



2021 Holiday Tournament Flag Football

TOURNAMENT RULES

GENERAL GUIDELINES

- All Players/Teams MUST BE REGISTERED AND PAID PRIOR to playing any games
- Teams must provide their own game balls
- Flag belts, Flag a tag style, with 2 flags will be provided, however bringing your own is encouraged
- We encourage no pockets on shorts or pants
- All teams should have matching uniforms or colour. Alternate shirts may be needed.
- Only turf, running shoes, or multi-cleats may be worn (no spikes).
- Round robin game timing is 20 minutes running time with 4 plays once time has expired.
- Playoff game times will be determined when playoffs start.
- Each team will be permitted one time out. Games will start and end on time.
- Men's, Women's, Coed, Youth divisions: 6 players a side (includes quarterback) but teams may start game with 5 players. Coed is 3 Females & 3 Males, Teams may use 4 Females, if down to 5 players teams must have at least 2 females & 2 males on at all time 4 downs for the field
- Play starts on the 5-yard line. If after 4 downs the offense doesn't score; the defense takes over from their own 5-yard line. 5 downs for youth. (no kicking/punting plays).
- ****COED DIVISION**** On 1st or 2nd down, a female has to be involved with the offense by running, throwing or as an intended receiver. Failure to do so will result in a 5 yard penalty and a loss of down. If 4th down, the result will be a turnover.
- Interception turns ball over at the spot after flagged.
- Huddles are 20 seconds. The ball must be snapped within the 20 seconds. The ball can be placed anywhere along the line of scrimmage and up to 5 yards from sideline.

PENALTIES

Dead Ball Penalties:

- Flag guarding = dead at the spot, loss of down
- Blocking = dead at the spot, loss of down
- Offside = Offense crossing line before the snap = 5 Yard Penalty and down over

5 Yard Penalties

- Delay of game = Penalty and down over, back to back delay of game is penalty and loss of down
- Too many men = Penalty and down over
- Extending ball = Penalty and loss of down
- *COED* - Female was not used = Penalty and loss of down
- Quick hold by the defender and then letting go = 5 yard from spot and next down

10 Yard Penalties

- Taunting, show boating, spiking the ball = Penalty can be applied as half distance on the extra point or at next offensive possession
- Defensive holding = penalty and down over
- Offensive holding = penalty and down over
- Offensive pass interference = penalty and loss of down
- Defensive pass interference = ball placed at the spot of the foul and down over
- Defensive pass interference in the end zone = Ball placed on 1 yard line down over or convert is successful
- Diving forward with ball = penalty and loss of down

15 Yard Penalties

- **FIGHTING** Any person(s) fighting, automatic Tournament ejection
- Any contact with QB (including running into and/or contact with QBs arm) penalty & down over



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- Roughing (penalty and possible ejection): Tackle, rough flagging, aggressive hand or body contact. When offense is running with the ball, they have to make an effort to avoid the defender.

SCRIMMAGE RULES- GENERAL

- 1-hand touch if a flag falls off or the belt is shifted. Offense must ensure their belt is on correctly and there is a flag on each hip at all times. Extra belt hanging, towels, strings, etc. will be considered a flag to pull
- Substitutions can be made at any break in the game or between plays, no huddle is needed, play starts when referee blows it in
- Running plays are allowed. The RB can line up on the line of scrimmage or in the backfield.
- The Quarterback can run, but must wait 3 steamboats before doing so; there will be a “no run zone” 5 yards from each end zone. Whoever receives the snap is deemed the quarterback.
- Youth division only, has 2 running plays per offensive series (Offense has 5 downs to score)
- If the Quarterback hands the ball off or throws a lateral pass behind the line of scrimmage, the rusher or any defender can cross the line of scrimmage before the 3rd -Steamboat count
Halfback or Running back can run across the line at any time, all handoffs and play action will stop the steamboat and defense can cross the line of scrimmage. 3-Steamboats before the Rusher and other defence can attack, rush on the “t” at the end of Steamboat
- The Referee will count the steamboats at all games
- Steamboats count begins once the ball is lifted off the ground by centre
- Rusher must be within 5 yards of the line of scrimmage during the steamboat count (whether they decide to rush or not). After 3 steamboats, the Rusher can rush or play defence from anywhere on the field. There is no limit for QB to scramble.
- Rusher 5 yard zone can take them into the end zone
- Offside by Rusher occurs when ANY part of the body is over the line of scrimmage before the ‘t’ of the 3rd Steamboat or if the rusher plays defence 6 yards or further while steamboats are being counted.
- Fumbled balls are dead balls. If a fumble is made after a reception, the ball is dead where the fumble lands. Ball cannot be advanced with a fumble, **except with a fumbled snap**.
- Fumbled snap – The QB can pick up the ball. The play is still live. Once the snap is fumbled, steamboats no longer apply and the rusher can immediately rush the QB.
- A forward hand off is considered a forward lateral, and the Running Back cannot throw the ball.
- The ball **MUST** be snapped between the legs of the Centre
- 6 points is awarded for a touchdown, Coed 6 Points for a Male, 9 Points for a Female
- 1 point is awarded for a convert from 5 yards out and 2 points for a convert from 10 yards out. Convert must be another play, either passing or running, Coed Female 2 pts from 5 yards & 3 pts from 10 yards
- 2 pts is awarded when a defensive player returns an INT to their goal on 1 pt or 2pt convert attempt
- 2 points awarded for a safety
- Each team must pick up their own ball, if there is a delay in retrieving ball 20 second count will commence
- Deflections or tipped balls by an offensive player which are caught in an advancement by another offensive player are dead at point of deflection or tip
- Sidelines – if an Offensive player is pushed out of bounds, the player is still eligible. If the player goes out of bounds on his/her own; player is ineligible, unless ball is touch by another player. There will be a loss of down if the ball is caught by an ineligible player.
- When an interception occurs in the end zone and is not returned out of the end zone, the ball is placed on the 5-yard line.
- The ball can be placed anywhere on the line of scrimmage. No extending, jumping fwd or diving to advance the ball
- No obstructing or impeding a defender to the ball carrier – at referees’ discretion=dead ball at place of infraction, no penalty yards added. 1 foot **MUST BE** inbound on all catches