

RULES & EQUIPMENT

"South OC Flag Football" is a 6 on 6* game filled with fun and action. The offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed, although there are "no running zones" at midfield and near each goal line. The defensive team covers receivers, rushes the passer and pulls flags to make "tackles". It is intended to be a "non-contact" sport

THE BASICS

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard 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. If the offense fails to get the first down or fail to score and elected to go for it on 4th down, the ball changes possession and the new offensive team takes over on the spot.
- If the offensive team fails to cross midfield after 3 downs, they may elect to "punt" on the fourth down which entails possession of the ball changes and the opposition starts its drive from its 5 yard line.
- All possession changes, except interceptions, and going for it on 4th down, start on the offense's 5 yard line.
- Interceptions may be returned. This includes interceptions on extra points which means the team that intercepted it gets 2 points if they score.
- Teams change sides after halftime. Possession changes to loser of coin toss, unless the winner of the coin toss deferred to start the game. For divisions K, 1 st/2 nd and 3 rd/4th Grade 1 Coach is allowed on field for offense per team. No Defensive coach is allowed on the field once the ball is snapped (exception Gr K-4). If coach is on the phone the field the ref has discretion to call a 15-year penalty if it is deliberate.
- There are no protests of game results.
- All games are final on Saturday or Sunday if it is the Spring league.

PLAYERS/GAMES

Teams must field a minimum of 5 players at all times. Most Teams consist of a maximum of 8 players - 6 on the field, with 2 substitutes. ALL PLAYERS MUST PLAY A MINIMUM 3 OUT OF THE 4 QUARTERS (EVERYONE SITS ONE FULL QUARTER). SUBSTITUTIONS ARE ONLY ALLOWED AT THE QUARTER BREAKS UNLESS THERE IS AN INJURY.

9 PLAYER RULE: For teams with 9 players.

- Qtr 1: 3 play offense only, 3 different play defense only and the other 3 play the whole Qtr. (This way ... all 9 players play in the 1st Qtr.)
- Qtrs 2-4: 3 different players sit each qtr.

10 PLAYER RULE: For teams with 10 players:

- Qtr 1: 4 play offense only, 4 play defense only and 2 play the whole Qtr.
- Qtr 2: 4 players sit the entire Qtr.
- Qtr 3: 4 different players sit the entire Qtr.

- Qtr 4: 2 different players sit the entire Qtr + another 2 sit the entire Qtr.

PLAYER ADVANTAGE RULE (6 v5 only)

If one team has 6 or more players and the other team has 5 or less, the team with 6 or more can elect to play 6 on offense and defense or just 6 on offense and 5 on defense.

TIMING/OVERTIME

Games are played with 10 minute running quarters (40 minutes), 1 minute water break between quarters and a 5 minute halftime. If the score is tied at the end of 40 minutes, teams move directly into overtime.

The following tie-breaker system will be used for all overtime games.

- Coin flip determines possession
- The team that is on offense first elects to go for 1 (pass only) or 2 (run or pass).
- Ball is placed at 5 yrd line if going for 1 and 12 yard line if going for 2.
- If team 1 goes for 1 and makes it, Team 2 has to go for 2.
- If both teams are tied, we do it again until there is a winner.
- If ball is intercepted and returned for a touchdown, game is over.

TIME OUTS

Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams may receive one warning before a delay of game penalty is enforced. 2 timeouts/team, per half and they do not carry over to 2nd half if unused.

1 timeout per team in each OT

SCORING

- Touchdown = 6 points
- Extra Point: (None in Kindergarten division)
- 1 point (played from 5 yard line)
- 2 points (played from 12 yard line)
- 2 points for interception and return to end zone on Extra Point attempts
- Safety = 2 points

RUNNING

- The quarterback cannot run with the ball unless they are blitzed.
- Handoffs, laterals and pitches are allowed as per NFL rules.
- NO CENTER SNEAKS!!
- No-Running zones located approx. 5 yards from each end zone (as marked) and approx. 5 yards on either side of midfield (as marked) are designed to avoid short yardage, power-running situations. (None for Kindergarten division)
- The player who takes the handoff, lateral or pitch can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, lateraled or pitched, all defensive players are eligible to rush.

- Spinning is allowed and Players CAN LEAVE THEIR FEET.
- The ball is spotted where the ball is when the flag is pulled.
- Player running with the ball must make an effort to avoid INTENTIONALLY running over or initiating aggressive contact on the defensive player. Penalty, if called, is unsportsmanlike conduct.

