**2025 SDCFOA Flag Football Rules Summer Study**

**7-12-25**

***THIS IS A REPLACEMENT OF THE 2025 FLAG FOOTBALL RULES SUMMER STUDY THAT WAS PLACED IN YOUR PACKETS BY MISTAKE***

The field size for the CIF postseason and playoffs will be 40 yards wide by 80 yards long with two 10-yard endzones. In some cases, the field will go from 10-yard line to 10-yard line. In other cases, the field will utilize one of the endzones and the other endzone will be set up on the opposite 20-yard line with the back of the endzone at the 10-yardline.

The field will either be centered with sidelines on the field 40-yards apart or will utilize the home sideline with the opposite sideline marked 40-yards from the home sideline.

Hash marks will be 23-yards apart and centered on the field. If the field is centered, the goal posts are 23’3” wide and will be used as the hash marks. If the field uses the home sideline, cones will be placed 23’ apart, centered on the field, and located just beyond the two endlines.

The line to gain will be marked at the 20-yard line, 40-yard line, and 20-yard line. (or ¼, midfield and ¼ of the field space).

Jersey: must cover the players’ torso. 4) Must be long enough to be tucked into pants. 5) Must have both a light-colored (away) and a dark-colored (home) shirt. 6) The shirt must be always tucked in. 7) Sweats (including hoods) must be worn under the uniform if worn.

Pants, shorts, or skirts: no open pockets, belt loops, or exposed drawstrings. 4) Spandex and compression shorts may be worn under the uniform. 5) No torn shorts or sweatpants. 6) The pants or shorts must be a contrasting color to the flags.

Flags: 2) One flag on each hip (2 flags total) 3) Flag size is 2” wide by 15” length. (A flag with no more than 5% variability will be legal) 4) Flags MUST be removable from the belt. 5) All “pop” flags must be designated by the manufacturer to be for YOUTH. Any flag designated by the manufacturer to be an “adult” pop flag will be illegal.

Mouth and Tooth Protector: It is MANDATORY that all players wear a mouthpiece.

~~2)~~ Sunglasses: Players are not permitted to wear sunglasses unless they are prescription sunglasses which will be legal.

Softshell helmets may be worn to protect the head. All headgear must be secured to the head and worn as intended by the manufacturer and must contain no hard objects.

A player may not wear jewelry. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible. No eye shade other than all black. Exception: Pink is allowed during October.

“Adornments” such as soft bracelets, and wrist bands not worn on the wrist or arm are not allowed. All adornments are at the discretion of the officials assigned to the contest.

The coin toss options are the same for flag football as with tackle football replacing “kick or receive” with “go on offense or defense”. So, the winner is offered “offense, defense, defer, or defend a goal.” The loser will have a choice from those that the winner did not select. The second half choice will be to determine the direction we will be playing.

Play will start on the 14-yard line.

The game time will be four quarters with a 12-minute running clock. We will have a running clock until the last 2-minutes of each half (2nd and 4th quarters). Halftime will be 5-minutes.

Between the 1st and 2nd quarters the teams will change goals. They will do the same between the 3rd and 4th quarters.

The referee will stop the game clock during the first dead ball with 2-minutes or less remaining in either half. The game clock will start on the snap following the 2-minute warning.

During regular running time, the game clock will only stop when:

1. The down ends following a foul.
2. An official’s time-out is taken.
3. A score or touchback occurs. (will remain stopped during the try)
4. A new series of downs is awarded to B or R.
5. An inadvertent whistle is sounded
6. The period ends
7. The 2-minute time-out occurs.

During the last two minutes of the 2nd and 4th quarter, the game clock will only stop when:

1. A legal or illegal forward pass is incomplete~~.~~
2. The ball/runner goes out of bounds.
3. If the offense is awarded a 1st down. The clock will then start on the ready-for-play if the only reason the clock was stopped was to award a 1st down.

Each team will have two timeouts per half. No unused timeouts are carried over to another period or into overtime.

The game clock will stop (official’s time out) to remove improperly equipped players from the field of play or to allow a substitute to enter. The play clock will reset.

The referee will spot the ball, not the players. The ball with either be spotted in the center of the field, or at one of the two hashmarks depending on the result of the play and the location of the dead ball. If the ball is dead in the side zones it will be placed at the hashmark. If the ball is dead between the hash marks, it will be place in the center of the field.

Ready-for-play signals that the ball may be put into play by a snap and starts the 25 second play clock.

There are no formation restrictions on the offense other than a center must be on the line of scrimmage and snap the ball (either between her legs or from the side of the ball).

The defense’s neutral zone, on all plays, is 1-yard off of the front of the ball (1-yard from the top of the traditional neutral zone which is the length of the ball).

The referee will signal and then march off the penalties in a quick and efficient manner so as to get the game clock started again if appropriate by rule. Flank officials may help march off the penalties.

The QB may take a snap from under center (hand-to-hand) as CIF has interpreted that the QB’s feet will be 2-yard back of the ball.

“No Run Zones” have been eliminated.

The QB, and teams, may run as often as they wish from any location on the field. There are no limits on running the football, even by the QB.

There is no 7-seond clock on the QB

The definition and foul for spinning have been deleted. Spinning is legal.

Legal Screen Blocking is taking a position to obstruct the path of an opponent without contacting the opponent with any part of the blocker’s body. Legal Screen Blocking may take place anywhere on the field, both behind the line of scrimmage and downfield.

Legal Screen Blocking allows the blocker to move and obstruct the path of the opponent as long as the two players are moving in the same direction and there is no contact.

