

Delaware Sports League Flag Football Rules

Field

- A. The field will be 80 yards long from goal line to goal line with the end zones being 10 yards each.
- B. The field will be divided into four (4) zones of twenty (20) yards each.
- C. The field will be forty (40) yards wide.

Equipment

A. Shoes

Shoes must be worn. Shoes with metal cleats, exposed metal screw-in cleats, boots, and/or sandals are strictly prohibited

B. Protective Equipment

Helmets, shoulder pads, thigh pads and any other padding are prohibited. Any question as to the legality of the equipment shall be decided by the referee. The use of any hard and unyielding substance cannot be used to protect any injury, no matter how well padded or covered.

C. Flags

Each player on the field must wear 2 flags on the flag belt at the waist. The flags must be attached to a belt and the belt will be worn snug around the waist. Illegal flags will result in a 15 yard penalty on the offending team and the offending player must sit out the entire half.

D. Clothing, etc.

Shorts or pants with pockets and/or belt loops are not recommended. No article of clothing may cover any portion of the players flag (sweatshirts and shirts MUST be tucked in). Unsecured half shirts and exposed knots are not permitted as with hats with protruding rims. If you are wearing any of the above, penalties will not be called for holding, etc.

Shirts must be tucked in underneath the flag. You cannot have the shirts covering the flag as the referees won't call holding for grabbing the t-shirt. Untucked shirts under the flag belt will not be called for holding on the defense.

If the defense untucks your shirt while going for the flag, that is a hold.

Length of Games and Time Outs

A. Periods

The game shall be played in four (4) quarters, with four (4) 10 minute quarters.

At the end of time in the 2nd quarter, 5 plays will end the half.

At the end of time in the 4th quarter, 10 plays will end the half.

Extra points do not count towards plays.

B. Halftime

Halftime will be five (5) minutes or less if running behind.

C. Time Outs

Each team shall have one (1) 30 second time out per half.

Timeouts may be called by any player on the field.

Scoring

Male Touchdown – 6 points

Female Touchdown – 9 points

Safety – 2 points

Extra points:

From 3 yard line – 1 point (+1 for female score)

From 8 yard line – 2 points (+1 for female score)

From 20 yard line – 5 points (+1 for female score) (See Onside Kick rule)

Defensive interception – Result of point attempt

Mercy rule – none...have fun!

Players and Substitutions

A. On Field Requirements

The game shall be played between 2 teams of 8 players (5 men and 3 women).

B. Substitutions

Regular season: Must have a minimum of 5 players from your team. You are allowed to sub until you reach 8 total players. The opposing captain must approve of the use of subs.

Playoffs: No subs allowed. No exceptions.

C. Team Roster

Captains have until the last game of the regular season to add or remove players from their rosters. You cannot add new players after this week.

Playing Regulations

A. Rock, Paper, Scissors

At the beginning of the game, Captains will rock, paper, scissors with the winner getting his/her choice of direction or ball possession. The loser of the toss will have the option at the beginning of the second half.

B. Forfeit

You must have 5 players (1 must be a girl) from your team to avoid a forfeit. The game will start with 5 players from your team. If you do not have 5 players, it is a forfeit.

C. Ball in Play

The ball shall be put into play at the beginning of the half at the 8 yard line.

D. Offside

If either the offense or the defense enters the neutral zone after the ball has been marked ready for play, they are offside.

E. First Downs

A team will be allowed four (4) downs to advance the ball from one zone to the next. The next zone will be considered reached when the hips cross into the next zone line.

If after four (4) downs and a team has failed to advance the ball into the next zone, possession shall go to the defense where the ball was last touched if thrown incomplete, or where it hit the ground if untouched.

First downs will occur at your 20, the 40, the opponents 20 or from a penalty.

F. Holding

Holding will be called if you grab the player's belt, tucked shirt or shorts/pants. If you untuck the shirt in the process, it is not a hold. If you grab on to the players excess belt loop, the player is considered down.

