

ADULT FLAG FOOTBALL

2024 RULEBOOK



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CSD GENERAL RULES FOR ALL LEAGUES:

- Players must be at least 18 years old and must ***enroll on the*** team roster using their Team Sideline Account.
- CSD reserves the right to ask any player at any point in the game to show proper photo identification to continue play. If a player is determined to be ineligible or unable to provide proper photo identification, game can continue with restrictions (see sport specific rules for details) or can be forfeited (at the discretion of CSD).
- Rosters: All our rosters are online on team sideline. To do this you must log onto your team sideline account, where it will then say manage rosters on the homepage. Your Roster Status is **Open**. Follow these steps to add team members and change your Roster Status from **Open** to **Submitted**.
Step 1: Click the Add to Roster button to add team members. You can also click the Copy Roster button to add all team members from a previous Team Roster.
Step 2: When you add a team member, an invitation is emailed to the team member to prompt them to enroll to be on your team.
Step 3: A check mark displays in the Enrolled column for each team member that has completed enrollment.
Step 4: When the minimum number of team members have enrolled, click the Submit button to change your Roster Status to Submitted.
- Players may be added to the roster through the fourth week of play (holidays or rain outs do not count in the four weeks).
- Teams must have a manager, assistant manager, or team representative at all games and must circle which player that will be at each game on the lineup card provided to the Site Director.
- Any team that forfeits two games during any given league will be ineligible for any post-season play including post-season play that would make up the seven game minimum per team. (See Team and Manager Guidebook for forfeit fee information)

Minimum/Maximum number of players allowed on the Team Roster: Flag Football – 6/20

Playoffs:

Playoffs are not guaranteed. Teams are guaranteed a minimum number of games. If CSD staff cancels any regular season games, post-season games may be rescheduled so all teams have a minimum number of regular season games as set forth prior to the season. If your league has a playoff system, it is the manager's responsibility to know when his/her team is playing. CSD will not reschedule any games for teams assuming they are a different seed than what they are or for any verbal miscommunication.

Adult Sports League, Team and Manager Guidebook:

All participants are responsible to adhere to the rules found within this rulebook, and they are also responsible for adhering to any and all rules found within the "Team and Manager Guidebook" found on TeamSideline. By participating, you are acknowledging and agreeing to all rules.

ADULT FLAG FOOTBALL SPECIFIC RULES:

RULE 1. GENERAL

SECTION 1. THE FIELD

Article 1. 100 yards from goal line to goal line with two end zones of 10 yards each.

Article 2. Field shall be divided into 4 zones of 25 yards each.

Article 3. Lines should be clearly marked and use of cones or yard line markers along the sideline to signify zone lines are strongly recommended for use during championship play.

Article 4. Teams shall use opposite sides of the field to use as their team area during the game. The team area stretches from twenty (20) yard line to twenty (20) yard line and no less than ten (10) yards wide of the playing field. Only the team manager, captains and players are allowed within the team area. Persons associated with the team that are not the Manager, captains or players must be removed from the immediate playing field and team area. The bleachers are the designated area for non-players.

Article 5. When teams and players are in the team area, adequate room along the sideline must be made available in order for officials to work the sideline and properly officiate the contest.

SECTION 2. THE GAME

Article 1. The game shall be played between two teams of no more than six (6) players on the field at a time.

Article 2. A team may legally play with no fewer than four (4) players.

Article 3. If a team is unable to meet the minimum requirement for players the team will forfeit, and the forfeit will be scored 28 – 0.

Article 4. A coin toss determines 1st possession and the winning team will have the option of choosing offense, defense, or deferring their decision to the 2nd half. The choice in the 2nd half will be awarded to the team that did not have the choice 1st half (unless the winning team defers). In order to stay on schedule, the game clock shall start immediately following the coin toss, regardless of teams not being ready.

Article 5. The game is ended and the score is final when the referee declares the game complete.

Article 6. The game is conducted under the supervision of at least 1 official. There will also be a CSD site supervisor present as well.

