



# Waxahachie YMCA

## 6 v 6 Adult Flag Football Rules

National Federation of State High School Association Football Rules will govern play with the following variations:

### Field and Equipment

Each team member must wear (1) flag belt. Belts and flags must be exposed on either side of the player's hip. Failure to adhere to this rule will allow the defensive team to touch (with 1 hand, anywhere) a ball carrier down.

One player from ***EACH*** team will be required to check out 10 flags at the beginning of the game. The YMCA representative will check out (10) flags to one team member (preferably the captain) who presents a PICTURE ID (i.e. driver's license). At the end of the game, the captain should collect the flags and return them to the YMCA representative. **Any missing flags will be the responsibility of the last team member who checked them out.**

Football shoes will be allowed. Cleats must be plastic, nylon, or molded rubber. No metal cleats allowed. Players wearing illegal shoes will be ejected from the game.

No "stick-um" or other foreign substances are to be used on hands by any player. Exception: players may wear gloves.

The official length of the field shall be seventy-four (74) yards, which includes two seven (7) yard end zones. The width of the field shall be thirty (30) yards.

The official game ball is an intermediate/NCAA size football. Teams will provide game balls while on offense. If a ball is not available at the start of a game or the ball becomes defective during use, the officials will make a decision on a ball use procedure.

### Player Requirements

Roster is limited to ten (12) players; the last date to add a player is March 10th @ 5:00pm. The new player must come up to the YMCA and sign the appropriate registration papers.

The game shall be played between two teams of six (6) players each. A team must start and finish with five (5) players. If at any time a team drops below five (5) players the game becomes a forfeit.

### Rules of Play

Only team captains who are designated before the game begins may speak to the officials during the game.

Proximity of players to sideline – At the start of each play, no players may attempt to deceive the defense. Players must position themselves in such a manner that is easily distinguished as a player.

There will be no kickoffs; the ball will be put into play at the offensive team's ten (10) yard line.

All players are eligible to receive a pass.

First downs may be gained by advancing the ball into the next twenty (20) yard zone.

Once the ball is passed over the line of scrimmage, it may not be brought back over and passed. Play will be allowed to continue until play is dead. If intercepted, play stands. All other cases – next down, no penalty will be assessed. Penalties will be enforced from the line of scrimmage.

A forward pass that is received behind the line of scrimmage may NOT be passed again.

If the ball is advanced over the line of scrimmage by any other means than passing, the play is dead (no yardage penalty) and the next down will take place at the previous line of scrimmage. Exception: If a defensive player chooses to rush the quarterback, the quarterback may run past the line of scrimmage.

Screening in the back field for the quarterback and down field for the ball carrier is legal, **but the player setting the screen must give defensive players a chance to avoid the screen. If contact is made, a penalty will be assessed.**

Between downs, any number of eligible substitutes may replace players, provided the substitution is completed by having the replaced players off the field before the ball is snapped. Players must report to their team's side of the field. Substitutions may not be used in any manner to deceive your opponents.



The last down in either half will be replayed if there is a penalty by the defense.

Non-playing team members and spectators must remain inside the team box, which is the distance between the twenty (20)-yard lines and two yards outside the sidelines.

The offensive team is responsible for returning the ball to an official or the line of scrimmage promptly. This includes attempt during fourth (4<sup>th</sup>) down.

Concerning a player who is bleeding, has an open wound, or found to have an excessive amount of blood on his/her clothing. This player **MUST** leave the field to: Cover the wound, stop the bleeding and change any soiled clothing

#### The Clock

Each half will consist of 20 minutes running time with the following exceptions:

The last minute of the fourth quarter will be played "stop clock". If a team is ahead by 25 points or more prior to the last minute, there will be no stop clock in the fourth quarter.

Stop Clock Period – The clock will stop on incomplete passes, timeouts and when a ball carrier runs out of bounds. The clock *will not* run for extra point conversions during the stop clock period.

The game is divided into two (2) halves. There will be a five (5) minute half-time intermission.

Each team may have one (1) time out per half. A time out is two (2) minutes. Timeouts do NOT carry over.

The ball must be put into play within 25 seconds of placement at the line of scrimmage by the referee when teams are ready to play. The referee will blow his whistle when the 25 seconds is to begin.