Exceptions to the rule:

If the player's shirt is untucked under or over the belt prior to flag grab attempt

If the player is wearing shorts/pants with pockets

G. Line of Scrimmage

The offensive team must have at least three (3) people on the line of scrimmage at the snap. A minimum of 2 males are required on the line. The defense has no maximum or minimum. On the line means lining up within close distance to the ball or center.

After the 3 second rush count all linemen are eligible as receivers. If the Defense blitzes, then all linemen are immediately eligible.

Linemen can move after the snap but must start in the middle. Linemen are not allowed to step or move in front of defensive rushers. They are permitted to stand completely still.

H. Defensive Rush/Blitzing

There is 1 blitz per set of downs and you must yell blitz. The official counts out 3 seconds before the defense may cross the line of scrimmage. The defense cannot run through offensive players. No contact on the QB is permitted.

If the defender blocks or bats down the ball at the line of scrimmage, the gender play is determined by the gender of the QB.

I. Screening

Only screen blocking is permitted. Screen blocking shall be defined as obstructing the rusher's path to the ball carrier. There can be no independent movement of the elbows. A blocker may not leave his feet to block. The rusher may not run over the blocker. The rusher may not pull the blocker toward him or violently push the blocker away from him.

The blocker may not step into the rusher.

If the rusher touches the quarterback in his attempt to block the pass; roughing the quarterback will be called. The defensive player may not have any contact with the quarterback until he releases the ball and becomes a potential blocker.

The defense MUST GO AROUND a blocker, not through them. Undue roughness will be penalized and a subsequent ejection will result. Unintentional or accidental will result in a 5 yard penalty. Intentional or flagrant will result in a 15 yard penalty.

J. Clear Path rule

If an individual has a clear path to the end zone and is tackled or has the shirt grabbed or anything hindering a score the player will be awarded a touchdown.

K. Passing

Only 1 forward pass permitted per play.

No hitting or blocking on the QB arm. Rushers need to go for the flags and if you choose to go for the block that have to be far enough away even if they are hit on the follow through.

Linemen are ineligible as passers.

L. Receiving

Players MAY dive to catch a pass, defend a pass, or to remove an opponent's flag. However if you make contact diving for a flag it will be a penalty. You cannot dive for a first down or

touchdown. If no-one is around and are doing it for fun that is fine. 1 foot inbounds is considered a catch. If both the offense and defense catch the ball at the same time, the offense wins the tie.

M. Pass Interference

Standard rules apply for pass interference.

You may not go over the back of the person trying to catch the ball.

N. Pulling the flags

The ball carrier is down and the ball is dead when a flag is detached from the player's belt or when any part of the ball carrier's body (other than the hands or feet) touches the ground. A defensive player may leave his feet to pull the flag, but not make contact with the ball carrier. Tackling is prohibited. Tackling is grasping or encircling the body of the ball carrier with the hand or arm, thus impeding his progress.

If a player's flag belt or flag inadvertently falls off, then one-hand touch rules apply.

If a player's flag belt or flags are turned away from the hips, one-hand touch applies.

O. Flag Guarding

You may not swat a defenders hand or arm from going for your flag. You may not lower or dip your shoulder to avoid your flag being pulled. The ball must not be placed near the flag either.

P. Spinning

Spinning is permitted as long as the ball carrier does not leave his/her feet. The ball carriers elbows must also be controlled and not sticking out.

Q. Jumping

Jumping, or leaving ones feet, is not permitted.

R. Fumble

The ball is dead where and when it hits the ground. No striping.

S. The Center Snap

The center snap may be made between the legs or from the side.

T. Handoffs/people in back field

At the snap the defense is 3 yards off the ball. If the offense handoffs or throws behind the line of scrimmage or if someone is in the back field, you do not have to wait the 3 seconds and can go to the offensive line of scrimmage. You cannot enter the back field unless you are blitzing or someone other than the QB touches the ball.

U. Punt

On 4th down, you can either “punt” or go for it. You can throw for a punt. Where the ball is first touched determines the spot. If it is not touched, where it hits the ground determines the spot of the ball.

V. Overtime

College rules overtime to determine the winner.

