



FLAG FOOTBALL - CITY 6 RULES ***NIRSA RULES WILL BE ADHERED TO AT ALL TIMES***

MEN'S, WOMEN'S & CO-REC

I. All activity rules are written and revised by the CITY 6 Committee. The committee reserves the right to make adjustments and/or changes based on the host site requirements or safety needs.

RULE 1. THE GAME, FIELD, PLAYERS, & EQUIPMENT **(Section 1. General Provisions)**

The Game-Men, Women shall be played between two teams of (7) players each. (5) players are required to avoid a forfeit. Females can play in the women's and co-rec leagues. Men can play in men's and co-rec leagues. A female cannot play in the men's league, and a male cannot play in the women's league.

The Co-Rec. Game shall be played between two teams of (8) players, (4 M + 4 W). Teams with (7) players shall have, (4 W + 3 M or 4 M + 3 W). (6) players are required to avoid a forfeit, (3 W + 3 M).

Team Captain shall be designated to the referee. The captain's first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team.

Persons Subject to the Rules include players, substitutes, replaced players, coaches, trainers, spectators, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

Section 4. Player Equipment-Required

CITY 6 SHIRTS of contrasting colors must be worn. One set of pinnies will be made available to one team if necessary. Jerseys must be either:

- A. Long enough to remain tucked in during play.
- B. Short enough so that 4" is between the jersey and the belt.

Pants or Shorts must be worn by each player and without any belt(s), belt Loop(s), pocket(s) or exposed drawstrings.

Flag Belts must be worn, free of any knots, at the waistline with three flags permanently attached. Two flags shall hang at each side with the third in the center of the back.

When on "turf" field- sneakers, cross trainers, etc are the only foot-ware permitted (No spikes, cleats or barefeet on turf); No metal cleats/spikes or the like permitted on grass fields..

Section 5. Player Equipment-Optional

Knee/Elbow Pads made of soft, pliable & non-abrasive materials may be worn.

Mouth and Tooth Guards are strongly recommended.

Section 6. Player Equipment-Illegal

Headgear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots.

Shirts or Jerseys, which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in.

Pants or Shorts with any belt(s), belt loop(s), pocket(s) or drawstring(s).

Towels attached at the players waist. **Jewelry.**

Section 7. Catch, Interception, Simultaneous Catch, Pass

A **Catch** is an act of establishing player possession of a live ball in flight. An airborne player must contact the ground inbounds with the ball in their possession prior to touching out-of-bounds, unless an opponent's contact causes them to first touch out-of-bounds.

- A. If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.
- B. A catch by any kneeling or prone inbounds player is a completion or interception.
- C. A loss of ball simultaneously with returning to the ground is not a catch or interception. NOTE: If in doubt, it is a catch.

A **Simultaneous Catch** is joint possession of a live ball by opposing players inbounds. Awarded to the team originally in possession. A **Pass** continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward. A backward pass or fumble that hits the ground is ruled dead at that spot.

Section 8. PERIODS, TIME FACTORS, SUBSTITUTIONS

The Winner of the Coin Toss shall have choice of options for the first half or defer to the second half. The options for each half shall be:

- A. To choose whether his/her team will play offense or defense.
- B. To Choose to defend a goal. The captain not having the choice of options for a half, shall exercise the remaining option.

Playing Time shall be (40) min., divided into two halves of 20 minutes ea. The intermission between halves shall be (5) minutes.

The First (38) Min. will run continuously unless it is stopped for a:

- A. Team time-out - starts on the snap.
- B. Referee's time-out - starts on the ready for play.

The Final (2) Min. of the game, the clock will stop for a:

- A. Incomplete pass - starts on the snap.
- B. Out-of-bounds - starts on the snap.
- C. Safety - starts on the snap.
- D. Team time-out - starts on the snap.
- E. Touchback - starts on the snap.
- F. Touchdown - starts on the snap (after the try).
- G. Team attempting to consume time illegally - starts on the snap.
- H. Team attempting to conserve time illegally-starts on the ready.
- I. Inadvertent whistle - starts on the ready.
- J. Referee's time-out - starts at his/her discretion.
- K. First Down - dependent on previous play.
- L. Change of possession - dependent on previous play.
- M. Penalty and administration - dependent on previous play.

