



## **Rules and Regulations**

**Version 5  
[Winter 2009]**

## **1 Rosters:**

- 1.1 Teams are required to have a minimum of six players on their roster.
- 1.2 A player must play a minimum of six games to be considered eligible for the playoffs.
- 1.3 A player is considered present for a game by having his number marked on the game sheet by the scorekeeper. An injured player who is not dressed in uniform can still be considered present.
- 1.4 Any lower Division team is permitted to have two (2) higher division players on their team. A lower tier team may also allocate one of those spots to a player two divisions above theirs (applies to D3 and D4 teams). A QB from two divisions above will not be permitted to attempt a pass for a team two divisions below. *Captains will be held responsible for advising their players about their roster limits. A player playing as a spare in a higher division game runs the risk of putting his team above the limit and forfeiting a game.*
- 1.5 Any player who plays in a Division 1 game is automatically considered a Division 1 player and will be viewed that way on his Division 2 roster. The same rule applies for a Division 3 player who plays in a Division 2 game and Division 4 player who plays in a Division 3 game.

## **2 Equipment:**

- 2.1 All team members must wear jerseys of the same color shade. A player who does not have a matching colored jersey will not be allowed to play.
- 2.2 Players must have a number on their back. Taped-on numbers will be allowed in emergency situations only. Numbers on the front of the jersey are recommended but not obligatory. Players without a number will not be permitted to play. No duplicate numbers are permitted.
- 2.3 Long jerseys must be tucked into a player's pants/shorts at all times.
- 2.4 Short jerseys may be worn. The shirt should be short enough so that it does not hinder the visibility of the flags.
- 2.5 The white flag belt must be visible at all times.
- 2.6 Any undershirt must be tucked in.
- 2.7 Any hard headgear is not permitted on the field (e.g. caps, helmets)
- 2.8 The league does not permit any pants or shorts with pockets. This is due to the high risk of injuring fingers while attempting to deflag an opponent.
- 2.9 No jewelry of any kind is permitted on the field. Earrings should be covered with tape.
- 2.10 Players are not permitted to have anything hanging from their waist. This includes a towel, hand warmers, play sheet, etc.

- 2.11 All running shoes and cleats are legal. However, any metal spikes under a shoe are illegal and will have to be removed.
- 2.12 Any kind of hard leg or knee brace must be covered on all edges.

### **3 Start of the Game:**

- 3.1 Both captains are asked to meet with the referees five minutes prior to the start of the game to have the pre-game meeting. A maximum of two captains per team may be present.
- 3.2 The coin toss will take place with the road team's captain making the choice of heads versus tails. The winner can choose from the following three options: a) To start on offense or defense b) The goal his team will defend c) To defer his choice to the second half The captain not having the first choice of options shall exercise the remaining option.
- 3.3 Barring a pre-half penalty, a team will always begin the half with the ball at their own 10-yard line.
- 3.4 If a team does not have all six players at the time of the game, the referee will allow the team an extra five minutes from the actual starting time of the game to add its sixth player. At the end of the five minutes, if the team does not have the minimum of six players, it loses by forfeit.
- 3.5 If both teams are missing players at the start of the game, both teams are awarded a loss.

### **4 Length of Game:**

- 4.1 Playing time for each game is 44 minutes plus an extra ten plays. Each half is 22 minutes long with five plays to end the half.
- 4.2 There will be a running clock for the entire 22 minutes of each half.
- 4.3 There will be a three-minute break between the first and second halves.
- 4.4 Each team will be entitled to two 30-second timeouts per half.
- 4.5 In addition to its regular timeouts, teams will be awarded one technical timeout per game. This timeout is reserved for rule clarifications only and may not be used for other reasons. The referee will grant the timeout if he feels it is warranted.
- 4.6 Following a timeout, the clock starts when the ball is snapped.
- 4.7 Referees will give a one-minute warning at an appropriate break in the play when there is one minute remaining until the final five plays.
- 4.8 Once the fifth play is completed the referee will signal the end of the half/game.

- 4.9 An accepted penalized play and converts will not count as one of the final five plays.
- 4.10 A change of possession on fourth down is considered as a play.
- 4.11 There will be a mercy rule. There must be a 35-point lead in the second half for the rule to be enforced. If the 35-point differential is reached, the referee will ask the losing team's captain if they wish to continue, and under the referee's discretion the game will continue.

