

Heart of America Games

Rules & Guidelines

Flag Football

Guiding Bodies:

KPFAA

Events: Teams fifteen (15) per roster with seven (7) on field at all times

Bracketing: Pool Play

General Rules:

Two twenty minute halves with a ten minute half time

Running clock-clock will stop for time outs, penalties and scores

Seven (7) players on field from start to finish

Full matching uniforms are encouraged

Game time is forfeit time-no grace periods

The team manager is the official team representative and will appoint offensive and defensive captains prior to the game.

A team is responsible for the behavior of its fans-a referee may charge a team with unsportsmanlike conduct penalty, a gross unsportsmanlike conduct penalty, or a forfeit based on any undesirable behavior of that team's fans. A referee may eject any fan(s) from the facility-the fan must leave the facility within two minutes or a forfeit will be charges against that fan's team.

Roster Rules: The roster will include the player's names and is limited to fifteen (15) players.

Equipment and Uniform information

Flagbelts:

The official flagbelt is the Triple Threat Flagbelt. This flagbelt may never be altered or secured other than according to the manufacturer's instructions. Any improper securing of the flagbelt will be considered deliberate. Penalty: A Flagbelt violation-15 yard from previous spot, loss of down, players is ejected. The flagbelt must be worn only about the

waist. The flags must hang loosely below the waist on each side and down the back of the player.

The flags must sharply contrast with the color of the player's short/pants. It is not required that the opponents wear different colored flags.

The entire flagbelt assembly must be completely visible at all times. No part of the flagbelt may be obstructed, concealed, or covered by any part of the player's uniform or equipment.

Jerseys/Shirts/Top Coverings:

The team players must wear alike-colored different numbered jerseys. The jersey may be made only of some type of cloth material.

The jersey must be either/or: cut-off no lower than the solar plexis area. A jersey that is cut-off at the belly, waist, or at or near the flagbelt is prohibited.

Any jersey that is tucked in may not blouse out over and cover any part of the flagbelt.

A player's whose jersey occasionally comes out during routine play or is pulled by an opponent will not be penalized. Penalty: a player may not participate until jersey problem is rectified according to above guidelines. Repeated or intentional-unsportsmanlike conduct 15 yards. Player risks ejection or if by ball carrier, flag guarding 10 yards and player risks ejection.

A defender who, while attempting a legal flag pull, grabs, holds, or rips the part of the jersey that actually covers part of the flagbelt will not be penalized.

Shorts/Pants:

Players may wear any type of shorts/pants

All players must wear pants/shorts that DO NOT have pockets (taped or not), belts, belt loops, belt tunnels, ties, or any other item that is deemed dangerous by the officials. They may be made of any cloth material.

Shoes:

A player must wear either molded bottom cleats or soft bottom sneakers/jogging shoes, except when #4 below applies.

Shoes that have cleats that screw into a recessed hole in the bottom of the sole are permitted. Shoes that have cleats that screw or heel, or a squared-toe is not permitted.

Any shoe that has a steel-tipped cleat or steel-reinforced toe or heel, or a squared-toe is not permitted.

No player may participate bare footed or sock footed except for that player who actually kicks or punts the ball in kick-off or punting plays.

Towels:

A player may wear a hand towel tucked in the front part of the waist/flagbelt area. In this situation the towel becomes a flag. A ball carrier whose towel is pulled by a defender is tackled.

A defender may, while attempting a legal flag pull, hold onto, grab, twist, etc. a ball carriers' towel without penalty.

A defender who tears parts apart or rips off any piece of a ball carrier's towel is credited with a tackle at that spot.

The offense may have a full sized towel in the huddle between downs. During plays, the towel may remain on the field only if kept well behind the quarterback. The offense will be penalized if, during play, the towel somehow negatively affects any defender who is making an honest effort to rush, chase after/purse, or tackle any offensive player.

Caps/Hats:

On the field a player may wear a baseball or any similar type of billed cap/hat.