Captains will rock, paper, scissors to determine who plays offense or defense first. Teams will start at the opposing teams 20 and have 4 plays to score. If the team scores or fails to score, the other team then gets 4 plays to score.

If tied at the end of the 1st overtime, teams switch on who gets ball first.

If tied at the end of the 2nd overtime, captains will rock, paper, scissors again to determine possession. Teams must go for “2” from here on out.

Rinse and repeat for the 3rd, 4th, etc. overtimes.

w. Co-Ed Rules

1. The offensive team must have 3 players on the line at the time of snap assuming there is a full team, 2 of which must consist of 2 males.

2. If the play is OPEN there are no restrictions on who can RUN the ball. The quarterback cannot run unless the defense crosses the line of scrimmage which is 3 yards back from the snap point.

3. Female Play.

- a. A female must be involved in every 3rd play. It doesn't have to be the 3rd play, but out of 3 she must be involved in one. So it can go like this (Male Male Female) (Female Male Male) (Male Female). As long as it a female within the group of 3. If this does not apply that play would be null and void and loss of down. Female involvement includes a reception, a throw or a run. A lateral after a completion does not count. The female must account for the majority of the play to constitute a female play. If an attempt is made but is incomplete or dropped, or if the female is the closest offensive player to the ball, that will count. If a female is QB, the pass must be forward to count as a female play.
- b. If a female player scores a touchdown, the point value is 9. If a female player (QB) throws a legal forward pass and a touchdown is subsequently scored the value shall also be 9.

- c. If you have gone a set of 3 and did not make an attempt to a female, it is a loss of down and redo the female play.

X. Onside kick -

Pre-requisites:

- 2nd half only
- Your team must be down by 4 points or more **after** you have just scored your TD.

When you have scored a TD and are trailing by 4 or more points in the 2nd half, you can elect the option to go for an onside kick. This is your extra point try attempt.

The ball is placed at the opponent's 20 yard line (20 yards to the goal line). You have one (1) play to get it into the end zone.

If successful you have the option of taking the points, which is 5 points for a male score or 6 points for a female score, **OR** you get the ball back at half field and a new series and set of downs.

If unsuccessful, the opposing team retains possession of the ball with a new series and downs at half field.

Referees:

- A. Each team must pay \$10 to the referee prior to the start of the game. You may pay for your team in full for the season.
- B. Do not yell or badger the referee's. They are doing their best to make the best possible calls that they can. If you harass a referee, they are permitted to eject a player from the game, which is also a 15 yard penalty against the offending team.
- C. Referees are not required to inform the Defense if the upcoming play is a female play. They are required to tell the Offense only, if asked.

Penalties:

<u>Spot Fouls</u>
Flag Guarding (Includes dipping shoulder) - Spot foul
Illegal pick - Spot foul
Jumping - Spot foul
Illegal Forward Pass/Pitch - Spot foul & loss of down
No Girl Play - loss of down, still girl play

<u>5 Yard Penalties</u>
False Start - Dead Ball and no loss of down
Holding - Added on to the end of a run
Leaving Line Early - Result of play or Replay down +5 yards
Defensive Offside - Result of play or Replay down +5 yards
Pushing Out of Bounds - Added on to the spot of the foul
Illegal QB Run - 5 yards & loss of down
QB Past Line of Scrimmage (Includes over/on LOS) - Result or 5 yards & repeat down
Running through lineman - Result of play or 5 yards & replay down. Repeat offenders - 2nd offense 15 yds, 3rd offense ejection

<u>10 Yard Penalties</u>
Diving into Player - End of run
Taunting - From the Spot or if on scoring play start at 18
Illegal Contact on Defense - 10 yards & replay the down or result of the play
Offensive Pass Interference - Nullify play & repeat down
Lowering Shoulder - 1st offense spot foul, 2nd offense 10 yards, 3rd offense ejection if repeat offender

<u>15 Yard Penalties</u>
Roughing the Passer - Plus automatic 1st
Pass Interference/Over the Back - Only if during clock play / Spot foul within plays
Illegal Flags - Plus player must sit out remainder of half
Player ejection