

FLAG604

VANCOUVER FLAG FOOTBALL LEAGUE

6-ON-6 CO-ED RULES

THE GAME

RULE #1: HAVE FUN!!! AVOID CONTACT TO PREVENT INJURIES!!! THIS IS A CO-ED LEAGUE DESIGNED TO MAKE FRIENDS WHILE PLAYING FLAG FOOTBALL.

TERMS:

- **ALL penalties will be assessed 10 yards.**
- Penalties are in simulated yards (i.e. 10-yard penalty is 10 paces).

ROSTER:

- 25 Man Roster limit
- Designate Captains on Roster
- Waivers are due at the start of a player's first game.
- Each player must play in two regular season games in order to be eligible for the playoffs.

NUMBER OF PLAYERS:

A team shall consist of 6 players on the field. A minimum of 2 of each gender must be on the field at all times. Teams with only one female available, must play with 5 players and they start the game down 1 touchdown. A ten minute buffer will be allowed in the event of a team being short of players, after which the game must start and/or a forfeit be declared. Teams who forfeit will take the loss as a 21-0 game.

LENGTH OF GAME:

Playing time shall be two halves of 25 minutes. Half time shall be 5 minutes.

TIMING:

At the end of the first half, the active possession is terminated, and the team which started out on defense to begin the first half will start out on offense to begin the second half. Each team shall have two time-outs per half.

DETERMINING THE INITIAL POSSESSION:

The initial possession will be determined by a coin toss or other random method. The winner of the coin toss will have the option to start on offense, or defer and choose direction. Second half possession and direction will alternate from the first half.

STARTING THE GAME:

The team receiving the ball shall start the game from the 5 yard line. No kickoffs will take place to start the games.

BETWEEN PLAYS:

Teams will have 20 seconds from the time that the ball is spotted to snap the ball. This 20 second count will be kept track by the defensive team as they count out loud. If the offensive team takes longer than 20 seconds, it will result in a delay of game and loss of 10 yards.

OVERTIME (TIE GAME):

If the game score is tied after regulation time, there will be a coin toss and the ball will be placed on the 5-yard line. The coin toss winner has the option of the choice of possession or direction. Each team will receive one overtime time-out (1 minute in length). The team starting on offense will receive four downs from the other team's 5-yard line and will attempt to score. If a team scores a touchdown, then the opposing team will have four downs to attempt to score a touchdown from their opponent's 5-yard line. Teams will continue until one team scores and the other does not match that score. If after one possession for each team there is a team leading, the leading team wins.

THE FLAG BELT:

If a defensive player pulls the ball-carrier's flag prior to a reception or attempted sack, the defense must pull the 2nd flag to end the play. If both flags are pulled prematurely, the offensive player must be touched with one hand to be deemed down. Flag pulls are legal once the ball touches any part of the receiver.

If a player loses a flag unintentionally after the snap, the defense only needs to touch the ball carrier with one hand or pull a flag.

Any player that starts a play without a flag is down where they touch the ball if a legal forward pass or legal exchange occurs. This includes a QB in the end zone.

TAMPERING WITH THE FLAG BELT:

If the belt or flags have been illegally secured, any points gained on the play are illegal and do not count, the player is ejected and a 10-yard Unsportsmanlike Conduct penalty will be administered from the previous spot.

FIELD SIZE:

60 yards long by 35 yards wide, 10 yard End Zones.

FOOTBALL SIZE:

The game ball will be an NFL regulation game ball. Teams can agree to play with their own ball if it meets regulation size.

EQUIPMENT:

NO ALL METAL CLEATS!! NO SHARP OBJECTS OF ANY KIND.

SHIRTS/JERSEYS/FLAGBELTS:

Flag belts are to be worn on the outside of a shirt. Any object held in place by the flag-belt or waistband will be considered a flag. This includes but is not limited to towels, playbooks and unused gloves.

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY: All players must complete a waiver in order to be considered eligible for play. All waivers must be submitted prior to playing in any games.

