

# **Titletown Showdown**

## **FLAG FOOTBALL TOURNAMENT RULES FOR 2016**

### **WAIVER**

Every participant must sign a game day waiver prior to participation. It is the responsibility of the head coach/team captain to provide these signatures to the event coordinators.

### **HEAD COACH AND/OR TEAM CAPTAIN**

The head coach and/or team captain is responsible for making players aware of rules and regulations prior to participation in any game, or any portion of a game.

**Captains are the only people allowed to respectfully discuss plays or other questions with Referees.**

### **TEAMS**

Teams consist of 6 players. Rosters may include up to 15 players per team.

A team must have at least 4 players present to start a game. Can play 4 on 4, 4 on 5, 5-5, 5-6.

Players may only be on one team roster each day.

### **EQUIPMENT**

Flags must be worn at the waist with one flag on each side of the player's hip "flaring out". No article of clothing may cover any part of a player's belt. **Shirts must be tucked in** so the entire flag from post to flag is accessible.

Player's may wear athletic shoes with plastic or rubber cleats. Metal cleats are prohibited.

### **TIME**

Games are 30 minutes in length. The clock will stop on injuries or at the referee's discretion.

No Time outs; 25 second play clock; 10 second warning by referee with a 5,4,3,2,1 count down by Ref.

At or in the last one minute of any game, penalties, change of possessions & scores will stop the clock & start on the ready for play whistle. Ex: declared punt, team declaring punt wants to take the full 25 seconds for play clock, stop clock after 25 second run off, & move the ball to other teams 10 yard line and then clock will wind once the ball is set ready for play.

Playoffs (elimination rounds) there will be one time out (TO) per team, but all that will be is a 25 second play clock TO, so get back in huddle and get your play off before the play clock expires.

### **RULES AND REGULATIONS:**

Game will begin with a coin toss. The winner of coin toss chooses to receive or defend a goal. If a team is more than 10 minutes late to report to the field, game is forfeited. If late to report, coin toss is automatically deferred to the on-time team. Winner of toss will have coin toss choice if OT is needed.

To start the game, and after each score, the ball will be placed at the offensive team's 10-yard line. There are no Kickoffs or Punts. If Offense declares a punt, ball will be placed at other team's 10 yd line.

## **FIRST DOWNS**

There will be No first downs. The offensive team will have four downs to score a touchdown unless a penalty gives team a new set of downs.

## **COUNT**

After the snap, there will be a slow four count (1, 2, 3, 4) called out by the referee at the LOS. After the count, defense can rush the QB (See Blitz).

## **BLITZ**

There can be 1 blitz per set of four downs. If the Defense comes across the LOS before the count, then it is a blitz. There is no limit to the number of rushers. The status of the blitz will be determined by if defense has broken LOS at the time the ball is declared dead. If ball is dropped or snapped over QB's head, ball is dead at that spot on the ground or furthest away from LOS. If there is a replay of a down on a blitz play, defense is given their blitz back. Blitzing after defense has used their blitz will be considered encroachment, live ball foul.

## **LINE OF SCRIMMAGE (LOS) /OFFENSIVE LINEMAN**

All players, including the center are eligible receivers.

One offensive player is allowed to be in motion behind the LOS before the ball is snapped, after all players are set for one second. All other offensive players must remain stationary in position before the ball is snapped. Motion is defined as being in the backfield, parallel to the LOS or going away from LOS (not Arena Football Style). Motion going forward toward LOS is illegal live ball foul.

No designated number of players on the LOS or backfield. All players are eligible to catch a pass, including the center.

## **HIKING THE BALL**

The ball must be hiked from the ground.

The ball must be snapped to a "back" in the back field. No self-snaps are allowed (5 yds illegal snap). Side-saddle snaps are allowed.

## **TURNOVERS**

Interceptions – a ball that is intercepted by the defense may be returned for a score.

Fumbles – if player fumbles & the ball hits the ground, the play is whistled dead & the team who possessed the ball last will retain possession at the point of the fumble or where ball hits the ground.

## **SCORING**

Based on National Federation of State High School Association rules, unless otherwise specified.

In Round Robin all extra points will be attempted even if extra point is not necessary to win the game.

IE: if A scores & is winning 13-12, with no time left on clock, extra point will be attempted.

Touchdowns are worth 6 points.

Extra Pts: 1 pt from 5 yard line & 2 pts from 10. Live ball, Defense can return for points attempted

## **BLOCKING**

Offensive Blocking & Defensive defending, BOTH must be open-handed & thrust outward from the chest, with open hands, & not “loaded up” from the side. There is no blocking below the waist or above the shoulders. No chop-blocks. Player cannot leave his/her feet to block. **No bull rushing by blockers/defenders (Players cannot take a running start at other player, barreling over player – UNR (unnecessary roughness – auto first or loss of down -15 yards).**

## **STIFF ARMS & FLAG GUARDING**

Stiff arms are not allowed by any player. This will be considered an illegal contact foul & 10-yard penalty will be assessed & the down will count, as this is considered a “spot foul not end-of-the-run” foul. Flag guarding is a form of Stiff Arming.

## **RECEIVER**

A receiver must have one foot in bounds to make a reception. A receiver cannot step out of bounds, on his own & come back onto the field & touch the ball. This is considered a Spot Foul. The player may return to block or “tackle” the ball carrier.

No deflagging a receiver before the ball arrives or busting up a play with force other than knocking pass out of receivers hands or pulling flag, play the ball (Note: Stripping a “ball carrier” is illegal not a pass).

## **FORWARD PASS**

There is only one forward pass allowed per play. There is unlimited backward or lateral passes. Once a ball carrier crosses the LOS, he/she may not lateral back to someone behind the LOS & have that person throw a forward pass, nor can a ball carrier step over the LOS & then go back behind it & pass.

