



UQA / CBP Flag Football League Rules

I. Eligibility

1. All players must be registered through the UQA or CBP Flag Football Program under the appropriate age range.

II. Equipment

1. **Mouth Guard.** Every player must wear a mouthguard to each practice and each game.
2. Coaches will be provided with **flag belts and a football** for their teams to be returned at the end of the season.
3. Players must remove all jewelry and anything around the neck or wrists except playbook/play call wristbands.
4. League supplied uniforms must be worn during games.
5. Player's jerseys must be tucked into shorts/pants. This helps avoid flag covering.
6. Use tape (ex. white electrical tape (label player name or #)) to fold/roll excess belt tag.

III. Field

1. 40yd x 40yd fields with a 10-yd end zone and a midfield line-to-gain (30x30 for 5u). No-Running Zones precede each goal line and midfield line by 5 yds. **No-Running zones are removed for the 5U age group.**
2. Stepping on the boundary line is considered out of bounds.

IV. Rosters

1. Teams must field a minimum of five (5) players at all times and can only field less than 7 if players do not show up/are injured. Player amount is decided at the beginning of the game. Losing players to injury/players leaving the field after the start of the game does NOT require the opposing team to match.

V. Game Play

1. At least 5 minutes prior to the start of a game, coaches shall meet at midfield for the coin toss to determine who starts with the ball. Playoffs will be determined by record/seed (e-breaker goes to point differential)
2. The offensive team takes possession of the ball at the 40-yd line and has 4 plays to cross midfield for a 1st down. Once a team crosses midfield, it has 4 plays to score a touchdown unless the clock expires.
3. If the offense fails to cross midfield or score, the ball changes possession.
4. All possession changes, except interceptions returned for a TD, start on the 40-yd line. Interceptions returned for a TD requires an extra point attempt before changing possession again.
5. Games are played on a 40-minute continuous clock, two 20 minute halves. The clock stops only for minutes and a four (4) minute warning per half or pursuant to the below rules.
 - There will be a 28 point slaughter rule at the 4 minute mark of the second half.
6. Halime is 5 minutes long.
7. 30 seconds PLAY CLOCK from the time the ball is spotted. Refs are expected to warn the team of 5 seconds left with a loud count of "5...4...3...2...1".
8. Each team has two (2) 30-second timeouts per half.
9. Officials can stop the clock at their discretion.
10. In the event of an injury, the clock will stop and restart after the injured player is removed from the field of play.
11. If the score is tied at the end of 40 minutes, the game will be determined a e. Except Playoff • If a touchdown is scored to end the game with an expiring clock an extra point opportunity is permitted.
12. **Playoff Overtime:** Coin Flip, Higher seed calls. Possession starts from the 20-yard line, Both teams have 4 downs and an attempted extra point (1 or 2 point conversion). Continue Rounds until a winner is named. Each round to be started by the opposite team from the prior round.

VI. Scoring

1. Touchdown: **6 points**. PAT (Point after Touchdown) **1 point** (5-yard line PASS ONLY) or **2 point** (10-yard line). ●
Must declare to attempt a 1-pt. or a 2-pt. conversion, No change once declared.

VII. Coaches

1. All coaches must complete a criminal background and Child Abuse Registry background to coach.
2. Coaches must remain on the sideline during play.
 - a. Teams shall be separated during the game if sharing the same sideline. Parents shall not impede on the team area defined by the coach during the game. No more than 2 coaches on the sideline.
- exception 5U = 2 offense and 2 defense with as many needed assistants in the sideline team area
- b. 7U = 1 coach permitted behind the offense and 1 coach permitted behind the defense
- c. 9U = 1 coach behind the offense and 1 coach behind the defense for the first 3 games.
- d. 11U & 14U age groups = ZERO coaches on the field
3. Coaches, spectators are expected to adhere to UQA / CBP Flag Football LEAGUE rules, and codes of conduct(s). There will be a ZERO TOLERANCE policy determined by the Refs, and/or Board members.

VIII. Live Ball/Dead Ball

1. The play is live when:
 - a. 5U the QB pulls the ball in upward motion.
 - b. All other ages when the ball leaves the ground (snapped) from center.
 - i. 7U and above dropped snaps are a dead ball and loss of down.
 - ii. 9U and above dropped handoffs after the snap are a dead ball and loss of down.
 - 7U can pick up a dropped handoff and continue the play.
2. The defense may not mimic the offensive team signals.
3. Substitutions may be made on any dead ball.
4. Refs can whistle the play dead.
5. Play is ruled "dead" when:
 - a. The ball hits the ground (other than snap/handoff rules noted above).
 - b. The ball carrier's flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown is scored.
 - e. The ball carrier's knee, hip, boom, forearm, elbow, shoulder, or back hits the ground.
 - f. The ball carrier's flag falls off **AND** the runner is touched by an opposing player.
 - g. The receiver catches the ball with one/no flag(s).
 - h. **The 7 second or 9 second pass clock expires.**
 - i. An inadvertent whistle is performed.
 - i. In the case of an inadvertent whistle, the offense has two options:
 1. Take the ball where the whistle blown made the play dead.
 2. Replay the down from the original line of scrimmage.
6. Once the referee sets the ball and the play clock begins the offense can run a play (i.e., hurry up offense).
7. *There are no fumble turnovers. The ball is spotted where it hits the ground; the team in possession maintains.*

IX. Running

1. The ball is spotted where the ball is in hand, when the flag is pulled, or the player steps out of bounds.

2. The QB CANNOT ADVANCE the ball for positive yards without handing off or passing first. a. **Except on 11U & 14U age groups QB can run if is rushed/blitzed by the defense (see below).** 3. Once the ball leaves the QB hands all blitzing or rushing by any player is allowed.