## **5 Overtime/Tie Game:**

- 5.1 There is no overtime in any regular season game.
- 5.2 In the playoffs, when the score is tied at the end of regulation, the teams will proceed to overtime.
- 5.3 At the start of the overtime period, the referee will meet with the two captains and have a coin toss to determine who starts with the ball. The captain of the road team will make the call.
- 5.4 The first team will have the choice to go for 1 point (from the 5-yard line), 2 points (from the 10-yard line) or 3 points (from the 15-yard line). The two teams will have three conversion attempts, going back and forth between the two. The team with the most combined points after their three attempts wins the game. If it is still tied after three turns each, they will go into sudden death where the teams will exchange single possessions until one team outscores the other.
- 5.5 Similar to a PAT convert, an interception in overtime cannot be returned and the ball is called dead.

## **6 Formation**

- 6.1 The offensive and defensive teams must have six players on the field.
- 6.2 The offensive team must have at least three players lined up on the line of scrimmage when the ball is snapped.
- 6.3 The quarterback must be at least five yards behind the snapper when receiving the snap.
- 6.4 The player accepting the snap may not receive the ball while making forward progress towards the line of scrimmage in order to gain an advantage on a run. A maximum of one player may be in motion during the snap, however this player can only move laterally from one sideline to the other.
- 6.5 Any player who rushes the quarterback must be lined up seven yards in front of the line of scrimmage. (The seven-yard line will be marked prior to each play.) The rusher is not permitted to line up directly in front of the snapper, he must line up either one yard to left or right from the middle of the field.

- 6.6 A player who is inside seven yards while the ball is being snapped may not rush the quarterback. If the player passes the line of scrimmage he will be penalized for encroachment. A player can be offside, return to the seven-yard line, and then cross the line of scrimmage.
- 6.7 The rusher has the right of way to the quarterback and may not be obstructed by any offensive player. The center is entitled to stay put from where he snapped the ball. He is also given the right of way to run in a straight line. However, if the center obstructs the rusher in any other way he will be penalized.
- 6.8 All receivers must be at least two yards away from the snapper on the line of scrimmage.
- 6.9 The player defending the center must be 3 yards in front of him or 1 yard to either side.
- 6.10 A huddle before each play is not compulsory.

### **7 Delays:**

- 7.1 The ball is whistled in before each play. If the ball is snapped prior to the whistle the team will be flagged for a false start.
- 7.2 Once the play is whistled in, the offensive team has 25 seconds to snap the ball. Failure to snap the ball will result in a delay of game penalty. The referee will count the play clock.
- 7.3 All players on the field must be wearing their flag belts when the ball is snapped. If a player is not wearing a flag belt during the snap he will be flagged for delay of game.
- 7.4 If a player kicks the ball away or executes any other deliberate action with intention to delay the game he will be penalized.

### **8 Dead Ball/ Spotting/ Legal Passes:**

- 8.1 A ball is declared dead when it is carried out of bounds, after a touchdown, safety or successful or failed PAT, when a forward pass hits the ground, referee or any other object on the sideline (e.g. soccer goal post). If the ball hits a wire above the field, the play is dead and the down will be repeated.
- 8.2 There are no fumbles. A ball is whistled dead when a backward pass, dropped ball or missed snap hits the ground. Laterals are not permitted past the line of scrimmage.
- 8.3 A pass is complete when the player has possession of the ball throughout the act of having two feet in bounds, or any other part of his body besides his hands on the ground in bounds.
- 8.4 A player in possession of the ball who is on the ground (knee down, rear end down, back down) who is touched by an opponent will be ruled down. However, if the

player is not touched, he is permitted to regain his footing and continue his progress. A referee can blow potentially dangerous plays dead anytime e.g dual possession of a ball, etc.

