

**C.Y.O. CRUSADER ATHLETICS**

# **FLAG FOOTBALL**

**OFFICIALS & COACHES  
RULE BOOK**



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**GENERAL RULES**

We have tried to make these rules clear and concise and consistent with each other. However, there is the possibility that a specific play will occur that is not as yet covered by these rules. Specific interpretations may be required from time to time. We will inform you of any changes that may be required in these regulations.

- Also, in order to save time in preparing these rules, certain words that are synonymous with Canadian Football are assumed to be understood by the reader. (e.g.) touchdown, convert, etc.
- If there are any points that are not clear, please contact the C.Y.O. Office immediately so that these points can be resolved without causing problems on the field.

*For the purposes of any situation used in these rules to explain a particular ruling:*

**Team A** will refer to the team which **has possession** of the ball at the **start** of any play;  
*and*  
**Team B** will refer to the team **without possession** of the ball at the **start** of any play.

**TEAMS**

- Two teams play each other with seven (7) players on the field each at any given time.

**EQUIPMENT**

- Due to the availability of different shoes on the market, it is impossible to list those that are deemed acceptable or unacceptable. Turf shoes, rubber and plastic cleated shoes, etc. are acceptable. Shoes with metal spikes or cleats (covered) are unacceptable, and any shoes that an official deems unacceptable. The coaches are asked to be reasonable with the enforcement of this rule. Games, points and plays cannot be protested because of shoes. No helmets or shoulder pads are permitted.

**FLAG BELT**

- Each member of both teams will wear a belt with two flags hanging from it, one on each side outside his/her sweater and pants. The ball carrier is down when one of the flags is removed from his/her belt. The defending team, on removing a flag should immediately stop and hold up the flag. The ball is declared dead at this point. An eligible pass receiver who loses a flag at the line of scrimmage can still receive a forward pass, but the ball will be declared dead at the point of reception. Players winding flags on belts will be warned the first time, next time removed from the game. Defending teams removing flags from players not in possession of the ball will be warned the first time, with any further infractions there will be a ten-yard penalty and an automatic first down to the non-offending team.
- *The belts and flags for each game are supplied by the C.Y.O. Office and brought to the fields by the C.Y.O. Flag Football Officials.*

**LENGTH OF THE GAME**

- The game shall consist of **40 minutes** of playing time.
- ***The 40 minutes will be divided into four 10-minute quarters.***
- There will be a short rest period between the first and second half.
- Straight time is used throughout the game.
- The last minute for the second and fourth quarters are designated by the four (4) plays rule. (No time remaining on the clock).

**SUBSTITUTIONS (New 2012)**

- *At a recent C.Y.O. Representative meeting, it was decided to use the same model as the basketball program for substitutions.*
- *Teams should have 14 players on their roster which would mean that each player plays 2 shifts (both offence and defense).*
- *At the beginning of the game, the referee is to be given a lineup sheet for the first shift. At the end of the first 10-minute shift, the second shift comes onto the field.*
- *This is not a timeout. A player from each team is to hand in the lineup sheet for the shift to the referee.*
- *Teams do not change ends after the first and third shift. The equal playing time policy is in effect for flag football.*
- *There is to be no substitution during the shifts. For playoffs, teams must have a minimum of 11 players competing in the game.*
- *Injured players do not count as competing players.*
- *Players must have numbers. Coaches will fill in the roster sheet at the beginning of the game and will also fill in the lineup sheet to be presented to the referee at the beginning of each shift.*

**FOUR PLAYS RULE**

- A) Once time runs out in the half or the game there will be FOUR (4) plays remaining.
- B) Convert plays and kickoffs are not considered in consuming any of the FOUR (4) plays remaining.
- C) If a foul occurs while the FOUR (4) plays rule is in effect, the non-offending team has the following options:
- 1) applying the penalty, or refuse it, and
  - 2) have the play count or not count, as one of the FOUR (4) plays remaining.

**START OF THE GAME**

- A) A coin toss will be conducted before the start of a game.  
The winner of the coin toss will have the following options:  
Option 1 - Kick-off or Receive,  
Option 2 - Defend one end of the field.
- B) The loser of the coin toss will have the option of the two (2) remaining choices.
- C) The decision taken by the winner of the coin toss at the beginning of the game will be the position taken by the loser of the original coin toss, at the start of the second half.

