattern or assumes a blocking position.

SECTION 2. PASS COVERAGE

Article 1. Defensive players can Jam the receiver at the line and up to 5 yards downfield. However, you cannot hold, trip or grab the receiver.

Article 2. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

Article 3. A player may "find" their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.

Article 4. A player may use their arms or hands to intentionally obstruct the receiver's view (face guarding) of the ball without turning their own head to play the ball as long as noteworthy contact is not made with the receiver.

Article 5. If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.

Article 6. Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5-yard line.

Article 7. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

Article 8. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.

RULE 4. SCORING

SECTION 1. POINTS

Touchdown	<ul style="list-style-type: none"> • 6 points
Point After Touchdown (PAT)	<ul style="list-style-type: none"> • 1 point from the 5-yard line (no-run zone in effect) • 2 points from the 12-yard line, run, pass (outside of no-run zone) • Interceptions returned on PAT's are worth 2 points
Safety	<ul style="list-style-type: none"> • 2 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.



Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

Article 9. If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively holds, tackles, etc. without making a clear, legal attempt to pull the ball carrier's flag, the ball carrier will be awarded two points).

SECTION 3. OVERTIME EXTRA POINT SHOOT-OUT

Article 1. A coin flip determines first possession, 1 timeout per OT period

Article 2. Teams will go in reverse order if more than 1 OT is required

Article 3. Teams can elect to go for 1 or 2 points

Article 4. Winner will be determined once the value of the extra point exceeds the other team's attempt.

RULE 5. PENALTY CHART

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	5	Previous spot	Loss of down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead ball - Previous spot	Loss of 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 Shift or Illegal Motion	5	Previous spot	Loss of Down
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: Loss of down By the Defense: Automatic 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal Participation	5	Previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot foul or from previous spot if behind LOS	By the Offense: Loss of down By the Defense: Automatic 1st down
Charging	5	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line



6v6 CONTACT

The following 6v6 Contact flag football rules for men and women are FFWCT approved. These rules are an extension of our **5v5 Contact** rules so read through those, along with the General Rules first, as they apply to every style we offer. Below are the changes to this style for 6v6 Contact:

RULE I: 6V6 CONTACT CHANGES

SECTION 1. OFFENSE

Article 1. The offensive team has 4 plays to get a first down, and 4 plays to score once a first down is achieved.

Article 2. The quarterback may not run or cross the line of scrimmage at any point. All plays must be include a forward pass that advances the ball. A forward pass can be legally completed behind the line of scrimmage and advanced.

Article 3. No Laterals or handoffs of any kind on offense or defense. Any intentional or inadvertant lateral or handoff will be ruled dead at the spot.

Article 4. Teams consist of 6 active players on the field at one time. Players may play with as few as 4 players, any less will result in a forfeit.



7v7 SCREEN

The following 7v7 screen flag football rules for men and women are FFWCT approved.

Read through the General Rules first, as they apply to every style we offer, then also make sure and check out the style-specific rules below that are unique to this format.

RULE I. OVERVIEW

SECTION 1. THE FIELD

Article 1. 80 yards from goal line to goal line with two end zones of 10 yards each.

Article 2. Field shall be divided into 4 zones of 20 yards each.

Article 3. Field shall be a minimum of 40 yards wide and a maximum of 53 1/3 yards wide.

Article 4. Marking the five (5) yard line and ten (10) yard line are optional for use during the PAT. These may be marked as hash marks in the center of the field no more than five (5) yards in width

Article 5. Lines should be clearly marked and use of cones or yard line markers along the sideline to signify zone lines are strongly recommended for use during championship play.

Article 6. Teams shall use opposite sides of the field to use as their team area during the game. The team area stretches from twenty (20) yard line to twenty (20) yard line and no less than ten (10) yards wide of the playing field. Only the team manager, captains and players are allowed within the team area. Persons associated with the team and are not the Manager, captains or players must be removed from the immediate playing field and team area. Where grandstands, bleachers or seating areas are available this is the preferred area for these non-players.

Article 7. When teams and players are in the team area, adequate room along the sideline must be made available in order for officials to work the sideline and properly officiate the contest.

SECTION 2. THE GAME

Article 1. The game shall be played between two teams of no more than seven (7) players each, on a rectangular field with a properly shaped, sized and inflated ball.

Article 2. A team may legally play with no fewer than six (6) players.

Article 3. A coin toss determines 1st possession. The team can elect to have offense, defense, defer or direction. Choice in the 2nd half will be awarded to the team that did not have the choice 1st half. In order to keep to schedule, the game clock shall start one minute after the coin toss formalities have concluded, regardless if the teams have taken the field or not.

Article 4. The game is ended and the score is final when the referee declares the game complete.

Article 5. The game is conducted under the supervision of two, three or four officials including: a referee, a linesman, a back judge, line judge and/or side judge. Use of the line judge and side judge is optional.

Article 7. To start the game, half, or after a touchdown, the offensive team takes possession of the



ball at their 14 yard line and has four plays to advance to the next line to gain.