Article 7. To start the game, half, or first play after a touchdown, the offensive team takes possession of the ball at their 25-yard line and has four plays to advance to the next line to gain, one every 25 yards.

Article 8. If a team fails to achieve the next line to gain on one of its first 3 downs, they will have the option on fourth down to 1) run one more play to gain the required yardage and extend the drive, or 2) “punt” the ball and automatically place the opponent on their own 25-yard line.

Article 9. If the offensive team decides to go for it on 4th down but does not gain the yardage necessary for a 1st down, the defensive team will take over possession of the ball from the final spot.

Article 10. “Punting” refers to the offenses’ decision to punt on their fourth down opportunity, but the ball will not actually be kicked. A punt will always place the opponent on their own 20 yard line, regardless of where the line of scrimmage is located at the time of that decision.

SECTION 3. ATTIRE

Article 1. All members of the same team must wear the same color jersey (home team will wear white).

Article 2. Jerseys must be tucked in. The midriff shirt is legal, if in the judgment of the referee, it does not hinder the defense from pulling the flag. No article of clothing may cover any portion of a player’s flag. If a shirt/jersey becomes untucked during a play, it must be re-tucked before the next play.

Article 3. Participants are not allowed to wear jewelry (with the exception of medical bracelets and stud earrings that must be fully covered), casts, or any other items deemed as dangerous by the officials. Any medical protective devices (e.g. knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least ½ inch neoprene sleeves.

Article 4. Anyone failing to adhere to these rules is subject to disqualification from the game. A team manager is also responsible for each player adhering to these rules. If a player refuses to abide, the official will deem the game a forfeit and award the opponent a victory.

Article 5. All participants are required to wear a mouthpiece while participating in active gameplay (not required while on sideline/bench).

SECTION 4. GAME CLOCK FORMAT

Article 1. The game time will be 40 minutes long. Two 20 minute halves and a 2-minute halftime.

Article 2. The play clock is 25 second and starts once the official marks the ball ready for play. (Delay of Game penalty if exceed 25 seconds)

Article 3. Each team shall have two (2) – 45 second time outs per half.

Article 4. After a team time-out, the game clock will start at the snap of the ball.

Article 5. Because the game clock is continuous, it does not stop during P.A.T. attempts or on change of possessions.

Article 6. The game clock will stop for team time-outs, official time-outs, and at the discretion of the official.

Article 7. The on-field captain or quarterback may request the amount of time left in the game from the officials at any time.

SECTION 5. GAME CLOCK INSIDE 2 MINUTES

Article 1. With two minutes remaining in regulation of the first and second half, teams will be given a two-minute warning but no official timeout will be observed and play will continue if the clock is running. Inside 2 minutes the clock will stop for time-outs, change of possession, player going out of bounds, touchdowns (will remain stopped during the PAT attempt), and penalties. An incomplete pass will only result in a stoppage of the clock until the referee is able to spot the ball again at which point the clock will resume running.

Article 2. All penalties inside of 2 minutes of BOTH halves remain the same except:

- Defensive delay of game (+15 yards Unsportsmanlike + clock stops)
- Intentional Offensive delay of game (-15 yards Unsportsmanlike & Loss of Down + clock stops)
- Offensive Pre-snap penalties (-yardage + Loss of Down + clock stops)

RULE 2. OFFENSE

SECTION 1. GENERAL

Article 1. Any stance is permitted. Any number of players may be on the offensive or defensive line of scrimmage at the snap. The defense must leave a “halo” around the center snapping the ball of at least 5 yards in any direction on their side of the line of scrimmage (e.g. 5 yards on the immediate left or right of the ball, and 5 yards away if lined up directly on the center). This distance is to be used as a guideline for the

official, and they will determine the exact distance on every play. If the defense is uncertain, they should ask the official before the play begins. (S-19) (5 yards)