**SCORING**

Touchdown	→ 6 Points
Safety Touch	→ 2 Points
Single	→ 1 Point
10- Yard Convert	→ 2 Points
5-Yard Convert	→ 1 Point

**TIME-OUTS**

- Each team is permitted one time-out per half.

**SAFETY TOUCH**

- A) A safety touch is scored when a player directs the ball (runs or passes) into his/her own end zone from outside the end zone; and either he/she or a team mate in possession of the ball is then downed or fumbles the ball in his end zone
- (See rules on fumble).*
- a. In this context, a snap over the quarterback or punter's head constitutes direction; but a deflection off of a player receiving a punt or a kick-off into his/her end zone does not.
- B) A safety touch is scored by Team B when a punt by Team A is blocked in Team A's end zone (i.e.) the ball is in the end zone at the time it is blocked, and the ball is then subsequently caught by a player of either team in the end zone; or touches the ground in the end zone.
- (See rule on punting).*
- C) Team B scores a safety touch; if the quarterback of Team A intentionally grounds the ball in his own end zone.
- a. ***Procedure following a safety touch***
- The team that is scored upon (the team that gives up the safety touch) will kick-off from their own 45-yard line. *(See kick-off procedures).*

**SINGLE POINT**

- A) A single point is scored when a player is downed or fumbles the ball in his/her own end zone after receiving a punt or a kick-off; providing that possession occurs for the first time in the end zone
- (See rule on fumbles)*
- B) A single point is scored by Team B, when a punt by Team A is blocked into Team A's end zone (i.e.) the ball is not in the end zone at the time it is blocked and the ball is subsequently caught by a player of either team in the end zone; or first touches the ground in the end zone
- (See rule on punting)*
- C) A single point is scored by Team A, when a punt (blocked or not blocked) by Team A does not travel the required 15 yards, and the ball is caught by a player of either team in the end zone of Team B; or first touches the ground in the end zone of Team B.
- a. ***Procedure following a single point***
- The team that is scored upon will scrimmage 1st and 10 from their own 35-yard line (from the 25-yard line with a non-regulation field).
- There are **NO FIELD GOALS**, and **NO KICKED CONVERTS**.

**CONVERTS**

- Following a touchdown, the team that has scored has the option of attempting a convert from either the opponent's 5-yard line or the 10-yard line. A convert made only by a passing or a running play originating from the 10-yard line is worth 2 points; from the 5 yard line the convert is worth 1 point.
  - A) **Note on converts:** If pass interference is called on the defensive team on a convert attempt in the end zone, the offensive team is awarded either 1 or 2 points depending upon the point of scrimmage (1-point from 5 yards *or* 2 points from 10 yards).
  - B) If pass interference is called on the defensive team on a convert attempt but outside of the end zone, the offensive team is awarded the play over at half the distance.

**KICK-OFF****Remember:****Team A – kicking****Team B – receiving**

- *To start a half*
- *After a touchdown*
- *After a safety touch*
- A) The ball will be kicked off from Team A's 45-yard line - anywhere between the hash marks (non-regulation field, 10 yards back from the center line)
- B) Team B players may line up no closer than 15 yards from where the ball is placed. Team B players cannot move toward the ball until it has been kicked.
- C) The ball must travel at least 15 yards in the air toward Team B's dead ball line.
- D) The receiver of a kick-off must be given five (5) yards to field the ball, (same as for punts), unless the ball has been touched by a member of the receiving team.

**Kick-off Penalties**

- A) **Penalty: Offside Team A**
    - a. Result: Team B accepts play, or
    - b. Has Team A re-kick with a loss of 5 yards
  - B) **Penalty: Offside Team B**
    - a. Result: Team A accepts play, or
    - b. Re-kicks with a gain of 5 yards.
  - C) **Penalty: Team A kicks out of bounds.**
    - a. Result: Team B accepts ball at point where it went out of bounds, or
    - b. Have Team A, re- kick with a loss of 5 yards.

(If this penalty is repeated three consecutive times, Team B gains possession at Team A's 45-yard line).
  - D) **Penalty: Team A does not give yards on kick-off.**
    - a. Result: Team B's ball at the point the ball was downed, plus 10 yards. Team B 1st and 10.
- All kick-offs that do not travel the required 15 yards in the air shall be blown dead at the point where the ball is touched or caught by a player, or where the ball first touches the ground. The receiving team will scrimmage the ball at that point.

