

Flag Football Passing League

Sonoma State University

Passing league flag football is similar to regulation football but differs in that the ball carrier is stopped by seizing his/her flag instead of being tackled. Forward passing is the only offensive weapon with all players eligible. All players are expected to avoid contact whenever possible.

Running with the ball can only occur after a forward pass is caught past the line of scrimmage. A special effort must be made by the ball carrier to evade opposing players by sidestepping, changing pace, or pivoting past them.

Equipment

Playing Field

The playing field shall be at least 60 yards long and 35 yards wide. The field shall be divided into 3 equal zones for first downs (13-15 yards). End zone shall be at least 7 yards deep.

Game Ball (teams will provide their own. Rec Sports has some for use, however an SSU ID will be required for use).

Each team can use their own ball for offensive scrimmage plays and when receiving free kicks if the ball is of acceptable quality as determined by the officials and Intramural Program Coordinators (regulation size and weight). Or, one team's ball can be used for the entire game if it is accepted by both teams and the officials. Note: If one team wants to use their own ball on offense, they must also let the opponents use it on offense, if they so desire. NOTE: No change of game ball is allowed in the middle of a series. A new ball to be used after a change of possession must be brought in for the first play of that entire series of offensive plays.

Uniform

Mouth guards are highly recommended.

Players must wear flat-soled tennis shoes. ***No bare feet allowed.

Cleated, rippled, or hard sole shoes are prohibited. Turf shoes are allowed.

Any questionable shoes must be cleared through the Intramural-Recreation Department before they can be worn.

No special protective devices such as helmets, pads, etc. are allowed.

Padding may be used only to protect existing injuries -- and then only with the approval of game officials. No hard or unyielding materials or any

exposed metal or jewelry is allowed.

Each team shall wear contrasting shirts.

The players will wear a set of approved flags on their hips, with their shirt tucked in.

LENGTH OF GAME

Periods

Two halves of 20 minutes running time shall constitute the game:

The officials will notify both team captains when there are two minutes remaining in the game. At that point, eight total, consecutive plays will be run to complete the game. Extra point attempts will not be considered as "Plays." If one team is ahead by twenty-two or more points with two minutes or less left in the game, the clock will run continuously until the end of the game.

No more than 25 seconds between plays (after the ball is spotted until the quarterback starts the play). The on-field official will keep track of the play clock.

Time Outs

Each team will be allowed a maximum of 1 time out per half. The time out will constitute 60 seconds. (Time outs can only be called during a dead ball situation.)

The officials can hold up a game for injuries, equipment repair, in cases where the ball cannot be put into play in a reasonable length of time or any other time they deem necessary.

There shall be a 3 minute intermission between halves of the game.

SCORING

Touchdown -- 6 points (any part of the ball is on or over the goal.)

Point(s) after touchdown -- 1 point from the 5-yard line. 2 points from the 10-yard line.

Safety -- 2 points (team scored against must surrender the ball to opponent in the middle of their first zone).

Tie Game

Counts as a half win for both teams in league play.

In playoff, the game will be resolved by the following method: coin flip determines choice of offense or defense. ball is placed on defensive 7.5 yard line. team "A" has 4 downs to score (1st and goal situation). team "b" has 4 downs to score (1st and goal situation). extra points will be played out (III B). Total score will count. If the score is still tied, repeat the procedure until a winner is determined (a new flip is not necessary).

Interceptions can be returned for a touchdown. If the team that intercepts the ball is "tackled" before returning the ball for a touchdown, they retain

possession and begin their series of plays (if necessary) from the 7.5 yard line.

PLAYERS

Six players shall constitute a team. A team must have at least 5 players to begin, but may continue with less than 5 after play has begun. A team must have at least 4 players to continue.

A team not ready to play with 5 men at scheduled game time must forfeit the contest. There is no grace period. Two teams not ready to play is a double forfeit.

Unlimited substitution is allowed as long as there is no delay of game, and each player is listed on the official roster.

The offensive team must have all players in the huddle. No sleeper plays are allowed.

