

Coastal Canyon League

Flag Football Rules

The rules of flag football are the same as regular football, with the exception that the ball carrier is not tackled, but rather a defensive player removes his /her belt.

The Coastal Canyon League is a cooperative, learning league. In that spirit, if the two coaches agree to any rule unfamiliar to the official, the official shall accept the coach's interpretation.

PLAYING FIELD:

The ideal dimension for the playing field is 80 yards by 40 yards. The field is divided into three 20-yard zones with 10-yard end zones. Field sizes will vary based on availability of space.

PLAYERS:

1. The teams on the field will consist of eight players.
2. Flag football is a coed sport in the Coastal Canyon League.
3. All players are eligible to receive hand-offs and passes.
4. Substitutions are unlimited.

EQUIPMENT:

1. Matching, numbered jerseys of the same color must be worn. Jerseys must be tucked in.
2. Flag belts must have three flags that are 16 inches long and two inches wide. Flag belts must be triple-threat type, which require the entire belt to be removed. The belt fastener must consist of a spring-loaded clamp, resembling a clothespin, attached to one end of the belt and clipping onto the opposite blank end.
3. All players must wear flags, and the entire flag belt must be on the outside of the uniform. If a ball carrier's shirt is not tucked in, or if any part of the belt is concealed by clothing, the ball is dead at the spot of the first legitimate flag-pull attempt by the defense. This does not apply if the defender creates the concealment by pulling on clothing.
4. The flags on the belt must be of a color that contrasts with the jersey and shorts of the player's uniform. All of the players on the team must have belts that are the same color.
5. The flag belt must be clipped in such a manner that it will come off with one pull. It is illegal to create loops and knots with the belt to make it more difficult to pull off. Any player in violation will be warned, penalized, and will be ejected for the game on the second offense.
6. All players must wear shoes. If a player chooses to wear cleats, only non-metal cleats are allowed.
7. Regular football pads and helmets are not permitted. Kneepads are allowed, and mouth guards are strongly encouraged.
8. A player will not be allowed to play in a cast.
9. The official ball shall be junior size for all division.

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TIMING, SCORING AND PROCEDURE:

1. There will be four quarters, and each quarter will be ten minutes long. There will be a five-minute intermission at half time and a two-minute intermission between quarters.
2. Each team will be allowed two timeouts per half. Each timeout will be one minute.
3. The clock shall run continuously with the following exceptions:
 - A. Timeouts.
 - B. After a touchdown the clock will stop. The clock will start again after the ensuing kick-off is touched, in play, by the receiving team.
 - C. If the offense commits a delay of game penalty, the clock will stop.
 - D. The last two minutes of the fourth quarter the clock will stop for each incomplete pass, penalty, out of bounds play, change of possession, touchdown, and punt declaration.
4. A coin toss begins the game. The winner of the coin toss must choose either to receive, or to defer to the second half. The kicking team at the beginning of the game chooses which end zone to defend, and the teams switch sides each quarter thereafter. At the beginning of the second half, the team that kicked to start the game will receive.
5. Scoring:
 - A. Touchdown = 6 points
 - B. Extra point: Three yards out = 1 point, five yards out = 2 points
 - C. Safety = 2 points (ensuing free kick from the 20 yard line)
6. There is a 30-second time limit from the time the ball is placed by the official to the time of the snap.
7. There will be only one five minute overtime period in the event of a tie, and it will begin with a coin toss. Each team will be allowed only one time-out for the overtime period. There will be no timeouts carried over from regulation time. The coaches can agree not to play an overtime period, but in the event that one coach wants to play overtime, the period should be played.

RULES OF PLAY:

1. The ball is kicked from the 20-yard line to start the game. The receiving team must have five players on the line ten yards from the ball. Three players are back to receive.
2. If the kicking team touches the ball, the ball is dead where it was touched.
3. If the kick is touched by the receiver but not caught, then the ball is dead where it was touched.
4. If a kickoff goes out of bounds the receiving team may accept the ball at the point where it went out, or the ball will be kicked again from five yards behind the previous spot.

