

# GOLD COAST CITY FLAG GRIDIRON LEAGUE

## 5-5 FLAG GRIDIRON COMPETITION RULES

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**THIS COMPETITION IS STRICTLY NON-CONTACT. BLOCKING AND TACKLING ARE NOT ALLOWED.**

**1.0 CONDUCT OF GAME**

- 1.1 A coin toss determines first possession. The winner of the coin toss has possession of the football. Losers of the coin toss have choice of end zone to defend.
- 1.2 The team that loses the coin toss gets possession at the beginning of the second half starting at its own 5-yard line.
- 1.3 There are no kickoffs.
- 1.4 The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. An automatic first down by penalty will overrule the other requirements regarding four (4) plays to make either a first down or score.
- 1.5 If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- 1.6 All possession changes, except interceptions, start on the offense's 5-yard line.
- 1.7 Teams change end zones after the first 20 minutes.

**2.0 NUMBER OF PLAYERS**

- 2.1 Teams consist of 8 players (5 on the field with 3 substitutes). The league commissioner may allow for a greater number of players on a team in special circumstances without further consultation with the teams.
- 2.2 Teams may play with a minimum of four (4) players (due to injuries).
- 2.3 If less than 4 players are available, the side that is unable to field a team forfeits the game.

**3.0 TIMING/OVERTIME**

- 3.1 Game length is 40 minutes. (2 x 20 minute halves)
- 3.2 Game time will use a 'running clock' except the last two minutes of each half which will be "official timing". During this two minute period, the game clock can be stopped by in the following circumstances;
  - If the ball carrier runs out of bounds before being deflagged.
  - If a pass is incomplete.
- 3.3 Officials can stop the clock at their discretion.
- 3.3 In the event of a tied game, overtime will be played.

- The period between the end of the game and the start of the overtime period will be 2 minutes.
- A coin toss determines first possession of overtime. The team winning the coin toss may either;
  - Determine which team has 1<sup>st</sup> possession of the ball, or
  - Select which end of the field overtime will be played in.
  - The winner of the toss cannot defer their choice.
  - The team that loses the toss will exercise the remaining option for the 1<sup>st</sup> overtime series and will have 1<sup>st</sup> option for subsequent even-numbered series, if they are needed.
- Each team will have 1 attempt per overtime series to score from either the 5 yard (1pt) or 12 yard (2pt) spot.
- Overtime will end, and winner declared, once a team can establish a minimum 1 pt lead in a completed series.
- A maximum of 4 overtime series can be played if required during regular season competition. If no winner is determined in a regular season game after 4 series, the game is declared a draw - Except, in playoff games there is no maximum number of series as teams will play until a winner is determined.

3.5 Each time the ball is spotted the offense has 30 seconds to snap the ball.

3.6 Each team has two 60-second timeouts per half. These cannot be carried over to the second half or overtime.

3.7 Timeouts can be called by Head Coach and on field players only.

3.8 Clock will stop for the length of the timeout.

3.9 Clock will stop to warn teams that there are two minutes left to play in the each half (no time out is given).

3.10 Period for half - time will be 2 minutes.

3.11 The clock will start at the snap after it has been stopped.

## 4.0 SCORING

4.1 Touchdown: 6 points.

4.2 Extra point: 1 point. (played from midpoint of 5-yard line only)

4.3 Extra point: 2 points (played from midpoint of 12-yard line only)

4.4 Safety: 2 points.

4.5 An Interception return to opponent's end zone on any extra point play by the defense will result in the defense scoring 2 points plus possession for next series at its 5-yard line.

