

FOOTBALL RULES

RULE 1: PLAYERS

- 1: A game is played between two teams consisting of a minimum five (5) players each. This represents again a minimum number; the game can be played with any number of players up to and including eleven (11). For example, seven on seven, eight on eight.
- 2: Each team roster shall have a maximum of 20 players, and a minimum of 10 players.
- 3: With a five person team the offensive team should have four (4) players on the line and one (1) in the backfield. The defensive team may choose any formation.
- 4: Mandatory Play Rule: All players will receive equal play time.

RULE 2: PLAYING FIELDS

- 1: The field shall be rectangular with lines and end zones and shall conform to either' of the two designs mentioned below.
 - A. 100-yard field: This field measures one hundred and twenty yards in length, divided into 5 zones of twenty yards each between two end zones of ten yards each. It is $53 \frac{1}{3}$ yards wide.
 - B. 50-yard field: This field measures seventy yards in length, divided into 5 zones of ten yards each between two end zones of ten yards each. It is 40yards wide.
 - C. Goal Posts are unnecessary as there is no one or two point conversions after a touchdown.
- 2: The following field equipment will be used:
 - A. A Down Marker can be used to indicate the number of the down.
 - B. Corner Flags with flexible staffs will be placed at the four sections of the end zones and the sidelines. Soft pylons may be used if flags are unavailable.

RULE 3: EQUIPMENT

1: GAME BALL

2: FLAGS

- A. Each player must wear a belt with the number of flags designated as "standard" by the league, which will be either 2 or 3 flags.
- B. The flags will be attached to a belt and extend or hang from each side of the player's body. When using three flags, the third will hang from the rear of the player's body,
- C. Flags will be 14 to 20 inches long and a minimum of 2 inches wide.
- D. The belt must be tight to prevent being turned around during a de-flagging.
- E. The home team should wear light flags and the visitors should wear dark flags.
- F. The securing of flags to the body, waist or belt, other than provided by S-2-B, is illegal.
- G. Jerseys cannot be worn over flags.
- H. If a player's flag is inadvertently lost; he is ineligible to handle the ball.
- I. Flags are to be of contrasting colors, different from game uniform. Definitions of uniform shall be game pants and/or jersey.

NOTE: The flags will be attached to a belt made for that purpose. Such a belt has equal resistance at the point of attachment of flags, thereby ensuring an equal effort necessary to de-flag a player.

3: GAME UNIFORMS

- A. All team members must wear the same color jersey.
- B. All jerseys may be numbered, front and back.
- C. Any type of pants may be worn.
- D. Sneakers are the preferred shoe.

4: EYE GLASSES

Eye glasses, when worn, shall be of athletically-approved construction with non-shattering glass (safety glass).

5: MOUTHGUARDS

Mouth guards are not required: if used, no keeper strap is necessary.

RULE 4: PROHIBITED EQUIPMENT

- 1: Spiked or street shoes.
- 2: Padding of any kind, including hard surface padding such as shoulder pads, hip pads, and helmets (unless required as a result of the individual participant's disability).
- 3: Hard metal or any other hard substance on a player's clothing or person (unless required as a result of the individual participant's disability).
- 4: Anything that conceals the flags.
- 5: Slick or sticky substances such as grease or glue.
- 6: Any equipment, in the opinion of the referee, which will endanger or confuse players.

RULE 5: REFEREES

- 1: There should be at least two (2) referees.
- 2: The league may assign more than two referees for a game.
- 3: Each game official will carry a handkerchief and drop it whenever an infraction occurs. Note:
Challenger Flag Football is purely instructional. There will be no penalties assessed but rather instruction as to what the player did wrong. After instruction as to the infraction, play will resume.

RULE 6: GAME PLAY

1: PLAYERS

The free substitution rule is always in effect and a player may enter the game any time the ball is dead.

2: TEAM COACHES:

One Coach for each team will be permitted on the field.

3: TIME & GAME PLAY

There will be two 20/25-minute halves. There can be up to three time outs if necessary for each half.

- A. Ten (5-10) minutes between halves.
- B. A continuous running game clock.
- C. There are no winners and losers, and a score will not be kept. Each team possession, regardless of turnovers, will end in a touchdown
- D. Each child will be allowed to score a touchdown during a game. It is of the utmost importance that the coach 'spread the ball around' as evenly as possible, again giving each child equal opportunity to score.
- E. At the conclusion of each play, the referee will place the ball in the center of the field

4: DOWNS

- A. Although a down marker is used, it is used for game realism only. It can however be advanced per down.

5: DE-FLAGGING

- A. There shall be no tackling of the ball carrier, passer, or kicker.

