

HOLLYWOOD 8-on-8 CO-ED FLAG FOOTBALL LEAGUE RULES – Fall 2009

THE GAME

TERMS:

- “20-yard line”: closest cone to the end zone.
- Penalties are in simulated yards (i.e. 10-yard penalty is 10 paces).

ROSTER:

- 25 Man Roster limit
- Roster & Fees Deadline: 1st game
- Designate Captains on Roster (include email address)
- Waivers are due at the player’s first game or by the third Saturday of the season.

NUMBER OF PLAYERS:

Minimum to play is five of any combination, male, or female, in order to avoid a forfeit. Maximum players are 8 players including a minimum of 2 females. A player may play on only one team. If a team does not have enough to play 10 min after start time then the game is forfeited, unless conceded by opposing team.

LENGTH OF GAME:

Playing time shall be two halves of 25 minutes. Half time shall be 5 minutes. In the case of overtime, there will a 5-minute intermission prior to starting overtime. Should darkness threaten the completion of a game, periods can be shortened by mutual consent of both captains and the Referees.

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. During the last two minutes ONLY of the game the clock stops on an incomplete pass, a ball carrier going out-of-bounds, or a first down (including a change of possession).

GAME START:

Teams that do not have the minimum 5 players needed to start the game will be given no grace period. In the event that no officials are available to start the game a grace period will be available until the officials arrive, or a suitable replacement is found.

DETERMINING THE INITIAL POSSESSION:

The initial possession will be determined by a coin toss. 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.

BETWEEN PLAYS:

Teams will have 30 seconds from the time that the ball is spotted to snap the ball.

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 20-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 20-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 20-yard line. Point after attempts can be either 1pt or 2pt (chosen by the offensive team). If after one possession for each team the game is still tied, the game ends in a tie. If after one possession for each team there is a team leading, the leading team wins.

THE FLAG BELT:

Should a player lose their flag belt legally or **illegally** during a down and should that player gain possession of a live ball, that player will be considered down when legally tagged (at least one hand). When a player scores, they must immediately raise their hands and allow an official to remove their flag belt.

TAMPERING WITH THE FLAG BELT:

If the belt or flags have been illegally secured, any points gained on the play is refused, the player is ejected and a 10-yard Unsportsmanlike Conduct penalty will be administered from the previous spot.

FIELD SIZE:

The regulation dimension shall be 84 yards by 40 yards, with 7-yard end zones.

COACHES & PLAYERS BOX:

Coaches and players must remain between the two 20 yard lines.

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 (deemed by the referee and agreed on by opposing team).

EQUIPMENT:

NO METAL CLEATS!! NO SHARP OBJECTS OF ANY KIND. NO WEAPONS OR FISTS!

SHIRTS/JERSEYS:

All shirts/jerseys **MUST BE TUCKED IN AT ALL TIMES**; shirts are not permitted to hang over the flag belt. If your shirt is un-tucked when a play begins, the referee can stop the play and penalize the team responsible. 5-yard penalty from the line of scrimmage.

TOWELS:

Can be worn on a belt, but will be penalized if obstructs with flags. 5-yard penalty from line of scrimmage.

PLAYBOOKS:

Must be kept on the sidelines or worn on the wrist (if taken onto the field.)

FOREIGN SUBSTANCES:

The use of a foreign substance is not allowed, ejection from the current game is the result.

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; all waivers must be submitted by the third Saturday of the season.

POST SEASON:

The top 6 teams will make it to the Playoffs. The seeding will be based on the following criteria, in this order:

- Number of Wins and Loses
- Head-to-Head Wins & Loses
- 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 beginning of the half, after a safety, or after a touchdown, the offense will begin their possession at their own 20-yard line. They will have four plays in which to advance the ball past the first down marker (approximately 15 yards between cones???). 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 2 linemen, 1 center (snapper) and 1 additional player must be on the line of scrimmage. *There must be a minimum of 4 people on the*

line of scrimmage. Others can line up anywhere on or behind the line of scrimmage. The offense must wait until the officials have properly marked the line of scrimmage and rushing line before snapping the ball.

LINE OF SCRMMAGE:

No defensive player may be within a 2-yard radius of the ball before the snap. In addition, rushers must lineup outside of 2 yard to either side of the ball. Failure to do so results in a five-yard penalty and replay of the down.

STARTING THE PLAY

The Offense has 30 seconds from the time that the ball is spotted in which to snap the ball. Failure to snap the ball in 30 seconds is a Delay of Game (5 year penalty). The ball must be snapped to the Quarterback to have an eligible play. (For definition sake: The QB is person that the ball is snapped to. No matter where they are lined-up.)

SNAPPING THE BALL:

The ball may be snapped in any manner as long as part of the ball is in contact with the ground when it is snapped.

FALSE START/ILLEGAL MOTION

Once the referee spots the ball and the offensive players come to the line of scrimmage, no player can make forward movement. Only one player can move (laterally to the line of scrimmage or away from the line of scrimmage). Violating this is a 5-yard penalty and repeat of down.

FORWARD PASSING

After the snap, the QB can complete a forward pass to a receiver. Players may not catch a pass and lateral it back to another offensive player past the line of scrimmage (No Hook & Ladder). This is a dead ball foul at the spot of infraction. All players are eligible receivers.

RUSHING THE QUARTERBACK

Regardless of where the Quarterback is, once the ball leaves the QBs hands all defensive players are eligible to rush the ball carrier past the line of scrimmage. (For definition sake: The QB is person that the ball is snapped to. No matter where they are 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.

ACHIEVING A FIRST DOWN

The offense advances the ball past the first down marker in four plays or less, or an Official calls an infraction that results in a first down.

