

# CVLC Flag Football Guidelines

## 8 Man Flag Football

### **Field Dimensions**

1. 74 yards long and 35 yards wide.
2. Four 15-yard sections with a midfield line with 7-yard end zones for a total of 74 yards.
3. Kick-off markings are to be located on each 22-yard line.
4. Extra point lines are to be 3 yards from the end zone.

### **Players**

1. Each team will have 8 players.
2. Offense must have 5 or more players within one yard of the line of scrimmage.
3. Defense must have 3 players within one yard of the line of scrimmage.

### **Equipment and Uniforms**

1. An intermediate size football (size 4) will be used.
2. **Players should all wear the “Rip Flag Quick Release” flag belt system available from Gopher Sport. It has three flags that do not detach. The whole belt breaks away when a flag is pulled.**
3. Cleats are allowed as long as they are not metal, metal tipped, or replaceable.
4. If a team has light and dark uniforms, the dark shall be worn for home games.
5. Shirts are to be tucked in.
6. Players are to wear mouth guards.
7. Players are to wear a different colored short from flag color.

### **Game Length**

1. The game consists of two 20-minute halves.
2. The clock will run continuously except:
  - a. after touchdowns and during extra points
  - b. during time-outs
  - c. when the ball is dead during the last 2 minutes of each half

### **Dead Ball**

The ball is considered “dead” during a time-out, change of possession, after an incomplete pass, when a ball carrier goes out of bounds, or after a defensive penalty.

### **Huddle**

1. Huddle time should be limited to 30 seconds.
2. All 8 players must be in the huddle before a play begins.

### **Time-outs**

1. Each team is allowed two time-outs per half. Each timeout is one minute in length.
2. Time-outs cannot be carried over to the second half.

### **First Downs**

A first down will be awarded if any part of the ball touches or goes over the next 15-yard section.

### **Scoring**

1. Touchdowns are 6 points.
2. Extra points are worth 1 point.
3. Safeties are worth 2 points. A kick-off or punt at the 22-yard line shall follow a safety.

### **Kick-Off**

1. The winner of the coin flip will receive the ball as well as choose field position.
2. At halftime the teams switch position and possession.
3. Kicker must use a tee.
4. If the receiving team downs the ball in the end zone, or if the ball rolls through the end zone, or flies through the end zone without being touched, the ball goes to the 15-yard line.
5. Players may catch the ball in the end zone and run it out.
6. On the kick-off, a touched ball is down where the ball was touched.
7. A receiver cannot catch the ball in the field of play and carry it into the end zone and down it.
8. A kick-off landing out-of-bounds gives the receiving team the opportunity to:
  - a. accept the ball where it went out; or
  - b. ask for a re-kick with a 5-yard penalty
9. On-side kicks are not allowed, intentional or unintentional. Rule #6 applies, and the receiving team retains possession.
10. Receiving team must line up with at least 4 players 10 yards from the kick-off line.

### **Line of Scrimmage**

1. Only the center's head, arms, and hands can be in the neutral zone. No other part of the center's body can be over the farthest edge of the ball.
2. No other player may enter the neutral zone.
3. Players may not taunt one another to draw an offside penalty.

### **Eligible/Ineligible Receivers**

1. The three interior offensive linemen are ineligible. These players should not wear flags.
2. If any of the three interior offensive linemen are wearing flags, referees should blow play dead and correct the problem.
3. The other five offensive players are eligible.

### **Legal Pass Reception**

1. The receiver must gain possession of the ball and have at least one foot in bounds.
2. When a receiver's flag is pulled during a bobble he is considered down.
3. When a receiver's flag is pulled before the ball arrives, the player is not

considered down.

4. If a receiver's flag is pulled and a ball is not caught, pass interference should be called.

### **Overtime**

1. In the event of a tie, each team will receive four plays from the 15-yard line to score. If they score they will get a chance for the extra point.
2. If both teams score the same number of points, or if no one scores, the game ends in a tie.
3. A coin flip will determine who goes first and which end zone is used. Both teams will use the same end zone.