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- 5.** When the ball is punted, the receiving team must have five players on the line and three in the backfield. After the ball is hiked, all players on the line for the offense and defense must hold their positions until the ball is kicked. There is no rushing the punt. The kicking team must declare that they are punting the ball. There are no fake punts allowed.
- 6.** All kick offs and punts entering the ends zone, or intercepted passes that are caught in the end zone, are touchbacks and cannot be advanced. After all touchbacks the ball is placed at the 20 yard line (or the 1/3 spot on the field).
- 7.** After a safety, the ball is placed on the 20 yard line (or the 1/3 spot on the field). There is no free kick and the ball belongs to the team that scored.
- 8.** To start a play, the center must pass the ball between his/her legs to a teammate. Center sneaks are not permitted. There is a five yards penalty for this infraction.
- 9.** No hideout plays are permitted. All players must start from the huddle. Any player that enters the game must stay in the game for at least one play.
- 10.** If the offense fails to advance the ball to the next zone line in four downs, they shall lose possession of the ball at the point where it was declared dead on the fourth down.
- 11.** If any part of the ball touches the next zone, then that zone is played.
- 12.** The offensive team may throw as many passes as they wish from behind the line of scrimmage as long as only one pass is thrown from behind the line to a receiver across the line. The penalty for an infraction of this rule is five yards and loss of down.
- 13.** The penalty for pass interference by the offense is ten yards from the line of scrimmage and loss of down. The penalty for pass interference by the defense is ten yards for the line of scrimmage and an automatic first down.
- 14.** As the official before the beginning of each down places the ball, he/she will also place a beanbag on yard to the right and to the left of the football. There will be no offensive running plays or defensive rushes through the resulting two-yard space in order to protect the center.
- 15.** The ball carrier may spin only one time per defender
- 16.** The ball carrier may not butt or ram a defender. The penalty for an infraction of this rule is ten yards from the spot of the foul.
- 17.** An offensive player may not use his/her hands or any part of the arm to prevent a defensive player from removing his/her flags, this includes straight-arming. The penalty for flag guarding is five yards from the spot of the foul.
- 18.** Any player who gains possession of the ball while not wearing a flag belt will be allowed to maintain possession of the ball but the ball will be dead at the spot it was received.
- 19.** A player who loses his/her flags while in possession of the ball will be down at the spot where he/she lost the flags.

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- 20.** If a player's flags are pulled prior to the player receiving the ball, then the player will continue to play. The player can then be stopped with a one-hand tag. If a flag is pulled intentionally, in the official's judgment, in order to interfere with a pass, then pass interference will be called.
- 21.** A fumbled ball, unless caught in mid air, is dead and cannot be advanced.
- 22.** A ball that is hiked but not caught by the quarterback is dead at the point where it hit the ground.
- 23.** When the offense or the defense breaks the plane of the neutral zone before the snap, the ball is dead. The penalty for off sides or a false start is five yards.
- 24.** It is a foul to tackle, hack, straight-arm, and trip, hold, or rough up another player. A defender also may not hold onto the ball carrier's clothes. Players twice guilty of breaking this rule shall be immediately disqualified. The penalty for an infraction of this rule is ten yards from the spot of the foul or from the line of scrimmage if the infraction occurs behind the line.
- 25.** It is the ball carrier's responsibility to go around the defender.
- 26.** The ball carrier may not leave his/her feet to avoid a defensive player. The penalty for hurdling is that the ball is dead at the spot of the foul, and the ball is placed five yards back.
- 27.** At least one foot must be on the ground at the time a block is made. There are no flying blocks, or blocks below the waist. The penalty for an infraction of this rule is ten yards from the spot of the foul.
- 28.** Enforcement for a foul committed by the defense in its own end zone will be first and goal on the one yard for the offense. If the ball was closer to the one-yard line, then it will be half the distance.
- 29.** An offensive penalty occurring in its own end zone will be an automatic safety.
- 30.** If the offense commits a penalty near the defensive goal, and the penalty exceeds the distance to the goal, then the penalty will be half the distance to the goal. In situations where it is determined that a safety is prevented by an offensive penalty, this will result in a safety.