

SDAYF FLAG RULES - 2017

There is a 65 minute drop dead limit. No time outs in the last 5 minutes of game of time limit (drop dead time) from the winning team.

The Game

The game shall be played by an eight-man team. At least five offensive players must be within one yard of the line of scrimmage at the snap. Instead of the ball carrier being tackled or tagged, a ball carrier is downed when a flag is pulled from his belt.

The field is divided into four equal zones of 20 yards. Each zone is bounded by a zone line. A team will be given four downs to move the ball across the next zone line. When the zone line is crossed, a new series of four downs will again be awarded.

If the offensive team fails to advance the ball to the next zone in four downs, they shall lose possession of the ball to their opponents at the spot where the ball is declared dead after four downs. One line may be passed only once during a series of plays to constitute a first down. There must be one person available to hold the down marker. The line to gain shall always be a zone line.

The offensive teams must have five linemen and three backs. On offense, all players are eligible pass receivers. Defense can line up in any formation they chose. No rushing the punter.

Player Equipment

Mouthpieces are mandatory.

Shirts or upper parts of the uniform shall not hang in such a way that covers the flag belt. The referee will require that all shirts are tucked into the pants to avoid this situation. Should a player continue to intentionally ignore this rule, an unsportsmanlike penalty must be assessed (10 yards). All watches and other jewelry must be removed while the player is on the field.

No padding of any kind is permissible. Protective cups are not considered padding.

Athletic supporter or compression shorts are required.

Flags must be 14 to 20 inches in length. The color of the flags must be in sharp contrast with the color of the pants. If the flags are not in sharp contrast, penalize the team with a 5-yard illegal procedure penalty. The opposing team may administratively protest the game. Flags shall be red or yellow.

Soft helmets are required.

Game Clock and Time

Game Time: Two **25** minutes running halves. The last 2 minutes of the second half are played with regulation stop time. **NO TIME OUTS DURING LAST 5 MINUTES OF TIME LIMIT IF TEAM HAS THE LEAD.**

Play Clock – 25 seconds between plays. (Delay of Game 5 yards)

Halftime will be 5 minutes (no 3 minute warm-up). Teams must switch goals at the half.

Timeouts: A team is entitled to (1) – 45 second timeout per half. Clock will not stop during time outs. If timeout is not used, it will rollover to 2nd half.

Overtime

There is **NO** overtime in AYF Flag.

Scoring

Extra Points:

Rushing = 1 pt

Passing = 2 pts

No field goals are permitted in this division.

Game Play

Kickoffs in the ***FLAG DIVISION have been eliminated.*** The winner of the coin toss will have a choice of being on offense or defense first. The ball will be placed on offensive teams own 30 yard line. The defensive team will have the ball to start the 2nd half.

There are **NO** fake punts.

Dead Ball - Ball is dead at any time it comes in contact with the ground. No fumble recoveries are allowed in this division. All turnovers are blown dead at the spot...cannot run back an interception.

Penalties

All penalties are enforced in accordance with CIF rules modified for an 80 yard field. All 15 yard penalties become 10 yards. All 10 and 5 yard penalties become 5 yards.

Flag Guarding – 10 yards (Spot foul)

Player in possession of the ball shall at no time utilize their hands to interfere with defenders efforts to remove their flags. No stiff arms or swatting at the hands of defenders.

Tackling – 10 yards

Tackling is grasping or encircling an opponent with the hand or arm.

It is illegal to tackle, trip, push, hold, hack, stiff-arm, or rough another player.

No pushing the ball carrier out of bounds. Penalty: 10 yards from spot and first down.

If a defensive player tackles or trips a ball carrier that in the judgment of the referee had an open field for a touchdown, a touchdown will be awarded the ball carrier.

Deflagging – 10 yards

Pulling the flag of a player who does not have the ball will be considered unsportsmanlike conduct – 10 yards

Illegal Formation – 5 yards

At no time shall the defense line a player up opposite of the center. Nor shall players lined up in the “A” gap be allowed to rush until the center has raised his head after the snap (or in a position to protect himself)

Offense must have 5 men on the line of scrimmage – 5 yard penalty

Spinning - The ball carrier may spin only one time in succession (max 360). He must establish balance and direction before he can spin again. Penalty: 5 yards from spot.

Flags

In order to advance the ball a player must be wearing flags.

The play will terminate when an inbound ball carrier's flag(s) have been pulled.

If a ball carrier's flag(s) inadvertently fall, the play will be considered stopped at the point where the flag(s) fell.

A player who attempts to advance the ball without flags will be ruled downed at the point where he originally received the ball.

Removing the Flag

When the flag is cleanly taken from a ball carrier the down shall end and the ball is dead. Upon removing the flag the defender shall hold the flag above his head to assist the referee in locating the spot of capture.

During an attempt to remove a flag from the ball carrier, a defensive player may use his hands on the body and shoulders of an opponent but not on his face or head.

A defender may not hold, push or knock down the ball carrier to get his flag. Penalty: 10 yards from spot and automatic first down.

Coaching

One coach from each team is allowed on the field during plays.

The coach is allowed in the huddle but must stand well behind the play and not give directions once the ball is snapped.

The coach cannot call plays or audibles once teams are set at the line of scrimmage

The coach may not use his position on the field to question or criticize an official.

Conduct

Each head coach is responsible for the conduct of his players, his assistants, team support personnel and the conduct of his team's spectators. A team may be assessed an unsportsmanlike conduct penalty for behavior or actions that distract from the spirit of good sportsmanship.

Slaughter Rule

When the score exceeds a 35 point spread – game will continue and the ball will be placed on the 40 yard line after a score for the losing team. Clock will continue to run till game is completed. Will not stop during the last 2 minutes.