4. **"No-Run Zone,"** located 5 yards before the end zone and midfield is designed to avoid short-yardage, power running situations. The play must be a forward pass.

5. The player taking the handoff or pitch can throw the ball from behind the line of scrimmage. Rush is permitted.

6. **Blocking or "screening" is NOT allowed at any time.**

- Offensive players without the ball must stop their moon, clear away, or trail behind the play once the ball has crossed the line of scrimmage. No running with the ball carrier as a shield.

7. Flag Obstruction – The flags must be on the player’s hips and free from obstruction to include hands with intent of guarding their flag. Deliberately obstructed flags will be considered flag guarding and a penalty will be called. **X. Passing**

1. All passes must be from behind the line of scrimmage, thrown forward or behind the line of scrimmage.

2. Shovel passes are allowed and received behind or beyond the line of scrimmage.

3. The QB cannot run with the ball without handing it off unless they are blitzed in the 11U/14U age group. **4.**

The QB can run the ball in the 5U age group, but it is preferred to attempt a handoff as often as possible. The league recognizes that some 5U players will only run the ball if they don’t have to give or receive a handoff.

5. The quarterback has a seven (7) second “pass clock.” If a pass is not thrown, handed-off, lateral, or pitched within the seven seconds, play is dead, the down is consumed, and the ball is returned to the line of scrimmage.

a. **5U and 7U have a nine (9) second “pass clock”** at all times.

XI. Receiving

1. All players are eligible to receive passes (including the center).

2. A player must be inbounds with both feet when making a reception.

3. In the case of simultaneous possession by offensive and defensive players, possession is awarded to the offense.

4. Interceptions that are run back for a touchdown (to the 40 yard line) are issued 6 points, **PAT (1) or (2) points.** • If the interception run back for TD occurs on an extra point play, then the ball is dead, no points. **XII. Rushing the Passer**

(not allowed in 5U/7U/9U age groups.)

1. Rushing can only begin once the ball is snapped. All players who rush the passer must be a minimum of **ten** (10) yards from the line of scrimmage when the ball is snapped.

a. Any number of players can rush the quarterback.

b. Players not rushing the quarterback may defend on (1 yd off) the line of scrimmage except 5U & 7U. **2.**

Once the ball is handed off, pitched, or passed, the 10-yard rule is no longer in effect; all defenders may rush. **3.**

Teams are not required to identify their rusher before the play.

4. Players rushing the Quarterback may attempt to block a pass. However, NO contact can be made with the QB in any way other than flag pulling.

5. Offense cannot impede the rusher in any way. Ex- A receiver deviates from their route. This a Ref judgement call

XIII. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in possession of the ball.

2. Defenders cannot tackle, push, hold or interfere with the ball carrier in the pursuit of pulling a flag. **3.** A defensive player may not intentionally pull the flags off players who are not in possession of the ball.

XIV. Formations

1. An offensive team must have a minimum of four (4) players on the line of scrimmage.

2. Only one player at a time may go in motion and must travel parallel to or away from the line of scrimmage. **No moon for 5U, this is ruled as a false start.**

XV. Unsportsmanlike Conduct

1. If a field-monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee’s discretion. No appeals will be permitted! **FOUL PLAY WILL NOT BE TOLERATED.**

• The player will be penalized for 4 quarters. Ex: if the act happens in the second half they will be out for the first half of the next game (playoffs included)

2. Offensive or confrontational language is illegal. Officials and field monitors have the right to determine offensive language. If offensive or confrontational language occurs, the referee may eject the person based on their discretion or they may give a warning. If it continues, the person (player(s), coach, and/or fan will be ejected from the field. Ejections will be for 4 quarters of play which can roll into the next game.

3. Ball carriers MUST make an effort to avoid defenders with an established position. No running through defenders. Running through defenders/lowering shoulders results in a 5-yard penalty from the spot of the foul. **4.**

Defenders are not allowed to run through (hit with their body) the ball carrier when pulling flags. **XVI. Penales**

Offensive All penalties are assessed for 5 Yards.

• Illegal moon (more than one person moving, false start, etc.)

• Offensive-pass interference (illegal pick play, pushing off/away defender)

- Screening, Blocking or Running (along with the ball carrier) (spot foul)
- Delay of game (after the ball is spotted, exceeding the 30 second limit)
- Flag guarding (hindering the pull of a flag by the ball carrier) (spot foul)
- Charging (not attempting to avoid the defense)

Defense All penalties are assessed for 5 Yards.

- Off-sides
- Interference
- Illegal contact (Holding, blocking, etc)
- Defense Illegal flag pull (before receiver has ball) (spot foul)
- Defense Illegal rushing (starting rush from inside 10-yards from LOS)
- Roughing the passer shall be a 10 yard penalty
- Stripping the ball (aiming to cause a fumble) (spot foul)

Team – Below penalties are assessed as automatic first down (if against defense) or loss of down (if against offense) and carry an individual warning to the person committing the penalty (one warning to the player and team before election).

- Unnecessary Roughness
- Taunting
- Unsportsmanlike conduct

Ejections: Will result in missing 4 quarters of play which can roll over to the next game. Any ejection will be communicated to the league commissioner who can issue league removal based on the degree of the act. Multiple Ejections (A trend) can result in removal of the league. We are here to have fun for the kids.