OVERTIME:

There will be only one coin toss during the overtime. Captains will alternate choices if additional overtime periods are played.

ALL OVERTIMES ARE PLAYED TOWARD THE SAME GOAL LINE.

Unless moved by penalty, each team will start 1st and goal from the (10) yd. line and receive four downs to score a touchdown. Try for point(s) will follow. If the score is still tie, extra periods will be played as needed. If the defense intercepts a pass or fumble and returns it for a touchdown, they win the game. **Penalties** are administered similar to the regular game.

Time-Outs:

Each team is entitled to **3 charged time-outs** during the game. Successive charged time-outs may be granted each team during a dead ball period.

A time-out will be charged for a **coach/referee conference** if there is no change in the application or interpretation of a rule.

An Injured Player shall be replaced for at least one down. A player who is bleeding, or has an open wound, or has an excessive amount of blood on their uniform shall be considered an injured player.

Delays:

Delay of Game - The ball must be snapped or free kicked within 25 sec.

Substitutions:

No substitute shall enter during a down. An incoming sub. must enter the field directly from his/her team area and play at least (1) down. A replaced player must leave the field at the sideline nearest his/her team area prior to the snap.

Section 9: SERIES OF DOWNS, NUMBER OF DOWN, AND...

A Series - How started, How Broken, Renewed)

A **Series of Downs** is (4) consecutive downs to advance to the next zone. Any down may be repeated or lost if provided by the Rules.

The Zone Line-to-Gain shall be the zone in advance of the ball.

A **New Series of Downs shall be awarded** when a team moves the ball into the next zone on a play free from penalty; or an accepted penalty moves the ball into the next zone; or involves an automatic first down.

SECTION 10: KICKING THE BALL

No Kickoffs- Play begins on offense's own (14) yd. line, unless changed by penalty.

Protected Scrimmage Kicks (Punts) may take place on any down. This must be declared at the line of scrimmage (LOS). Neither team may advance beyond their respective scrimmage line until the ball is kicked. After receiving the snap **The Kicker** must kick the ball immediately and in a continuous motion. The kicking team must have 4 on the line; the receiving team may have all players back to field the kick.

SECTION 11: SNAPPING, HANDLING, & PASSING

THE SCRIMMAGE / PRIOR TO THE SNAP

The Offense is responsible for retrieving the ball after a scrimmage down. The snapper will bring it from the huddle to the line of scrimmage.

It is encroachment/false start for any player to break either scrimmage line plain, after the center has placed his/her hand(s) on the ball. **The Snapper**, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. The snapper shall pass the ball back from its position on the ground with a quick continuous motion of the hand(s).

Position and Action During the Snap

Legal Positions: Offensive must momentarily be within 15yds of the ball before the snap. They must have at least (4) players, **CoRec requires (5)**, on their scrimmage line at the snap. One player may be in motion, but not towards the opponent's Goal Line. In a snap preceded by a shift, all offensive players must come to a complete stop and remain stationary in legal position for at least one full second before the snap. **NO DIRECT SNAP.** The snap must be at least two yards behind the offensive scrimmage line.

Handling the ball

Any player may hand the ball **backwards** at anytime.

An offensive player may hand the ball **Forward** behind the line only.

A **backward pass or fumble** may be caught or intercepted in flight inbounds by any player and advanced.

Legal & Illegal Forward Pass

All players are eligible to touch or catch a pass. A forward pass may be thrown provided the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand.

Only 1 Forward Pass can be thrown per down.

Co-Rec Rule - There may not be (2) consecutive legal forward pass completions from a male passer to a male receiver. This applies to the try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for positive yards- **MUST BE A FORWARD PASS FOR ONE YARD.**

"OPEN" or "CLOSED" PLAYS WILL BE DESIGNATED BY THE REFEREE..

SECTION 12: SCORING PLAYS & TOUCHBACK

Mercy Rule

If a team is 19 or more points (*Co-Rec Rule - 25 points*) ahead at the 2 min. warning or anytime thereafter, the second half of the game shall be over.

