

Holy Cross Academy Flag Football League 2015
1st/2nd and 3rd/4th
Rule Book

General Instructions:

The purpose of the Holy Cross Academy Flag Football League is to develop players in the sport of football and to have fun. There will be no official scores, standings or play-offs

I. Game

1. At the start of each game, the home team will determine who shall start with the ball.
2. The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross midfield or score a TD. Once a team crosses midfield, they have 4 plays to score a touchdown. If the offense fails to score or cross midfield, the ball changes possession and the new offensive team starts its drive on its own 5-yard line. There are no punts or kicking.
3. All possession changes, except interceptions, start on the offense's 5-yard line.

II. Equipment

1. The school/parish provides each player with a shirt/jersey, and flag belt. Teams will provide the football. The football will be a TDJ for 3rd/4th and PeeWee for 1st/2nd.
2. Players must wear shoes. Football cleats are encouraged; however cleats with exposed metal are not allowed and must be removed.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed. No watches, bands or jewelry of any kind may be worn.
4. T-shirts/ jerseys must be worn during play. Players' jerseys must be tucked into the pants.
5. Pants or shorts with belt loops or pockets must be taped.
6. All Players must wear a protective mouthpiece.

III. Field

1. The field dimensions are 30 yards by 40 yards plus two 10-yard end zones, and a midfield line-to-gain. However, field size may vary based on field availability for each league.

IV. Rosters

1. All teams will have different color jerseys/shirts. Team colors will be decided prior to the beginning of the season at the league meeting.

2. Teams must consist of at least eight players. Teams must start a game with a minimum of seven players. In the event of an injury, a team with insufficient substitute players may play with five players on the field, but no fewer than five.

3. All players must have equal playing time or as close to equal as possible. A large discrepancy in playing time amongst a team's players could result in suspension of a coach. A coach has the authority to limit game playing time of any player on their team who continually misses practices without a valid excuse or may be a disciplinary problem on the team. Playing time is still a privilege.

V. Timing

1. 3rd/4th grade Games are played on a 40 minute continuous/running clock with two 20 minute halves. The clock stops only for timeouts. Halftime is 5 minutes long. Each team has one 60-second time out per half. 1st/2nd grade Games are played on a 30 minute continuous/running clock with two 15 minute halves, 5 minute halftime/bathroom break and no timeouts.

2. If the score is tied at the end of the game, the game should be determined a tie. No overtime

VI. Scoring

1. Touchdown: **7 points . No PAT tries.**

2. No Safety: If there is a tackle in the offensive end zone, the offensive team will get the ball on the 1yd line and start with the next down. If it was 4th down, there is a turnover on downs.

3. Mercy Rule: After one team is winning by 21 points or more, the losing team gets one offensive series to continue regulation play. The losing team will continue on offense until they score a touchdown.

VII. Coaches

1. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all time.

2. One Coach is allowed on the field to direct players. Coaches must move behind the QB when on offense or behind the Safety when on defense before the snap of the ball.

VIII. Live Ball/Dead Ball

1. Coaches will indicate the neutral zone and line of scrimmage. The defense must line up 1yd off the LOS. Coaches are to have players line up outside the neutral zone prior to the snap.

2. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.

3. Any coach can whistle the play dead. Play is ruled "dead" when:

a. The ball hits the ground.

b. The ball carrier's flag is pulled, when the ball carrier is flag guarding or the flag falls off.

- c. The ball carrier steps out of bounds.
 - d. A touchdown.
 - e. The ball carrier's knee or arm hits the ground.
 - f. The receiver catches the ball while in possession of one or no flag(s).
 - g. Inadvertent whistle. In the case of an inadvertent whistle, replay the down from the original line of scrimmage.
4. There are no fumbles. The ball is spotted where the ball carrier's feet were at the time of the fumble.

IX. Running

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
2. The quarterback cannot directly run with the ball. The quarterback does have the ability to scramble in the back field, but cannot advance the ball beyond the line of scrimmage. The quarterback is the offensive player that receives the snap.
3. Direct handoffs behind the line of scrimmage, pitches, sweeps and screens are permitted. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs.
4. "Center Sneak" play – The ball must completely leave the center's hands on the snap and he/she must step backwards off the line of scrimmage in order to receive a direct handoff from the QB before advancing the ball.
5. The player who takes a handoff can throw the ball from behind the line of scrimmage to any player to include the QB. The QB may then advance the beyond the LOS if he receives a pass from another player.
6. Once the ball has been handed off, all defensive players are eligible to rush.
7. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding. Spinning is allowed, but players may not leave their feet to avoid a flag pull.
8. Absolutely no laterals or pitches of any kind are allowed beyond the LOS.
9. Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

X. Passing and Receiving

1. All players are eligible to receive passes (including the quarterback, if the ball has been handed off behind the line of scrimmage).

2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. A player must have a least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line. Interceptions are returnable.

XI. Screening/Blocking

1. Only screen blocking is permitted. Screen Blocking shall be defined as obstructing the rusher's path to the quarterback or ball carrier, as follows: The screener may position himself in front of the defensive player; the screener may not block with his head, hips or legs; the screener may not leave his feet to screen; there can be no independent movement of the elbow. Therefore, The Main Responsibility of Avoiding Contact Rests With the Defensive player/Rusher. IT IS ASKED THAT BOTH THE SCREENER AND THE RUSHER STRIVE FOR NON-CONTACT.
2. The rusher may not run over the screener. The rusher may not pull the screener toward him or push the screener away from him.
3. Defensive player may not have any contact with the passer when he is passing. The defense may rush as many players as it wishes on *running plays* but only rush 3 players on passing plays.

XII. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
5. A player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey.

XIII. Formations

1. Offense must have 5 players on the line of scrimmage (the center, 2 guards and 2 wide outs) and 2 players off the line of scrimmage (the quarterback and a running back or slot receiver). The quarterback must be off the line of scrimmage.
 - a. The RB/Slot Receiver may go in motion 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed towards the line of scrimmage.
2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.
3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands. If the ball is dropped during the exchange, the ball is automatically whistled dead where it fell. The offensive coach has the discretion to replay the down on time in a series of downs.
5. Defense must have at least 2 safeties and one linebacker. The safeties must line up at least 7 yards from the LOS. The linebacker must line up at least 4 yards from the LOS.
6. Defense must have no linemen over the center. The defensive lineman must be 1 yard off the LOS and head up to the offensive guards.
7. Defense must have 2 Cornerbacks. Cornerbacks are to play man-to-man coverage.
8. There is no blitzing. Only the 2 defensive lineman and LB are allowed to rush the QB. However, once the ball is handed off, the “no blitzing” rule is no longer in effect and all defenders may go behind the LOS.

XIV. Unsportsmanlike Conduct

1. If the coaches witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be removed from the game with the player’s coach’s approval. **FOUL PLAY WILL NOT BE TOLERATED!**
2. Offensive or confrontational language by any player, coach or parent will not be tolerated. Any violation will result in being removed from the playing field.

XV. Approved Footballs: 3rd/4th-TDJ. 1st/2nd- PeeWee.

XVI. Coaches / Player Designated Area (CDA)

Players and coaches are the only ones to be on the sidelines. Parents and other spectators may sit in the end zone or in the stands/bleachers. Head Coaches are responsible for conduct and behavior of players and fans.

FIELD

#1

FIELD

#2

FIELD

#3

FIELD

#4