Article 2. Players can be substituted off the field only when 1) there is a dead ball, 2) when the offensive team is in a huddle, or 3) or if the referee allows substitutions during an official timeout. (S-18) (5 yards)

Article 3. Only one player is allowed to be in motion at the snap, and his movement must be parallel or away from the line of scrimmage and must be continuous. (S-16)(5 yards)

Article 4. A penalty shall be called if either the offense or the defense passes over the plane of their line of scrimmage before the ball is snapped. A false movement of the football by the center shall constitute offensive encroachment. These are dead ball fouls and the play shall be immediately whistled dead before play begins and 5 yards automatically marked off against the encroaching team. (S-14)

Article 5. No snaps are allowed to be taken directly under center, and the snap must travel a minimum of 3 yards to be legal.

SECTION 2. BLOCKING/CONTACT

Article 1. This league has a **Zero Contact Policy**. There should be no blocking or physical contact of any kind between players, other than a defensive player grabbing the flag of a ball carrier.

Article 2. Once a receiver catches a pass and begins to run the ball, all other offensive players must stop their movement and stand still (within a reasonable amount of time). Any type of movement by an offensive player near a ball carrier will be considered an attempt to block and the play will be blown dead. Personal conduct penalties can be assessed for any egregious acts.

Article 3. If a defensive player incepts the ball and begins to run, all other defensive players will be required to stand still. Only offensive players will be allowed to move around and try to pull the ball carriers flag.

Article 4. If there is any excessive contact made by any player on the field (whether is an attempt to block, pull someone's flag, etc.) to another player, the game official has full discretion to sit the penalized player out of the game for however long they deem necessary. This will be deemed a "Cooling Off Period," and the Manager of the team will be required to assist the referee in removing the player from the active playing field for the specified amount of time (if needed).

SECTION 2. PASSING

Article 1. There can be only one forward pass per play.

Article 2. The quarterback or any player receiving the snap is not allowed to run the ball past the line of scrimmage (no direct snaps). If the ball is handed off to a running back, the running back is allow to run past the line of scrimmage and will be treated like a normal ball carrier.

Article 3. There is no “arm in motion” rule, if the ball is in hand when the quarterback’s flag is pulled then it will be ruled a sack.

Article 4. The quarterback will have 7 seconds to throw the ball. The lead judge will count aloud, and will blow the played dead if not thrown if before the 7 seconds. It is a judgement call by the official if the ball is still in the quarterback’s hand.

Article 5. Interceptions may be returned.

Article 6. The rusher may not have any contact with the QB (no hitting the QB’s arm or knocking the ball out of the QB’s hand) other than pulling a flag.

Article 7. If ANY part of the player’s body is behind the line of scrimmage it is a legal pass.

SECTION 3. RECEIVING

Article 1. All players are eligible to receive a pass, including the center after the ball is snapped.

Article 2. Players must have at least one foot in bounds when making a catch.

Article 3. If a receiver catches the ball without flags on, the receiver will immediately be whistled down where the ball was caught.

Article 4. If a receiver’s flag belt falls off while running, the receiver will immediately be whistled down and the ball marked at that spot.

SECTION 4. RUNNING

Article 1. Teams may handoff, pitch, or pass the ball to a running back behind the line of scrimmage once per play.

Article 2. Pitching the ball (backwards/laterally) is not allowed (except for behind the line of scrimmage once to potentially start a play).

Article 3. A forward pass DOES NOT have to cross the line of scrimmage to be a legal play.

Article 4. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the first down marker or goal line to be considered a first down or touchdown.

RULE 3. DEFENSE

SECTION 1. RUSHING THE QUARTERBACK

Article 1. A rusher must be one yard off the line of scrimmage and three yards offset from the center (not head up) in order to rush.