If a team fails to put into play within 25 seconds, there will be a five (5) yard delay of game penalty.

If, in the judgment of the game officials, a team is delaying in an effort to run down the clock, the team will receive one warning and then receive an unsportsmanlike conduct penalty (See IX Penalties, A.3). Continued infractions could result in a player or team being disqualified and the game forfeited.

#### Line of Scrimmage

Players on the line of scrimmage:

The offensive team must have at least three (3) players on the line of scrimmage to being a play.

There must be a one (1) yard space between offensive linemen.

Limit one player in motion each play. Player in motion must move parallel to or away from line of scrimmage.

All fumbled balls are **dead immediately**. Exception: When offense has declared a punt, the punter may fumble or muff the ball until a legal punt has been made. (Refer to Rule VII.)

Muffed Balls: All muffed balls will be put into play at point of contact with field, except a ball fumbled forward – ball will be placed where player lost possession.

Forward handoffs are only allowed behind the line of scrimmage. Player in control of the football is now the quarterback.

#### Ball Handling

Open field tackling: If the ball carrier is physically tackled in the open field, ball carrier will be awarded an automatic touchdown.

Bumping/pushing out on the sidelines is not permitted and will result in an 8 yard penalty against the defense.

If the ball carrier's flag inadvertently falls off, they may be downed by a one-hand touch (anywhere) by the defense. If any member of the defense pulls flags from offensive players not in possession of the ball intentionally, the defensive team shall incur an 8 yard penalty.



Tackling and carrying ball: The ball carrier may not run through a defensive player (they may not charge) and must attempt to evade the defense whenever possible. The defense may not hold or run through a ball carrier, but must "play the flag" rather than hold the player. In contact between the ball carrier and the defense when both are the aggressors, the ball shall be dead at the spot of contact. The official shall decide those situations just as a basketball referee rules on charging versus blocking (may result in unnecessary roughness and/or ejection).

The ball carrier will be allowed to spin to elude the defense. Runner ***MUST*** have at least one foot on the ground.

A ball player running with the ball may not hurdle, dive or jump in order to score or avoid having flags pulled. Penalty – Loss of eight (8) yards.

A runner may not intentionally guard flag with arms or hands to prevent them from being pulled. Penalty – Loss of eight (8) yards from point of infraction. (If a player has altered the flag belt in any way to prevent an opposing player from successfully pulling off the belt, they will be ejected from the game.)

Quarterbacks will be protected from any contact after they have thrown the ball even if the ball has been tipped. *The quarterback in flag football should be treated like the basketball player shooting the ball.* Contact is not allowed even after the quarterback releases the ball. Penalty for contact will be an eight (8) yard illegal use of hand or arm penalty and automatic first down – roughing the passer. Quarterback will be considered down when flag is pulled before the ball is released.

Touchbacks – the ball will be put into play at the offensive team's ten (10) yard line. (Interceptions may be advanced out of the end zone.)

The center-snapper may adjust the ball and/or pick it up to dry off prior to the snap.

An offensive player who is bumped out of bounds by a defensive player does not lose eligibility to receive the ball. Penalty will be assessed to the defense for illegal use of hand or arm.

If an offensive player goes out on own accord then back into play to catch a pass. No catch – loss of down, no yardage penalty.

The defense can not cross the line of scrimmage before the snap. It is encroachment for any player to cross the neutral zone.

### Punting

The offensive team must notify the defense whenever they want to punt. Neither team may cross the line of scrimmage until the ball is punted. Teams may return punts from the end zone provided the ball was not muffed (in the case of a muffed ball in the end zone, play will start at the offensive team's ten (10) yard line).

After a punt, the ball may be picked up (off the ground) and advanced provided the ball was not muffed.

### Scoring

Scoring shall be six (6) points for a touchdown and one (1) point for the extra point conversion from the three (3) yard line and two (2) points for the extra point conversion from the ten (10) yard line.

Two (2) points will be awarded to the defensive team returning the ball for a touchdown if they intercept the ball while the offense is attempting any extra point conversion.

When the flag is pulled, the position of the ***BALL*** shall determine placement of the new line of scrimmage, unless ball has crossed goal line resulting in a touchdown.