**SCRIMMAGE OF THE BALL*****Recall:******Team A - has the ball******Team B – is on defense.***

- Three beanbags will be placed on the field prior to each play from scrimmage:
  - 1) One beanbag will be placed on the line of scrimmage.
  - 2) One beanbag on the first down mark (we will not be using chains or yard markers; decisions regarding the making of a first down will be made by the referee).
  - 3) One beanbag 5 yards from the line of scrimmage.
- *Other than the following specific rules, there are no rules regarding alignment, stance, required number of players on the line of scrimmage, etc.*

**Offensive Rules**

- A) Team A has three plays to get 10 yards to retain possession of the ball.
- B) The quarterback of Team A must be at least three (3) yards behind the line of scrimmage at the moment the ball is snapped.
- C) No player from either team (including the quarterback) may touch the ball after the snap until the ball has traveled at least three yards.
- D) The center must snap the ball from between his/her legs, and may not touch the ball after the snap until the ball has touched at least one other player.
- E) All of the players of Team A (including the center, after he/she has snapped the ball) are eligible receivers or ball carriers.
- F) There are no restrictions on the motion of Team A Players prior to the snap of the ball, other than those covered above.
- G) Team A Players must be on-side at the snap of the ball.
- H) Team A has 20 seconds to put the ball in play on each down.
- I) Team A may advance the ball by means of hand-offs, pitch-outs, laterals, forward passes etc., except for those particular restrictions covered under the rules for passing.
- J) No sleeper plays. **Team A must huddle before every play.**

**Penalties Applicable to the Offensive Team at the Line of Scrimmage**

- A) **Penalty: Illegal procedure:** Violation of Rule 2,3,4, and 10, by Team A.
  - a. Result: 1) Team B accepts the play (or)
  - 2) Down repeated with a loss of 5 yards to Team A.
- B) **Penalty: Offside:** Violation of Rule 7 by Team A.
  - a. Result: 1) Team B accepts the play (or)
  - 2) Down repeated with a loss of 5 yards to Team A.
- C) **Penalty: Delay of Game:** Violation of Rule 8 by Team A.
  - a. Result: If penalty occurs on 1st or 2nd down, or convert attempt, loss of 5 yards, down repeated. If penalty occurs on 3rd down, loss of 10 yards, down repeated. Two consecutive time count penalties on third down will result in the loss of the ball at the point where the ball was last placed.

**Defensive Rules**

- A) All players from Team B must line up no closer than five (5) yards from the line of scrimmage.
- B) Once the ball has been snapped, there are no restrictions on Team B regarding the number of players who may rush the quarterback or ball carrier.

- C) When the ball is inside Team B's five-yard line, the five-yard rule for the alignment of Team B prior to the snap shall remain in effect.
- D) No player from Team B may touch the ball until the snap has traveled the required three (3) yards.

### **Penalties Applicable to the Defensive Team at the Line of Scrimmage**

- A) **Penalty: Offside:** Violation of Rule 1 by Team B
  - a. Result: 1) Team A accepts the play, *or*
  - 2) Down repeated with a gain of 5 yards.
- B) **Penalty: Illegal Procedure:** Violation of Rule 4 by Team B.
  - a. Result: 1) Team A accepts the play, *or*
  - 2) Down repeated with a gain of 5 yards.

## **PASSING**

### **Forward Pass**

- A) A forward pass is a pass thrown from behind the line of scrimmage towards the opponent's dead ball line
  - a. (the receiver may be either behind or beyond the line of scrimmage).

### **Lateral Pass**

- B) A pass thrown directly sideways or towards the team's own dead ball line.

## **Passing Rules**

- A) A forward pass must be thrown from behind the line of scrimmage.
- B) Only one forward pass per play is allowed.
- C) A lateral pass may be thrown anywhere on the field.
- D) There is no restriction on the number of lateral passes on any given play.
  - a. *It is left to the referees' decision as to whether a pass thrown forward, beyond the line of scrimmage is an illegal forward pass, or a forward lateral.*
- E) Any player of Team A may throw a forward pass, and any player of Team A may receive a forward pass (the same applies to laterals).

