

C.A.R.A.

Flag Football

Since players in flag football cannot have protective equipment, it is essential that necessary safety rules be followed at all times without exception. It is essential for all players to enter the game with the attitude that this is a recreational activity that contact can occur but is to be avoided and that good sportsmanship will always prevail.

Adult 8 on 8

Flag Football: A game played between two teams of eight players each, on a rectangular field having a goal line at each end and whose object is to get the ball over the goal line by running or passing the football.

Current CHSAA (Colorado High School Activities Association) rules will apply to all situations not specifically covered by the flag football rules stated. Contact rules will apply, otherwise current CHSAA rules apply.

1. The Roster:

A. No maximum limit on number of players. Rosters must be signed by agency C.A.R.A. representative.

Note: Tournament award maximum is 15 players. League award maximum is 12 players.

B. Each player may play on one team only.

C. All teams will be limited to their respective league roster.

D. Following a protest of player eligibility, failure to produce ID within ten minutes from the conclusion of the game shall result in a forfeit of the game in question.

The player(s) shall be prohibited from further participation until ID is presented.

NOTE: Immediately following the 10 minute mark (2nd half), teams loses the right to protest player eligibility. (CARA TOURNAMENT ONLY) FOLLOW HYLAND HILLS LEAGUE RULES CONCERNING ROSTER PROTESTS.

E. Protest fees for each ineligible player shall be \$20 cash per player protested. In the event the protest is awarded, all protest fees assessed will be refunded.

F. If a player is ejected from a game regardless of at what point, they are suspended from participation in the next scheduled game. Suspension from a game can result in one or more game suspensions depending on the tournament directors decision.

2. The Game:

A. The game shall be played between two teams of eight players each. A minimum of five (5) players must be on the line of scrimmage for the offense. Anytime after the ball is set for play, each Team A's player must momentarily be within 15 yards of the ball before the snap. PENALTY: Illegal procedure, 5 yards. The defense may have as many as eight or as few as zero players on the line of scrimmage.

1) Motion - One player may be in motion, however, not toward their opponents goal line until the snap and must start two yards behind the line of scrimmage.

2) Players may use a two or three point stance only.

3) Team A's scrimmage line will consist of a two yard (6 feet) neutral zone.

4) The quarterback is allowed to take a direct snap from center.

B. Each team must begin the game with eight (8) players, but if it has no substitutes to replace injured players, it may continue with fewer. If a team has no substitutes to replace disqualified players the game will be forfeited. Penalty for ejected players will be determined by on site field supervisors and will be judged according to the severity of the incident. (FOLLOW HYLAND HILLS RULES – 6 Players)

C. The game is administered by the use of three officials; referee, back judge and line judge. A greater number is permitted. The referee's decisions are final in all matters pertaining to the game.

D. Mercy Rule: If one team leads another by eighteen (18) points when the referee announces the two minute warning in the second half, the game will be ended at that point.

3. The Field:

It is recommended that the field be an 80-yard or 100-yard field in length and 40 yards in width. The field shall have yard line markings at 20 yard intervals from goal line to goal line, with ten-yard end zones (total yards 100). The field shall have both three (3) and ten (10) yard extra point lines one (1) yard in length. However, in case of facility limitations, distances of length and width of a field can be modified.

4. Game Equipment:

A. The ball must meet specifications of size and shape for a regulation football. During the game, each team must use a legal ball of their choice when in possession.

B. A team must have similar colored jerseys with numbers on front or rear. Numbers should be six (6) inches and must be permanently attached.

C. The all-turf shoes are the recommended shoes. NO METAL CLEATS ALLOWED.

D. Each player on the field must wear a flag belt with fastener and three flags unaltered in any way. The flags must release when pulled on. The flags must be of contrasting color to the pants, pants trim or shorts. The recommended flag belt shall be triple threat TM and shall not be manufactured with Velcro TM in any way.

E. Tournament hosts will not be responsible for providing flags.

F. Tournament hosts will not be responsible for providing kicking tees.

5. Illegal Equipment:

A. The use of headgear of any nature, shoulder pads, body pads, forearm pads, elbow pads, shoes with metal cleats, or any unyielding or dangerous equipment is prohibited. Players may use wraps no more than two turns thick in any given area, which can be anchored at each end by tape not to exceed two turns.