- 8.5 After an interception, the intercepting player will not be ruled down until an opponent deflags him, or touches him if he is on the ground.
- 8.6 The ball will be spotted where the player's flag was when he was deflagged. Consequently, unlike tackle football, the ball will not be spotted where the ball was when he was deflagged.
- 8.7 If a player loses his flag during a play he remains eligible to catch a pass. If he catches a pass, the player must be touched by a defender with one hand to be called down.
- 8.8 In the case of a bad snap, the ball is spotted where it initially hits the ground.
- 8.9 A dribbled snap (a snap that travels less than 5 yards) will result in a 5-yard procedure penalty, and a down repeated.
- 8.10 If a player is unintentionally bumped out of bounds by a defender before landing in bounds, the referee may judge that the player would have landed in bounds, and award a catch.
- 8.11 All players are eligible to touch or catch a pass. A forward pass must be thrown from behind the line of scrimmage. If the passer passes the line of scrimmage he is no longer eligible to throw a pass.
- 8.12 A pass is illegal if it is thrown out of bounds or towards the ground with no receivers in proximity. This will result in an intentional grounding penalty.
- 8.13 Once the ball carrier passes the line of scrimmage, he cannot return behind the line and attempt a forward pass.
- 8.14 Once the rusher crosses the line of scrimmage, any other defensive player may rush the backfield.
- 8.15 When a team is in the red-zone, they will not be permitted to attempt an underhanded forward pass. The passer's hand cannot be cradling (underneath) the ball. The passer may shovel the ball forward, but his delivery must be either over-the shoulder, side-armed, or from the chest.

## **9 Series**

- 9.1 Each team has four tries to obtain a first down.
- 9.2 For each new series, the line to gain will be ten yards from the line of scrimmage. In order to obtain a new series of downs, the offensive team must cross ball past the ten-yard bean bag from the result of a play or due to a defensive penalty.
- 9.3 There is no kicking in FlagPlus Football. If a team wishes to concede its possession to the other team on fourth down they can ask to "punt" and this will result in the opposing team gaining possession on its own 10-yard line (barring a penalty).
- 9.4 If the offensive team wishes to go for a first down on fourth down and they do not gain the necessary yards, the defensive team takes over at the previous LOS.

## **10 Running**

- 10.1 No running zones are located 5 yards from each offensive end zone. These zones are enforced to avoid short yardage power-running situations.
- 10.2 The quarterback is allowed to run with ball.
- 10.3 A player who receives a handoff behind the line of scrimmage is permitted to throw the ball from behind the line of scrimmage. Once the quarterback hands off or pitches the ball to another player, all defensive players are eligible to rush the ball carrier.
- 10.4 A player is not permitted to toss the ball up to himself to avoid being deflagged while in possession of the ball.
- 10.5 No diving is permitted with the intention of gaining more yards. A player is allowed to dive in attempting to catch or intercept a ball as well as attempting to deflag an opponent.
- 10.6 A player in possession of the ball is not permitted to lead with his head in order to gain yardage. Any defensive player who has established his position before deflagging his opponent must be avoided by the ball carrier. If the runner runs into the defensive player who had established position the former will be penalized. The same can be said for a defensive player who uses his body to obstruct the path of the ball carrier rather than going for the flag.
- 10.7 Leaping (jumping) in order to gain extra yardage is illegal. However, a player may leave his feet while spinning.
- 10.8 Spinning or juking around a defender is permitted so long as the player does not leap while doing so. His feet may leave the ground.
- 10.9 Any player who exposes his elbows while running with the ball will be penalized.
- 10.10 A team may not run the ball on two consecutive plays.
- 10.11 If the quarterback's forward pass attempt is blocked and the ball returns into his own hands he is not permitted to attempt another forward pass. The quarterback must run with the ball and will be credited with both the pass completion and reception.

## **11 Encroachment/Offside**

- 11.1 Following the whistle and prior to the snap, no player on defense may encroach, touch the ball or make contact with opponents.
- 11.2 The snapper must set the ball before snapping it to the quarterback. Once the ball is set the snapper cannot move the ball until he snaps the ball. Any movement of the ball, simulating the beginning of a play, after the ball is set in the snapper's hand will result in a false start penalty for the offense.
- 11.3 The snapper must pass the ball backwards between his legs, from his position on the ground with a continuous motion.

## **12 Interference**

- 12.1 Pass interference is any contact or action that interferes with a receiver attempting to catch a pass including screening the ball.
- 12.2 Pass interference is a judgment call and a referee reserves the right to view the contact as inadvertent, and not throw a flag even if it is catchable.
- 12.3 Illegal contact can be called if a defender bumps or slows the progress of a receiver at any time throughout the play before the ball is thrown.
- 12.4 In the situation of a simultaneous catch from an offensive player and a defensive player, the ball will be awarded to the offensive player.
- 12.5 Any defensive rusher may not interfere with the quarterback's throwing motion. Any contact with the quarterback's arm (from the shoulder down) or the ball during the throwing motion, will result in a defensive penalty.