PLAYING REGULATIONS

Starting Game

A coin is to be flipped to decide preference for possession and for choice of goals. A team that wins the first half coin toss may defer their choice to the second half.

Before the start of the second half, the loser of the pregame toss or the team that deferred its choice to the second half shall have choice of the possibilities above. The other team shall then have the remaining choice. No kick-off; the ball will be placed on the offense's middle of the first zone and play will begin.

Fumbles

The ball shall be considered dead when it hits the ground. It remains the possession of the team fumbling it, at the point of the fumbler's greatest forward progress (not where the ball hits the ground).

If the ball is caught in mid-air, not having touched the ground, offense or defense may advance in this case. (No stripping the ball)

First Downs

Four downs shall be allowed in which to advance the ball into the next zone for a first down.

A team beginning in a zone and subsequently losing yardage back into another zone must advance the ball to the zone forward of – the one which the ball was originally put in play in order to receive the first down.

Downed Ball- "Tackling"

A man is considered "tackled" when his flag is removed by an opposing player. The ball will be played at the point where the ball was when the flag was removed.

The "tackler" should immediately drop the flag.

Any pushing, holding, tackling, or roughing will constitute a penalty.

If the ball carrier slips or puts his knee down, he is considered tackled at that point.

The ball carrier may not protect his flag in any way or form of straight arming, flag guarding with the forearm or ball, running with his head down, or running into a defender purposely. These constitute a penalty.

If a defensive player pulls a receivers flag before he catches a pass. The pass will be complete to where he caught the ball plus 10 yards or half the distance.

If an offensive player knocks his own flag off before catching a pass the ball is dead where the receiver catches the ball.

Passing

All players are eligible to receive passes and laterals.

A "forward pass" shall be defined as any ball thrown forward from the passer that must pass the line of scrimmage before it is caught. This can be done either overhand or underhand.

Receivers needs only one foot inbounds for a legal catch.

Receptions behind the line of scrimmage are illegal. Both feet of the receiver must land beyond the line of scrimmage . Ruling: Incomplete pass.

All double passes behind the line of scrimmage are illegal. The ball may be lateralled only after a "forward pass" is caught past the line of scrimmage.

Quarterback has seven (7) seconds to release the ball

Blocking

THERE SHALL BE NO BLOCKING

The rusher cannot be blocked.

The defensive players may not use any "bump and run" tactics on the receivers. If the defensive player causes any contact, it will be an automatic pass interference call, regardless of whether the ball is in the air or not.

Once a teammate has caught a pass, the other members of his team may not interfere, (i.e. block,) with the defensive targeting the flag. Penalty: 10 yards from the point of infraction and loss of down.

"Free" Punt

A team desiring to punt must inform the official and inform the opponents.

There will be no rushing on a punt.

There shall be no "quick kicks." Officials use judgment at the placement of ball on punts going out of bounds.

Receiving Punts

The punted ball is dead either where it first touches the ground or where a player on the receiving team first touches the ball.

Punts into the end zone are spotted in the middle of the first zone.

Touchback and Safety Note: Refer to 2006 NCAA Rule Book

Scrimmage

The offensive team must line up with at least 3 men on the line of scrimmage on each offensive play.

More than 3 men may line up on the line of scrimmage.

Putting Ball into Play

There will be no center snap. The quarterback begins each play with a slap of the football. This slap is to be a "distinct" sounding hit on the ball and is to be in full view of the defensive team. The quarterback must start each play within two yards of the line of scrimmage.

The defensive team is allowed to rush only-one person. The rusher must delay two seconds after the "slap" of the ball before he/she rushes the quarterback. The rusher must attempt to go after the quarterback's flags. If he attempts to block the pass and touches the quarterback (regardless of whether or not the pass is blocked) it will be an "unnecessary roughness" penalty. Penalty: 10 yards from the line of scrimmage.

Player Conduct – Any personal foul or unsportslike conduct that is ruled intentional by the official will lead to an automatic ejection of the guilty player(s). No warnings are necessary.