The player will be penalized if the cap/hat repeatedly falls off during play or if the player repeatedly knocks off, discards the cap/hat to the field during play.

Tapes, Gloves, Bandages, Braces, Padding:

Tape and/or any type of bandage worn on the hand or a finger is not used to protect an existing injury is not permitted.

Gloves are permitted.

Ace bandages, "wet suite" rubber warps, and similar materials are permitted.

Any type of knee brace or knee support is permitted if all exposed metal is covered by some type of cloth material.

Any type of padding is permitted.

Hard plastic surfaced or hard plastic reinforced pads or equipment are prohibited. Examples include: helmets, shoulder pads, thigh/forearm pads, etc.

Any type of hard cast that covers any part of a player's arm, wrist, or hand is not permitted.

No player may wear any pad, brace, support, splint, or any type of device that has exposed metal.

Ball:

Each team may use its own regulation ball on offense.

Any non-leather ball is prohibited.

Kicking tee:

Any non-metal kicking tee with a base that is no higher than 2" is permitted.

NOTE: The penalty for any equipment or uniform violation is: Unsportsmanlike conduct 15 yards succeeding sport; player risks ejection and team risks a forfeit from first occurrence on. Repeated violations-gross unsportsmanlike conduct ½ distance to goal; player is ejected and team risks a forfeit from first occurrence on.

Referees:

A referee must be certified to work in a sanctioned event.

A referee will wear a standard black/white striped shirt, black or white shorts/pants, either black referee shoes or black or white sneakers, and white socks with/without black stripes. A referee will have a whistle, a yellow penalty flag, a small note pad, a pen or pencil, ball markers and current handbook.

The referees have authority over any and all aspects of a game. A referee's authority begins 15 minutes before the start of a game and 15 minutes after the completion of the game.

A referee is responsible for controlling player and spectator conduct and ensuring the good spirit of the game. Therefore, the referee may eject a player, a non-playing coach or manager, or a spectator for constant and deliberate violations of the rules, indecent or abusive language, any unsportsmanlike behavior, or gross unsportsmanlike conduct. An ejected player may remain on the sidelines unless directed by the referee to leave the facility. An ejected non-playing coach or manager and or any spectator must leave the facility. The ejected individual has two minutes to do as directed by the referee or a forfeit will be charged against that individual's team.

A referee will inspect that playing field and sidelines for irregularities and possible safety hazards. The referee will inform the sport coordinator of any such irregularities or safety hazards before the game begins.

A referee is obligated to discuss a rule interpretation of a specific game situation with a team captain only. A referee is never obligated to discuss a judgment call with anyone.

Fundamentals:

An unsportsmanlike conduct foul is always enforced from the succeeding spot-similar to a dead ball foul, since it is understood that an unsportsmanlike foul does not affect the success or failure of a play. It is not part of a double foul.

If a team commits a live ball foul and an unsportsmanlike foul during the same play, the unsportsmanlike foul is enforced from the succeeding spot as determined by the acceptance or the declination of the live ball foul. Is irrelevant which foul is committed first.

If a penalty is accepted for an unsportsmanlike foul that occurs during the last timed down of a period, the foul is enforced from the succeeding spot to start the next period or OT period. The period is NOT extended by an untimed down.

If a team commits a live ball foul and its opponent commits an unsportsmanlike foul during the same play, the live ball foul is administered first then the unsportsmanlike foul is enforced. It is irrelevant which foul is committed first.

It is double foul if both teams commit fouls (other than unsportsmanlike) during the same live ball when: there is no change of possession or, there is a change of possession and the team in final possession fouls prior to final change of possession or there is an change of possession and the team in final possession accepts the penalty for its opponent's fouls-in all of the above cases-the penalties cancel, the down is replayed.

