



FLAG FOOTBALL RULES

ELIGIBILITY

1. Each participant must have one (1) of the following:
 - a. Valid Student ID card.
 - b. Proof of payment of appropriate team player fee.
 - c. All participants must be registered on the official roster, must check in with the supervisor for each game and have picture ID at all times. Additions are permitted up to the second last week of the regular season (wk 5). No additions are allowed from week 6 to the end of Playoffs.
2. All participants on the official team roster must play at least two (2) regular season games to be eligible to play in play offs.

Inclusivity

At the University of Lethbridge, we value equity, inclusion and diversity. University of Lethbridge acknowledges the commitment to representing the diverse communities we serve. And while we have gender-based leagues, they are inclusive of the LGBTQ2S+ community, transgender and genderqueer persons. We encourage participants to play where they feel comfortable.

1. CLOTHING/EQUIPMENT:

- a) Jerseys/Shirts - Need to be long enough so they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.
- b) Miscellaneous- No towels attached at the player's waist. No pads or braces worn above the waist.
- c) Football- Footballs will be provided by the Lethbridge Football Club (regulation CFL balls will be used whenever possible).

d) Pants/Shorts- Each player must wear pants/shorts without any belt(s) loop(s), or exposed draw strings. The pants/shorts must be a different color than the flags.

2. SCRIMMAGE LINE: (see also blocking below)

a) Games will be played with 7 players per team, but teams may negotiate to play with anywhere between 5-7 players a side. If a team has less than 5 players the game will be called a forfeit. With 6 players one lineman can release. With 5 players 2 lineman can release. Teams must clarify to the ref and opposing team, what lineman are releasing.

b) Offence must have 3 players on the line of scrimmage (1 center and 2 guards) with a maximum of 5 players on the line of scrimmage. To be considered on the line, offensive linemen need to be no more than 5 meters from the center (ball placement). The defence does not have to match linemen. There is no number of players required on the defensive line.

c) Defence must line up 1 yard from the ball (back foot of the referee).

3. CLOCK

a) Halves are 10 minutes

b) A 20 second play clock will be enforced between each play beginning when the ball is placed by the referee. A 5 yard penalty and reset of the game clock will be given for delay of game penalties.

c) FIRST HALF- continuous running clock EXCEPT for time outs.

d) SECOND HALF- continuous running clock EXCEPT for time outs and last two minutes (see below).

e) Three (30 second) time-outs per game.

f) CLOCK STOPS for the following in the last 2 minutes:

- official time-outs
- penalties
- change of possession
- incomplete passes
- conversion attempts

*If clock is stopped, it starts on the SNAP of the ball.

4. DOWNS:

Teams will get 3 downs with the potential to get one first down at half. As soon as a team reaches half they have 3 downs to score. Teams can opt to take a 25 yard walk off punt on any third down before or after half. Walk of punts only go to a maximum of 3 meters from the goal line(there is a line here).

5. PUNTS:

There will be no punting, as there is no downfield blocking allowed. On the final down, if no touchdown is scored the opposing team will receive the ball from the current line of scrimmage. Rather than playing the final down, the offensive team can choose to forfeit the down in exchange for a 25 meter walk off. The clock will be stopped until the decision to punt or play the final down is made.

6. KICK OFF:

There will be no kick-offs, the ball will be placed 10 yards from the end of the field on the offences end (or at a field landmark approximately that distance).

7. SCORING:

- a) Touchdown 6 points
 - Extra point 10 yards (or a field landmark close to that distance) from the goal line 2 points
 - Extra point 3 yards (or a field landmark close to that distance) from the goal line 1 point
 - Extra points are both live for either team to scores (ex. Interceptions could be returned for 2 points).
- b) Safety 2 points
 - The team scoring the safety puts the ball in play from the quarter field line.
 - If the ball is not taken into the end zone by the offensive team (e.g. interception) a touchback is awarded and no points are scored. The offensive team receives the ball on the 20 yard line (or a at a field landmark within a few yards).
- c) There are no field goals.

8. DEAD BALLS:

- a) Ball carrier falls to ground
- b) Ball carrier loses flag
- c) Incomplete pass
- d) Ball hits the net or the boards (unless it hits the boards while in possession of a player).
 - * If the ball hits the ground in the back goal it is dead (inside the net area). This may result in a safety.
 - * Players are not out of bounds when their feet enter the back soccer goal crease.
- e) Ball carrier spins more than 180 degrees with the ball.

9. COIN TOSS/ROCK, PAPER, SCISSORS:

- a) Winner chooses to start with the ball in the first or the second half and loser chooses which goal they will defend.

b) 2nd half: The opposite team starts with the ball, defending the opposite end.