Touchdown = 6 or 9 points

All TDs are 6 points.

For Co-Rec.: If a female scores a TD = 9 pts. If a female player throws a legal forward pass that results in a TD by any Team A Player = 9 pts.

EXTRA POINT- 1 or 2 or 3 points

1pt. from the three yd. line

2pts. from the ten yd. Line

3 pts. from the 20 yard. Line.

Note: If the Def. intercepts a pass or fumble during the try and return it for a TD = 3pts.

Momentum, Safety & Touchback

Safety = 2 pts. When a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession; EXCEPTION: When original momentum is the force (inside the 5yd line). The spot is where possession was gained.

It's a Touchback when the ball is out of bounds behind a goal line, when the ball becomes dead in possession of a player on, above or behind the team's own goal line, and the attacking team is responsible. (*Play begins on the 14yd. line*)

SECTION 13: CONDUCT OF PLAYERS AND OTHERS

Personal Fouls

No Player Shall:

Punch, strike, strip, steal, or attempt to steal the ball.

Trip, throw, clip, and tackle an opponent.

DEFENDERS MUST PLAY THE FLAG.

Defender may leap to deflect a pass but may not touch the passer.

Hurdle any other player or Dive to advance the ball forward.

Make any contact with an opponent which is deemed unnecessary of any nature including using fists, locked hands, elbows or any part of the forearm or hand, except according to Rule.

Screen Blocking

The Offensive Screen Block shall take place without contact. The screen blocker shall have their arms close to the sides or behind the back. Any use of the hands, arms, elbows, legs, or body to initiate contact is illegal.

Defensive Players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.

The Runner - Flag Guarding:

Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Runner must lift ball to expose flag belt when running through defenders. NO "STIFF ARMS".

Defensive Players shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt

Flag Belt Removal:

A. Players must have possession of the ball to legally be deflagged.

B. When a runner loses his/her belt, the deflagging reverts to one hand tag of the runner between the shoulders and the knees.

C. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or any such acts is illegal.

Section 14: ENFORCEMENT OF PENALTIES

When a foul occurs the referee shall, at the end of the down, notify both captains. The distance penalty for any foul may be declined. A captain's choice of options may not be revoked.

Special Enforcements:

Safety: Any foul for which the penalty is accepted and measurement is from on or behind its goal line, which is now the basic spot, is a safety.

Loss of Down:

- A. Illegally Handing the Ball Forward
- B. Illegal Backward Pass
- C. Illegal Forward Pass
- D. Forward Pass Interference
- E. Illegally Secured Flag Belt, w/ Disqualification

Automatic 1st Down:

- A. Forward Pass Interference
- B. Roughing the Passer, behind the line of scrimmage.
- C. Illegally secured Flag Belt, w/ Disqualification

Disqualification Associated with Certain 10yd Penalties:

1. Flagrant Unsportsmanlike Player Conduct (Coaches, Subs or Others)
2. Intentionally Kicking at or Swinging an Arm, Hand or Fist at anyone
3. Flagrant Spiking, Kicking, Throwing or Not Returning the ball
4. Intentionally Contacting an Official
5. Flagrant Personal Fouls
6. Tackling the runner

SUMMARY OF CO-RECREATIONAL RULES

THE GAME: Two Teams @ 8 Players ea. (4-men / 4-women), 7 Players (4-M / 3-W or 3-M / 4-W), 6 Players (3-W / 3-M).

MALE RUNNER: Cannot advance the ball through their own scrimmage line. No restrictions once the ball is beyond their scrimmage or following a change of possession.

MALE-TO-MALE COMPLETION: During a possession there may not be two consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try. The next legal forward pass completion must involve either a female passer or receiver for positive yds.

TOUCHDOWN VALUE: If a female scores a touchdown, the point value is (9).
If a female throws a legal forward pass and a touchdown is scored by any team member, the point value is (9).

SPECTATOR RULE:

Team bench areas will be designated; this area for official team members only (those whose name appear on approved City 6 roster); All others must sit/stand in designated spectator areas.

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