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 hips must pass over any part of the goal line.

Point after attempts will be running or passing plays only (no field goals). You must notify the referees which of the following your team intends to do:

- Place the ball on the 5-yard line for 1 extra point.
- Place the ball on the 10-yard line for 2 extra points.

SCORING:

- Touchdowns = 6 points
- Extra points = 1 point (5 yards)
- Extra points = 2 points (10 yards)
- Safety = 2 points

Once the team has made their choice on the extra point AND the ball has been spotted, they can only change their decision by taking a time-out. Should the defense gain possession of the ball by any other means besides an interception, the ball shall immediately be declared dead.

INTERCEPTIONS ON EXTRA POINTS:

The defensive team can return interceptions on extra point attempts for the value of the extra point being attempted (1 or 2).

BACKWARD PASSES AND FUMBLES: A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. This will be penalized as an "Illegal pass" (loss of 5 yards), loss of down, and the clock will roll on the start of the next play. 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. Remember: All players are eligible receivers.

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), unless contact by an opponent causes the player to first touch out of bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If members of opposing teams catch a forward pass simultaneously, the ball is dead at that spot and belongs to the offense. All players are eligible receivers.

JUMPING AND DIVING:

Jumping or Diving for the following reasons is illegal:

- To get extra distance, to get out-of-bounds, or to reach the end zone (5 yard penalty from the infraction and loss of down)

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 and options to "punt" the ball, the ball will be turned over to the opposing team at the opposing team's 20-yard line, and shall be 1st down.

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 catch or reception.

FLAG BELT REMOVAL:

Players must have possession of the ball before they can legally be de-flagged. When a runner loses their flag belt accidentally, inadvertently or intentionally, play continues. The de-flagging reverts to a one-hand tag of the runner.

OFFENSIVE PENALTIES**PENALTIES:**

The field officials have the final say on all penalties however must abide by the rules supplied and cannot change any rules. The defense has the option to accept or decline any offensive penalty. Any offensive penalty that results in the ball being spotted in the offenses end zone will result as a Safety for the defensive team.

ILLEGAL MOTION:

Once the offense is set, only one player can be in motion at a time. The player must move laterally or backwards, and not forward. Illegal motion will result in a dead play, a 5-yard penalty from the line of scrimmage and a replay of the down.

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 5-yard penalty and a replay of the down.

DELAY OF GAME:

The offense has 30 seconds from the time the ball is spotted in which to run an offensive play. Failure to run a play within the allotted 30-second period will result in a 5-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 15 yard penalty and loss of down).

If either player lowers their shoulder (for any reason), a 15-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 15-yard penalty and loss of down (or replay of down for infractions against the defense).

FIGHTING:

Any player that strikes another person (or commits any hostile physical contact) will be expelled from the league for the remainder of the season and may lose eligibility to play in future seasons.

Expelled or suspended players that are on or near the field of play will cause their team to forfeit that day's game (even if their game has already concluded).

Inciting or instigating a fight will result in an "Unsportsmanlike Conduct" call and result in a 15-yard penalty for their team and loss of down (offense). If their game has already concluded for the day, the penalty will be assessed on the first play of the team's next game.

Fighting will NOT be tolerated!

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 and their **rushers must line up 2 yards (“2 yard zone”) to either side of ball before the snap** (e.g. No one is allowed in the Nose Tackle’s position).

DEFENSIVE RUSHING:

There can be a maximum of 2 designated rushers pursuing the QB behind the line of scrimmage. No other defensive player may cross the line of scrimmage until the ball leaves the QBs hand via forward pass or 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 15 yards, down repeats.

INTERCEPTIONS:

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

DEFENSIVE PENALTIES

PENALTIES:

The field officials have the final say on all penalties however must abide by the rules supplied and cannot change any rules. The offense has the option to accept or decline any defensive penalty. Defensive penalties occurring in the end zone on extra points will result in scores being awarded. The game cannot end on a defensive penalty.

No Penalty can award the ball into the end zone (and resulting in a touchdown, except for extra points). 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 5-yard penalty from the line of scrimmage and repeat of the down.

ILLEGAL FORMATION:

Defending rushers must announce they are rushing when asked by their opponents, those **rushers must line up 2 yards to either side of the ball before the snap** (e.g. No one is allowed in the Nose Tackle's position), if the rushers are caught in the 2 yard zone a 5 yard penalty will be assessed and the down will be replayed.

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 5-yard penalty from the line of scrimmage and an automatic first down.

RUSHING:

Pass Rushers must declare that they are rushers – If asked prior to snap. Any defensive player (other than the designated rushers) 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 and the clock is stopped.

DELAY OF GAME:

5-yard penalty and replay of the down.

OBSTRUCTING THE RUNNER:

A defensive player shall not hold player or their clothing when attempting to remove the flag belt. A penalty results in a 5-yard penalty from the end of the play.

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, 15-yards and automatic 1st down. In addition, the player can be disqualified by the referee's discretion.

PERSONAL FOULS:

Any act listed below or any other act of unnecessary roughness is a personal foul and will result in a 15-yard penalty (and possible ejection, referees discretion) for infractions made by an offensive player; or 15-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.

FIGHTING:

Any player that strikes another person (or commits any hostile physical contact) will be expelled from the league for the **remainder of the season and may lose eligibility to play in future seasons.**

Expelled or suspended players that are on or near the field of play will cause their team to forfeit that day's game (even if their game has already concluded).

Inciting or instigating a fight will result in an "Unsportsmanlike Conduct" call and result in a 15-yard penalty for their team. If their game has already concluded for the day, the penalty will be assessed on the first play of the team's next game.

Fighting will NOT be tolerated!

COMMISHIONER'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.