If both teams foul during a down and there is a change of possession, the team last gaining possession keeps the ball if fouls after the final change of possession and if it declines the penalty for its opponent's live ball foul. (Clean Hands Rule)

If a team commits more than one live ball foul, only one foul may be enforced. If a team commits more than one live ball foul and one or more unsportsmanlike fouls, only one live ball foul is enforced and all unsportsmanlike fouls are enforced.

If both teams commit one or more live ball fouls and either or both teams commit one or more unsportsmanlike fouls, all live ball fouls cancel, all unsportsmanlike fouls are enforced, and the down is replayed.

Fouls During Scoring Plays:

If the defense fouls (other than unsportsmanlike) during a play that results in a touchdown, the scoring team will not be assessed any additional yardage.

If either team fouls after a touchdown but before PAT, the foul is enforced from the succeeding spot.

If the defense fouls (other than unsportsmanlike foul) during a successful PAT, the offense may either keep the PAT or enforce the foul from the succeeding spot or it may accept the penalty yardage and replay the PAT attempt.

If the defense commits an unsportsmanlike foul during a PAT, the foul is enforced from the succeeding spot and the play stands. It is irrelevant whether or not the PAT was made.

If the offense commits a foul during a PAT, the result in loss of down the penalty yardage is not enforced.

Fouls in the end zone:

If by the offense and accepted by the defense and if the foul is enforced from on or behind the offense's goal line, it is a safety.

If by defense and if accepted by offense and if foul is enforced from on or behind defense's goal line, it is enforced from the goal line.

If by defense and if accepted by offense and if foul is enforced from or behind defense's goal line, ball is placed on 1 yard line.

Unfair acts:

No player or non-player may hinder play by an obviously unfair act that has no specific rule coverage.

No team may repeatedly commit fouls that halve the distance to the goal line.

No team may commit any act that tends to make a travesty of game.

Note: Penalty for the above listed fouls: Referee enforces any penalty-including a score or forfeit-that is deemed appropriate.

Games Basics:

Since it is always understood that a team is given the yardage it legally gains without the assistance of a foul, all levels of football use the same fundamental principle for penalty enforcement: the all but one principle. The all but one principle state that, whenever the ball is alive, all fouls are enforced from the basic spot except that a foul by the offense behind the basic spot is enforced from the spot of the foul. The basic spot for a foul during any part of a running play is the spot where the run ended. The basic spot for a loose ball play is the previous spot.

Field is 80 yards long and 40 yards wide with 10-yard end zones.

The playing time is two twenty-minute halves with one ten minute half time.

Stopping starting the clock: When a touchdown or safety is scored the clock stops immediately and does not run during the PAT. The clock remains stopped during the ensuing kick-off punt and does not start until the ball is caught or muffed in playing area by the receiving team. However, the clock starts in the snap from center if the kick-off/punt is fair caught by the receiving team, downed by the kicking team, goes out-of-bound, rolls into or through the end zone, downed by anyone in the end zone, or comes to a stop anywhere on the playing field without being touched by the receiving team.

Time-outs:

Each team has two 1 minute long time-outs each half. Unused time-outs may not be carried over into the next half or into any overtime.

There is an automatic 1 minute long time-out at the two-minute warning of either half. This time-out is considered as an official's time-out and is not charged to either team.

Scoring:

17 point rule: When a team leads by seventeen or more points at or anytime after the two minute warning of the second half, the game ends immediately and that team automatically wins.

6 points-touchdowns

2 points-safeties

2 points-extra point (PAT)-a successful run from scrimmage or a pass caught even with or behind the LOS and run into end zone.

1 point-extra point (PAT)-a pass caught in the end zone or a pass caught ahead of LOS and run into the end zone.

2 points-PAT attempt is intercepted and returned for a score by the defensive team.

Blocking: There will be no aggressive offensive or defensive blocking allowed. The blocking allowed in this game is a screen type blocking. (That being with the blocker's arms and hands down by his side) He may screen block, but no moving screen block. Also, there will be no extension of the arms or hands allowed at anytime to block any opponent. This is the same rule as defense.

Offense:

A team may run a no huddle offense.