10. OFFENSE:

a) Has 20 seconds to put ball in play (see Clock above).

b) Ball must be centered between the legs of the center.

c) Offensive line must be motionless for 1 second.

d) At least 3 players on the line, no more than 5 (also see Line of Scrimmage above).

e) All players are eligible for a pass, except for the center.

f) 1 forward pass behind the line of scrimmage.

g) A player may hand the ball off forward of their position providing they are behind the line of scrimmage.

h) Ball carrier may NOT: hurdle opponent, guard your flags or stiff arm. Ball is marked dead at the take off point on a jump/dive to advance the ball or at the point of the stiff arm or guarding action.

i) Ball is down where flag is removed.

j) Use of hands above shoulder height and below the waist is prohibited by the offensive line when blocking.

k) Quarterback does NOT have to be rushed in order to run - they can run at any time.

11. BLOCKING:

a) Open hand blocking only.

b) Any use of arms, elbows or legs (including cut blocking) to initiate contact is illegal.

c) Blocking is allowed only on the line of scrimmage by the offensive line and through the offensive line by the running backs. No blocking is allowed downfield, on screen plays or sweeps. Blockers can only hold blocks a maximum of 5 meters from where they make contact on the line of scrimmage.

d) Defensive jamming of receivers within the first 5 meters is not allowed.

12. DIVING/ JUMPING:

a) Diving is prohibited when attempting to advance the ball (spot foul, runner is marked down).

b) Jumping is legal as long it is not over or into a defender (spot foul, runner is marked down).

- c) Players may dive to receive a pass only (as long as it is done in a safe manner, not near the boards).
- d) All other dives are marked "DOWN" at the take-off spot.
- e) Players cannot dive to cross the goal line or the line of gain.
- f) Players cannot dive for fumbled balls. Balls must be picked up with two feet on the ground. If a player leaves his feet to recover a fumble, possession automatically goes to the other team. Intentional kicking of a fumbled ball will result in a turnover given to the non offending team.

13. TACKLING:

- a) Tackling is done by pulling the flags.
- b) Physical tackling is illegal and rules as unnecessary roughness. Penalty is 10 yards, spot foul plus 10 yards, loss of down or 10 yards from line of scrimmage, repeat the down.
- c) Flagrant tackling, the offender will be disqualified.
- d) Offensive charging with deliberate attempt to run over a defender (ex. Lower shoulder, initiate contact with change of direction) is illegal.

14. TIE GAME: Will ONLY BE PLAYED IN PLAYOFFS

- a) Begins with a coin toss(or agreed upon chance activity).
- b) Team advancing the ball the farthest or scoring in the least amount of downs wins. Each team has one possession starting from the kick-off starting point (see above).
- c) If after both series of downs and both teams have the same yardage or score. Repeat same procedure for tie, beginning with the coin toss.

15. 5 YARD PENALTYS:

- a) Illegal Equipment
- b) Substitution Infractions
- c) Encroachment
- d) False Start
- e) Illegal Snap
- f) Infraction of scrimmage formation
- g) Illegal Motion

- h) Illegal Shift
- i) Illegal Forward Pass (Loss of Down)
- j) Intentional Grounding (Loss of Down)
- k) Helping the runner
- l) Intentional grounding (from the spot of the grounding)

16. 10 YARD PENALTY:

- a) Illegal Secured Flag Defensive Holding, Tackling etc (plus automatic first down).
- b) Unsportsmanlike Conduct
- c) Strip or attempt to strip ball, including contact with QB arm on a throw (plus automatic first down).
- d) Contact with Opponent on ground.
- e) Throw runner to ground (plus automatic first down).
- f) Hurdle a player
- g) Unnecessary contact
- h) Run into player with intent
- i) Roughing the passer (Automatic First Down)
- j) Illegal Offensive screen block (plus loss of down).

17. OTHER

- a) Defensive Pass Interference if accepted, the offence receives the ball at the sight of the foul with loss of down or 10 yard penalty and a first down.
- b) Offensive Pass Interference if accepted equals change of possession at the spot of the foul. If in the end zone, the play is a touchback and the change of possession starts at that quarter field mark.

18. DISQUALIFICATION:

- a) Flagrant unsportsmanlike conduct
- b) Flagrant personal foul

c) Deliberate tackle of a runner

d) Communication to the ref must come through the captain. Official abuse may result in 10 yard penalties or player disqualification.

19. REFEREES:

a) Teams will be designated to be responsible to provide 3 officials for games they are not playing. The officials schedule will be posted. One official will be designated to the line of scrimmage, one to down field plays and one to the score box. The box official is part of the officiating team and can make calls. The primary responsibility of the box official is the score clock and keeping track of time outs. The secondary responsibility of the score clock official is down field calls. The box official can make other calls, but that is not their primary responsibility. The line of scrimmage official will be responsible for the play clock.

FIGHTING, UNSPORTING CONDUCT OR DELIBERATE INTENT TO INJURE WILL NOT BE TOLERATED AND WILL RESULT IN AN AUTOMATIC DISQUALIFICATION AND EXPULSION FROM ALL LEAGUES.

WINNING IS NOT EVERYTHING - PARTICIPATE AND HAVE FUN!!

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[Horns Recreation](#)

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