## **13 Touchdowns**

- 13.1 A touchdown will count for 6 points and will be followed by an extra point attempt.
- 13.2 After a player scores a touchdown the referee will immediately signal a touchdown. The player is then expected to stay put and have the ref pull his flag belt to check for an illegal flag if it is deemed necessary by the referee.
- 13.3 If the flag is illegal (knotted or broken) the referee will signal a penalty and take away the touchdown.
- 13.4 If the player does not co-operate with the referee in the flag check, his team will be penalized (the TD will not be taken away) and the defensive team will have the choice of either enforcing the penalty on the extra point or on their own possession.

## **14 Point After Touchdown (PAT)**

- 14.1 After a touchdown the scoring team has the choice to either go for a one-point convert from the 5-yard line or a two-point convert from the 10-yard line.
- 14.2 The 5-yard no running zones apply.
- 14.3 The defensive team can return an interception on a PAT. The ball is considered live until the interceptor is deflagged or out of bounds. If the ball is returned back into the end zone, the returning team will be awarded the amount of points the opponent was attempting to convert. (1 or 2 points)

## **15 Safeties**

- 15.1 If a runner runs across his own dead ball line (back of the end zone) a safety (2 points) is awarded to the defensive team.
- 15.2 If a fumble, missed snap or backwards pass lands in the offensive team's end zone the ball is dead and a safety (2 points) is awarded to the defensive team.
- 15.3 If a safety is awarded, the defensive team also gains possession of the ball at their own 10-yard line.
- 15.4 A defensive player who intercepts a pass in the field of play, runs backwards into his end zone and is deflagged will have a safety called against his team, unless his

momentum takes him into the end zone.

## **16 Flag Guarding**

16.1 Runners are not permitted to guard their flag in any way. Using the hands, elbows or the ball as shields for their flags is illegal.

16.2 If the ball carrier stiff-arms or swats the opponent's hand he will be penalized for flag guarding.

## **17 Screen Blocking/Picks:**

17.1 Setting screens on an opponent is illegal.

17.2 Once a player catches a pass or begins running with the ball his teammates are expected to freeze and remain motionless until the play is over. If a player runs alongside a teammate down the field he will be flagged for blocking.

## **18 Suspensions**

18.1 A suspension may occur if a player is ejected from a game for committing a personal foul with intentions to injure another player, as well as any player who verbally abuses an opponent, referee or league official.

18.2 A referee has the authority to remove a player from the game, and if the player continues to harass the referee he will be forced to leave the playing area.

18.3 No fine will be given for any suspension.

18.4 The league holds the right to suspend a player for any violation.

18.5 A player will automatically be suspended one game once he has received a total of five combined UR or OC penalties (when a player is sent off for three plays). These penalties will now be kept track of for the duration of the season.

18.6 A clarified explanation of the TD celebration penalty is: No spiking cannot use the ball as a prop, No taunting of opponent or crowd members. This is a judgment call for the referee.

<b>Infraction</b>	<b>Yards Penalized</b>	<b>Penalty assessed from (Line of Scrimmage/ Point of Infraction)</b>
Clothing Covering Flag	5	POI
Illegal Flag	5 + 3 plays out	LOS
Illegal Motion	5	LOS
Offside	5	LOS
Illegal Formation	5	LOS
Illegal Block	5	POI
Intentional Grounding	Loss of down	POI
Pass Interference	15 + first down	POI
Charging into Defense	10	POI
Flag Guarding/ Stiff Arm	5	POI
Too many players	5	LOS
Unnecessary roughness/ Roughing the Passer	10 + 3 plays out	POI
Contacting the Passer	10	LOS
Early Deflag	10	LOS/POI
Misconduct	5	LOS
Illegal Contact	5 + first down	POI
Holding	5	POI

A player will be sent off for three plays if he is called for an Objectionable Conduct (OC) or Unnecessary Roughness (UR) call. Conversions count as a play off. An accumulation of five UR/OC penalties over the span of the season will result in an automatic one game suspension.

\*\*Penalties will not exceed more than half the distance to penalized team's goal line.

If a player has any questions or comments concerning the rules and regulations they can contact us at [info@flagplusfootball.com](mailto:info@flagplusfootball.com)

All players must sign a waiver form/player contract before their first game.