

Player Attire

- Cleats are allowed but must be rubber (no metal tips).
- **Players must wear league issued shorts and jerseys must always be tucked in.**
- Play cards, play books, and play sheets may be used if they are not attached to the belt, and are safely secured during the play. Play sheets may not be placed on the ground where a runner could step on them.
- Before the beginning of each play, players' flags must be at the sides and properly attached.
- Baseball Caps, Balaklava's & jewelry of any kind is not permitted on the field of play.
- **All players MUST wear a mouthguard. They cannot play without one.**

Field Dimensions and Markings

- Length: 80 yards
- Width: 30 yards
- End Zones: 10 yards deep
- No-running zones: Must be marked 5 yards from each end zone.
- Parents are designated the side of the field opposite from the players

Scoring

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line)
- 2 points (played from 10-yard line)
- Safety: 2 points
- Rouge: 1 point
- A win constitutes 2 pts, a tie 1pt, a loss 0 pts

Note: An interception return to opponent's end zone on any extra-point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series at its own 35yd line.

Number of Players

- Teams consist of 12-16 players (7 on the field at a time).
- Teams may play with a minimum of six (6) players (due to injuries).
- If less than 6 players are available, the game is cancelled and the team without enough players will forfeit. The team will forfeit the game by a score of 28-0.
- **If an entire team comes to the field without their mouthguards, it's an automatic forfeit**

Timing/Overtime

- Game length is 48-53 minutes running time (two halves, 24 minutes each). If the score remains tied at the end of regulation, a tie will be rewarded with each team receiving one point
- Each time the ball is spotted the offense has 25 seconds to snap the ball.
- Each team has 1 x 60-second time outs per half. The clock stops during a time out. These cannot be carried over to the second half.
- Officials can stop the clock at their discretion. (i.e., if there's an injury)
- The teams will be warned when there are two minutes left to play in both halves. The game cannot end on a defensive penalty.
- There will be a halftime period of 1 minute between the first and second half. Can be shortened at refs' discretion

Specific Rules for Different Age Groups

6/7 Years (Tartans Division)

- No Rush at all.
- Ball does not have to be centered between legs.
- No Punting, ball is advanced 15yds if a team decides to punt.
- Coaches are always allowed on the field all season.
- 1 run play is allowed for every 3 plays. No run zone is 5yds from goal line. It's not mandatory to run the ball, however if you do its 1 run play for every 3 plays. Doesn't reset when in NRZ or for converts
- Teams **MUST** declare if they are gambling or punting on 3rd down.

Bad Snaps

6/7yo – Continue Play

8/9 div – Dead Ball, Re-do Play (1 time)

10/11 – 16/17 divs – Loss of Downs

8/9 Years (Hilltops Division)

- Rusher at 7 yards goes on the snap of the ball.
- Ball does not have to be centered between legs.
- Coaches are always allowed on the field all season.
- 1 run play is allowed for every 3 plays. No run zone is 5yds from goal line. It is not mandatory to run the ball, however if you do its 1 run play for every 3 plays. Doesn't reset when in NRZ or for converts
- Teams **MUST** declare if they are gambling or punting on 3rd down. If a team states they are gambling and then punts the ball, it's a penalty on the offence (5yds), TOD (turnover on downs), and no points will be awarded if a single was attained.
- Players must wait 3 seconds before rushing the punter

10/11 Years (Thunder Division)

- Rusher at 7 yards goes on the snap of the ball.
- 1 run play is allowed for every 3 plays. No run zone is 5yds from goal line. It is not mandatory to run the ball, however if you do its 1 run play for every 3 plays. Doesn't reset when in NRZ or for converts
- Ball must be snapped between legs.
- Coaches are allowed on the field for the first two games only.
- Teams **DO NOT HAVE TO** declare if they are gambling or punting on 3rd down

12/13 & 14/15 Years (Rams & Huskies Division)

- Rusher at 7 yards goes on the snap of the ball.
- Ball must be snapped between legs.
- 1 run play is allowed for every 3 plays. No run zone is 5yds from goal line. It is not mandatory to run the ball, however if you do its 1 run play for every 3 plays. Doesn't reset when in NRZ or for converts
- Coaches are not allowed on the field, unless during a timeout or injury
- Teams **DO NOT HAVE TO** declare if they are gambling or punting on 3rd down