B. Stickum of any kind (on body, gloves, ball):

PENALTY: Player or ball is ineligible until stickum or illegal equipment is removed and a 10 yard penalty will be assessed.

C. No article of clothing may cover any portion of a player's flag. Jersey's must be long enough to be tucked in or short enough so that there is a minimum of four (4) inches from the bottom of the jersey to the waist line. Clothing with exposed

pockets, belt loops or drawstrings are NOT ALLOWED

PENALTY: 5 yards.

6. Definitions:

Blocking: Blocking is obstructing an opponent by legally contacting him with any part of the blockers body above the waist. Down field blocking is legal except on kickoffs and punt returns at which time shadow blocking or interference blocking is to be used. Shadowing blocking is causing interference to the defender without making contact.

A. Use of hands or arm by offense: A teammate of a runner or a passer may legally block with his shoulders, hands outer surface of his arms or upper part of his body under the following provisions:

1. The hand(s) shall be:

a) In advance of the elbow.

b) Inside the frame of the blockers body.

c) Inside the frame of the opponents body (exception: when the opponent turns his back to the blocker).

d) At or below the shoulders of the blocker and the opponent, (exception: when the opponent squats ducks or submarines.)

2. The hand(s) shall be open with the palm(s) facing the frame of the opponent or closed or cupped with the palms not facing the opponent.

a) The hand(s) and arm(s) shall not be used to grasp, pull or encircle in any way that illegally impedes or illegally obstructs an opponent.

b) The hand(s) or arm(s) shall not be used to hook lock, clamp or otherwise impede or obstruct an opponent.

c) Blockers may not leave their feet while attempting to block.

B. Hurdling is an attempt by the ball carrier to jump over or around an opponent any place on the field. **NOTE:** A runner may hurdle an offensive or defensive player to avoid injury but cannot hurdle to avoid being de-flagged. A player may also spin to

C. Stripping the ball: A defensive player may legally steal the ball in player's possession, if he does not impede, hold, grasp or obstruct forward progress of a player in possession of the ball.

D. Removal of Flags. When flag/belt is clearly taken from the ball carrier, the down shall end and the ball is declared dead. A player who removes the flag/belt from the ball carrier should immediately hold the flag/belt above his head to assist the officials. The spot of the ball will be determined by the ball carrier's front foot at time of deflagging. If a flag belt inadvertently falls to the ground, a tag between the shoulders and the feet constitutes a capture.

1. Tagging:

a) Tagging is placing one hand anywhere between the shoulders and feet of an opponent with the ball. The tagger may leave his/her feet to make the tag.

Pushing, slapping, striking and holding are not permitted. If the player trips the runner in his/her attempt to make a diving tag, it is a penalty.

b) If a player intentionally removes or refuses to wear flags,

Penalty: 1st time, a delay of game; 2nd time, Penalty: 5 yards.

E. Spiking the ball to stop the clock is permitted but only in the last two minutes

of the second half of play. The ball must be spiked immediately after the snap.

7. Time Factors:

A. All tournament games shall be of fifty-minute duration, divided into two halves of twenty-five minutes each.

1. During the final two minutes of the game, the clock stops for:

- a) Incomplete pass - starts on snap.**
- b) Out-of-Bounds - starts on snap.**
- c) Score a touchdown or safety - starts when the Kickoff is legally touched.**
- d) Team time-outs - starts on snap.**
- e) Penalty - dependent on the previous play.**
- f) Referee's time out - starts at his discretion.**
- g) Touchback - starts on the snap**
- h) Change of possession - time will start when ball is marked.**
- i) Fair catch - starts on snap.**

B. Time Outs: Each team is entitled to two (2) time outs per half of the game. A charged time out shall not exceed one minute. (Only one time out will be given per team for overtime games).

C. Tie Game: In case of a tie score, the two field captains shall be brought together and a coin flipped to determine the option through an extra series of plays.

The Coin Toss

A coin will be tossed by the Referee to determine the options as in the start of the game.

The home team captain shall call the toss. There will be only one coin toss during the overtime. If additional overtime periods are played, field captains will alternate choices.

The winner of the toss shall be given options of offense, defense, or direction.

The loser of the toss shall make a choice of the remaining options. ALL

OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.