## **Passing Penalties**

- A) **Penalty: Illegal Forward Pass:** Violation of Rule 1 or 2 by Team A
  - a. Result: 1) Loss of down - ball moved to point of last scrimmage *or*
  - 2) Team B accepts the play
- B) **Penalty: Forward Lateral**
  - a. Result: 1) Ball moved back to the point of the lateral.
- C) **Penalty: Deliberate Grounding**
  - a. **Field of Play:** Passer deliberately throws the ball out of bounds or to an area where there is no receiver, apparently to avoid a loss of yardage.
  - b. **Result:** 1) 1st or 2nd down (loss of down) ball goes to point of origin, *or*
  - 2) 3rd down - loss of the ball - ball goes to point of origin of pass.
  - c. **End Zone:** Passer deliberately throws the ball out of bounds or to an area where there is no receiver.
  - d. **Result:** 1) 1st, 2nd or 3rd down (safety touch to Team B) (or)
  - 2) can decline the score, and accept the play as an incomplete pass



**PASS INTERFERENCE**

- Any illegal contact (offensive or defensive) made by a player against a receiver before the receiver or any other receiver has caught a pass. Any contact between two opponents is legal, provided that such contact results from a simultaneous attempt to play the ball, which occurs at the spot of possible completion of a pass, and:
  - A) Where such player is intent on playing the ball.
  - B) Where such contact is unavoidable and incidental to the effort involved in attempting to catch or bat the ball.
  - C) Where each player is in an equally favorable position to play the ball.

**Pass Interference Penalties**

- A) **Offensive Pass Interference** (*On Team A*)
  - a. Result: 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> down, loss of 10 yards from line of scrimmage, down repeated *or* Team B accepts the play.
- B) **Defensive Pass Interference** (*On Team B*)
  - a. Result: Team A accepts the play, or receives first and 10 at the point of the infraction, (if infraction occurs in the end zone, ball is placed at 1-yard line).

**FUMBLE**

- A fumble occurs when a player touches or has possession of the ball (*firmly held in the hands*), loses possession of the ball and the ball touches the ground before he or any other player regains possession.
  - a. Result: The ball is dead the moment it touches the ground, and may not be covered or advanced by any player. The team of the player that fumbles the ball will retain possession of the ball at the following points:
    - i. If the ball is fumbled towards the opponent's goal line, possession will be retained where the player was when the fumble occurred.
    - ii. If the ball is fumbled backwards towards the player's own goal line, possession will be retained where the ball first touches the ground.

***Notes on Fumbles***

- A) A pitch, hand-off, or lateral that is dropped and touches the ground is a fumble.
- B) A fumble occurring on a convert attempt will be blown dead.
- C) The term "**LOOSE BALL**" no longer applies and the following situations will be regarded as fumbles and called accordingly:
  - a. **Kick-offs:** the ball is touched but not caught and hits the ground before anyone gains possession.
  - b. **Punt:** the ball is touched but not caught and hits the ground before anyone gains possession.
  - c. **Snapped Ball:** any errant snap that is touched but not caught and the ball hits the ground before anyone gains possession.
    - i. **Result:** The above situations constitute a fumble. The ball is dead the moment it touches the ground, and may not be recovered *OR* advanced by any player. The team of the player that fumbles the ball will retain possession of the ball. The ball is scrimmaged at the point where it first touches the ground, downs continuing.

*Notes on a Snapped Ball*

- Any errant snap that has traveled three (3) yards or more and **does not touch** the quarterback or punter is a dead ball where it lands.

**DEAD BALL**

- The ball is dead in the following situations:
  - A) A kick-off goes out of bounds.**
    - a. Result: Kick over and apply penalty, or Team B accepts ball at the point it went out of bounds.
  - B) A punt goes out of bounds.**
    - a. Result: Team B gets possession at the point it went out of bounds.
  - C) A fumbled ball touches the ground.**
    - a. Result: The team that fumbles the ball retains possession, as covered under fumble rules.
  - D) The ball carrier or pass receiver has his flag removed, goes out of bounds, or touches a knee to the ground.**
    - a. Result: Ball will be placed at the point of stoppage.
  - E) A snap does not travel at least three (3) yards or is touched by a player from either team before travelling three (3) yards.**
    - a. Result: Illegal procedure penalty applied.
  - F) A punted ball (blocked or not blocked) does not travel 15 yards forward from the line of scrimmage and then is caught by a member of either team or touches the ground.**
    - a. Result: Ball awarded to receiving team at point where the ball is caught or touches the ground.
  - G) A pass is incomplete.**
    - a. Result: Ball will revert back to same position as the initiated play
  - H) A kick-off does not travel the required 15 yards in the air and is (not) touched by the receiving team, or the ball hits the ground.**
    - a. Result: Ball is placed at the point where it touches the ground or a player.
  - I) A forward lateral.**
    - a. Result: Offending team retains possession at the point of the lateral.

