

November 12, 2011 - - - - Florence Day Flag Football Tournament Rules

1. A team will have eight players on the field on offense and defense.
2. All players must wear their jersey tucked into their pants, and try to keep their flags at their side.
3. All players must play at least one-half of each game and must play in each half.
4. Game length will be two twenty minute halves with a running clock. Only time-outs will stop the clock. There will also be a five minute break for halftime.
5. The playing field will be eighty yards long with ten yard end zones at each end.
6. Offensive play will start from the ten yard line and a first down will be earned by gaining fifteen yards. This will leave another fifteen yards to gain for a touchdown.
7. On fourth down, the offense will have the option to go for a touchdown, first down, or punt. If on fourth down, the offense punts, fumbles, or does not make the first down or touchdown, the ball will be turned over to the opposing team and their offense will begin play at its own ten yard line.
8. The defensive players are supposed to try and pull the flags off the offensive player, not tackle them. There is a penalty for tackling and this will be a judgment call by the official.
9. Each game will begin with a coin toss. The winner of the toss may elect to receive the ball or designate which goal they will defend. The teams will reverse the choices at the start of the second half.
10. Each team is allowed one time-out per half. It will be for one minute
11. Defensive players should hold a pulled flag in the air at the spot they pulled it.
12. If at any time during a play, the ball falls to the ground...it will be immediately dead at that spot.
13. Each play is ended when at least one flag is pulled from the ball carrier, the ball carrier's knee touches the ground, the ball carrier steps out of bounds, the ball touches the ground, the ball carrier falls down, or a touchdown or safety is scored.
14. During a play, if a player's flag falls off and he has the ball, he will be down when a defensive player touches him. If he is not touched, the play will continue.
15. The defense must have five players on the line of scrimmage and three players in the backfield. The five defensive players on the line of scrimmage must line up opposite the players on the offensive line. The three players in the defensive backfield must line up at least one yard off the line of scrimmage and may have one backfield player in motion.
16. The offense must have five players on the line of scrimmage within five yards of the ball laterally and have three players on the backfield at least one yard off the line of scrimmage and may have one backfield player in motion.
17. All players are eligible to carry or catch the ball.
18. Stiff-arming and flag-guarding by the ball carrier are illegal. Removing flags from players not carrying the ball is also illegal.
19. Defensive players may use their hands to force their way through the line, but may not hold or grasp the ball carrier while attempting to remove the flag. There is no blocking (offensive or defensive) below the waist. The five offensive linemen cannot use their hands to block. They must keep their hands in close to their chest.
20. Scoring will be as follow.....

Touchdown --- 6 points **Extra points** --1 point from the three yard line **Safety**--two points

21. Spinning is allowed, but players running the ball cannot jump or dive to avoid a defensive player
22. A player must have at least one foot in bounds when making a reception.
23. The ball must be snapped between the centers' legs to start a play.
24. Penalties will be assessed as follows:

Offense:

Illegal motion -----5 yds/replay down
Delay of game-----5 yds/replay down
Holding-----10 yds/replay down
Stiff-arm-----10 yds/replay down
Flag-guarding-----10 yds/replay down
Interference-----10 yds/replay down

Defense:

Offside-----5 yds/replay down
Holding-----10 yds/automatic first down
Tackling-----10 yds/replay down
Interference---10 yds/replay down
Illegal flag pull--10 yds/replay down

Personal Fouls: 10 yards and warning with 1 penalty. A 2nd penalty against same player in the same game will result in ejection from the game and a one game suspension for the next game that team plays.

In case of dispute or questions, final calls will be made by the official.

MOST IMPORTANT RULE! Have fun! Remember, it's just a game! ☺