Tie Breaker

Unless moved by penalty, each team will start 1st and goal from the "Team B's" 10 yard line. The object will be to score a touchdown. An overtime period consists of one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. If the team, which is, awarded the ball scores, the opponent will still have a chance to win the game. Unless moved by penalty, they will start 1st and goal from the "Team B's" 10 yard line. Extra points attempts will be allowed in overtime. If the defense intercepts the pass and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed on "Team B's" 10 yard line to begin their series of four (4) downs.

Each team is entitled to one time out per overtime period.

NOTE: Teams shall continue to have the option of accepting penalties during overtime.

8. Series of Downs and Zone Line-to-Gain:

The team in possession of the ball shall have four (4) consecutive downs to advance to the next zone. The zone line-to-gain in any series shall be the zone in

advance of the ball. A new series of downs shall be awarded when a team moves the ball into the next zone.

9. Punts:

A PUNT is any legal kick from behind Team A's scrimmage line.

A. Protection on a punt: When a kick is to be made, the kicking team must announce to the referee before the ball is ready for play, that it wishes protection. After such announcement, the kick must be attempted.

EXCEPTION: A team is charged a time out to change their options. **NO QUICK KICKS ALLOWED**

1. A protected scrimmage kick is a protected kick made by Team A under restrictions, which prohibit either team from advancing beyond their scrimmage lines until the ball is kicked. A protected scrimmage kick must be a punt.

B. Punt Formation: Both teams must have six (6) players on the line of scrimmage. Both teams must maintain six (6) players on the line of scrimmage until the kick is made. Players on the line of scrimmage must remain motionless until the ball is kicked. Linesmen may not raise their arms to distract the kicker. **PENALTY:** 5 yards from previous spot.

C. Kicking the Ball: The kicker must be at least five (5) yards behind the line of scrimmage. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. The kicker may not take a direct snap.

NOTE: The ball is dead if the ball touches the ground; the kicker may not pick up the ball off the ground.

1. When a punt, which has crossed the neutral zone, touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team. If the ball hits a player of the receiving team and is caught in the air, it can be advanced by the receiving team and only recovered by the kicking team.

2. If any kick becomes dead in R's end zone, it's a **TOUCHBACK** in all cases and can only be recovered by the kicking team.

D. Spot pass on any kick off or punt formation: After receiving a punt or kickoff, the ball must be caught in the air (and not deflected). The receiving team has the option of throwing a pass or running the ball. The receiver must not take more than two steps or he/she must run and cannot pass. (**PENALTY:** Illegal procedure, retain possession after a 5-yard penalty.) All penalties are considered as if from a scrimmage play, e.g., pass interference. If the pass is incomplete, the spot of the ball is marked from where the pass was thrown - 1st and 20.

10. Kickoff:

A kickoff begins each half of a game. The ball shall be put in play by a place kick from a spot on or behind the kickers free kick line and on the inbound line.

Unless relocated by a penalty the kicking team's free kick line on kickoff shall be the 20 yard line for an 80 yard field and the 40 yard line for a 100 yard field. A ball ready for kick off must be placed on a 2" kicking tee or held or placed on the ground or holder's toe. However, the holder's shoe must be in contact with the ground. Teams have the option to kick or punt the kickoff.

A. Formation - When the ball is legally kicked, all players of the kicking team must be inbounds and all players, except the holder and kicker of a place kick, must be

behind their free kick line. At least four players of the receiving team must be within 5 yards of their free kick line after the ball is ready for play and until the ball is kicked.

Penalty: Dead Ball foul, illegal procedure, 5 yards from the previous spot.

B. Kickoff Formation - For any kickoff formation the kicking team's kickoff line shall be the yard line through the forward most point from which the ball may be kicked. The receiving team's kickoff line shall be the yard line 20 yards beyond that point. It is encroachment for any player other than the kicker and the holder to be beyond the kickoff line after the ball is ready for play and until it is kicked.

Penalty: Dead Ball

Foul, Encroachment, 5 yards from the previous spot.

C. Kickoff out-of-bounds: a kickoff out-of-bounds between the goal lines, untouched in bounds by receiving team, or not last touched by receiving team is a foul. Receiving team may take the penalty and re-kick or take the ball at their 25 yard line. **PENALTY:** illegal procedure, 5 yds. from previous spot. On side kicks are not permitted.