**PUNTING**

- **Blocked punt:** A punt that has been touched or deflected by a player of either team (other than the punter) behind the line of scrimmage.
  - A) All punts (blocked or not blocked) must travel at least 15 yards in the air from the line of scrimmage towards the defensive team's dead ball line.**
  - B) All punts (blocked or not blocked) that do not travel the required 15 yards shall be blown dead at the point where they are caught by a player from either team, or where the punt first touches the ground.**
    - a. Comments on rule #B
      - i. Punts of this type may not (ON RULE B) be advanced by either team.
      - ii. Punts of this type may not be recovered for a touchdown.

- iii. Punts of this type blocked in the end zone, where the ball is blown dead in the end zone, count for a safety touch for the defensive team.
  - iv. Punts of this type blocked into the end zone, where the ball is blown dead in the end zone, count for a single point for the appropriate team.
- C) The receiver of a punt must be given five (5) yards to field the ball, unless the ball has been touched by a player of the receiving team after the ball has traveled the required 15 yards.

### ***Penalties Applicable to Punts***

#### **A) Penalty: No yards by the punting team.**

- a. Result: ball is downed in the field of play.
- b. Add 10 yards to point where the ball was downed, first and ten for receiving team.

#### **B) Ball is downed in the end zone of the receiving team.**

- a. Result: First and ten for the receiving team at their own ten-yard line. No single point. There cannot be a “**No Yards Penalty**” called on a punt that does not travel the required 15 yards.

## **GENERAL PENALTIES**

#### **A) Penalty: Too many men on the field.**

- a. Result: Non-offending team accepts play, (or)
- b. Down is repeated with a loss or gain of 5 yards.

#### **B) Penalty: Guarding the Flag.** (Definition Refer to page 17 - Section 4)

- a. Any player in possession of the ball who does not allow the removal of his flag through the actions of his hands and/or arms, etc., will have committed an infraction (straight-arming, holding down the flag, etc.).
  - i. Result: Loss of 10 yards from point of infraction, downs continuing.

#### **C) Penalty: Rough Play**

- a. The following acts are deemed as rough play, and are illegal - charging, striking, kicking, kneeling, piling on, tackling, fighting etc. Any ball carriers skirting the sidelines are to be stopped by removal of the flag.
  - i. Any bumping out of touch by defenders, or grabbing of flag belts and bringing ball carrier down, may or may not be rough play.
- b. Result: Penalty on the defensive team ( Team B)
  - i. Disqualification of the offending player(s). Automatic first down.
  - ii. Apply appropriate situation as described under illegal contact except the yardage applied will be 15 yards.
- c. Result: Penalty on the offensive (Team A)
  - i. Disqualification of the offending player or players.
  - ii. Apply appropriate situation as described under illegal contact except that the yardage applied will be 15 yards.

#### **D) Penalty: Objectionable Conduct**

- a. This pertains to language, gestures, persistent arguments, demeaning remarks, deliberately throwing or kicking the ball away after it has been declared dead on a play.
  - i. Result: Exactly the same as for Rough Play, except that the referee may or may not disqualify the player depending upon the act involved.

**E) Penalty: Double Penalties**

- a. When a team has been guilty of two or more infractions on the same play, the non-offending team may make the choice of either penalty. If one of the fouls is rough play or objectionable conduct, it shall be added to the penalty chosen.

**F) Penalty: Dual Penalties**

- a. The yardage remaining after the penalties have been sorted out will determine the positioning of the ball.

**G) Penalty: Illegal Contact.**

- a. This includes the illegal use of hands or arms by any player to detain or redirect an opponent at all times, obstruction, blocking, pushing off, holding, etc., which prevents the approach to the ball carrier, potential ball carrier, or to the ball.
  - i. A clear and direct path must always exist for the opponents to reach the ball carrier.

- **SUBSECTION A- Penalty on the Offensive Team (Team A)**

**A) Situation 1:** Penalty on Team A before Team A has gained a first down.

- a. Result: Team B can accept the play, *or*
- b. 10-yard penalty applied from point of last scrimmage against Team A. Down repeated for Team A.