POST SEASON:

The seeding will be based on the following criteria, in this order:

- Number of Wins and Losses
- Head-to-Head Wins & Losses
- Cumulative Point Differential
- Coin Flip
- Challenge selected by the Commissioner (i.e.: additional coin flip, drawing from a deck of cards, rolling dice, "pick-a-number").

Playoff games will match the structure and rules of the regular season games.

OFFICIAL RULES OF PLAY

OFFENSE

At the start of the game and at the beginning of the half, after a safety, or after a touchdown, the offense will begin their possession at their own 5-yard line. They will have four plays in which to advance the ball past mid-field. If they succeed, they will be given four additional plays in which to advance the ball into the end zone. After an interception, the offense will begin their possession at the point where that player went out of bounds or the flag was pulled.

ALIGNMENT OF PLAYERS AT THE SNAP

Offensive players may align themselves in anyway they choose before the snap, with the following conditions. *There must be a minimum of 2 people on the line of scrimmage.* Others can line up anywhere on or behind the line of scrimmage. The offense must wait until both teams have properly marked the line of scrimmage.

STARTING THE PLAY

The Offense has 20 seconds from the time that the ball is spotted in which to snap the ball. Failure to snap the ball in 20 seconds is a Delay of Game (10 year penalty). The ball must be snapped to the Quarterback to be a legal play. (For definition sake: The QB is person that the ball is snapped to. No matter where they are lined-up.)

RUSHING THE QUARTERBACK

One unannounced rusher is allowed per play. Rushers must count **4 'STEAMBOATS'** out loud so that both teams can clearly hear. If a lateral is made, once the ball leaves the QBs hands all defensive players are eligible

to rush the ball carrier. (For definition sake: The QB is the initial person the ball is snapped to, no matter where they are initially lined-up.)

SPOTTING THE BALL

The ball will be spotted at the point where the players' hips were when their flag was pulled, or the point at which a knee, elbow or the ball touched the ground. Extending the carrier's arms to achieve a better spot is unnecessary.

If a player falls towards his own line of scrimmage while making a catch, the ball will be spotted at the hips of the possessing player.

QB RUNNING

The QB may advance the ball once the defensive rusher has counted **4 'STEAMBOATS'** and they have crossed the line of scrimmage. In the event of the disk markers not being placed (because of a hurry up offense), running by the QB is not allowed.

RB RUNS/HANDOFFS

There is one allowed handoff or rush per 4 downs.

ACHIEVING A FIRST DOWN

The offense advances the ball past the mid-field marker in four plays or less. Upon achieving a first down, the offense will be granted a fresh set of downs in which to achieve a new first down or to score a touchdown.

SCORING AN OFFENSIVE TOUCHDOWN

An offensive touchdown is awarded when the offense advances the ball into the end zone, the ball-carrier/receivers must have one foot in as well as the ball over any part of the goal line. No point after or 2 point conversions are allowed.

SCORING:

- Touchdowns = 7 points

FUMBLES: When a fumble occurs and the ball hits the ground, the play is dead and the ball remains in possession of the snapping team, unless it is on 4th down.

FORWARD PASSES AND INTERCEPTIONS:

If a player is in the air attempting to catch a ball, the player must contact the ground in bounds with the ball in their possession prior to going out of bounds (one foot in with control of the ball). If members of opposing teams catch a forward pass simultaneously, they become an eligible receiver and can run back for a touchdown. All players are eligible receivers.

DIVING:

Players may NOT hurdle or dive to advance the ball (5 yard penalty from the infraction and loss of down). Jumping is allowed.

Players can jump or dive to:

- block a pass.
- receive a pass.
- intercept a pass.
- pull an opponent's flag

PUNTING:

If a team reaches their fourth down they have the option to "punt" the ball. No FAKE PUNTS are allowed. The ball is dead where it goes out of bounds. If the ball reaches the end zone or past the end zone, it will result in a touchback. The ball will then be spotted on the 5 yard line. The ball can hit the ground once and still be live for the returning team. The kicking team cannot return the punt and must stay 5 yards away from the returner.