IN PLAY RULES

Possession

- Before the start of the game, Coaches or captains will gather and flip a coin (or paper/rock/scissors if a coin is not available) to determine the first possession. The loser of the coin toss has choice of end zone to defend.
- Kickoff is a free punt from the team's own 35-yard line. (6/7 division begins on the 35yd line)
- All kick-offs and punts are dead immediately when the ball hits the ground.
- The offensive team has 3 attempts or downs to advance the ball 10 yards down the field. Meanwhile, the defence tries to stop or delay the progress.
- Everyone is an eligible receiver.
- A defensive rusher (or rushers) stands 7 yards from the ball and at the snap of the ball runs in to attempt to flag the quarterback. (EXCEPT 6/7yr old division, no rusher at all)
- The quarterback stands a behind the line of scrimmage. He/she receives the ball from the centre by means of a snap between the legs.
- The first person to be a QB cannot run over the line of scrimmage.
- Following single points or safeties, ball is to be scrimmaged on the 35-yard line.
- If an official inadvertently blows their whistle, the Head Official will give the affected team the option to let the play stand or repeat it. If the whistle blows inadvertently after an interception and the intercepting team is most affected (regardless of the time remaining on the clock), they can scrimmage the ball from the spot of the early whistle.
- Teams change sides at half time
- If a team runs the ball, they MUST then have two consecutive passes in order to be able to run again. Meaning if play #1 - run, play #2 & #3 must be a pass.
- Any given player can only score THREE (3) OFFENSIVE touchdowns per game. *If a player who has scored three offensive touchdowns in the current game scores a fourth touchdown, the ball is brought back to the line of scrimmage and the down is replayed. The first time no penalty is applied if it occurs afterwards a 5yd loss and Loss of Down penalty will be applied.*

Punting

- Kickoff is a free punt from the team's own 35-yard line.
- No punting in the 6/7yr old division.
- A punter may not be hit on any part of their body while attempting to punt the ball. If that does occur, it's a 15-yard unsportsmanlike penalty on the defense & automatic first down.
- Punts can be blocked, however, once the ball has been blocked, if it hits the ground the play is dead, ball turns over on downs.
- If a punter is flagged before they punt the ball, the play is dead at the spot where the punter was flagged.
- You must give a 5-yard halo around the person returning the ball, otherwise it is a no yard's penalty.

Running

- To start the play, the ball must be snapped between the legs of the center. (**Except in the 6/7 & 8/9 division**)
- The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct handoff back from the quarterback (no center sneak play).
- The quarterback is the player who receives the ball directly from the snap.

- The quarterback cannot run with the ball past the line of scrimmage.
- An offence may use multiple handoffs (forward, backward, or lateral handoffs) behind the line of scrimmage.
- **FORWARD HANDOFFS ARE ALLOWED BEHIND THE LINE OF SCRIMMAGE. ANY FORWARD HANDOFF CAN BE THROWN. HANDOFFS BEHIND THE QB, CAN BE THROWN BY THE PLAYER TAKING THE BALL**
- Tosses or sweeps behind the line of scrimmage are allowed and are running plays. Downfield tosses are not permitted. Once a player has possession of the ball beyond the line of scrimmage, any loss of possession will be blown dead by the official.
- "No-running zones" are located 5 yards from each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot use a running play to cross the line of scrimmage. If a run play occurs within the 5yd no-run zone, the play will be blown dead and a loss of down will occur.
- Any player who takes a handoff can throw the ball from behind the line of scrimmage.
- All defensive players are eligible to rush once the ball has been handed off, tossed, passed, pitched, lateraled or there is a play-action fake or fake handoff.
- Spinning and dipping is allowed, but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage (no diving). If a player leaves their feet, the play will be blown dead by the referee & the ball will be placed from the spot where the player left his/her feet. It can also result in a turnover on downs (if on 3rd down). It is up to the ball carrier to avoid contact with the defender.
- No diving is allowed by an offensive player. If a player dives from his feet. The play will be blown dead by the referee & the ball will be placed from the spot where the player left his/her feet. It can also result in a turnover on downs (if on 3rd down).
- **The ball is spotted at the location of the ball when the ball carrier's flag has been pulled. The ball shall be placed so the long axis is parallel to the sidelines.**
- **It is up to the ball carrier to avoid contact with the defender.** A good defensive position should be rewarded by the officials.
- There are no fumbles in flag football. Any fumble will be considered a dead ball at the spot of the fumble.
- Any fumble by the offensive team in their own end-zone will result in a safety.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off, tossed, pitched, or lateraled behind the line of scrimmage).
- All players may be in motion at the snap, except for the center.
- A player must have at least one foot inbound when making a reception. (A receiver cannot return to the playing field from an out of bounds position and be the first to touch the football)
- Once a player catches the ball, he/she is no longer allowed to lateral the ball. (i.e., hook and laterals are not permitted)
- Players may catch the ball while on their knees, back or side, however, the play is blown dead, and the ball is spotted where the catch was made.
- Players are eligible to catch a pass if their flag has fallen off, however, the play is blown dead, and the ball is spotted where the catch was made.
- If a player dives to catch a ball, the play is dead where the catch is made (i.e., where the players' feet/body are at the time of the catch)
- If both an offensive and defensive player catches the ball simultaneously, the tie will always go to the offense.