Forward motion of the ball carrier into the end zone after flag has been pulled is not counted as a touchdown. The ball is downed at the point where the flag is pulled free.

A safety is scored only when the team defending the goal causes a live ball to go back over the goal line. Two (2) points are scored on a safety if the ball becomes dead in the end zone in their possession.

Following a safety, the team that scored will take the ball on the ten (10) yard line.

If the team ahead causes the officials to forfeit the game for any reason, the score will be recorded as 14 – 0 win for the opposing team. If the team behind causes the officials to forfeit the game for any reason, the score will stand.

***Mercy Rule***- If at half time or any time thereafter the score differential exceeds 28 points, it is to the discretion of the team behind to call the game or finish the remainder of it. (Depending on what suits them best)



## Penalties

Loss of down and yardage for the following violations:

Illegal forward pass (5 yds)  
Offensive pass interference (8 yds)  
Unsportsmanlike conduct (8 yds)

Loss of 5 yards:

Delay of the game  
Illegal substitution  
Offside  
False start or any illegal act by snapper  
Free – kick infractions  
Illegal forward pitch – point of infraction  
Not enough players on the line of scrimmage  
Illegal Motion  
Team box violation  
Encroachment  
Illegal team/ personal action or conduct

Loss of 8 yards:

Persons illegally on the field  
Illegal use of hand or arm  
Striking, kicking, kneeing, clipping, tackling or tripping  
Illegal blocking  
Charging  
Pushing ball carrier  
Intentionally de-flagging  
Flag guarding (from point of foul)  
Pass interference  
Casual Profanity – see supplement

**Any of the preceding fouls or any foul not covered herein: If, in the judgment of the game officials, the foul is flagrant and/ or deliberate, player shall be ejected from the game.**

Any distance penalty shall be no greater than half the distance to the goal line.

Offensive penalties occurring in the offenses' own end zone will result in a safety.

No blocking by the offense or using hands by the defense. **This is a non- contact league.**

## Player/Coach suspension

A player who is ejected will be suspended a minimum of one (1) game; league director will decide on length of suspension. End of the season suspension will carry over into the following season.

Players or coaches ejected from the game will leave the park immediately or automatically forfeit the game and face possible expulsion from the league.

Any player or coach ejected from a game for physically abusing an official or player will be suspended from all YMCA activities for a minimum of one (1) year.

Players and coaches are responsible for the actions of their spectators. Unsportsmanlike conduct penalties will be assessed against the team the spectator(s) represents. The spectator(s) will be asked to leave the park immediately or the team will automatically forfeit the game.

Two (2) unsportsmanlike penalties in one game on one player shall result in an automatic ejection. Each additional unsportsmanlike penalty on any player shall result in an ejection for that player.

An accumulation of three (3) unsportsmanlike penalties on an individual player during the season shall result in an automatic suspension for all remaining games.

Any player suspended cannot accompany the team to any scheduled games during the suspension.



### Team Suspension

Teams accumulating four (4) or more unsportsmanlike penalties during the season will be automatically suspended from all remaining games (NO REFUND WILL BE GIVEN)

### Protests

To file a protest, the team manager/captain must inform the game officials, program director or their representative that a protest is being filed and the reason. A protested game must be declared before the next play following the incident. Judgment errors on the part of the officials are not eligible for protest. All decisions are final.

### Tie Games

In the event that a game is tied at the end of regulation time, it stands as a tie.

### Miscellaneous

The league director or their representative has the final authority to make rulings on any and all dealings regarding league play. All decisions are final.

### CASUAL PROFANITY RULE

Casual Profanity pertains to expletives and verbal unsporting language that is not directed at officials or opposing players, but rather is being uttered by a player out of frustration. This type of behavior is penalized by loss of eight (8) yards being declared against the offending team.

If the act is committed by the offensive team the penalty will be a loss of eight (8) yards for the offense.

If the act is committed by the defensive team, the offensive team will be awarded eight (8) yards.

If the violation occurs at the end of the game the ejection rule will be applied.

#### *Purpose:*

The "Casual Profanity Rule" provides a lesser penalty for the gray area between accepted conduct and those situations where the offender must be ejected. This rule is to discourage the ball players from saying things, which others may feel are offensive. It has been discovered that the players will police themselves when this rule is applied.