## **BALL CARRIER**

The “spot” of the ball is always the torso of the ball carrier at the time of flag removal or the flag falling to the ground (ball is dead at the spot).

The defense cannot push a ball carrier out of bounds. The defense cannot use contact to break up a pass play (UNR-15 yards). You cannot hold the jersey to pull the flag or tackle a ball carrier. You cannot “stand up” a ball carrier to pull the flag. This is considered holding -10 yard penalty & repeats the down.

If the ball carrier’s flag inadvertently falls off during a play, the play is dead at spot of flag falling off. If any other player starts a play without one or two flags and subsequently becomes a ball carrier/receiver, the play ends at the spot of possession.

If ball carrier/receiver has possession of ball & is on the ground, before they get back up on their feet, opponent need only one hand touch ball carrier. Note: If players go down together to the floor on a catch, opponent must clearly one hand touch ball carrier, not just body contact like the NFL, but “one hand” touch ball carrier while still down.

## **REMOVING THE FLAG**

A player is considered tackled when at least one flag is removed from the ball carrier’s belt.

No chucking is allowed (no contact on receivers or defense on passing plays). If receiver's blocks on a passing play, Offensive Pass Interference, if illegal contact by defense 10 yards & repeat the down. Tackling is strictly prohibited (UNR).

A defensive player may not pull the receiver's flag before the ball is caught; the play is dead at the spot of a one hand touch. This will result in a 10yd penalty tacked onto the end of the run & repeat the down.

A defensive player may not grab and hold on to the offensive player in order to pull the flag. If deemed that hold restricted player and no other defensive player is in the area, Ref may award a TD (discretion).

## **OVERTIME**

Round Robin games with a tie. One play will be made to determine the Winner. Winner of coin toss to start the game gets to call toss for OT. Choices will be: Offense or Defense. Ball is placed at the 5 yard line. If you score you win, if you choose defense and you stop the offense you win. Winning team is awarded one point added to their score.

In PLAYOFF Rounds – Winner of Coin Toss decides either offense or goal to defend. Each team starts from the 20 yard line. If one team scores they go for the extra point. The next team has the same opportunity to get a score with the extra point. If both teams score the exact points, they go again. If neither team scores the team that gains more yards wins. If we play a third series or more, each must go for two on the extra point.

## **PENALTIES**

- 5-yard penalties: False Start, encroachment and or illegal 2nd blitz - Live ball, substitution, motion, shift, delay of game, Repeat the Down (RTD).

- 10-yard penalties: Illegal contact (chuck/hold), illegal participation, Off holding, Deflagging/early flag removal (from end of run & RTD), ball stripping (spot of strip & RTD), hold of runner (from end of run & RTD), tackle (pull down) of runner (end of run & RTD), Note: if in the judgment of referee, a touchdown was prevented, the referee can award a TD if there is no other defender in the area between ball carrier & goal line or is the proximity of the goal line. Baggy shorts being grabbed doesn't automatically result in holding, use discretion (unless they grab & hold up runner or grab shirt up high away from Belt).

- 15-yard penalties: illegal blocks, illegally tied flag belt, unsportsmanlike conduct.

- 15-yard penalties resulting in automatic first down (Auto 1st) or loss of down (LOD): personal fouls/unnecessary roughness of any kind, i.e., barreling a player over blocking, rough tackle/flag pull, pushing ball carrier out of bounds not going for the flag, contacting potential receiver (breaking up pass), fighting of any kind whether there is contact or not (possible ejection from tournament), roughing the passer (15 yds tacked onto the end of play or from previous spot if incomplete, Defensive Pass Interference spot foul – auto 1st or if in end zone ball placed at one yard line auto 1st. Offensive pass interference (OPI) previous spot & LOD. Charging/lowering of head and/or shoulders by runner (spot minus 15 yds & LOD). Flagrant contact to neck or face (Spot foul auto 1st/LOD).

- Conduct/Contact with Officials will not be tolerated (See Conduct).

## **DEFINITION OF PERSONAL FOUL/UNNECESSARY ROUGHNESS (UNR)**

- No player may roughly contact or shove any player in order to prevent a reception or interception after any player touches the ball in hopes of jostling the ball free. This is treated as a live ball UNR foul. Play the ball and then pull the flag! Especially in the end zone.

## **DEFINITION OF ROUGHING THE PASSER**

- Roughing the passer is defined as making avoidable contact while the passer is in the act of throwing a forward pass; any contact made with the passer's throwing hand, arm, shoulders and above including an attempt to block the pass, make a tackle; any physical contact made to the passer including pushing, shoving, lowering of the shoulder to knock the passer over while attempting to make the flag pull, whether the ball is touched or not. If defense is blocked into QB then no foul may be call by discretion of the Referee. All necessary actions should be made to avoid QB contact.

## **CONDUCT**

- There will be absolutely zero tolerance for unsportsmanlike conduct. Anyone who engages in unsportsmanlike conduct will severely impact his/her team and his/her chances for resuming play. If a player receives two unsportsmanlike penalties, they will be ejected for the rest of the game & possibly the next game(s) as well. A player who throws punch/kick/knees will be ejected for the rest of the tournament. If a player is ejected from the game, he/she has one minute to completely leave the field. If the player does not comply, the referee can declare a forfeit and the other team will be awarded the victory. If a team comes off its sideline onto the field or to the other sideline during an altercation, the game is over and a forfeit victory is awarded to the other team. Cursing at a referee will result in immediate ejection from the game. Captains are the only people allowed to respectfully discuss plays & other questions permitted within reason with Referees.