Article 8. If a team fails to secure a first down, the defense will take control of the ball at that location.

SECTION 3. ATTIRE

Article 1. All members of the same team must wear the same color jersey.

Article 2. Jerseys must be tucked in. The midriff shirt is legal, if in the judgment of the referee, it does not hinder the defense from pulling the flag. No article of clothing may cover any portion of a player's flag. Officials should warn violators of this between plays. If a shirt/jersey becomes untucked during a play, it must be re-tucked before the next play.

SECTION 4. GAME CLOCK FORMAT

Article 1. Tournament clock is 40 minutes long. Two 20 minute halves and a 2-minute halftime.

Article 2. The play clock is 25 second and starts once the official marks the ball ready for play. (Delay of Game penalty if exceed 25 seconds)

Article 3. Each team shall have two (2) time outs per half.

Article 4. After a team time-out, the game clock will start at the snap of the ball.

Article 5. Because the game clock is a continuous click, it does not stop during P.A.T. attempts or on change of possessions.

Article 6. The game clock will stop for team time-outs, official time-outs, and at the discretion of the official to retrieve long incomplete passes.

Article 7. The on-field captain or quarterback may request the amount of time left in the game from the officials at any time. Officials will be expected to give the correct time.

Article 8. A "stop-clock" will be in effect in the last two minutes of the first and second half, unless the point differential is greater than 17 points in the last two minutes of the second half.

SECTION 5. MERCY RULE

Article 1. At the two minute warning of the second half, if the score difference is 9 points or more, a pro clock will not be initiated and will continue with a running clock. Same applies if a team scores during the 2 minutes to create a 9 or more point lead. If a team scores to create a one possession game within 2 minutes of the second half, a pro clock will then be initiated.

Article 2. During bracket play, if a team is ahead by 28 points or more at any point in the game, the game will be over. This does not apply during pool play.

RULE 2. OFFENSE

SECTION 1. GENERAL

Article 1. Any number of players may be on the offensive or defensive L.O.S. at the snap. Defense line must be one (1) yard off the ball at the snap.

Article 2. There will be free substitution as long as players being substituted for are off the field prior to the next snap OR player is out of the area of play and is departing the field in haste.



"Sleepers" on substitutions will not be allowed on any play. No player may line up closer than 5 yards from the sideline unless he came out of the huddle or unless he was on the field of play during the previous play and did not leave the field of play. (S-18) (5 yards)

Article 3. Two or more offensive players may be shifting their position at the same time prior to the snap. Their movement may be in any direction but they must become set for one full count before the ball is snapped or before another player can go in motion prior to the snap. (S-16)(5 yards)

Article 4. Only one player is allowed to be in motion at the snap and his movement must be parallel or away from the L.O.S. and must be continuous. (S-16)(5 yards)

Article 5. Any stance is permitted. Any number of players may be on the offensive or defensive L.O.S. at the snap. Defense line must be one (1) yard off the ball at the snap. No defensive player may be within 4 yards of the ball if lined up directly in front of the center or within one yard of the ball if lined up to the side of the center at the snap. (S-19) (5 yards)

Article 6. Shall be called if either the offense or the defense passes over the plane of their L.O.S. before the ball is snapped. A false movement of the football by the center shall constitute offensive encroachment. These are dead ball fouls and the play shall be immediately whistled dead before play begins and 5 yards automatically marked off against the encroaching team. (S-14) (Exception: Defensive encroachment resulting in an offensive first down will become an offensive captain's choice penalty)

Article 7. No direct snap may be taken at anytime. The snap must travel a minimum of 2 yards to be legal (either backwards or sideways).

SECTION 2. SCREEN BLOCKING

Article 1. Only screen blocking is permitted. Screen Blocking shall be defined as obstructing the rusher's path to the quarterback or ball carrier, as long as it is done behind the L.O.S., with any part of the body except head, hips, and legs. There can be no independent movement of the elbows.

Article 2. Screeners must have his thumbs hooked in his pants and holding the flag belt with each hand or the screener must hold his arms behind his back with arms locked together in some manner. A screener may not leave his feet to screen or use a screen to imitate any form of contact with the rusher. The screeners feet must be set and planted when in proximity with the rusher.

Article 3. The main responsibility of avoiding contact lies with the rusher, however the screener may not step into the rusher or initiate contact in any way.

Article 4. Moving screens shall be penalized from the end of run (E.O.R.) or the point of infraction (P.O.I.), whichever hurts the offensive team the most. If the illegal screen is judged to have caused excessive contact, it will be penalized 10 yards and loss of down.

SECTION 2. PASSING

Article 1. There can be only one forward pass per play.

Article 2. The quarterback or any player receiving the snap, hand-off or lateral behind the line of scrimmage can run at any time, at any point on the field.

Article 3. There is no arm in motion, if the ball is in hand when the quarterback's flag is pulled then it will be ruled a sack.

Article 4. Interceptions may be returned.



