**SAN DIEGO COUNTY FOOTBALL OFFICIALS ASSOCIATION - THE WEEKLY BULL FOR FLAG FOOTBALL – August 6, 2025**  
   
**Hello Flag Football Coaches and Ads** – Make sure all head coaches have this contact information:  
   
**Tom Ables, Assignment Secretary -**[assignsdcfoa@gmail.com](mailto:assignsdcfoa@gmail.com) - (619) 997-7684  
   
**Steve Coover, Instructional Chair -**[**cooversteve@gmail.com**](mailto:cooversteve@gmail.com)**-**(619) 921-3006   
   
**Conference Meetings**– Thank you to all of the coaches who participated in the meetings.  The exchanges between you and Tom and myself were most helpful.  Again, we are here to help so contact us whenever you have a problem.  And keep checking your Arbiter account to make sure each week’s games have officials assigned.  
   
**The Field** – 80 yds. X 40 yds.  Most are attempting to use the Lacrosse lines which are already painted on many fields, which are centered and 40-yards apart.  10-yard line-to-10-yard line is also preferred.  BUT using the home sideline is totally acceptable as is using one of the endzones.  I’m just sharing what I’ve discovered in the conference meetings.  
   
**Adornment** – Black eye shade only one-stripe under the eye.  No crosses or other symbols painted on the face.  No jewelry.  Wrist bands must worn on the wrists.  Hair ties and ribbons are legal.  Headbands are legal.  Guardian caps are legal.  
   
**Coin Toss** – If you win, you can choose to start on offense, defense, or defer your choice to the second half.  If a team defers, they will then have a choice of directions to start the game.  
   
**Screen Blocking is Legal** – It is “taking a position to obstruct the path of an opponent without contacting the opponent with any part of the blocker’s body.”  If there is contact it must not impact the player or the play.  So incidental “brushing” by the blocker neither impacts the play, or the player.  This will be a difficult judgement call at times.  
   
**Blocking is illegal** – By rule, blocking is described as “with contact” and so it is always illegal.  
   
**Kicking/Punting** – Some important reminders:  
- No formation requirements  
- Players must remain stationary  
- Snap may be shotgun or hand-to-hand  
- Ball must be punted within 5-seconds  
- Once the ball is kicked, all other players may move or jump.  
- Kickers and receivers have on opportunity to possess the ball.  If it is touched, muffed, or fumbled to the ground, the play is dead.  This includes a rolling or bouncing ball.  
   
**Two Plays on Video** -  **Play #1** shows a QB handing off to a runner and then slightly extending her arm toward the defender who is chasing the runner.  In this play, I judge the contact to neither impact the play or the player and thus no foul.  Very, very slight.  You may want to run the play in slow motion to get a better look.  
   
**Play #2** shows an offensive player who has established a right of place.  The defender in pursuit of the runner, runs into the offensive player with established right of place.  The defender needs to go around the offensive player and she chooses not to.  Foul on the defense for an illegal block.10-yards if accepted, but not an automatic 1st down.