



## Official Rules 2020

Welcome to GC Flag Football! Our leagues exist to redeem sports and transform lives. We are redefining competition so that you may ***“give 100% effort to the glory of God which in turn, challenges your opponent to do the same.”*** We want you to enjoy every moment you are on the field and hope you will develop friendships that go beyond the game. We believe in the power of prayer and hope to see every player following Jesus’ Great Commandments and Great Commission to *love God, love others, and make disciples* on the athletic field. Thank you for participating in our league. We hope you have a blast and are praying for you this season.

### BASIC RULES:

1. Field Size: 60 yard field with 10 yard endzones. 100 feet wide.
2. Rosters & Subs: Each team may have up to 12 players on their roster. Teams may use a sub if they have 7 or fewer players.
  - a. Teams may use subs not listed on their roster so long as they are not playing for another team.
  - b. No subs will be allowed in the tournament. If a team plays with an ineligible player in their lineup, the game will be forfeited by the violating team.
3. Number of players:
  - a. Games will be played 7v7.
  - b. Each game must begin with a minimum of five (5) players. Less than five (5) is an automatic forfeit.
  - c. Players may substitute on any dead ball during the game.
4. Unsportsmanlike conduct:
  - a. Cursing/Profanity will not be tolerated.
    - a. Offensive penalty: 20 yards.
    - b. Defensive penalty: 20 yards.
  - c. Player penalty: First offense, player must sit out two consecutive plays. Second offense, player is ejected from the game.
5. Punting: A team must declare its intentions to punt. There is no rush when a punt has been declared.
6. Kick-offs: NO kicking. Play begins at the offense’s 5 yard line.
7. First Down & Spot-of-Ball:
  - a. 1<sup>st</sup> downs will occur at mid-field only.
  - b. The offense has four (4) downs to advance to midfield. Once they cross midfield, they have four (4) downs to cross the goal line.
  - c. Spot of the ball is the spot where the ball is when the flag is pulled.
  - d. A rag or cone will mark the line of scrimmage for each play.
8. Fumbles: Fumbles are dead at the spot the ball hits the ground.

9. Interceptions: An interception is a live ball and can be advanced from anywhere the ball is caught. If an interception is made in the end zone and the player's flag is pulled or if a player takes a knee, the play is dead and the ball will be placed at the 5 yard line.
  - a. Any interception returned for a score during an extra point attempt will result in 1, 2, or 3 points, depending on what conversion was being attempted by the offense
10. Start of Game:
  - a. Coin Toss starts the game; home team captain chooses one of the two options (possession or direction)
11. Game Length: two (2) 20 minute halves with a running clock except for injury time-outs and called time-outs until the final two (2) minutes of the game where the clock will operate according to IHSAA rules.
  - a. Injury time-outs: Injured player must come out for one play.
12. Time Outs: Two (2) one minute time outs per team per half.
13. Play Clock: Thirty (30) second play clock that runs once the ball is set in play by the official to the snap of the ball. Delay of game penalty is a dead ball foul with a 5 yard mark off and restart of play clock.
14. Halftime: Five (5) minutes.
15. Overtime Rules: Coin toss determines possession...then, each team will have 4 downs to score from midfield. If neither team scores on their first possession, the ball will be moved to the 15 yard line.
16. Officials:
  - a. Three (3) Referees provided by GC Sports. 2 are hired, 1 will be a captain on rotation each week.
17. Equipment:
  - a. Plastic cleats only. No metal or metal tipped cleats allowed.
  - b. Mouth guards are strongly recommended.
  - c. We will be using a three (3) flag belt system.
  - d. Footballs will be supplied by GCC.
  - e. Team T-shirts must be worn over clothing
  - f. T-shirts must be tucked into your shorts
  - g. Shorts must have no pockets or pockets must be duct-taped.