Article 5. The rusher may not have any contact with the QB (no hitting the QB arm or knocking the ball out of the QB hand).

Article 6. If ANY part of the players body is behind the LOS it is a legal pass

SECTION 3. RECEIVING

Article 1. All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.

Article 2. Players must have at least one foot in bounds when making a catch.

SECTION 4. RUNNING

Article 1. Teams may handoff (unlimited), pitch, or throw back in the backfield. **UNLIMITED laterals or throwbacks behind the LOS are allowed for the player to remain eligible to pass.**

Article 2. Pitching (backwards/laterally) is allowed downfield (unlimited). Handoffs are allowed in front or behind. A handoff DOES NOT count as a lateral/throwback.

Article 3. A forward pass DOES NOT have to cross the LOS to be a legal play.

Article 4. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 5. Players may NOT block down field in any form.

RULE 3. DEFENSE

SECTION 1. RUSHING THE QUARTERBACK

Article 1. A rusher must be one yard off the line of scrimmage and one yard outside of the center (not head up) in order to rush.

Article 2. A rusher may not run over a screen blocker. The rusher may not pull the screener toward him or push the screener away from him

Article 3. If the rusher touches the quarterback in the head in his attempt to block the pass a penalty will be called. This will also go for striking the passer's arm when in a forward motion while attempting to block a pass. Roughing the passer will be called when the rusher, if while attempting to de-flag the quarterback or block a pass, lets his momentum carry him into the passer. Defensive player may not have any contact with the passer when he is passing.

Article 4. The defensive may rush as many players as it wishes.

SECTION 2. PASS COVERAGE

Article 1. Contacting receivers is not allowed

Article 2. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

Article 3. A player may "find" their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.



Article 4. A player may use their arms or hands to intentionally obstruct the receiver's view (face guarding) of the ball without turning their own head to play the ball as long as noteworthy contact is not made with the receiver.

Article 5. If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.

Article 6. Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 20-yard line.

Article 7. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

Article 8. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through "pick plays".

SECTION 3. PUNTS

Article 1. The offense may choose to punt on 4th down.

Article 2. If a punt is to be made, the offense must announce it to the referee before the ball can be declared ready for play. Offense must declare within 10 seconds after asked by referee on 4th down play. After offense declares, the referee will mark ball ready for play whereupon the offense will have 15 seconds to punt the ball.

Article 3. When the offense declares the punt, it becomes a guaranteed punt, and only if a defense penalty occurs after the offense declares punt can the offense reconsider, due to change in field position.

Article 4. After a punt has been declared, it must be made and neither team may cross the L.O.S. until the ball is kicked.

Article 5. The offense may have any number of players on the L.O.S. The punt returning team must have 4 players on the L.O.S. and they must remain in that zone until the ball is kicked.

Article 6. If the punt hits a member of the punting team, which has not crossed the L.O.S., it is dead at that spot. Any member of the punting team may down the punt if it is beyond the L.O.S. and has touched the ground prior to being downed. The punt will be declared dead at the spot where it is first touched by the punting team.

Article 7. The punt receiving team must be given an opportunity to field the punt in the air; therefore, there will be a 10-yard penalty if touched in the air beyond the L.O.S. by the punting team, from the P.O.I.

Article 8. The punt returning team may have 3 returners in deep positions. The 2 returners that do not carry the ball may not be moving screens. They may run forward to be maneuvering for a lateral behind the ball carrier.

Article 9. The punt receiving team may field a punt in the air, off of a bounce (one or more), or directly off of the ground, if fielded clearly. When a punt touches a player on the receiving team who is in bounds and the ball rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground.

Article 10. When a punt is left unattended, it becomes dead where it rolls still.

Article 11. Punts muffed by the receiving team in the end zone before possession, and ball hits in or out of end zone, it will be a touchback. If the ball is touched in the air or on the ground by the punting team in the zone, it is a touchback. If a punt receiver who has gained possession of the punt in the end zone is deflagged prior to crossing the goal line into the field of play, it is a touchback. If punt receiver remains in end zone 5 seconds after fielding punt, or downs punt by knee or ball touching ground after possession, it is a touchback.

Article 12. If at any point on a punt return (or interception) the ball is advanced or received out of the endzone, then lateralled back into the endzone and muffed, it is considered a safety.

RULE 4. SCORING

SECTION 1. POINTS

Touchdown	<ul style="list-style-type: none"> • 6 points
Point After Touchdown (PAT)	<ul style="list-style-type: none"> • 1 point from the 3-yard line (no-run zone in effect) • 2 points from the 10-yard line, run, pass (outside of no-run zone) • Interceptions returned on PAT's are worth 2 points
Safety	<ul style="list-style-type: none"> • 2 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.



Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

Article 9. If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively holds, tackles, etc. without making a clear, legal attempt to pull the ball carrier's flag, the ball carrier will be awarded two points.

SECTION 5. OVERTIME EXTRA POINT SHOOTOUT

Article 1. A coin flip determines first possession, 1 timeout per OT period

Article 2. Teams will go in reverse order if more than 1 OT is required

Article 3. Teams can elect to go for 1 or 2 points

Article 4. Winner will be determined once the value of the extra point exceeds the other team's attempt.