Passing

- The quarterback has seven (7) seconds to throw the ball; he/she cannot cross the line of scrimmage with the ball.
- Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the seven (7) second rule no longer is in effect.
- Shovel passes are allowed.
- Once a player catches a legal forward pass, they are no longer allowed to make another handoff, lateral, or second pass.

Dead Balls

- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Official blows the whistle.
 - Ball carrier's flag is pulled or becomes illegal.
Note - Illegal meaning the flag is in a position unable for the defense to pull i.e. falls off
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - When any part of the ball carrier's body, other than a hand or foot, touches the ground.
- If the ball carrier's flag falls off, the play will be whistled dead, and the ball will be spotted at the spot where the flag fell off.
- Players are eligible to catch a pass if their flag has fallen off but will be ruled down upon making the catch.
- When the ball is fumbled
Note: There are no fumbles. The ball will be spotted where the ball carrier's feet were when the fumble was made. (i.e. a bad snap will not be ruled as a fumble in the 8/9 division). There is no stripping of the ball.

Defensive Rushing

- No Rushing in the 6/7 division
- Only players starting 7 yards behind the line of scrimmage (2yd outside the center's feet) can rush the passer.
- A bean bag is designated seven yards from the line of scrimmage.
- Any number of players can rush the quarterback but only players lined up within two yards (side to side) of the ball are entitled to a clear path to the quarterback.
- A rusher lined-up within the 2-yards of the rush line marker cannot line up directly over it, they must choose / position themselves on 1 side or the other and clearly indicate from which side they are rushing. **The rusher will lose their free direct path to the quarterback if they switch the side they are rushing from after the center positions the ball for a snap.** Rushers must also ensure that their entire body is behind the rush line marker, even if they are leaning forward. A rusher lined up within two yards (side to side) of the 7-yard marker is entitled to a free rush at the quarterback – the rusher may not be interfered with. If interfered, it will result in an offensive rusher interference penalty.

- A rusher lined up outside the two yards (side to side) of the 7-yard marker **OR** they switch the side they are on once the center is ready to snap the ball, they are not entitled to a free rush to the quarterback and may be interfered (For example - a running back or receiver in motion or in a pattern who runs into the rusher)
- All defenders may rush once the ball is handed off or tossed, or there is a play-action fake or fake handoff.
- The rusher may not be interfered. If interfered, it will result in an offensive rusher interference penalty.
- Any type of accidental or deliberate contact with the quarterback's upper body or their arm including the ball in their hand by the rusher while they are attempting to throw the ball will result in an illegal contact penalty. This also includes any other offensive player who is attempting to throw the ball.