## 5.0 RUNNING THE FOOTBALL

5.1 To start the play, the ball must be snapped between the legs of the snapper.

- 5.2 The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct hand off back from the quarterback (no center sneak play).
- 5.3 The quarterback is the player who receives the ball directly from the snap.
- 5.4 The quarterback cannot run with the ball past the line of scrimmage (LOS), unless he has handed the ball off, tossed or pitched, and it has been returned to him.
- 5.5 An Offense may use multiple handoffs behind the LOS. Only backward & lateral handoffs are allowed during the down.
- 5.6 Tosses or sweeps behind the LOS are allowed and are running plays.
- 5.7 Once the ball carrier has crossed the LOS the ball cannot be handed off, tossed, pitched or passed in any way.
- 5.8 "No-running zones," are located 5 yards in front of each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot run.
- 5.9 The player who takes the handoff, toss or pitch can throw the ball from behind the LOS.
- 5.10 All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play action fake or fake handoff.
- 5.11 Spinning is allowed, but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage (no diving).
- 5.12 The ball is spotted where the ball carrier's feet are placed when the flag is pulled, not where the ball is.

## **6.0 RECEIVING/CATCHING THE FOOTBALL**

- 6.1 All players are eligible to receive passes (including the quarterback if the ball has been handed off or tossed behind the LOS).
- 6.2 Only one player may be in motion at a time.
- 6.3 Motion towards the opponent's end zone at the snap is illegal.
- 6.4 A player must have at least one foot inbounds when making a reception.

## **7.0 PASSING THE FOOTBALL**

- 7.1 Only players starting 7 yards from the LOS can rush the passer.
- 7.2 The quarterback has seven seconds to throw the ball. If a pass is not thrown within seven seconds, the play is dead, with a loss of down and the ball is spotted at the previous LOS.
- 7.3 Only one forward pass thrown from behind the LOS is allowed in a down.
- 7.4 Interceptions change the possession of the ball.

- 7.5 Interceptions can be returned by the defense.
- 7.6 On Interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 5-yard line.
- 7.7 Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However should the ball carrier return to the end zone and be deflagged or the ball become dead the result would be a safety for the other team.

## 8.0 DEAD BALLS

- 8.1 Substitutions may be made only when ball is dead.
- 8.2 Play is ruled "dead" when:
- A referee blows their whistle.
  - Ball carrier's flag is pulled or becomes illegal.
  - Points are scored.
  - When any part of the ball carrier's body, other than his hand or foot touches the ground.
- 8.3 If a ball carrier's flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off.
- 8.4 Players are ineligible to catch a pass or receive the ball by hand off toss or pitch, if their flag has fallen off.
- 8.5 There are no fumbles. The ball will be spotted where the ball left the ball carrier's hand(s). If the ball is fumbled during the snap, the ball will be placed at the LOS.

## 9.0 RUSHING THE QUARTERBACK

- 9.1 All players who rush the passer must be a minimum of seven yards from the LOS when the ball is snapped.
- 9.2 Any number of players can rush the quarterback.
- 9.3 Players not rushing the quarterback may defend on the LOS.
- 9.4 Once the ball is handed off or tossed, or there is a play action fake or fake handoff, the seven-yard rule no longer is in effect and all defenders may go behind the LOS. A special marker, or referee, will designate seven yards from the LOS.

## 10.0 SPORTSMANSHIP/ROUGHING

- 10.1 If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.

**FOUL PLAY WILL NOT BE TOLERATED.**

- 10.2 Trash talking is illegal. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine

offensive language. If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

## 11.0 PENALTIES

- 11.1 All penalties are 5 yards. The down will be repeated unless otherwise noted, and will be assessed from the LOS.
- 11.2 All penalties may be declined, except a false start (dead ball foul).
- 11.3 Penalties will not exceed half the distance to the opposing team's goal line from the LOS.
- 11.4 Game officials determine incidental contact that may result from normal run of play. All penalties will be assessed from the LOS.
- 11.5 Only the team captain and Head Coach may ask the referee questions about rule clarification and interpretations. Players and Coaches cannot question judgment calls.
- 11.6 Games cannot end on a defensive penalty, unless the offense declines it.
- 11.7 Penalties after an interception shall be assessed after the return is over and/or the play is blown dead.