SECTION 6. PENALTIES INSIDE 2 MINUTES

Article 1. All penalties inside of 2 minutes of BOTH halves remain the same except:

- Defensive delay of game (+ 15 yards Unsportsmanlike & AFD)
- Intentional Offensive delay of game (-15 yards Unsportsmanlike & LOD + clock stops)
- Offensive Pre-snap penalties – yardage + LOD + clock stops



RULE 5. PENALTY CHART

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	5	Previous spot	Loss of down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead ball - Previous spot	Replay down**
False Start	5	Dead ball - Previous spot	Replay down**
Offsides	5	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	5	Dead ball - Previous spot	Replay down
Illegal Shift or Illegal Motion	5	Previous spot	Loss of Down
Stripping or Attempted Stripping	5	Spot of the foul	Replay 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 Participation	5	Previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Illegal Snap	5	Previous Spot	Replay down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	10	Spot of the foul	Replay down
Charging	10	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line

** LOD, if 2 min or less in either half

8v8 SCREEN COED

The following 8v8 screen coed flag football rules for men and women are FFWCT approved. These rules are an extension of our **7v7 Screen** rules so read through those, along with the General Rules first, as they apply to every style we offer. Below are the changes to this style for coed:

RULE 1: COED CHANGES

SECTION 1. ELIGIBILITY

Article 1. 8v8 Screen Coed Flag Football teams must consist of a maximum of 5 males on the field at any one time. The other 3 players must be female, and you may use more or less females than required with a minimum of 1 female participant, but cannot exceed 3 male participants.

SECTION 2. EQUIPMENT

For women's and coed formats, a Junior size or Intermediate size football is allowed.

SECTION 3. GAMEPLAY

Article 1. To ensure coed participation, a penalty will ensue if the offensive team fails to use a female as an operative player within 3 consecutive downs. This applies to the full game. The penalty for running 3 consecutive plays without a female as an Operative Player will be a 5 yard penalty and a loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down) and the female must now be the operative player on the next play. An Operative Player is defined as a player who:

- is the intended receiver in the eyes of the official
- runs the ball as the primary runner (must cross line of scrimmage)
- receives the snap as the QB and must attempt to be the person who initiates the ball crossing the line of scrimmage

Article 1. An Operative Player is NOT defined as a player who:

- hands off the football
- snaps the ball into play
- receives a hand-off only to give it back to a male before crossing the line of scrimmage
- receives a pitch downfield

Article 2. Examples of an operative player:

- a pass deflected by a male and caught by a female is a female play
- a pass intended for a female (in the eyes of the referee) that is deflected by a female, and caught by a male counts as a female play
- a pass thrown by a male, received by a male and immediately pitched to a female (the "hook and ladder") will not constitute a female play – no matter how far the female advances with the ball after the pitch
- a pass intentionally grounded by a female in the last one minute of either half in order to stop the clock DOES count as a female play
- if a female pitches the ball to a male behind the line of scrimmage this will not result in a female play.



- a female intercepting the ball on defense in a pick 6 scenario would count as the operative player.

Article 3. Laterals

- If at any point in a scoring play a male player on the scoring team receives a lateral or handoff downfield, or in the backfield and runs past the line of scrimmage, the play will be ruled a 6 point play whether a female was involved as an operative player at any point or not.

SECTION 4. SCORING

Article 1. Touchdowns

- 6 points awarded for all male participation
- 9 points awarded for female participation as the operative player.

Article 1. Extra Points

- 1 point awarded for all male participation play from 3 yard line
- 2 points awarded for all male participation from 10 yard line
- 2 points awarded for female participation play from 3 yard line. Only qualifies if it fulfills all Operative Player requirements above (i.e. if a male passes to a male and then simply hands off or pitches to a female just before crossing the goal line, this is not a 2 or 3 point play).
- 3 points awarded for female participation play from 10 yard line.

Article 3. Mercy Rule

- No Mercy Rule during pool play games.
- During playoffs, if a team is up by 48 points or more during tournament play at any time, the game will be over.

SECTION 5. SECOND HALF CLOCK

Article 1. At the two minute warning of the second half, if the score difference is 13 points or more, a pro clock will not be initiated and will continue with a running clock. Same applies if a team scores during the 2 minutes to create a 9 or more point lead. If a team scores to create a one possession game within 2 minutes of the second half, a pro clock will then be initiated.

8v8 CONTACT

The following 8v8 Contact flag football rules for men and women are FFWCT approved.

Read through the General Rules first, as they apply to every style we offer, then also make sure and check out the style-specific rules below that are unique to this format.

RULE I. OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 120 yards long by 53 yards wide with 10 yard endzones. Approved field sizes may fluctuate from 100-120 yards long when necessary, or 50-53 yards wide. Endzones should not be shorter than 9 yards.