Flagging

- To prevent the ball carrier from advancing, an opponent must pull off 1 or 2 flags without preventing the ball carrier from moving forward. The ball is declared dead at this point. Once the defender has removed a flag, they are to remain in place to hold the flag up for the officials to confirm the play has stopped and return the flag to the ball carrier. If a defensive player does not immediately return the flag back to the ball carrier, the official will issue a warning to the captain of the team at fault. If the situation repeats itself, no matter which player is involved, the official will issue an objectionable conduct penalty.
- Defensive players are not allowed to pull an opponent's flag prior to them gaining possession- or touching the ball with the intent of gaining possession. This is known as an Illegal Flag Pull penalty. If a flag is pulled early and:
 - The ball is caught, the penalty results in an automatic first down 5-yards from where the ball is caught.
 - The ball is not caught, the penalty results in an automatic first down 5-yards from the line of scrimmage.
- The officials will whistle the play dead when they see that a defensive player has removed (flagged) 1 of the flags of the ball carrier. If a ball carrier does not have all his or her flags, the player is eligible to receive the ball, however, they cannot advance it. If a ball carrier's flag is moved out of position by a defender to flag them the play will be allowed to continue. Players wearing belted flags must ensure that they are not too loose and cannot move around easily.
- An eligible pass receiver who loses a flag at any time can still receive a forward pass, but the ball will be declared dead at the point of reception. Players' winding flags on belts will be warned the first time, next time removed from the game.

A player who flags an opponent that does not cause a stoppage of play must release the flag immediately or else they will be penalized for illegal flag pull. But if the play is stopped on the flag pull, the player must hand the flag back to the player.

Interceptions

- Interceptions change the possession of the ball.
- The defense can return interceptions.
- On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 35-yard line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be flagged, or the ball be ruled dead the result would be a safety for the other team

REMEMBER, FLAG FOOTBALL IS NON-CONTACT, BLOCKING AND TACKLING IS NOT PERMITTED UNDER ANY CIRCUMSTANCES

Sportsmanship/Roughing

- If the referee witnesses any acts of flagrant contact (tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act) the game will be stopped, and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.
- Trash talking and taunting is illegal. (Trash talk and taunting is talk that may be offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking or taunting occurs, the team committing the foul will be penalized 15 yards for unsportsmanlike conduct. Officials have the right to determine offensive language
- Discriminatory statements/offensive language, such as comments of race, sex and upbringing by players, coaches or spectators will result in a 15-yard unsportsmanlike conduct penalty and an immediate ejection
- Deliberate questioning of officials' calls will be penalized upon the official's discretion
- Any physical or verbal abuse against an official by a player, coach or spectator will result in a 15-yard unsportsmanlike conduct penalty and an immediate ejection.
- In the case that parents are asked to leave the field of play, coaches are responsible to help officials enforce the decision if parents are unwilling to leave. If the parent does not leave, the team they are sided with will forfeit the game
- Once a flag is pulled, the defensive player should hold the flag above his/her head so that the referee can spot the location of the flag pull. The pulled flag should be handed to the player who lost the flag or to a teammate. Intentionally throwing the flag onto the ground is considered poor flag etiquette and will result in a 15yd unsportsmanlike penalty.

PENALTIES

- All penalties can be declined, **except major penalties.**
- Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage, **except major penalties.**
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage except for flag guarding.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty unless the offense declines the penalty.
- If the offense and defense are both penalized with two penalties that are of the same distance (i.e., 5 yards and 5 yards), the down will be repeated.
- If the offense and defense are both penalized, but one side is penalized with a 15-yard penalty, the difference between the penalties will be assessed, and the down will be repeated.

Offensive Penalties

5 yards and loss of down

- No cadence by quarterback
- **Illegal forward pass – when a second forward pass occurs, or when a forward pass occurs after the ball has crossed the Line of Scrimmage.**
- **Delay of Pass – ball is not passed by Quarterback in 7 seconds, play whistled dead.**