SAFETY:

If a player carries the ball across his or her own goal line and the ball becomes dead while in their team's possession, it is a safety. If the offensive team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. Safety awards the defense with 2 points and ball on their 20-yard line.

EXCEPTION:

When a player intercepts a forward pass between their five-yard line and their goal line and their momentum

carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the interception.

OFFENSIVE PENALTIES

FALSE START:

Offensive players cannot move forward or cross the line of scrimmage before the snap of the ball. A false start will result in a dead play, a 10-yard penalty and a replay of the down.

DELAY OF GAME:

The offense has 20 seconds from the time the ball is spotted in which to run an offensive play. Failure to run a play within the allotted 20-second period will result in a 10-yard penalty from the line of scrimmage and replay of the down.

OFFENSIVE PASS INTERFERENCE:

Offensive Pass Interference will result in a 10-yard penalty and loss of down.

CHARGING (BULL-RUSHING):

Charging (or bull-rushing) is when an offensive player (usually the ball-carrier) slams into a defensive player in an attempt to gain more yards or a touchdown. If the defensive player is set (such as in basketball), the offensive player must avoid the collision. (This will be called a Personal Foul and results in a 10 yard penalty and loss of down).

If either player lowers their shoulder (for any reason), a 10-yard penalty will be assessed.

PERSONAL FOULS:

Any act listed below or any other act of unnecessary roughness is a personal foul and will result in a 10-yard penalty and loss of down (or replay of down for infractions against the defense).

FIGHTING:

Pretty self-explanatory. You will be expelled from the league.

In addition, players shall not:

- Punch, strike or make any hostile physical contact (automatic ejection)
- Strip, steal, or attempt to steal the ball from a player in possession.
- Trip an opponent.
- Make contact with an opponent who is on the ground.
- Throw the runner to the ground.
- Hurdle any other player.
- Contact an opponent either before or after the ball is declared dead.
- Make any contact with an opponent, which is deemed unnecessary of any nature including using fists, locked hands, elbows or any part of the forearm or hand.
- Deliberately drive or run into a defensive player.
- Clip an opponent.
- Position themselves on the shoulders of a body of a teammate or opponent to gain an advantage.
- Unsportsmanlike Conduct – Can be called at the referee's discretion in the event a player places himself or others in any danger.

SCREEN BLOCKING:

Screen blocking (offense) shall take place without contact. The blocker shall have their hands and arms at their sides or behind their back. A screen blocker cannot use their hands, arms, elbows, legs or body to initiate contact. If they do use contact it will be called a **Personal Foul**. There is no down field blocking allowed; only blocking at or behind the line of scrimmage.

Once the ball advances beyond line of scrimmage, all offensive players besides the ball carrier must stop. In no circumstance may an offensive player run with or otherwise block, screen or impede a defensive player in pursuit of the ball.

STIFF ARMING:

The use of stiff-arming is not allowed; it will be called as a **Personal Foul**.

GUARDING THE FLAG BELT:

Players shall not flag guard by using their hands, arms or the ball, to deny the opportunity for an opponent to pull or remove the flags will be called a **Personal Foul**.

Flag guarding shall include such things as:

- Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.

- Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
- Lowering the shoulders in such a manner that places the arm over the flag belt to prevent an opponent from de-flagging.

DEFENSE

Defensive players can line up any way that they choose before the snap. Their only limitation is that they must be lined up between their own end zone and the line of scrimmage.

DEFENSIVE RUSHING:

There can be a maximum of one unannounced rushers pursuing the QB behind the line of scrimmage. This rusher must count to **4 'STEAMBOATS'** aloud so that both teams can hear.

No other defensive player may cross the line of scrimmage until the ball leaves the QBs hand via forward pass or lateral/backward pass. At that point, any defensive player can cross the line of scrimmage to pursue the ball carrier.