Article 2. Zone lines-to-gain markers are located at the 20-, 40-, 40-, and 20-yard lines on a 100-yard field.

Article 3. If an 80-yard field is used, line-to-gain markers are located on the 20-, 40-, and 20-yard lines.

Article 4. Offensive teams have four downs to successfully advance to the next zone-line-to-gain and earn a new set of downs.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME – upon approval by an FFWCT director

Article 2. Minimum 6 players to start a game. May only have up to 8 players on the field at any one time.

Article 3. A coin toss determines 1st possession. The team can elect to have offense, defense, defer or direction. Choice in the 2nd half will be awarded to the team that did not have the choice 1st half.

Article 5. All players are eligible receivers.

Article 6. Mercy Rule: No Mercy Rule during pool play games. If a team is up by 28 or more points at any time during bracket play, the game will end.

SECTION 3. ATTIRE

Article 1. Teams also must have the same color shirts and have an alternative color (one dark color/one light color). They do not have to be official uniforms. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change into a different color. Failure to provide a secondary uniform or unwillingness to change will result in a forfeit.

SECTION 4. GAME CLOCK FORMAT

Article 1. Games are 40 minutes (two 20 minute halves). Halftime is two minutes.

Article 2. Each team will have two time outs per half.

Article 3. The clock will run continuously during the first 18 minutes of each half unless a team timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee conference, etc.)

Article 4. A “stop-clock” will be in effect in the last two minutes of the first and second half, unless the point differential is greater than 17 points in the last two minutes of the second half.

Article 5. The head official will give a verbal two-minute warning as close as possible to the actual two-minute mark but will not interrupt a live play.

Article 6. The two-minute warning will stop the clock.

Article 7. The time remaining on the clock will be announced after every play inside the final two minutes of the contest.

Article 8. The clock will not run during point-after-touchdown attempts (PATs) in last two minutes of each half.

Article 9. The play clock is 25 seconds at the officials ready.

RULE 2. OFFENSE

SECTION 1. OVERVIEW

Article 1. The offensive may not have more than four players in the backfield at the snap.

Article 2. Only one offensive player may be in motion at the snap and that motion must be parallel to the line-of-scrimmage. Any player in motion must be moving atleast one yard off the line of scrimmage.

Article 3. Players who go in motion do not count as “being on the line”.

Article 4. The ball must be snapped from the ground in a fluid and continuous motion between the center's legs.

Article 5. There are no required distances between the center and other offensive players on the line.

Article 6. No offensive player may start a play closer than five yards from the sideline.

Article 7. The ball must be snapped while positioned between the hashmarks on a regulation field. If no hashmarks are available, it must be snapped between the width of the goalposts.

SECTION 2. BLOCKING

Article 1. Contact blocking is allowed between the shoulders and waist only (a.k.a. “inside the frame”). Blocking in the back is not allowed.

Article 2. Blockers must be on their feet before, during and after contact is made with their opponents.

Article 3. No contact of any kind is allowed above the shoulders of an opponent. Illegal blocks include:

- Leading with the shoulder outside the ‘free blocking zone’
- Low/chop/cut blocks: An attempt by a player to block an opponent at the thigh level or lower.
- Crack-back block: A blind-side block on a player by an opponent who starts downfield and then cuts back

toward the original spot of the ball to make contact.

- Blind-side block: Engaging an opponent who does not see the blocker approaching with anything other than fully extended arms and open palms.
- Clipping: A player hitting an opponent from behind.
- Tripping: A player using their leg or foot to stop an opponent's forward motion.
- Hook or hug block: A player gaining advantage of an opponent by turning or detaining the opponent by illegally tackling or using arms around the body, waist, shoulders or arms.
- Rolling blocks: A player on the ground attempting to block or engage an opponent by moving or turning over and over on an axis.
- Dive blocks: A player leaving their feet to engage an opponent.
- Making contact with an opponent while swinging or flipping hands, arms or elbows.
- Slapping, punching, or swinging at an opponent with hands, arms or elbows.
- Grabbing or holding an opponent's jersey while blocking.
- Interlocking of blocker's fingers or hands.
- Laying on a downed defender

Article 4. Swim moves (a player using a maneuver similar to a freestyle swimming stroke to get past an opponent) are legal. However, if the swim move results in contact to an opponent above the shoulder (neck, head, or face) it is illegal.

Article 5. Downfield blocking for the ball carrier is allowed.

Article 6. Blocking downfield while the ball is in the air is pass interference except if the pass is behind the line of scrimmage.

Article 7. Two-on-one blocking is permitted as long as both blockers are engaging the opponent above the waist.

Article 8. If a player turns to expose their back, it is not an illegal block as long as their opponent maintains contact with the player from the initial block.

SECTION 3. RUN PLAYS

Article 1. The quarterback — the player initially receiving the snap — may run to advance the ball at any time.

Article 2. The offense may use multiple backward hand-offs or laterals.

Article 3. To execute a center sneak, the ball must completely leave the center's hands on the snap and they must take at least one step backwards off the line-of-scrimmage before receiving direct hand-off from the quarterback before advancing the ball.