D. Fair Catch Interference: While any kickoff is in flight or any punt is in flight beyond the kicking teams scrimmage line, the kicking team shall not touch the ball or obstruct the path of the ball. This prohibition applies even when no fair catch signal is given. It doesn't apply if the act is after the kick has been touched by the receiving team.

E. Fair Catch Signal: Any receiver may signal for the fair catch while any kick is in flight and is beyond the kicking teams kick line.

1. Fair Catch - Legal: The player must signal a fair catch intention by extending one arm above their head and waving it laterally from side to side more than once.

11. Forward Passes:

A. Legal Forward Pass: All players are eligible to receive a forward pass. During a scrimmage down, and before team possession has changed, a forward pass or passes may be thrown provided the ball, when it leaves the passer's hand, is on (A's) side of the defensive team's (B's) line of scrimmage. Unlimited passes behind the line can be thrown. **Note:** Only one pass can be thrown across the line of scrimmage by the offensive team.

B. Illegal Forward Pass

1. If a player is beyond the line of scrimmage when the ball leaves the hand.

2. Pass after team possession has changed.

3. Pass purposely not completed.

PENALTY: Loss of 5 yards from spot of foul and a loss of down.

4. The ball carrier cannot advance past the line of scrimmage, then come back behind the line of scrimmage and attempt to pass the ball forward (over and back rule).

C. A pass caught or intercepted is legally inbound as long as the first part of the person to make contact with ground touches inbound.

D. Offensive Pass Interference applies only to a pass, which crosses the line of scrimmage, and interference may only occur on team A's side of the line of scrimmage. Restriction begins with the snap of the ball.

PENALTY: Loss of 10 yards and loss of down.

E. Defensive Interference applies only to a pass, which crosses the line of scrimmage, and interference may only occur on B's side of line of scrimmage.

Restriction begins when pass is in the air.

PENALTY: "Automatic" first down at spot of foul.

12. Scoring:

A. The following methods shall be used in scoring a game.

1. Touchdowns 6 points or 9 for coed (female)

2. Safety 2 points

3. Forfeited Game 1 point

4. Successful Try-For-Point

a) From 3 Yard Line 1 point

b) From 10 Yard Line 2 points

B. Safety

When a ball becomes dead in possession of a player on, above, or behind player's own goal line, it is a safety. When an accepted penalty for a foul or illegal forward pass leaves the ball behind the team's goal line, it is a safety. After a safety is scored, the scoring team puts the ball in play at their own 20-yard line.

13. Enforcement of Penalties:

A. Personal Fouls

1. No player shall block in a manner that would cause his feet, knees, or legs to strike an opponent.

2. There shall be no tripping and no clipping.

3. There shall be no contact with an opponent who is on the ground.

4. No player shall contact an opponent either before the ball becomes live or after the ball is declared dead.

5. There shall be no unnecessary roughness.

6. The ball carrier shall not deliberately drive or run into a defensive player.

The ball carrier shall not contact an opponent with an extended hand or arm (stiff arm). Penalty: 10 yards - Flagrant offenders will be disqualified minimum one game suspension.

7. Defensive players must make a definite effort to avoid charging into a passer who has thrown the ball. No defensive player shall charge into the passer who is standing still or fading back, as he is considered out of play after the pass, other than when:

a) The defense touches the pass near the passer and contact is unavoidable.

b) Contact is slight and is partially caused by movement of the passer.

c) Contact is caused by being blocked into the passer.

8. PENALTY: Referee's discretion under severity of contact.

a) Roughing the passer: 10 yards and first down.

Disqualification if foul is considered flagrant.

9. A strike or blow to the head of an opponent intentionally or unintentionally.

Penalty: 10 yards - Flagrant Foul - offender will be disqualified from further play.

10. Guarding the flag belt: Runners shall not guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull the flag belt.

Penalty: 10 yards.

11. Obstruction of Ball Carriers: The defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing a flag.

PENALTY: 10 yards.

12. A Loose Ball Play is active during:

a) An undeclared kick.

b) A legal forward pass.

c) A loose ball play also includes the run, which precedes a legal pass, kick or kickoff.

