

TOWNSHIP OF TYENDINAGA
Flag Football
LEAGUE RULES

1. 7 Players a side on the field at one time. Minimum of one girl on the field at all times. Teams CAN play with no girls; however they must play with 6 players and will be penalized 7 points.

2. No Blocking anytime (5 yard penalty)

3. No stiff arms OR blocking your flags from an opposing player (Whistle blows)

4. No diving when you have the ball (Whistle blows)

5. If the ball is dropped at anytime during play and it touches the ground, it is a DEAD BALL

6. Fighting (automatically kicked out of game and may face a game suspension)

Kickoff:

7. Must give the person who catches the kick-off a 5 yard halo (10 yard penalty)

8. Must kick from your own goal line

9. Must kick the football from a tee or with someone pinning it to the ground

10. All players on the kicking team must be behind the kicker (5 yard penalty)

11. Receiving team can be anywhere in their own half

12. No onside kicks

13. If the kick goes out the sides of the field the receiving team has two options:

a. Take the ball where it went out + 10 yards OR

b. Re-kick (if this goes out, offence starts at Midfield)

14. If the kick goes straight through the end zone (touchback), you must take it from your own 15 yard line.

15. If ball is dropped, it is a dead ball.

Offense:

16. 1 player must snap the ball between his/her legs to the running back/quarterback who must be at

least 5 yards behind the center.

17. There are no restrictions on formations other than the above rule (multiple running backs and three receiver sets are allowed and encouraged)

18. You can send **multiple players in motion** at one time as long as the center remains motionless and the motion results in 1 player on each side of the quarterback.

19. Players can be in **motion in any direction while the ball is snapped** as long as they do not cross the line of scrimmage (5 yard penalty, replay down).

20. No player can pass the line of scrimmage before the ball is snapped (5 yard penalty, replay down)

21. From the time the ref puts down the ball, you have 30 seconds to snap the ball (5 yard penalty, loss of down)

22. The person who is snapping the ball must do everything in their power to move away from the rusher.

23. Offensive pass interference (15 yard penalty, loss of down)

24. Once a touchdown has been scored the team will receive 7 points. There will be no extra points or conversions.

25. Offensive blocking not permitted. 5 yard penalty and loss of down.

Punting:

25. Offense, must announce they are punting, NO fake punts (Halo rule applies)
26. Defense, can rush the punter HOWEVER, rushers must declare themselves and must start 5 yards back from line of scrimmage
27. Defense, if rushers touch the kicker without touching the ball (automatic first down)
28. Defense, if rushers block the kick, the second the ball touches the ground it is dead

Defense:

- 29. Can only go for the flag!!!!!! IF A PLAYER GOES FOR THE FLAG AND GRABS THE SHIRT BUT DOES NOT RELEASE IT IMMEDIATELY, THE PLAY IS BLOWN DEAD AND IT IS A 10 YARD PENALTY, AUTOMATIC FIRST DOWN. IF A PLAYER GRABS THE SHIRT AND RELEASES IT RIGHT AWAY, THERE IS NO PENALTY OR WHISTLE BLOWN.**
30. Unnecessary roughness (15 yard penalty, automatic first down)
31. Very blatant unnecessary roughness (PLAYER IS KICKED OUT OF GAME) (15 yard penalty, automatic first down)
32. Defensive pass interference (ball is placed at the spot of the foul, automatic first down)
33. Illegal Contact: Holding or Blocking to impede a receiver's route (5-yard penalty, automatic first down).
34. Rusher must announce themselves to the ref and the quarterback verbally or by raising their hand in the air (if they don't, 5 yard penalty replay down).
35. Can have as many rushers as you want as long as they announce themselves
36. Rushers must line up 5 yard from the line of scrimmage and 2 yards to either side of the center (5 yard penalty replay down)
37. Rushers **CAN** put their hands up to block a pass when rushing the quarterback
38. Rushers **CANNOT** touch the quarterback **UNLESS** they are going for the flags. Any contact with a quarterback's arm in throwing motion or head is a personal foul (15 yard penalty automatic first down)
39. Other than the rusher, all other defensive players can be 1 yard from the line of scrimmage

General Rules:

40. **Any verbal or physical abuse or unsportsmanlike conduct** on the officials will get you kicked out automatically and goes to the convener for possible multiple game suspensions (also, 15 yard penalty, automatic first down)
41. 3 downs to get 10 yards
42. Two - 20 minute half's with 10 minutes for half time (half time could be shorter if we are running late)
43. Running time throughout.
44. 2 thirty-second timeout is available for each team per half, therefore 4 per game per team.
45. Flags must be work on the sides of the body, on TOP of the clothing.