RECEIVING

- All players are eligible to receive passes (including the QB, if the ball has been handed off, lateraled, or pitched behind the line of scrimmage as per NFL Rules).
- As in the NFL, only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

PASSING

- The QB has a seven second "pass clock". If the QB does not get rid of the ball within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven second rule no longer is in effect.
- Shovel passes are allowed
- Interceptions may be returned.

DEAD BALLS

- The ball must be snapped between the legs, not off to one side, to start play.
- Play is ruled "dead" when:
 - Ball carrier's flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - Ball carrier's knee hits the ground
 - Ball carrier's flag falls out
 - Ball carrier's flags are not positioned on the side of the hips (slide to back side by tail bone).
 - This is very subjective and up to the ref to determine the severity of the issue. Warnings MAY be given instead of dead ball. It is Coach & Players responsibility to check this throughout the game.

****NOTE: THERE ARE NO FUMBLES (therefore NO STRIPPING OF THE BALL). THE BALL IS SPOTTED WHERE THE BALL HITS THE GROUND****

****NOTE: BALL IS NOT DEAD IF BALL CARRIERS HAND TOUCHES GROUND RUSHING THE QUARTERBACK**

- All players who rush the QB must be a minimum of seven yards from the line of scrimmage (as marked by ref) when the ball is snapped.
- Any number of players can rush the QB.
- Players not rushing the QB may defend on the line of scrimmage only until the ball leaves QB hands.
- Once the ball is handed off, the seven - yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.

- A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, NO BLOCKING, TACKLING, OR STRIPPING OF THE BALL IS ALLOWED.

SPORTSMANSHIP/ROUGHING

If the field Official/Referee, field marshal, or Commissioner witnesses any acts of tackling, elbowing, cheap shots, blocking or ANY unsportsmanlike act, the game will be stopped and the player/coach or fan may be ejected from the game. The penalty if called is a dead ball at point of infraction and automatic 1st down. If penalty is against the offense, then 10yds + loss of down, from original line of scrimmage. It will ALWAYS benefit the other team. ****FOUL PLAY WILL NOT BE TOLERATED****

- Trash talking is illegal. Officials have the right to determine offensive language.
- Offensive pass interference: (Illegal pick play, pushing off/away defender) 10 yards and loss of down
- Blocking: (Intentional contact with the defender) 10 yards and loss of down
- Screening: (A no-contact foul for running with the ball carrier OR impeding the defensive rusher) 10 yards and loss of down

MERCY RULE

- Any team up by 30 or more points will not have a 4th down on offensive possession.
- The losing team will get all 4 downs. If they are unsuccessful in either gaining a first down or scoring a touchdown, the winning team will automatically start at their 5-yard line.
- The defense is prohibited from rushing the passer.

FLAG GUARDING

- 10 yards (this is a spot foul and loss of down)

CHARGING (Intentionally running over defender)

- 10 yards and loss of down

BLITZING

- Ref marks 7 yards from line of scrimmage as from where a defense can blitz.
- If defense crosses the line of scrimmage on a blitz, the QB has the option to keep it and run.
- If defense does not cross the line of scrimmage, and the QB scrambles, the play is ruled dead and results in loss of down and 10 yards.

DELAY OF GAME

- Once the ref places the ball at the line of scrimmage, the offense has 30 seconds in the huddle to execute a play.
- Refs will give a 10 second warning. Upon first violation, a warning is issued to offensive coach.
- Upon the subsequent violations, refs will issue a penalty resulting in 5 yards and loss of down.

MISC

- Referees determine incidental contact that may result from normal run of play.
- 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 it.

STANDINGS

Official league standings and playoff seedings* are determined based on the following:

- 1) Win/Loss Winning PCT (All games are included)
- 2) Head to Head
- 3) Avg Pts. Allowed per game
- 4) Coin Flip *NOTE - For playoffs, all 1st place teams get top seeds, then rule above is applied.

ATTIRE

- Cleats are allowed, except for metal spikes. Inspections will be made.
- All players must wear a protective mouthpiece; there are no exceptions!!
- Official South OC Flag Football Team jerseys and South OC Flag Football Flags must be worn during play.
- Flags must be of a different color than the shorts.
- No pockets are allowed on the shorts.
- South OC Flag Football commissioners/marshals and/or referees will determine if there are any uniform violations.
- Any violation of the attire rule should be rectified ASAP.
- If violation continues the Head Coach is subject to a 1 game suspension and game is subject to forfeit as determined by the South OC Flag Football Commissioners/field marshals.

NOTE: THERE ARE NO KICKOFFS, AND NO BLOCKING IS ALLOWED.

Let the COACHES COACH

Let the PLAYERS PLAY

Let the REFEREES REF

Everyone else CHEER