### **Fumbles**

The ball is dead where it hits the ground.

### **Punts**

1. Offense must declare their choice of either going for the first down or punting.
2. No player can cross the line of scrimmage before the ball has been kicked.
3. All punts into the end zone, air or ground, are placed at the 15-yard line.
4. Minimum linemen rules are still in effect.
5. On the punt, a touched ball is down where it was touched.

### **Substitutions**

1. Substitutions may be made on all dead ball situations or between plays.
2. Offense does not have to wait for defense to substitute.

### **Center Snap**

Ball must be snapped between center's legs.

### **Sleeper Plays**

Sleeper plays are not allowed.

### **Runner Down**

The ball carrier is considered down when one knee touches the ground, if one flag is pulled, or if the ball carrier goes out-of-bounds.

### **Player Set and Motion**

1. All offensive players, except a man in motion, must be set for one second before the center snap.
2. Only one player may be in motion at one time. His motion must be parallel or backward to the line of scrimmage until the ball is snapped.

### **Blocking**

1. Players may not leave their feet while blocking.
2. Offensive players are to block with open palms.
3. Defensive players may use hands to move offensive players.
4. No blocking about the neckline.

### **Use of Hands**

1. Stiff-arming is not allowed.
2. Flag guarding is not allowed.
3. Grabbing of the ball carrier's arm or body is not allowed.
4. Players may not intentionally strip or slap at the ball while the offensive player has possession.

### **Hurdling/Spinning**

1. Players may not hurdle or jump an opposing player.
2. Players may jump to avoid having their flag pulled, as long as they are not hurdling another player.
3. Excessive spinning is not allowed. One spin to change direction in the flow of a run is allowable.

### **Forward Pass**

1. A forward pass is any pass thrown downfield from a position behind the line of scrimmage. The pass may be overhand or underhand.
2. Only one forward pass per play.
3. Defenders cannot make contact with the passer's arm.

### **Laterals**

1. A lateral is any movement of the ball backward or parallel to the point where the ball is.
2. Any number of laterals is legal in a play.

### **Pass Interference**

Players may not use body contact to interfere with anyone's right to catch the ball. (offense or defense)

### **Clipping**

1. Contact to a player's back, anywhere on the field, is a clip.
2. Players should not deliberately turn their back to get the penalty.

### **Missing Flag or Flags**

1. The ball is dead where a player who has inadvertently lost a flag handles the ball.
2. If both flags are missing, the player is considered an ineligible receiver and the ball goes back to the line of scrimmage with a loss of down.

### **Flag Pulling**

The flag puller should raise the flag as soon as possible to aid the referee in spotting the ball.

### **Penalties and Yardage**

All penalties are from the line of scrimmage unless otherwise stated.

1. **Offside:** 5 yards
2. **Illegal Motion:** 5 yards
3. **Illegal Procedure:** 5 yards
4. **Unsportsmanlike Conduct:** 10 yards (same player receiving two will be ejected)

5. **Unnecessary Roughness:** 10 yards (same player receiving two will be ejected)
6. **Illegal Flag Pulling:** 5 yards and first down
7. **Inadvertent Tackle:** 5 yards from point of infraction and renew the down
8. **Roughing the Passer:** 5 yards and renew down
9. **Tackling on Purpose:** considered unnecessary roughness
10. **Illegal use of Hands:** 10 yards
11. **Leaving Feet While Blocking:** 10 yards
12. **Hurdling and Excessive Spinning:** 10 yards from point of infraction
13. **Stiff Arming:** 10 yards from point of infraction
14. **Flag Guarding:** 5 yards from point of infraction
15. **Defensive Pass Interference:** ball is spotted at point of infraction plus an automatic first down. If it is in the end zone, ball is placed at the one-yard line.
16. **Clipping:** 10 yards
17. 10-yard penalties inside the 15 or 5-yard penalties inside the 10 will result in half the distance to the goal line.
18. **Stripping/Slapping the ball:** 5 yards from end of play.
19. **All other problems will be settled upon agreement of both coaches.**