- **Illegal Contact** – physical contact such as impeding, redirecting, obstruction, blocking, holding & tackling.
- **Roughing** - it is up to the ball carrier to avoid contact with the defender. Good defensive position will be rewarded to the defense by the officials.
- **Pass Interference** – both contact & non-contact that interferes with a defensive player's catching a ball while it is in air, also includes screening, pushing off and pick plays.
- **Illegal Running Play** – a quarterback running with the ball across the Line of Scrimmage without any transfer of the ball.
- **Illegal Score** – a player who has scored three offensive touchdowns, scores a 4th touchdown (or more) after being warned about scoring multiple offensive touchdowns in the current game.
- **Rusher interference** – It is illegal for a receiver, running back or center to run a pattern that interferes with a rusher who is at a minimum of 7 yards from the line of scrimmage and who is 2 yards (side to side) of the 7-yard rushing marker

5 yards, down repeated

- **Illegal Substitution** – Any offensive player substitution after the center is prepared to snap the ball and any defensive player substitution during the play.
- **Delay of game** – inability to snap the ball before the 25 second play clock expires.
- **Illegal Snap** – Center lifting or moving ball to simulate a snap.
- **Illegal Participation** – if a player goes out of bounds, without interference, the player may not return to the field or catch the ball.
- **Rusher interference** – It is illegal for a receiver, running back or center to run a pattern that interferes with a rusher who is at a minimum of 7 yards from the line of scrimmage and who is 2 yards (side to side) of the 7-yard rushing marker
- **Offside** – player(s) lined up across or crossing the LOS at the snap of the ball.

5 yards from the point of foul and loss of down

- **Flag guarding** – using hands, arms, or elbows to intentionally block the defender from pulling the flag.
 - **Note** – Stiff arming a defender is a form of flag guarding and may also result in a roughing penalty
- **Interference** – impeding, redirecting, obstruction, blocking with no contact, play whistled dead at spot of foul
- **No Yards** – Not giving a returner 5 yards on a punt return.

15 Yards and a loss of down

- **Unsportsmanlike Conduct** – intentional physical conduct, verbal abuse
- **Major Roughing**
- **Illegal 5th Score** - Team that has a player score more than 3 offensive touchdowns after being warned that player scored a 4th offensive td and now has scored a 5th offensive td.

Defensive Penalties

5 YARDS & AUTOMATIC FIRST DOWN FOR THE OFFENCE

- **Offside** – occurs when a player is passed the line of scrimmage at the snap of the ball
- **Illegal contact** – holding, blocking, jamming at line of scrimmage, pushing out of bounds
- **Roughing** – unintentional tackling
- **Illegal Flag Pull** – occurs when a defensive player pulls an offensive player's flag with intention to cause a dead ball or making the receiver ineligible for a catch

- Illegal Rush - occurs when a rusher is passed the minimum 7-yard rushing length before the ball is snapped when attempting to rush the quarterback
 - Note – The rusher must pass the line of scrimmage to be considered an illegal rush
- Quarterback release interference – Hitting the quarterbacks' arm when rushing the passer

5 yards and down repeated

- Disconcerting signals – Signals to distract opponents or simulate offensive signals prior to the snap
- Interference with ball at the snap
- Substitution fouls – i.e. 8 players on the field, players entering the field during the snap of the ball

15 yards and automatic first down

- Pass interference – illegally preventing a receiver from catching the ball
 - Note – Along with the standard rules for pass interference, if a defensive player pulls the flag of an offensive receiver just as the receiver is about to make a catch, the defensive player will be penalized for pass interference.
- Unsportsmanlike conduct – intentional physical conduct, verbal abuse

Major Penalties

- Leaving Team Area – players or coaches leaving their designated team sideline area or crossing the middle of the field into the opponent's team area.
- Objectionable Conduct – players, coaches, teams, or spectators using profane language or gestures, threats, demeaning or intimidating remarks & actions, persistent arguments, fake injuries, delay of game or targeting players to initiate contact will result in a 15-yard penalty. Any player, coach, team, or spectator receiving a second Objectionable Conduct penalty during a game will be ejected from that game.
- Major Foul – Any obscene act, acts of roughness, or unfair play by players, coaches, teams, or spectators will result in a 15-yard penalty being assessed against their team as well as LOD or AFD from the appropriate spot. If the intent of the infraction were to cause bodily harm, or unfair play has made a mockery of the game, the penalty can result in a game ejection. Major fouls cannot be declined and must always apply their yardage in full. They will be applied after all live ball penalties have been assessed.