NOTE: When a foul occurs during a loose ball play, the basic enforcement spot is the previous spot. However, if the foul is by the offense and occurs behind the basic enforcement spot, it is from the spot of the foul.

B. A running play is any action not included in Item 11.

1. Behind the line, a running play includes a run, which is not followed by a loose ball.

2. Beyond the line, a running play includes any run and any loose ball, which starts beyond the line following the run.

3. A run ends when a runner loses possession, and that spot becomes the basic spot of enforcement.

4. A fumble cannot result in gaining additional yardage and the ball becomes dead upon contacting the ground.

NOTE: When a foul occurs during a running play, the basic enforcement spot is where the related run ends, which is where the ball becomes dead or where the player loses possession. However, if the foul is by the offense and occurs behind the basic enforcement spot, it is from the spot of the foul.

Summary of Penalties

A. Loss of 5 Yards.

1. Delay of game or illegal substitution.

2. False start or any illegal act by the center.

3. Encroachment.

4. Less than five players on A's line at snap of the ball.

5. Player illegally in motion.

6. Illegal shift.

7. Illegal forward pass by A or B (if by A, down counts).

8. Article of clothing covering portion of a player's flag.

A) Any illegal equipment including pants, shirts with pockets or drawstrings.

9. Distraction of kicker

B. Loss of 10 Yards.

1. Offensive forward pass interference (also, the down counts).

2. Holding or illegal screen block.

3. Striking, kicking, kneeing (also disqualification).

4. Clipping, hurdling.

5. Tripping, striking the head or neck.

6. Unsportsmanlike player and/or coach conduct.

7. Illegal participation.

8. Pushing runner.
9. Illegal use of hands or arms.
10. Roughing the passer (also automatic first down).
11. Illegal contact
12. Strike/blow to the head of an opponent.
13. The use of any adhesive substance on hands or gloves, i.e. stickum
14. Intentional removing of flags (first time delay of game, second time unsportsmanlike conduct).
15. Defensive pass interference (automatic first down at spot of foul).
16. Unsportsmanlike conduct - if flagrant, offenders will be disqualified.
17. Flag guarding.
18. Obstruction of ball carrier.

Classifications

COMPETITIVE/UPPER-REC: Good skilled players with organized plays. Good competition with young and quick players or players highly skilled. Usually team is made up of several college or ex-NFL players.

REC: Good skilled players, with organized plays, who want good competition and who are a little older and slower. Usually team is made up of ex-high school starters and college ball players out mainly for fun and exercise.

LOWER REC: Average ex-high school players, average size and older ball players out for exercise and fun. Typically not having organized plays.

CO-REC: Average to "skilled" players male and female, average size recreational players out for exercise and fun, typically not having organized plays.

Summary of Important Rules for Tournament Play

1. If a player is ejected from a game regardless of what point in the game, they are suspended from participation in the next scheduled game. Suspension from a game can result in one or more game suspensions depending on the tournament directors decision.
2. Each team must begin the game with eight (8) players, but if it has no substitutes to replace injured players, it may continue with fewer. If a team has no substitutes to replace disqualified players the game will be forfeited. Penalty for ejected players will be determined by on site field supervisors and will be judged according to the severity of the incident.
3. **Mercy Rule:** If one team leads another by eighteen (18) points when the referee announces the two minute warning the game will be ended at that point.
4. Spiking the ball to stop the clock is permitted but only in the last two minutes of the second half of play. The ball must be spiked immediately after the snap.
5. **Time Outs:** Each team is entitled to two (2) time outs per half. A charged time out shall not exceed one minute. (Only one time out will be given per team for overtime games).
6. **Spot pass on kickoffs and punt returns.** After receiving the kickoff and punt return, the receiving team has the option of throwing a pass or running the ball. (The ball cannot be deflected after it has been kicked.) The receiver must not take more than two steps or must run and cannot pass.)
7. Down field blocking is not allowed on punts or kickoffs.
8. The quarterback may take a direct snap from center.

Other Rules

- 1. Teams must supply:**
 - a) their own flags (triple threat) no Velcro**
 - b) kicking tee**
 - c) regulation football**
- 2. Blocking rules apply except on kickoffs and punt returns.**
- 3. Direct snap is allowed.**
- 4. The punting team is required to have six (6) players on the line of scrimmage before the punt.**