If the legal Screen Blocker is moving and/or obstructing the path of the defender, the defender may not create contact with the screen blocker. Rather, the defender must move around the blocker without contact.

Once the defender, being screen blocked, gains an angle and begins moving beyond the screen block, the screen blocker must stop the attempted screen block.

“Right of Place” always supersedes “Right of Way”. If the defender has established a position in front of the blocker, or runner, that is considered “Right of Place”. A blocker or runner who is moving has “Right of Way” and can’t be contacted from a moving defender. But, a defender with an established position (Right of Place) supersedes the runner/blocker’s “Right of Way” and the defender cannot be contacted by the runner or blocker. For more on this concept view the YouTube Video at: <https://www.youtube.com/watch?v=mEx9jcWz5L0&t=429s>

No player may throw the ball forward if they are in or beyond the neutral zone.

The quarterback may not intentionally ground the ball by throwing the ball into an area unoccupied by an eligible receiver. The QB may “spike” the ball immediately after controlling the snap in order to stop a running clock inside 2-minutes of each half.

The QB may not be contacted, including contact with the QB’s arm during her follow-through. Rushers must only attempt to pull the QB’s flags from one side, not from directly in front of the QB.

Defenders are not allowed to contact any receiver. Any use of hands, arms, elbows, legs, or body to initiate contact is illegal.

Flag Guarding is the use of hands, arms or the ball **where contact occurs** between the runner and an opponent that denies the opportunity for an opponent to pull or remove the flag or flag belt.

The foul for diving has been removed. Diving is allowed.

Tagging is the act of touching a player with one hand, anywhere between the shoulder and knees. A tag will be used to down a player who has lost their flag inadvertently while in possession of the ball.

Each extra period shall consist of a two-possession series with each team putting the ball in play by a snap on the designated 20-yard line (unless relocated by penalty), which becomes the opponent’s 20-yard line. The line to gain is always the goal line regardless of whether a penalty enforcement places the ball more than 20 yards from the goal line to start a new series of downs.

During the final 2:00 minutes, if the point differential is greater than or equal to 28 points, a running clock will remain for the final two minutes of play.

Penalties by the opponent of the scoring team may be enforced on the try or the succeeding spot. Read Rule 8 Articles 2-4.

On 4th down the offensive team must declare whether they are “punting” or going for the first down before the expiration of the play clock. If the offensive team declares a punt, all players must remain stationary as the punter receives the snap (either in shotgun or hand-to-hand) and punts the ball from a location at least 2-yards behind the line of scrimmage.

If the punt is not fielded cleanly by either team, and is muffed or fumbled to the ground, the ball is dead at that spot.

There are Kick Catching Interference rules consistent with tackle football rules in Rule 6.

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| **PENALTY SUMMARY** |

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| **LOSS OF 5 YARDS** | | | |
| **Foul** | **Reference** | **Signal** |
| Delay of game | 3-6-2, 3-6-4 | 7-21 |
| Illegal substitution | 3-7 | 22 |
| Encroachment | 7-1-1, 7-1-5, 7-1-6, 7-1-7 | 7-18 |
| Snap infraction | 7-1-2, 7-1-3, 7-2-3 | 7-19 |
| False start | 7-1-8, 7-1-9 | 7-19 |
| Disconcerting act | 7-1-11 | 7-23 |
| Illegal formation | 7-2-1; 7-2-2b, c | 19 |
| Numbering violation | 7-2-2a | 19 |
| Illegal shift or illegal motion | 7-2-4, 7-2-5 | 20 |
| Illegally handing ball forward (also loss of down) | 7-3-2, 7-3-3 | 30-9 |
| Illegal forward pass (by A; also loss of down) | 7-5-2 | 30-9 |
| Illegal forward pass (by B) | 7-5-2 | 30 |
| Intentional grounding (also loss of down) | 7-5-2d | 31-9 |
| Helping runner | 9-1 | 35 |
| Sideline interference | 9-8-1k | 7-26 |
| Attendant illegally on field | 9-8-2 | 19 |
| Nonplayer outside of the team box, but not on field | 9-8-3 | 7-26 |

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| **LOSS OF 10 YARDS** | | |
| **Foul** | **Reference** | **Signal** |
| Kick-catching interference | 6-3 | 28 |
| Forward-pass interference | 7-5-10 | 28 |
| Illegal blocking technique | 9-3-1 | 34 |
| Interlocked blocking | 9-2-1a | 35 |
| Holding | 9-2-1b; 9-2-3c | 33 |
| Runner grasping a teammate | 9-2-2a | 34 |
| Illegal use of hands or arms | 9-2-3a, b, d, e | 34 |
| Flag guarding | 9-2-2b, c | 38 |
| Charging into an opponent obviously out of the play (also first down if by defense) | 9-4-3b | 32 |
| Hurdle an opponent (also first down if by defense) | 9-4-3c | 32 |
| Tripping (also first down if by defense) | 9-4-3i | 36 |
| Roughing passer (also first down) | 9-4-4 | 32-29-8 |
| Illegal personal contact in restricted area (also first down if by defense) | 9-4-5 | 32-26 |
| Unsportsmanlike conduct by player or nonplayer (also first down if by defense) | 9-5, 9-8-1 | 24 |
| Illegal participation | 9-6 | 25 |
| Illegal kicking or batting the ball | 9-7 | 27 |
| Sideline interference (third and subsequent) (also first down if by defense) | 9-8-3 | 26 |
| Nonplayer illegally on field | 9-8-3 | 24 |
| Unfair acts | 9-9 | 24 |