The offense may have any number of players on the LOS when the ball is snapped. No player on the LOS may simulate any action that would cause any defensive encroachment at the time of the snap. Penalty: play is dead, 5 yards, same down.

Any number of players may move, shift, or go in motion prior to the snap. However, all players except one must be in a non-moving set position for at least one second prior to snap. The one player in motion at the snap of the ball must be at least one yard from the LOS and the motion must be parallel to or away from the LOS. Penalty: play continues; 5 yards, same down.

An offensive player who voluntarily or accidentally steps out of bounds may not touch or catch a pass.

A player who is forced out of bounds may return in bounds to touch or catch a pass.

Ball Carrier: May not stiff arm, slap at, push away, or duck head into any defender shield, flagbelt or flags in any manner, spin-defined as more than a 180 degree turn or twist, extended the ball in any unnatural manner in an attempt to gain any additional yardage. Penalty: play continues; 10 yard; next down.

Offensive Charging: Occurs when a player runs into any defensive player. A ball carrier must attempt to avoid contact with a defender. Penalty: play continues; 10 yards, next down. Accidental brushing/bumping and unavoidable contact is not considered charging.

Defense:

The defensive restraining line is 5 yards in front of the ball. However, if the ball is less than 5 yards from a designated 1st down line or the defense's goal line, the restraining line is ½ of the distance between the ball and that line. On PAT, the goal line is the defensive restraining line. However, if there is an accepted offensive penalty, the restraining line is 5 yards in front of LOS.

A defensive player may not lean over or cross the restraining line until the ball is snapped. Penalty: play is dead; 5 yards.

A defensive player must go around a legal screen blocker. The defender may use hands only to maintain balance while going around may not push, pull, grab, initiate contact with a legal screen blocker, or charge into a legal blocker. Penalty: play continues, 10 yards.

A rusher who does not follow a direct line to the ball at the time of the snap may not cut diagonally in front of, collide with, or interfere with an offensive player. Penalty: defensive charging.

A defender may not rush the passer-defined as when the defender makes any contact with the passer before, during, or after the actual pass attempt. Penalty: 5 yards, automatic 1st down-if avoidable, intentional, or flagrant: 15 yards & automatic 1st.

A defender may not trip, chuck, charge into, or detain in any way any pass receiver. Penalty: 10 yards.

Pass interference (defense) occurs only if ball is in the air. If ball is clearly uncatchable and provided the contact is not unsportsmanlike or unnecessary no penalty will be called. (Referee's discretion) Pass interference cannot occur behind the LOS. Penalty: defense-automatic 1st at POI; if defensive in end zone automatic 1st down at yard line offensive-10 yards LOS, next down.

A tackle is made when a defender detaches a ball carrier's flagbelt. The location of the ball (if carried in a normal manner) determines where the ball is marked for the next play.

If a flagbelt is detached-but not clearly pulled off-by a defender and does not fall to the ground for several yards, the ball is marked at the spot of the initial pull.

A defender must one-hand touch anywhere to tackle a ball carrier who is not wearing a flagbelt.

A defender may not push or tackle a ball carrier. Penalty: unsportsmanlike foul, or auto 1st down. The referee has the option to award TD 9(if deemed appropriate) and/or eject the defender.

Once a ball carrier clearly has possession of the ball, the defender, may not punch, hit, or make a play for the ball. Penalty: play continues; unsportsmanlike foul.

A defender may not detach the flagbelt off of any offensive player who clearly does not have possession of the ball. Penalty: play continues; unsportsmanlike foul, player risks being ejected if repeatedly commits foul.

Substitutions: Substitutions are unlimited and may anytime the ball is not in play.

Miscellaneous: Belts and balls will be provided. Any team that takes a ball or does not return the belts will be suspended from play. If this incident occurs at the teams' last game of the tournament, the team will not be allowed to participate the following year.

Send email to dakpfaa@gmail.com with questions or comments about this Web site.