DEFENDING A FORWARD PASS:

The defensive team can defend a forward pass by batting the ball down, or by trying to intercept the ball. No contact with offensive players will be allowed.

FLAG PULLING:

Players may dive when attempting to pull a flag.

PASS INTERFERENCE:

It is pass interference if an eligible receiver is de-flagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage.

If the pass interference by the defense is intentional and/or unsportsmanlike, the defense may be penalized an additional 10 yards, down repeats.

INTERCEPTIONS:

Interceptions can be returned for a touchdown by the defensive team.

DEFENSIVE PENALTIES

PENALTIES:

No Penalty can award the ball into the end zone (and resulting in a touchdown). Infractions that happen closer to the goal line than the penalty awards will be placed on the 1-yard line or half the distance to the goal, whichever is closer.

OFF SIDES:

Defensive players must line up between their end zone and the line of scrimmage. Lining up over the line of scrimmage will result in a 10-yard penalty from the line of scrimmage and repeat of the down.

ILLEGAL CONTACT:

Defenders cannot jam receiver or run over or through a blocker, or engage in any other type of illegal contact. This will result in a 10-yard penalty from the line of scrimmage and an automatic first down.

ILLEGAL RUSH:

Any defensive player (other than the one unannounced rusher) who rushes behind the line of scrimmage while the QB maintains initial possession of the ball, will result in a 10-yard penalty and repeat of down.

HOLDING:

Defenders cannot impede the offensive player by holding their body or equipment. Holding will result in a 10-yard penalty from end of the play and an automatic first down.

PASS INTERFERENCE:

Defensive Pass Interference will result in 10-yard penalty from the line of scrimmage and automatic 1st down. If defensive pass interference occurs during the last two minutes of either half, the ball is placed at the spot of the penalty or 10-yard penalty, whichever is greater, the offense is awarded an automatic first down.

DELAY OF GAME:

10-yard penalty and replay of the down.

FLAG BELT USAGE & REMOVAL

It is illegal for a defensive player to intentionally pull a flag belt from an offensive player who is not in possession of the ball. Tampering with the flag belt in any way to gain an advantage is considered unsportsmanlike; and an Unsportsmanlike Conduct penalty will be issued, 10-yards and automatic 1stdown.

PERSONAL FOULS:

Any act listed below or any other act of unnecessary roughness is a personal foul and will result in a 10-yard penalty (and possible ejection, referees discretion) for infractions made by an offensive player; or 10-yards plus an automatic first down for infractions against the defense.

PLAYERS SHALL NOT:

- Punch, strike or make any hostile physical contact (automatic ejection)
- Strip, steal, or attempt to steal the ball from a player in possession.
- Trip an opponent.
- Make contact with an opponent who is on the ground.
- Throw the runner to the ground.
- Hurdle any other player.
- Contact an opponent either before or after the ball is declared dead.
- Make any contact with an opponent, which is deemed unnecessary of any nature including using fists, locked hands, elbows or any part of the forearm or hand.
- Deliberately drive or run into an offensive player.
- Clipping (when an offensive player blocks a defensive player from behind).
- Position themselves on the shoulders of a body of a teammate or opponent to gain an advantage.
- Tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football.
- Taunting – Heavy or excessive taunting can result in an unsportsmanlike conduct penalty. Repeat offenders will be ejected from the game.
- Unsportsmanlike Conduct – Can be called at the referee's discretion in the event a player places himself or others in any danger.
- Roughing the QB – Defensive players can only pull the Quarterback's flags. Any additional contact (such as contact with the quarterbacks arm) can be penalized at the referee's discretion.
- Illegal Push – Defensive players cannot intentionally push an offensive player out of bounds.

COMMISSIONER'S NOTE:

The Commission has the right to penalize individual player or entire teams for negative actions on and around the field. Penalties can be issued even if the referee didn't issue a penalty on the field.

MOST IMPORTANT RULE:

HAVE FUN!!!!