#### **DEFENSE:**

1. Leaving your feet:
  - a. When rushing the QB, the defender may jump straight up to block a pass. Contact with the QB results in a 10 yard penalty.
  - b. A defender may dive to pull a flag. However, contact with the runner results in a 10 yard penalty at the end of the play.
2. Five (5) yard bump and run zone for cornerbacks.
3. Defense must line up at least one yard off of the ball.
4. Flag fall off: If a flag belt falls off inadvertently during a play, the runner is live until a defensive player touches them with one hand.
5. Rush: Once the ball has been put into play by the offense the defense needs to wait for a 3-count by the Line Judge before they can cross the line of scrimmage. If the defense jumps before the Line Judge says, "Go" they will be considered offsides

- a. No bullrushing
  - b. Players may not get a running start as the Line Judge gives the 3 count.
    - i. Players may move sideways or approach the line of scrimmage, but both feet must be on the ground prior to the word "Go!"
6. Defenders may not "break down" directly in front of a runner.
  7. Stripping of or punching at the ball is ILLEGAL

## **OFFENSE**

1. Leaving your feet:
  - a. An offensive player may leave his feet to catch a pass. However, he may not leave his feet with the ball in his possession (diving for the goal line). Results in a 10 yard penalty from the spot of the foul.
2. Running:
  - a. Any player is eligible to run.
  - b. No player may run the ball once the line of scrimmage is in the red zone (within the 15 yard line). All passes must cross the line of scrimmage in the red zone. Results in 5 yard penalty plus loss of down.
  - c. NO stiff arming and NO flag guarding. Penalty is 10 yards from the spot of the foul.
  - d. Runners may not lower their heads (charge) at defenders! The ball carrier's only plan of evading defenders is attempting to avoid contact/juke
3. Passing:
  - a. All players are eligible receivers.
  - b. Receiver must have one foot inbounds and in control of the ball for a legal catch.
4. Blocking: All blocks are above the waist. Palms out and arms extended, elbows in. No chop blocks, roll blocks or leg whips.
  - a. Players may not leave their feet to throw a block.
5. Formation:
  - a. Only one player may go in motion at a time before the ball is snapped.
  - b. The Snap must be from center (either through the legs or on the side) to the QB in a shotgun style.
  - c. Only 3 players on the line of scrimmage may be within 5 yards of the spot of the ball on the offense or defense.
    - i. The offense may not position more than 3 eligible receivers within 5 yards of each other anywhere before the snap (No wedge plays).
6. Down: A runner is down at the spot when the flag is pulled or a body part other than a hand or foot touches the ground.

## **SCORING:**

1. Touchdowns are worth six (6) points.
2. Conversions are scored 1 point from 5 yard line, 2 points from 10 yard line & 3 from the 15 yard line
3. There are no field goals.
4. A safety counts as (2) points. Results in a punt from the 5 yard line to the team that just scored.

## **COMMON PENALTY SUMMARY**

### **REPLAY OF DOWN**

1. More than one (1) offensive player in motion at the snap
2. Illegal formation

### **LOSS OF 5 YARDS**

1. Delay of game
2. False start
3. Flag guarding (from spot of foul)
4. Helping the runner (from spot of foul)
5. Illegal forward pass (offense, also loss of down)
6. Intentional grounding (also loss of down)

### **LOSS OF 10 YARDS**

1. Bullrushing
2. Holding (Offense) – from spot of foul
3. Holding/Breaking Down (Defense) – from spot of foul
4. Illegal blocking
5. Illegal block in the back (from spot of foul)
6. Illegal use of the hands
7. Leaving your feet – defensive contact with carrier (from end of play)
8. Leaving your feet – offensive dive to gain yards (from spot of foul)
9. Roughing the passer
10. Slapping the blocker's head
11. Stiff-arm to the defender's head
12. Charging over a defender

### **MISCELLANEOUS**

1. Offensive Pass Interference – results in a 10 yard penalty and loss of down.
2. Defensive Pass Interference – results in a 15 yard penalty and an automatic 1<sup>st</sup> down
3. Unsportsmanlike Conduct or Cussing/abusive language.
  - a. Offensive penalty: 20 yards + loss of down
  - b. Defensive penalty: 20 yards + automatic 1<sup>st</sup> down for offense
  - c. Player penalty: First offense, player must sit out two consecutive plays. Second offense, player is ejected from the game.
4. Any player who argues with a referee will be required to sit out for two consecutive plays. If there is a questionable call, the team captain will speak with the referees. A second offense will result in an \*ejection from the game.

### **\*DISQUALIFICATION ASSOCIATED WITH 20 YARD PENALTY**

1. Fighting by player or non-player
2. Intentionally contacting an official
3. Striking, kicking, kneeling
4. Any act unduly rough or flagrant
5. A second unsportsmanlike foul by a player or non-player

\*Any player who is ejected from a game must meet with the Sports Director before returning to play. It is up to the discretion of the Sports Director as to the duration of any suspensions that may be implemented.