## 12.0 DEFENSIVE PENALTIES

- 12.1 Offside – 5 yards.
- 12.2 Substitution fouls – 5 yards. (player enters field after ball is blown ready for play, i.e. to deceive the opponents, or 6 men on field )
- 12.3 Disconcerting signals – 5 yards. (signals to distract / simulate offensive signals prior to snap )
- 12.4 Interference with opponent or ball at the snap – 5 yards.
- 12.5 Illegal rushing – 5 yards. (starting rush from inside 7-yard marker)
- 12.6 Interference –5 yards and automatic first down.
- 12.7 Illegal contact – 5 yards and automatic first down. (holding, blocking, etc)
- 12.8 Illegal flag pull – 5 yards and automatic first down. (before receiver has ball)

## 13.0 OFFENSIVE PENALTIES

- 13.1 Flag guarding (ie knocking away defenders hands or otherwise protecting the flag) – 5 yards from spot of foul.
- 13.2 Delay of game – 5 yards.
- 13.3 Substitution fouls – 5 yards.
- 13.4 Illegal motion – 5 yards. (more than one person moving, etc.)

- 13.5 False start – 5 yards (cannot be declined).
- 13.6 Illegal snap – 5 yards.
- 13.7 Illegal shift or failure to pause for 1 second – 5 yards.
- 13.8 Offensive holding – 5 yards from spot of foul.
- 13.9 Diving/Jumping - 5 yards from spot of foul.
- 13.10 Player out of bounds – 5 yards. (if player goes out of bounds, player cannot return to the field and catch ball)
- 13.11 Illegal forward pass – 5 yards and loss of down. (a second forward pass or after ball has crossed the LOS)
- 13.12 Offensive pass interference— 5 yards and loss of down. (illegal pick play, pushing off/away defender)
- 13.13 Running inside a no running zone is a loss of down at the previous spot.

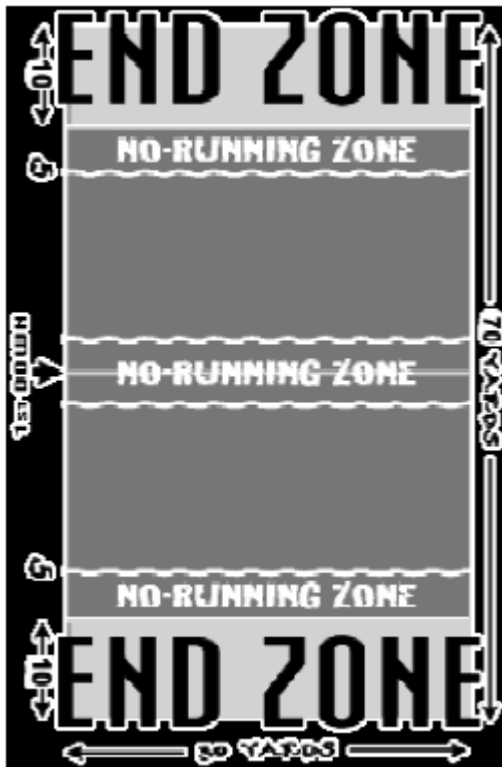
#### **14.0 COMPETITION TIE BREAKER SYSTEM**

- 14.1 The final seeding for the playoffs will be determined by a team's Win/Loss record.
- 14.2 Should there be a tie between 2 or more teams based on their Win/Loss record, the following criteria, in order, will be applied until a difference between teams can be established;
  - Head to head results between the affected teams
  - Total "for & against" point aggregate for the season
  - Playoff using Overtime rules (refer Section 3.3 of rules). Maximum of five (5) head-2-head series. If more than 2 teams involved, use round robin format.
  - Coin toss.

#### **15.0 ATTIRE**

- 15.1 No hard padding or hard headwear shall be allowed.
- 15.2 Football Boots/Cleats are allowed, but must be rubber. Inspections by referees may be requested prior to any game.
- 15.3 All players, including the QB, must wear a protective mouthpiece.
- 15.4 Official team jerseys/shirts must be worn during play.

## 16.0 PLAYING FIELD DIMENSIONS



### Field Dimensions:

*Length:* 60 (or 80) yards

*Width:* 30 (or 20) yards

*End Zones:* Maximum 10 yards deep, minimum 7 yards deep.

*No Running Zones:* These must be marked 5 yards from each goal line.