Article 2. The defense must leave a “halo” around the center snapping the ball of at least 3 yards in any direction on their side of the line of scrimmage (e.g. 3 yards on the immediate left or right of the ball, and 3 yards away if lined up directly on the center). This distance is to be used as a guideline for the official, and they will determine the exact distance on every play. If the defense or offense is uncertain, they should ask the official before the play begins. (S-19) (5 yards)

Article 3. If the rusher touches the quarterback in the head in his attempt to block the pass a penalty will be called. This will also go for striking the passer’s arm when in a forward motion while attempting to block a pass. Roughing the passer will be called when the rusher, if while attempting to de-flag the quarterback or block a pass, lets his momentum carry him into the passer. Defensive player may not have any contact with the passer when he is passing.

Article 4. Anyone rushing must wait until the official’s arm is lowered (after 3 seconds) before rushing the quarterback.

Article 5. The defense is not required to rush the quarterback, but if they choose to, they may rush as many players as desired.

SECTION 2. PASS COVERAGE

Article 1. Contact with receivers is not allowed.

Article 2. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

Article 3. If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line and an automatic first down.

Article 4. Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 20-yard line.

Article 5. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

Article 6. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include, but are not limited to pushing off to create separation, arm bars, hooking, grabbing, restricting movement, running a “pick play,” or blocking down field.

SECTION 3. PUNTS

Article 1. The offense may choose to “punt” on 4th down. Punting refers to the offenses’ decision to punt on their fourth down opportunity, but the ball will not actually be kicked.

Article 2. If a punt is to be made, the offense must announce it to the referee within 10 seconds after being asked on a 4th down play. Once the offense declares it is an automatic change of possession. A punt will always place the opponent on their own 20-yard line, regardless of where the line of scrimmage is located at the time of the decision.

RULE 4. SCORING

SECTION 1. POINTS

<u>Type Of Score</u>	<u>Amount of Points Awarded</u>
Touchdown	· 6 points
Point After Touchdown (PAT)	· 1 point from the 3-yard line (no-run zone in effect) · 2 points from the 10-yard line, run, pass (outside of no-run zone) · Interceptions returned on PAT’s are always worth 2 points
Safety	· 2 points
Interception Ran Back for TD	· 6 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g. 2-point PAT attempts will be spotted at the 5-yard line, 1-point PAT attempts will be spotted at the 1.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.

Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

Article 9. If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively holds, tackles, etc.) without making a clear, legal attempt to pull the ball carrier’s flag, the ball carrier will be awarded two points.

SECTION 5. OVERTIME

Article 1. In the event of a tie game at the end of regulation play, an untimed overtime period will be played. If the game remains tied after one overtime period, additional periods will be played until the game is decided.

Article 2. The overtime will begin with a coin toss. The designated home team will make the call. The winner of the toss will have the option of taking offense, defense, or playing towards a certain goal. The loser of the toss will have the second option. If additional overtime periods are needed, the teams will alternate first possession with each following period.

Article 3. All overtime periods will be played toward the same goal. Both teams will have one opportunity to score on offense unless the team starting on defense scores on an interception in which case they will win without needing to possess the ball on offense.

Article 4. “Team A” and “Team B” will be used as team names in the below examples to keep things clear.

Article 5. In the first overtime both teams will have 1 play from the 10 yard line to score the ball. Team A will be on offense first and have 1 play to score the ball, and then switch to defense after their possession. Team B will possess the ball on offense immediately after Team A (unless Team B has won already by scoring on Team A’s offensive possession). If neither team scores, proceed to the second overtime.

Article 6. In the second overtime both teams will have 1 play from the 5 yard line to score the ball. First offensive possession will alternate to Team B for the second overtime. Team B will be on offense first and have 1 play to score the ball, and then switch to defense after their possession. Team A will possess the ball on offense immediately after Team B (unless Team A has won already by scoring on Team B’s offensive possession). If neither team scores, proceed to the third overtime.

Article 7. In the third overtime both teams will have 1 play from the 5 yard line to score the ball, but now each team will play with 6 players instead of 7. First offensive possession will alternate to Team A for the second overtime. Team A will be on offense first and have 1 play to score the ball, and then switch to defense after their possession. Team B will possess the ball on offense immediately after Team A (unless Team B has won already by scoring on Team A’s offensive possession). If neither team scores, proceed to the second overtime.