**B) Situation 2:** Penalty on Team A after Team A has gained a first down.

- a. Result: Ten-yard penalty applied against Team A from the point of the infraction.
- b. Team A, first and ten.

- **SUBSECTION B - Penalty on the Defensive Team (Team B)**

**A) Situation 1:** Penalty on Team B, before Team A has gained a first down.

- a. Result: Team A can accept the play, *or*
- b. Ten-yard penalty from the point of last scrimmage against Team B.
- c. Down repeated for team A.

**B) Situation 2:** Penalty on Team B after Team A has gained a first down.

- a. Result: Add ten yards to the point where Team A downed the ball.
- b. First and ten, Team A.

**Restrictions**

**A) Near Goal Line**

- a. (Refer to page 17)

**B) Inside 30-Yard Line**

- a. Yardage penalty applied within 30 yards of the offending team's goal line shall not exceed one half of the distance between the point from which the penalty is applied and that goal line.
  - b. The ball shall not be scrimmaged within the one-yard line.
- C) Infraction On Own 1-Yard Line**
- a. Team A - when point of last scrimmage is A's 1-yard line, and Team A commits an infraction (Team A in possession of the football).
    - i. Penalty: 1st or 2nd down - loss of down
    - ii. 3rd down - down repeated
  - b. Team B - where point of last scrimmage is B's 1-yard line, and Team B commits an infraction (Team A in possession of the football).
    - i. Penalty - 1st down at B's 1-yard line for Team A.

### Special Situations

- Involving Penalties on Plays During Change of Possession: (Kick-offs & punts, pass interceptions).
- The following situations are illustrated to help both coach and official interpret penalty situations when the ball changes hands.
- The value of the penalties does not change; however, the application may.

### **SECTION 1** → KICK-OFF/PUNTS

*Recall:*                      *Team A - Kicking or Punting Team*                      *Team B - Receiving Team*

- **SUBSECTION A: Ball is downed on the field of play.**
  - A) Situation 1:** Penalty called on Team A (e.g.) offside, illegal contact before Team B has gained possession of the ball.
    - a. Result: Team B can accept the play, or
    - b. Have the penalty applied against Team A from the point of last scrimmage, down repeated.
  - B) Situation 2:** Penalty called on Team A (e.g.) no yards, illegal contact after Team B has gained possession of the ball.
    - a. Result: Add appropriate yardage to the point where Team B downed the ball.
    - b. First and ten Team B.
  - C) Situation 3:** Penalty called on Team B (e.g. offside) before Team B has gained possession of the ball.
    - a. Result: Team A can accept the play, or
    - b. Have the penalty applied against Team B from the point of last scrimmage, down repeated for Team A.
  - D) Situation 4:** Penalty called on Team B (e.g. illegal contact) after Team B has gained possession of the ball. Result:                      Subtract appropriate yardage from Team B, from the point where the                      infraction occurred. Team B first down and ten.
- **SUBSECTION B: Ball is downed in the end zone of Team B.**
  - A) Situation 1:** Penalty called on Team A, before Team B has gained possession of the ball.
    - a. Result: Team B can accept the play and give up a single point, *or*

- b. Have the penalty applied against Team A from the point of last scrimmage, down repeated for Team A.
- B) Situation 2:** Penalty on Team A, after Team B gained possession of the ball.
- a. Result: Add appropriate yardage from the goal line.
    - i. First and ten, Team B.
    - ii. No point is scored.
- C) Situation 3:** Penalty on Team B, before Team B has gained possession of the ball.
- a. Result: Team A can accept the play and receive the single point, or
    - i. Penalty applied against Team B from the point of last scrimmage.
    - ii. Down repeated for Team A.
- D) Situation 4:** Penalty on Team B, after Team B has gained possession of the ball.
- a. Result: Single point awarded to Team A
    - i. appropriate yardage is marked off against Team B from the 35-yard line.
    - ii. Team B first and ten.

