



# DawkSports Holiday Flag Football TOURNAMENT RULES

## GENERAL GUIDELINES

- All Players/Teams MUST BE REGISTERED AND PAID before playing any games.
- Each team must provide their game ball.
- Flag belts, Flag-a-tag style, with 2 flags will be offered, however bringing your own is encouraged
- We encourage no pockets on shorts or pants. We also encourage all youth to wear mouthguards
- All teams should have matching uniforms or colours. 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.
- Each team will be permitted one time-out per game. Games will start and end on time.
- Men's, Women's, Coed, and Youth divisions: 6 players a side (includes quarterback). Teams may start the game with 5 players.
- Coed is 3 Females & 3 Males. If down to 5 players, a team must have at least 2 females or 2 males on at all times
- 4 downs for the field for the Coed and Adults Division and **5 for youth.**
- Play starts on the 5-yard line. If, after 4 downs, the offence doesn't score, the defence takes over from their 5-yard line. (No kicking/punting plays).
- **\*\*COED DIVISION\*\*** On the 1<sup>st</sup> or 2<sup>nd</sup> down, a female has to be involved with the offence 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 4<sup>th</sup> down, the result will be a turnover.
- Interception turns the ball over at the spot after being flagged.
- Huddles are 20 seconds. The ball must be snapped within 20 seconds.
- The ball can be placed anywhere along the line of scrimmage and up to 5 yards from the sideline.

## PENALTIES

### Dead Ball Penalties:

- Flag guarding = dead at the spot, loss of down
- Blocking = dead at the spot, loss of down

### 5 Yard Penalties

- Offside = Offense crossing line before the snap = Penalty and down over
- 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
- \*COED\* - Female was not used = Penalty and loss of down. The next play is still a "female play."
- Quick hold by the defender and then letting go = 5 yard from spot and next down

### 10 Yard Penalties

- Taunting, showboating, spiking the ball = Penalty can be applied as half distance on the extra point or at the next offensive possession
- Defensive holding = penalty from the spot and down over
- Offensive holding = penalty and down over
- Offensive pass interference = penalty and loss of down
- Defensive pass interference = 10-yard penalty or 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 or contact with QBs arm) penalty & down over



# DawkSports Holiday Flag Football TOURNAMENT RULES

- Roughing = penalty and possible ejection: Tackle, rough flagging, aggressive hand or body contact.
- Note: When you are running with the ball, you must try to avoid the defender.

## SCRIMMAGE RULES- GENERAL

- 1-hand touch if a flag falls off or the belt is shifted. All players must ensure their belt is on correctly and 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, and play starts when the 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 for 3 steamboats; 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 3<sup>rd</sup> -Steamboat count  
The halfback or running back can run across the line at any time, all handoffs and play action will stop the steamboat, and the defense can cross the line of scrimmage. 3-Steambots before the Rusher and other defence can attack, rush on the “t” at the end of the 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 3<sup>rd</sup> 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. The play 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 handoff 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. The 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 1pt or 2pt convert attempt
- 2 points awarded for a safety
- Each team must pick up their ball. If there is a delay in retrieving the ball, a 20-second count will commence
- Deflections or tipped balls by an offensive player which are caught in advancement by another offensive player are dead at the 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 their own, the player is ineligible unless another player touches the ball. There will be a loss of down if an ineligible player catches the ball.
- When an interception is not returned from the end zone, the ball is placed on the 5-yard line.
- The ball can be placed anywhere on the line of scrimmage. No jumping forward or diving to advance the ball
- No obstructing or impeding a defender to the ball carrier – at referees’ discretion=dead ball at the place of the infraction, no penalty yards added.
- 1 foot inbound on all catches