Article 8. All proceeding overtimes, after the third overtime, will result in one additional player coming off the field. The final overtime will be played with 3 players (1 QB, 1 WR, and 1 Center). If there is still no winner after this overtime period, a coin flip will determine the outcome.

<u>Overtime</u>	<u>Starting Yard Line</u>	<u>Number of Players on the Field</u>
1st	10	6
2nd	5	6
3rd	5	5
4th	5	4
5th	5	3
6th	5	2
7th	**Coin flip to determine winner**	

Article 9. If the game is to be decided by a coin flip, the winning team will be awarded 6 points and the game will be over.

Article 10. All rules regarding interceptions will apply except touchbacks will simply result in change of possession. If an interception is not run back for a score, the ball will be placed back on the appropriate yard line and the defensive team will now have their offensive opportunity. All penalties occurring on a turnover will be assessed at the succeeding spot.

SECTION 5. PLAYOFFS

Article 1. Playoffs are not guaranteed for teams, only a minimum number of games (7 games).

Article 2. Playoff seeding will be determined by regular season league results. Playoff brackets will be filled in no later than 1 business day after the last regular season game.

Article 3. It is the manager's responsibility to know when his/her team is playing. CSD will not reschedule any games for teams assuming they are a different seed than what they are or for any verbal miscommunication.

Article 4. If CSD staff cancels any regular season games, post-season games may be rescheduled so all teams have a minimum number of games as set forth prior to the season.

Article 5. Playoff seeding/tie breaking policy is as follows:

1. Head-to-Head records among the tied teams.
2. If still tied: Winner is whichever team has the least amount of goals given up in head-to-head games with team(s) that you are tied (same record) with after using criteria 1.
3. If still tied: Winner is whichever team has the least total amount of goals given up in the regular season after using criteria 1 & 2.
4. If still tied: A coin flip will determine the outcome.

RULE 5. PENALTIES

SECTION 1. PENALTY CHARTS

	<u>Yardage</u>	<u>Where is the Penalty Assessed?</u>	<u>Result</u>
Flag Guarding	5	Spot of foul	Loss of Down
Illegal Advancement	5	Spot of foul	Loss of down

Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	10	Previous spot	Loss of Down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st Down

	<u>Yardage</u>	<u>Where is the Penalty Assessed?</u>	<u>Result</u>
Personal Foul a.k.a. Unnecessary Roughness	15	End of the play or previous spot	By the Offense: Loss of Down By the Defense: Automatic 1st Down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of Down By the Defense: Automatic 1st Down
Roughing the Passer	10	Previous spot	Automatic 1st Down

	<u>Yardage</u>	<u>Where is the Penalty Assessed?</u>	<u>Result</u>
Delay of Game	5	Previous spot	Replay down ** Loss of Down, if 2 min or less
False Start	5	Previous spot	Replay down **Loss of Down, if 2 min or less
Encroachment	5	Previous spot	Replay Down
Cool Down Period	0	No foul	Player must sit out minimum of 1 series (up to ref if more series are needed)

	<u>Yardage</u>	<u>Where is the Penalty Assessed?</u>	<u>Result</u>
Illegal Substitution	5	Previous spot	Replay down
Illegal Shift or Illegal Motion	5	Previous spot	Replay down
Stripping or Attempted Stripping	5	Spot of the foul	Automatic 1st down
Illegal Contact	5	Previous spot or spot of the foul	By the Offense: Loss of Down By the Defense: Automatic 1st Down
Early Flag Pull	5	Previous spot	Automatic 1st Down
Illegal Participation	5	Previous spot	Loss of down

	<u>Yardage</u>	<u>Where is the Penalty Assessed?</u>	<u>Result</u>
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of the foul	Automatic 1st down
Impeding the rusher	5	Previous spot	Loss of down
Charging	5	Spot of the foul	Loss of down