**SECTION 2** → PASS INTERCEPTIONS

*Consider: Team A - Possession when play starts. Team B - Intercepts the ball.*

- **SUBSECTION A - Ball is downed on the field of play.**
  - A) **Situations 1, 2, 3 and 4:** exactly the same ruling as for kick-offs or punts.
- **SUBSECTION B - Ball is downed in the end zone of Team B.**
  - A) **Situation 1:** Penalty called on Team A, before Team B intercepts the pass.
    - a. Result: Team B can accept the play and get 1st and ten from their own ten-yard line.
    - b. Have the penalty applied against Team A from the point of last scrimmage, down repeated for Team A. No point is scored.
  - B) **Situation 2:** Penalty called on Team A, after Team B intercepts the pass.
    - a. Result: Add the appropriate yardage from the 10-yard line of Team B.
    - b. Team B first and ten.
    - c. No point is scored.
  - C) **Situation 3:** Penalty called on Team B, before Team B intercepts the pass.
    - a. Result: Team A can accept the play, and have Team B scrimmage, first and ten from Team B's ten-yard line, NO POINT, or
    - b. Have the penalty applied against Team B from the point of last scrimmage, down repeated for Team A.
  - D) **Situation 4:** Penalty called on Team B, after Team B intercepts the pass.
    - a. Result: Team B, first and ten from their own five-yard line (half the distance penalty).
    - b. No Point is scored.

**SECTION 3** → PUNTS

*Recall: Team A - Kicking the ball Team B - Receiving team*

- A) **Situation 1:** Team A punts the ball into Team B's end zone. Team B throws the ball from the end zone into the field of play, so as not to give up a single point.
  - a. Team A is awarded a single point.
  - b. Team B will scrimmage the ball from their own 35-yard line (from 25-yard line with a non-regulation field).

- c. If someone from Team A catches the ball before it hits the ground, the play will stand, with Team A retaining possession of the ball.
- B) Situation 2:** Team A punts the ball into Team B's end zone. Team B fumbles the ball out of bounds from the end zone.
  - a. Result: Team A is awarded a single point.
  - b. Team B will scrimmage the ball from their own 35 yard line (from 25 yard line with a non-regulation size field).

#### **SECTION 4** → **GUARDING THE FLAG**

- Cutting, to avoid an opponent, pivoting, spinning, etc., are permissible.
- A player catching a pass or running by cutting or pivoting to avoid the flag being removed, is permissible.
- Any excessive spinning by a player which may result in accidental and unintentional contact by the defensive player, will not be called.

#### **Restrictions Near the Goal Line**

- Any 5-yard penalty inside the 10-yard lines.
- Any 10-yard penalty inside the 20-yard line.
- Half the distance to the Goal Line.
- Any 15-yard penalty inside the 30-yard line.
- If the full weight of a penalty could be applied and a first down would be reached over the goal line by the non-offending team, the ball is moved half the distance to the goal line and a first down will be awarded to the non-offending team.
  - A) Situation 1:** 2nd down and goal on 4-yard line for Team A. Team B goes offside.
    - a. Accepted: First down for Team A, ball is moved to the 2-yard line.
    - b. Declined: Play stands.
- If the full weight of a penalty could be applied and the non-offending team would not reach a first down, the ball is moved half the distance to the goal line and the down is repeated.
  - B) Situation 2:** 2nd down and 6 yards from the 7-yard line. Team B goes offside.
    - a. Accepted: Team A, 2nd Down repeated, ball is moved to the 3 yard line.
    - b. Declined: Play stands.

#### **SUMMARY OF PENALTIES**

- **FIVE (5) YARDS**
  - A) Offside on Kick-off
  - B) Kick-off Out of Bounds
  - C) Illegal Procedure
  - D) Offside
  - E) Time Count Violation
  - F) Too Many Men on the Field
  - G) Sleeper Plays
- **FIFTEEN (15) YARDS**
  - A) Rough Play
  - B) Objectionable Conduct

#### **TEN (10) YARDS**

- A) No Yards on a Kick-off or Punt
- B) Pass Interference
- C) Guarding the Flag
- D) Illegal Contact
- E) Time Count Violation on Third Down

**Coaches must fill out the roster sheet prior to the game and submit it to the referee.**

## C.Y.O. Flag Football

Team \_\_\_\_\_  
 Flag Football Roster Sheet (please print name and number and hand in to referee)


**LINEUP SHEET**

Coach's copy

Shift 1							
Shift 2							
Shift 3							
Shift 4							

Referee's copy

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Team \_\_\_\_\_

Shift 4							
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Team \_\_\_\_\_

Shift 3							
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Team \_\_\_\_\_

Shift 2							
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Team \_\_\_\_\_

Shift 1							
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**Coaches are to submit the lineup sheet to the referee prior to each shift.**