SECTION 4. PASS PLAYS

Article 1. Teams can make an unlimited number of backward passes and then throw a forward pass provided the player throwing the ball is behind the line of scrimmage.

RULE 3. DEFENSE

SECTION 1. RUSHING

Article 1. Defensive lineman may not line up directly in front of an offensive lineman (i.e. head-to-head). They must "shade" (face toward each other but shoulder-to-shoulder) to one side or the other of their opponent for safety reasons..

Article 2. The center is considered a defenseless player while their head is down in the snapping position and cannot be contacted until they assume a blocking position or has fired out into their pattern.

SECTION 2. ROUGHING THE PASSER, KICKER, HOLDER, CENTER

Article 1. Defensive players must make a concerted effort to avoid charging into an unprotected player.

Article 2. To assist defensive players to avoid unnecessary contact with the passer the covering official will endeavor, but is not required, to announce "balls away" when the ball has left the passer's hand.

Article 3. In general, defensive players may not "crash" the passer's throwing arm, shoulder or body even if the ball is touched first. This rules applies to holders and kickers as well.

Article 4. An insignificant "brush-by" may be allowed by the referee but is not guaranteed.

Article 5. Making contact with the quarterback while blocking a pass or attempting to block a pass may result in a roughing the passer penalty.

Article 6. Whether or not a ball is tipped in the air by the defense has no bearing on the play as it applies to fouls (roughing, personal fouls, etc.).

Article 7. The defense can knock a pass down, but the ball must have left the passer's hand. Otherwise this is Stripping.

Article 8. A roughing penalty will not be enforced if a passer initiates contact with a defensive player while in the throwing motion; for example, during the passer's follow through makes contact with an opponent's hand, arm, or shoulder. In this instance the energy of the contact is the action of the passer and not the defender. This is a judgment call.

Article 9. It may be a personal foul if the passer's follow through hand or arm makes contact with an opponent's head, neck or face. This is a judgement call.

SECTION 3. PASS COVERAGE

Article 1. Contacting receivers within the initial five yards from scrimmage is allowed as long as the ball is not in the air.

Article 2. Contact within the initial five yards must be continuous (i.e. no "re-loading") and applied "inside the frame" of the body.

Article 3. A defender may turn an opponent “off their route” as long as the defender’s hands are “inside the frame”.

Article 4. Pass interference normally occurs above the waist; entangled feet are not considered pass interference.

Article 5. Incidental contact is not considered pass interference.

Article 6. A player may “find” their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.

Article 7. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact. Examples of pass interference include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Defender is looking at the receiver and makes significant contact materially impeding the receiver.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.
- Cutting off the path of a receiver by being in front of them and slowing down or being beside them and “riding” them off their path to the ball.

Article 8. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver.

Article 9. A player may use their arms or hands to intentionally obstruct the receiver’s view (face guarding) of the ball without turning their own head to play the ball as long as noteworthy contact is not made with the receiver.

Article 10. The remedy for defensive pass interference is 15-yard and an automatic first down or half the distance to the goal and a first down, even if it occurred in the end zone.

Article 11. Interceptions may be returned.

Article 12. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 20-yard line.

RULE 4. KICKING

SECTION 1. KICK OFFS

Article 1. The kicking team will kick from their 40-yard line unless moved by penalty.

Article 2. Teams have one minute from the end of PAT attempts to execute kick offs.

Article 3. All players of the kicking team must start with one foot on the kicking line with the exception of the kicker (i.e. there is no ‘run up’ allowed).

Article 4. The receiving team’s restraining line will be 10-yards from the kicking team’s restraining line.

Article 5. Four players on the receiving team must start the play within five yards of the receiving team's restraining line.

Article 6. A kick that breaks the goal line is still live and may be carried out (returned) by the receiving team.

Article 7. If a kickoff goes out of bounds untouched beyond the receiving team's restraining line, but before the 35-yard line, the ball is put in play at the point where the ball left the field of play plus a 5-yard penalty tacked on.

Article 8. If the ball goes out of bounds untouched between the 35-yard line and the goal line the ball is put in play at the 35-yard line.

Article 9. Touchbacks will be spotted at the 20-yard line.

SECTION 2. FIELD GOALS / PAT KICKS

Article 1. Field goals may be attempted at any time. Snaps for field goals must be executed between 'the hashes'.

Article 2. A 1" or 2" kicking block may be used by the kicking team.

Article 3. The offense must have at least four players on the line at the snap.

Article 4. Defensive players are not allowed to be in three or four point stances.

Article 5. Defensive players cannot rush the Center/Guard gap (A Gap) if the Center/Guard's feet are touching at the snap, unless they vacate the area on their own.

Article 6. This gap will stay ineligible regardless if the offensive player's feet are touching immediately after the snap.

Article 7. The guard can move and block as long as he does not vacate his area (i.e. blocking down).

Article 8. If the guard vacates (ex: pulls left or right), then players may rush the gap.

