



## **RULES AND REGULATIONS FOR ELEMENTARY SCHOOL INTERMEDIATE FLAG FOOTBALL**

### **THE TEAM**

An Intermediate Flag Football team shall consist of a minimum of twelve (12) and maximum twenty-four (24) players. Coaches must ensure that all players participate equally. The on-field, playing complement shall consist of seven (7) players.

### **THE GAME**

The game will be played with a Wilson YDJ ball.

A regulation game shall consist of two (2), fifteen (15) minute halves with a change of ends at half-time. Changes of players will occur on the fly during breaks in play. Examples of which would be, in between downs, turnovers or scoring plays.

The referee shall monitor a round of "Rock-paper-scissors" which will occur prior to the start of the game. The winning team can choose to start with the ball in the first half or second half.

A round of "Rock-paper-scissors" will occur prior to the start of the game. The winning team will start the game with possession of the ball. The losing team will start with possession of the ball for the second half as well as choose the end of the field that they wish to defend to start the game.

(Offence) consists of:

1 **Centre/Snapper** – This play is at the line of scrimmage, who hikes the ball between his legs to the Quarterback. The Snapper must run right away with no delay, straight for 10 yards or until the rusher is past him, prior to turning so that he does not impede the process of the rusher.

1 **Quarterback** – This player is standing roughly five to ten yards directly behind him.

5 **Receivers** – These players line up on the line of scrimmage as well. Only one wide receiver may line up in the backfield, off the line of scrimmage, to begin the play. Once the play commences, any number of players can drop back off the line of scrimmage.

(Defense) consists of:

1 **Rusher** - This player lines ten yards back from the line of scrimmage but two yards left or right of the Snapper, and his job is to go after the Quarterback's flags. He cannot rush from the 10 yards back until the ball is snapped. There must be a designated rusher, but any number of defenders can rush at once as long as the designate crosses the line of scrimmage first. Those extra defenders cannot rush the QB within the 4 yards of either side of the Snapper, providing a safe route for the Snapper to run.

6 **Defenders** – These players may line up anywhere on their side of the field can go anywhere. Once the rusher crosses the line of scrimmage so can any other defender. Man to man or zone defensive systems are permitted.

Players can play both offense and defense. They may also play only one side of the ball if deemed so by the coach. That being said we stress the importance of fair play whenever possible.

## **GAME PLAY**

There will be no kick off. The game will begin from a predetermined yard line that is deemed fair from both ends of the field by the referees to start the game.

The Offence has 3 possessions to move the ball ten yards, which will be marked off by the referees using bean bags. 2 bean bags will be used for the line of scrimmage (movable) and the ten-yard line which the offence must make it to within the 3 downs (attempts). If the offence makes it ten yards or farther, the refs will reset all three bean bags where the play ended. The other 1 bean bag of different colour will be used for the five-yard marker where the Snapper must start at and will be measured from the original line of scrimmage but will reset after each play to 5 yards off of the new line of scrimmage (where the previous play ends).

At any time, the offence may punt (kick) the ball away to the opposing team. Only the opposing team may recover the ball and the player who catches the ball or picks it up must be given 5 yards of room in all directions. Once the ball is touched then the kicking team may converge and pull the flag of the ball carrier. If the kicking team does not give 5 yards of room to the opposing team to recover the ball an additional 5 yards are awarded to the receiving team to start their drive.

If the offence punts the ball through the back of the endzone, they receive 1 point, however, the ball must touch the endzone before rolling out of bounds. A team can punt the ball at anytime even after the Quarterback throws a pass and that receiver then turns and kicks the ball before getting tagged.

Offense may only pitch, throw, etc once in the backfield per play. Example, no triple option, flea flicker type plays are permitted.

When the offensive player has possession of the ball down the field (past the line of scrimmage), other teammates may not screen or impede the progress of the defensive players as they pass them. They should run out of the way or stop running. Once the teammate has passed them, they can then continue to run in case of a rugby style pitch.

There are no flag blocking or spin moves or moves of a similar nature permitted in the tournament at this time.

### **Rusher -**

There must be a clear line for the rusher. The rusher will choose a side to rush from on one side of the bean bag or the other. They cannot be impeded during the rush from bean bag to bean bag. Should an offensive player cross the rusher zone during the game, a penalty will be assessed. The penalty will be a 5 yard penalty to the offense and repeat of down.

Each team has 1 time out per half. Time outs do not carry over to the next half of game play.

If the ball is fumbled, the play is dead. There is no need to dive or scramble onto the ball. The only time we will see a fumble is from QB to back or Centre to QB.

## **RED ZONE**

When an offensive team reaches the “red zone”, they must then attempt to score through utilizing passing plays only. Should they not score in three (3) attempts the ball when then go to the opposition. The “red zone” is ten yards outside of the end zone. The same distance that a team must attempt to score from in order to attain the “2 points” post touchdown.

If the offensive team scores with a running play from beyond the “red zone”, this rule does not apply.

## **SCORING**

**If the offense scores a touchdown (6 points) then they have the opportunity to go for 1 extra point or 2. The offence has one attempt to score another touchdown starting from 5 yards out of the end zone for 1 additional point or starting from 10 yards out for 2 additional points.**

After a touchdown and extra point, the opposing team will get possession of the ball outside their own endzone.

All extra point scoring plays must be passing plays.

## **SUBSTITUTIONS**

Substitutions shall be made on the fly. Changes of players will occur on the fly during breaks in play. Examples of which would be, in between downs, turnovers or scoring plays. As with all LEA sports, we encourage fair play policies to all of our sports to the best of our capabilities.

Substitutions shall be ready to take the field immediately when called for, as there will be no stoppage of the clock. However, if a team is unusually slow in changing lines, the referee shall warn their coach once and if the problem persists, the referee shall stop time and penalize the team in question with a new set of first downs for the opposing team.

Injured players may be substituted and shall be replaced by a player mutually agreed upon by the coaches.

## PENALTIES

A list of penalties will be provided to coaches in the rule book. They will be reinforced by the referees at the tournament. If you have any questions, please ask the convenor or referee for clarification. Flagrant abuse of the rules will result in a first down for the opposing team.

Offensive penalties that will be enforced are:

- Shielding or guarding your flag from the defender
- Blocking with your hands on the defender
- Holding the defender's jersey
- No offensive player can cross the line of scrimmage prior to the snap of the ball. 5-yard penalty and a repeat of down.
- Should an offensive player cross the rusher zone during the game, a penalty will be assessed. The penalty will be a 5 yard penalty to the offense and repeat of down.

Defensive penalties that will be enforced are:

- Diving at the offensive player
- Grabbing the offensive players belt
- No defender can impede the progress of a defender or it is a 5 yard penalty and a repeat of down (1<sup>st</sup> and 10 becomes 1<sup>st</sup> and 5)
- No defender may hinder (shove or grab) the receiver as they are trying to catch the ball (prior to touching it) Automatic catch / spot foul. Ball is placed where the foul occurs.
- No Rusher may encroach the five yards between him and the line of scrimmage prior to the snap. (If the Rusher advances prior to the snap they are able to return back to their spot then re-rush the passer) If the Rusher fails to return to the spot the offence may accept a 5 yard penalty and repeat the down or use the play that just occurred.
- No rusher can touch the throwing arm of the Quarterback, this is an automatic 15 yard penalty.
- Any personal foul (language, rough play, delay of game, arguing with the ref) is an automatic 15 yard penalty.