



**ARENA
FLAG FOOTBALL
2010-11
OFFICIAL RULES
AND REGULATIONS**

**2010-11 BucksMont
Flag Football '5 on 5'
Official Rulebook**

GAME RULES:

1) **COIN TOSS:** 4 choices: Take Ball, Defense, Defend a Goal, Defer to second half

2) **# OF PLAYERS ON FIELD:** 5 v 5

3) **# OF OFFICIALS:** One - Two

4) **TIME:** 40 min. game: (2) 20 min halves. Clock will stop only in the last 1 min. of the 2nd half. Incompletes, out of bounds, change of possession. 2 min half-time **MERCY RULE – If a team is up more than 20 points in the final 2 minutes, the clock WILL NOT stop.**

5) **SCORING:** Touchdowns = 6pts. Extra pt. = 1pt 2pt Conversion = 2 pts. **Your entire body, ball and flags, have to be across the goal line for it to be a touchdown.**

6) **EXTRA POINTS:** 4 yards from the goal line (1pt.) 7 yards from the goal line (2pts.)
Defense can return 2pt conversion only (for 2pts.)

7) **SAFETY:** 2 Points

8) **KICK-OFFS:** no kick-offs / punt choice can only be made on 4th down. Ball is placed 4 yards from the opposing team's end zone.

9) **POSSESSION:** 4 downs for a 1st down at half field. You may choose to punt only on 4th down. 3 downs to score once you've reached the half field 1st down line.

QUARTERBACK POSSESSION: QB may not run and defense may not blitz until the 3 second count is finished. After 3 seconds the referee will yell go and players may blitz and the QB may then run if he chooses. The QB and defenders may not cross the line of scrimmage until after the 3 second count every down. EXCEPTION: If the ball is within 5 yards of the endzone the offense may not run unless blitzed.

10) **HUDDLE CLOCK:** 25 seconds. Referee will announce a 10 second warning

11) **RULES of CONTACT:**

- Knocking the ball out of the QB's throwing hand is considering stripping and is not allowed.
- Contact is allowed open handed to the chest only. No player may initiate contact below the waist at any time. **NO SHOULDER** blocks for any reason!!
- Player with the ball may not shoulder charge through a defender who has position.
- Down field blocking is allowed but players may not use shoulders or forearms to block. Blocking **MUST** be done with hands.
- Defensive backs may "hand check" within 5 yards of the line of scrimmage.

12) **DEFENSIVE RUSH:** Any defender may rush the QB as long as they start their rush 2 yards back from the ball. Rushing player may not make contact with the quarterback.

13) **OFFENSIVE / DEFENSIVE PLAYS:** Both flags must be on every player before each snap and must be on the sides of the players. T-shirts must be tucked in. When pulling the flag please hold it up for the referee to see and hand back to the player you pulled the flag from. If a player's flag falls out while running with the ball 1 hand touch is necessary for the player to be down. If the player is in the clear of a touchdown and a flag falls off while running and he scores, a touchdown will be awarded.

14) PASS/RUN: You can pass any down. Within 5 yards of the endzone there is no running by the offense, unless the QB is blitzed. Once the QB releases the ball (pass/pitch/handoff) it is a free rush by the defense.

15) LINE OF SCRIMMAGE: There must be a Center to QB exchange for every down. This exchange be between the legs, and must come from the ground. Shotgun is allowed. One man may be in motion.

16) NO FUMBLES: NO stripping, Fumble/Loose ball is a dead ball (clock runs)

17) TIME-OUTS: 2 Time-outs per game, use at any time.

18) ONE MINUTE WARNING: An official time-out will take place with 1 min remaining in the second half.

19) OVERTIME: No regular season overtime. For playoffs NCAA rules will apply. One set of 3 downs from Mid-field. Defense gets a chance to match.

20) PAYMENT: \$100 deposit to enter the league. 50% must be in by start of 1st game. Full payment and remaining balance must be paid by the start of the 2nd game.

21) ROSTERS: Rosters are limited to 12 players. Changes to the roster may be made up to the start of the 3rd game. Teams must have at least 4 rostered players to play a game.

22) FORFEITS: Teams must give BucksMont 48-hour notice on all forfeits. A phone call and an email must be sent to scottz@bucksmontisc.com . Any forfeits made inside of 48 hours will have a \$30 forfeit fine paid before the start of their next game. In an attempt to avoid a forfeit a team may ask a player to play as long as the opposing team's captain approves prior to the start of the game. The referees have no decision in the process. Teams may only pick up that extra player to make 5 players and can have no subs.

EQUIPMENT:

1) BALL: The ball must be of NCAA or NFL size & weight.

2) FLAGS: The flags used at BucksMont must be the double pop flag belts.

3) FIELD: 185 X 75 yds; cleats (plastic/no metal) or sneakers; white lines are O/B

4) UNIFORMS: Teams must have matching jersey's / shirts. If a player does not have a matching jersey/shirt they cannot play. No jewelry, sunglasses, hooded sweatshirts, or hats shall be worn at anytime.

***NO pockets allowed on your shorts/pants.... fingers are getting caught**

****NO POCKETS**

PENALTIES:

FOUL LANGUAGE will NOT be tolerated:

1st offense = personal foul

2nd offense = personal foul (2 personal fouls = ejection)

5yd Penalties

1) Excess time-out

2) Delay of game

3) False start

4) Defensive holding

5) Holding a runner (**automatic 1st down**)

6) Flag guarding – any flag guarding will be whistled dead at the spot of the foul. Play will not continue.

- 7) Charging
- 8) Illegal formation
- 9) Stripping
- 10) Early Defensive Rush
- 11) Intentional grounding (and loss of down)

10yd Penalties

- 1) Pushing Out of Bounds = (personal foul)
 - 2) Offensive pass interference
 - 3) Defensive pass interference (**automatic 1st down**) **If foul committed in the end zone ball is placed on 1 yard line.**
 - 4) Unsportsmanlike conduct / Personal Foul
- **Two personal fouls = ejection and one game suspension**

15yd Penalties

- 1) Pushing a player out of bounds
- 2) Unnecessary Roughing

Ejections (all ejections carry a minimum one game suspension)

- Fighting (out of league)
- 2nd unsportsmanlike conduct (game plus one)
- Intent to Injure
- If a player is ejected anytime during a season 2 times, they are gone for the season.