Article 9. Offensive lineman cannot be forced to vacate their position.

Article 10. Defensive players may legally rush through eligible offensive line gaps and outside the offensive line.

Article 11. Fake field goals are allowed.

Article 12. The holder can have one knee on the ground and get up and run or pass the ball during a fake field goal.

Article 13. This is the only play that a runner with the ball can have a knee on the ground and play still be live.

Article 14. The snap must be caught in one continuous motion and placed on the ground for the field goal attempt.

Article 15. If the ball is snapped and hits the ground, the play is dead and the field goal attempt will be no good.



Article 16. The Center/Guard (A Gap) protection vanishes upon a fake field goal attempt (i.e. the holder rises up to run or pass) and the Defense is free to rush the A Gap.

Article 17. A holder may not legally pass or flick the ball forward or backward without rising up from their knee. (illegal pass).

Article 18. All roughing penalties during field goal attempts will result in an automatic first down and yardage if accepted

Article 19. Whether or not a ball is tipped or blocked by the defense has no bearing on the play as it applies to fouls (roughing, personal fouls, etc.). Avoid the kicker, center, and holder!

SECTION 3. MISSED OR BLOCKED FIELD GOALS

Article 1. A missed or blocked field goal remains live until it hits the ground, goes out-of-bounds or otherwise becomes dead by rule.

Article 2. A missed or blocked field goal is returnable by the defense to include returning it from the end zone.

Article 3. The kicking team may recover but may never advance a missed or blocked field goal that has crossed the line-of-scrimmage that was not batted or deflected.

Article 4. The kicking team may recover and advance a missed or blocked field goal that has crossed the line-of-scrimmage but was batted or deflected behind the kicking team's line-of-scrimmage.

Article 5. A missed or blocked field goal attempt on first, second, or third down that is caught by the kicking team behind the line-of-scrimmage will be counted as a scrimmage play and the kicking team shall receive the next succeeding down.

Article 6. The ball becomes dead when it strikes any part of the goal post cross bar or uprights.

Article 7. After a missed or blocked field goal and when the ball becomes dead the new offensive captain has two options to put the ball back in play:

- the previous line-of-scrimmage
- the 20-yard line

SECTION 4. PROTECTED PUNT

Article 1. On any down, the offense may request protection for a protected punt.

Article 2. Both teams must maintain at least 4 players on the line until the ball is kicked.

Article 3. The offense cannot cross the line of scrimmage until the ball is kicked.

Article 4. Lineman 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.

Article 5. The punter must receive the snap at least 5 yards behind the center and immediately punt the ball. No direct snaps are allowed.

Article 6. If the punter drops the snap and the ball hits the ground, the ball is dead at the spot.

Article 7. The penalty for not punting the ball immediately shall be a 5-yard, illegal procedure.

Article 8. If a protected punt has been announced and a timeout is called, the team must re-declare their intention for a protected punt.

Article 9. 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 yards and a loss of down).

Article 10. All touchbacks will be placed at the 20-yard line.

SECTION 5. FAIR CATCH KICK

Article 1. After any fair catch, the receiving team may request a fair catch scrimmage kick for three points.

Article 2. The team captain can choose any player to attempt the scrimmage free kick.

Article 3. The free kick must be executed from anywhere between the hash marks regardless of where the fair catch was called.

Article 4. The player executing the free kick may use a drop kick, a kicking block, or have a teammate place and hold the ball. Punting style or kicking tee may not be used.

Article 5. On all free kicks the defense must be a minimum of 10-yards away from the kicking line and may not rush.

Article 6. Unsuccessful free kicks cannot be returned.

Article 7. No snap is required for a Fair Catch Kick.

Article 8. Change of possession of unsuccessful free kicks will be at the spot of the unsuccessful free kick.

SECTION 6. ONSIDE PLAY OPTION

Article 1. This option is only available to a team who has just immediately scored a touchdown or field goal, is losing, and during the final two minutes of the second half.

Article 2. This is an untimed down.

Article 3. This option is not available after the trailing team has scored a safety.

Article 4. This option is never available to the team ahead in points.

Article 5. After the trailing team has scored and attempted the extra point, the team captain of the trailing team must inform the referee they intend to attempt an onside play.

Article 6. The ball is placed at the offensive team's 20-yard line, going out.

Article 7. This play is treated exactly like a fourth down play including the assessment of penalties with one exception. If a foul occurs that includes an automatic first down (ex: roughing the passer) the offense will not receive a new set of downs. They will receive the 15-yard penalty and replay the down, i.e. fourth and five from the 35-yard line, line to gains is the 40-yard line.

Article 8. The offense must advance the ball to the 40-yard line or beyond, after all live ball

penalties have been assessed in order to retain the ball.

Article 9. Dead ball penalties will not be considered in determining if the line-to-gain was achieved.

Article 10. If the offense retains the ball the next zone-line-to-gain will be determined.

Article 11. If the offense does not retain the ball the defense will take possession of the ball where it became dead (end of the run or previous line of scrimmage) and the next zone-line-to-gain will be established.