- B. The player carrying or having possession of the ball is down when the flag is removed from his waist (deflagging). The defensive player shall hold the flag above his head and stand still.
- C. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.
- D. A defensive player may not run over, push, or pull a blocker away from him. He may push him sideways if he gets past him, but he cannot push the blocker down.
- E. A defensive player must go for the passer's flag. He cannot touch the passer's arm.

6: BLOCKING

- A. A blocker must block from an upright position.
- B. Cross body and roll blocking are not permitted.
- C. A blocker can only use their hands below the shoulders.
- D. Blocking shall be done with the arms and body in the form of shoulder and brush blocking only.
- E. A defensive player cannot block or push a ball carrier out-of-bounds.
- F. Butting, elbowing or knee blocking is not permitted.
- G. There will be no two-on-one blocking for the ball carrier beyond the line of scrimmage.
- H. Blocking a player from behind is not permitted (clipping).
- I. There will be no interlocking blocking.
- J. A defensive player will be restricted in the use of his hands to the blocker's body and shoulders.

7: BALL CARRIER

- A. The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.

- B. The ball carrier cannot lower his head to drive or run into a defensive player.
- C. Stiff-arming by the ball carrier is illegal.
- D. The ball carrier cannot spin or hurdle to prevent a defensive player from removing his flags.
- E. He may run in any direction until the ball is declared dead.

8: CENTER

- A. The center may side snap the ball.

9: PASSING

- A. All backfield participants (this could include an individual's helper) are eligible passers.
- B. Passing will be attempted from behind the line of scrimmage only.
- C. A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.
- D. A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team's goal line.

10: RECEIVING

- A. All participants (this could include an individual's helper) are eligible to receive forward passes. If the individual's helper receives the pass, they must immediately give the ball to the rostered player,
- B. A receiver may catch a ball even if he steps out-of-bounds or out of the end zone as long as he comes down with one foot in bounds.
- C. Two or more receivers may touch a ball in succession resulting in a completed pass.
- D. If an offensive and defensive player catch a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
- E. An offensive player cannot be out-of-bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass.

11: DEAD BALL

All balls touching the ground are immediately dead. For example, the ball is declared dead at the following times:

- A. When the ball carrier's flag has been pulled.
- B. If a pass receiver or ball carrier has a missing flag (ball is dead at that spot).
- C. Following a touchdown, safety or touchback.
- D. When the ball goes out-of-bounds for any reason.
- E. If a forward pass strikes the ground or is caught at the same time by an opposing player(s).

RULE 7: INJURED PLAYERS

Once removed from a game because of injury, a player must sit out at least one down, and may not re-enter the game without the approval of attending medical personnel.

RULE 8: PENALTIES

Since there are no penalties, the following can be used as a guide to game play for instructional purposes only.

1: LINE OF SCRIMMAGE-

- A. Offside, down is replayed.

2: PASSING

- A. If a forward pass is thrown and intercepted, the play will be blown dead. The offense retains possession of the ball. Play continues.
- B. Passer crosses the line of scrimmage, the play stands, and the passer is instructed as to the rule.

- C. Intentional grounding, the play stands, the passer is instructed as to the rule.

3: FLAG WEARING AND DE-FLAGGING

- A. There is no tackling.
- B. You cannot wear the flags illegally.
- C. The ball carrier cannot use his hands to prevent a defensive player from de-flagging.
- D. A player cannot hold, push, or hit the ball carrier while de-flagging.
- E. A player cannot leave one's feet while de-flagging.
- F. As above, the offending player will be instructed as to the rules.

4: ILLEGAL HAND-OFF

- A. The ball cannot be handed forward beyond the scrimmage line.
- B. The ball cannot be handed or snapped to a lineman.

5: ILLEGAL SUBSTITUTIONS

- A. There should be no substitution(s) while the ball is in play.

6: BLOCKING

Note: all of the blocks below are illegal

- A. Leaving feet to block.
- B. Cross body blocking or roll blocking.
- C. Illegal use of hands by blocker.
- D. Holding a defensive player.
- E. Defensive player blocking or pushing the ball carrier out of bounds.
- F. Butting, elbowing or knee blocking.
- G. Defensive player using hands illegally.

- H. More than two blockers for the ball carrier (on one defensive player) beyond the line of scrimmage.
- I. Clipping.
- J. Interlock Blocking.

7: BALL CARRIER

- A. A fumble remains the possession of the offense, and is not advanced. Note: all of the following is not allowed.
- B. Stiff arming.
- C. Lowering head to drive or run into defensive player.
- D. Use of head.
- E. Use of hands or arms to protect flags.
- F. Spinning or hurdling.