



2022 Flag Football Rule Amendments

- 1) Half time will be 5 minutes
- 2) You will get two (2) one (1) minute time outs per half. Clock will stop.
- 3) Tie breaker rules will apply to regular season play
- 4) Mercy Rule will begin at 28.
 - a. Mercy Rule: After one team is winning by twenty-eight (28) points or more, the losing team gets one offensive series to continue regulation play. If they do not score, the game goes into scrimmage mode.
 - b. Scrimmage Mode: Each possession lasts until the team scores or fails to achieve the Line-To-Gain. If the winning team scores, the points will not be added to the scoreboard, but will be documented and considered negatively in a playoff tiebreaker situation. Greater than a 35-point margin = 0 in a tie breaker situation. If the losing team scores, those points will count, and the winning team can again score.
- 5) Following a touchdown, you may choose to go for one (1) from the 5-yard line: passing only or (2) from the 10-yard line: passing or running. Once the ball is set for an extra point, you may not change your mind. If you do, you will be charged a time out.
- 6) Coaches in Div. 1 may be on the field for the first 3 games only. In all other divisions, coaches must be off the field in the coaching box (2 coaches per sideline).
- 7) Unsportsmanlike penalties will be 15 yards. No exceptions. Don't get one.
- 8) There will be a stop clock in the last 2 minutes of the game only.
- 9) Only Head coaches may address the officials. If assistants address officials, and unsportsmanlike conduct penalty will be called (15 yards)
- 10) If penalized within the opponent's zone, and as a result of the penalty, you are brought back to your zone, but within the pass only zone, you may attempt a run, or pass from that area, as you are only able to receive one (1) first down per drive (not including defensive penalization)
- 11) If there is a defensive penalty on an extra point attempt from the 10 yard (2) point zone, and the resulting penalty brings the ball within the "Pass Only Zone" the offense still has the option to either run, or pass.

Overtime rules

If the game goes to overtime, we will follow the rules in the rulebook. We will not play more than 3 rounds of overtime unless the game is being played in the playoffs. If tied after 2 rounds, game will end in a tie.

Defensive penalties = Automatic first down

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| 1) Offside | +5 yards |
| 2) Illegal rushing (start inside 7 yards) | +5 yards |
| 3) Illegal flag Pull (before receiver has ball) | +5 yards |
| 4) Roughing the Passer | +10 yards |
| 5) Defensive Pass interference: | (spot foul) |
| 6) Holding | (spot foul) |

Offensive penalties = Loss of down minus yardage

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| 1) Offside/false start | -5 yards |
| 2) Illegal forward | -5 yards |
| 3) Offensive pass interference: | -5 yards |
| 4) Illegal motion | -5 yards |
| 5) Delay of game | -5 yards |
| 6) Impeding rusher, screening, blocking | -5 yards |
| 7) Charging | -10 yards (spot foul) |
| 8) Flag Guarding | -10 yards (spot foul) |

<u>Unsportsmanlike conduct</u>	<u>+/- 15 yards</u>
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Officials evaluation following week 1 (Scrimmages)

- 1) If you blow a whistle, own the call. Explain what you saw with confidence. If the whistle was inadvertent, own that too. What are the options of the offense when an inadvertent whistle is blown?
 - a. The offense can take the ball where it was when the whistle blew, and the down is consumed
 - b. Replay the down from the original line of Scrimmage
- 2) Body Language: Make a point of being engaged in the game. Stand tall, shoulders back, chest out, no slouching, or hanging your head, or crossing your arms. It's important for the officials to exude confidence and control at all times.
- 3) On a fumbled snap, where do you spot the ball?
 - a. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground, not the line of scrimmage.
- 4) One foot or two need to be in? Line, in or out?
 - a. The receiver needs only to have one foot in bounds on a catch.
 - b. If the receiver's only foot down is touching the side, or back line, he is considered out of bounds.
- 5) The use of time outs for rule interpretation.
 - a. A team is allowed to use a timeout to question an official's rule interpretation. If the officials ruling are correct, the team will be charged a timeout. If the rule is interpreted in correctly, the timeout will not be charged and the proper ruling will be enforced.
- 6) Motion parallel to the line of scrimmage.
 - a. Only one player is allowed to motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage. One step forward is permissible to initiate the motion play, or to set your feet prior to the snap.
- 7) Flag Guarding: An attempt by the ball carrier to obstruct the defender's access to the flags (natural athletic moves to avoid the defender will not be considered flag guarding)
 - a. Players spinning out of control or jumping will be called for flag guarding.
 - b. Flag obstruction intentionally covering the flags with the jersey, and/or tampering with flags. Belt strap longer than appropriate
 - c. Stiff arming
 - d. Dropping the hand or arm to block the oncoming defender.
- 8) No running with the ball carrier. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
- 9) Following 7 seconds, if the QB is standing in the end zone, where do you spot the ball?
 - a. On the line of scrimmage similar to an incomplete pass.
- 10) Simultaneous possession. Ball is awarded to the offense.
- 11) Players may not apply pressure (other than the blitzing linebackers) until the ball is handed off. A fake handoff is not legitimately considered reason to cross the line of scrimmage and make a play in the backfield.
- 12) Players rushing the QB may attempt to block a pass (No contact can be made with QB in any way)
 - a. They may jump with their hands up and attempt to swat a pass, however, any contact with the quarterback, during the act of rushing will be considered roughing the passer.
- 13) Who gets the ball following a safety? The team receiving the 2 points will also get possession of the ball.
- 14) Center snap: rapid continuous movement. No hesitations, double pumps, or twitches.
- 15) Tackling
 - a. Ball carriers must make an effort to avoid defenders with an established position
 - b. However, defenders must approach ball carriers under control and may not tackle, hold or lower a shoulder and run through the ball carrier.
- 16) Confrontational language directed to other players, coaches, parents or staff 15-yard penalty followed by an ejection.
- 17) Coaches may not direct negative comments toward the opposing coaches and/or players. A 15-yard unsportsmanlike conduct penalty will result.
- 18) Two Unsportsmanlike conduct penalties from player/or coach will result in an ejection from the game and the individual must leave the park immediately, and the game will not resume until they do so. Officials have the right to assess a warning to a fan for poor sportsmanship. If the bad conduct continues, the game will be stopped, and the fan will be removed from the premises by the field monitor, head official, or league administrator. If the fan does not leave a forfeit will be called, and the game will be over.