Article 12. Interceptions returned to the end zone by the defense during an onside play are worth six points and a PAT attempt.

Article 13. There is no limit to the amount of onside plays a team may use as long as the provisions of lines 1, 2 and 3 of this section are still valid.

RULE 5. SCORING

SECTION 1. POINTS

Touchdown	<ul style="list-style-type: none"> • 6 points
Point After Touchdown (PAT)	<ul style="list-style-type: none"> • 1 point from the 3-yard line - run, pass or kick • 2 points from the 10-yard line - run, pass or kick • Interceptions returned on PAT's are worth 2 points
Field Goal / Fair Catch Kick	<ul style="list-style-type: none"> • 3 points
Safety	<ul style="list-style-type: none"> • 2 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point PAT but it will be from the 8-yard line.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt or on the kickoff. All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start, offside, etc.) may result in penalty yardage assessed and the down replayed.

Article 6. Fouls by the offense during a PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being "no good" and the attempt will not be repeated.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls simultaneous to the snap (illegal shift, illegal motion, illegal formation, etc.), if accepted, will result in penalty yardage assessed and the down replayed.

Article 9. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered. The offense may opt to accept or decline penalty yardage before the retry.

Article 10. Fouls committed by the defense during a successful PAT will result in the option for the offense to enforce the yardage on the kickoff.

Article 11. Interceptions or returned blocked kicks that have not become dead by rule on any PAT attempt can be returned by the defense for two points.

Article 12. Defensive unsportsmanlike conduct and personal fouls on successful PAT attempts will be enforced on the following kickoff.

SECTION 3. AFTER A SAFETY

Article 1. The kicking team (team giving up the safety) must free kick (punt, kick from a kicking block using a teammate to hold the ball on the block, or kick using a team mate to hold the ball on the ground) from its own 20-yard line. Kicking from a kicking tee is not allowed.

Article 2. Snapping the ball is not required on a safety free kick.

Article 3. Defensive players may not be closer than 10 yards from the kicker at the kick and may not rush.

SECTION 4. OVERTIME EXTRA POINT SHOOT-OUT

Article 1. A coin flip determines first possession, 1 timeout per OT period

Article 2. Teams will go in reverse order if more than 1 OT is required

Article 3. Teams can elect to go for 1 or 2 points, with a run, pass or kick option.

Article 4. Winner will be determined once the value of the extra point exceeds the other team's attempt.

SECTION 5. MERCY RULE

Article 1. There is no mercy rule during pool play, but there is during single elimination playoffs or double-elimination format tournaments.

Article 2. During tournament or league play the mercy rule will be automatically invoked if the score differential reaches 17 or more points during the final two minutes of the second half or 28 or more points at any time in the second half.

Article 3. Forfeits that occur prior to game will be recorded as 17-0. Forfeits that occur during the game will be recorded as 17-0 or the actual score of the game at the time of the forfeit, whichever is the larger differential.

RULE 5. PENALTY CHART

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	10	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss 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	15	Previous spot	Loss of down
Defensive Pass Interference	15	Previous spot	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Roughing: Passer/Kicker/Holder/Center	15	End of the play or previous spot	Automatic 1st Down
Delay of Game	5	Dead ball - 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	5	Dead ball - Previous spot	Replay down
Illegal Shift or Illegal Motion	5	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 Participation	5	Previous spot	Loss of down
Illegal Blocking	10	Spot foul or from 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	10	Spot of the foul	Replay down
Illegal Touching	5	Previous spot	Loss of down

8v8 WARZONE

The following 8v8 Contact Warzone flag football rules for men and women are FFWCT approved. These rules are an extension of our **8v8 Contact** rules so read through those, along with the General Rules first, as they apply to every style we offer. Below are the changes to this style for coed:

RULE 1: WARZONE CHANGES

SECTION 1. DIFFERENCES FROM 8V8 CONTACT

Article 1. No Kicking, Punts, Kick Offs or Field Goals

Article 2. Teams start from the 35-yard line going towards the endzone with (4) plays to get a 1st down by reaching the 20-yard line.

Article 3. Once a first down is achieved, the team then has (4) plays to score.

Article 4. Both teams go the same direction much like High school 7v7. 2 games may be played on one full size 120 yard field, going towards opposite endzones.

Article 5. If the defense intercepts a pass and returns it past the 45-yard line, it will count for an automatic 8pts (6pt TD & 2pts for an automatic conversion).

Article 6. Sonic Flags are utilized for 8v8 Contact Warzone

Article 7. Game clock will be two 15 minute halves with the last 2 minutes going to a PRO clock each half.

Article 8. A 5 yard no run zone will be in effect near the goal line.

Article 9. Overtimes will be handled with an extra point shootout. A coin flip determines first possession, 1 timeout per OT period. Teams will go in reverse order if more than 1 OT is required. Teams can elect to go for 1 or 2 points. Winner will be determined once the value of the extra point exceeds the other team's attempt.



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