

**2008**  
**CATHOLIC SCHOOL ATHLETIC ASSOCIATION**  
**FLAG FOOTBALL RULES**



## 1. PLAYING REGULATIONS

- A. **NUMBER OF PLAYERS:** THERE ARE 8 PLAYERS ON THE FIELD.  
(5 ON THE LINE, 3 IN THE BACKFIELD)
- B. **LENGTH OF GAMES:** Four 12 minute quarters clock is not stopped between plays with the exception of time outs. One minute between quarters. Five minutes between halves. The game cannot end on a penalty unless the team who has the option of accepting or declining the penalty does decline the penalty.
- C. **TIMEOUT:** Each team is permitted two time-outs each half. (No saving of time-outs). Additional requests for time-outs will be penalized by 5 yards. The time allotted for each time-out is one minute. Only on field coaches are allowed to call for a time-out.
- D. **TIE GAMES:** If games end in a tie, it shall be declared a draw.
- E. **SCORING:** A touchdown will count 6 points. Extra point after touchdown will be counted as 1 point. The extra point may be scored by running or passing play from the 3<sup>rd</sup> yard line. If a touchdown is scored with no time on the clock (end of 2<sup>nd</sup> quarter, and end of 4<sup>th</sup> quarter), the extra point after the touchdown will still be attempted. A safety counts two points.
- F. **START OF GAME:** A coin shall be tossed in the air by the referee. The team winning the toss shall have the choice of receiving, or defending a particular goal. The loser of the toss shall have the choice at the start of the second half. Teams change goals at the end of each quarter.
1. The ball shall be put in play by the kicking team by a place kick from the 30-yard line.
  2. Players shall line up for the kick-off as follows:
    - A. Kicking team behind the 30-yard line.
    - B. Receiving team, five players immediately behind the 15-yard line, and the other three players anywhere behind these players.
  3. A ball kicked over the opponent's goal line shall be put in play on the 15-yard line.
  4. **The ball must travel at least 15 yards on the kick-off.** Kicking team may not recover the kick-off. If the ball fails to travel at least 15 yards then the kick-off will be attempted again. After the second kick-off, the ball will be placed on the 15-yard line.

5. Kick-off out of bounds may be kicked over without penalty. Receiving team has option of placing the ball where the ball went out of bounds.
6. Receiving team may advance the ball. If the ball is not touched it is dead where it stops rolling. A muffed or fumbled kick-off is dead at the spot. Kick-off team may down the ball.

## **G. ADVANCING THE BALL.**

1. **Offensive line-up: The** offensive team must place five players on the line of scrimmage, and three players at least one yard behind the linemen.
2. **Offensive line:** The quarterback can take a direct snap from the center or a snap from the shotgun formation.
3. **Defensive line-up: There** are no required positions for defensive players on play from scrimmage except on punting situation see “ L”.
4. **Putting the ball in play: The** ball must be centered between the legs of the center to one of the backs.
5. **Advancing the ball from scrimmage.** The ball may be run, passed forward, passed laterally or backward, or kicked by the offensive team. Once past the line of scrimmage, the ball may not be thrown forward. It can, however, be passed backwards or sideways.
6. **Backfield in motion:** One player in the backfield may be in motion laterally or backward, but not forward.
7. **Number of downs:** A team has four downs to move from one zone to the next. In the event a team is pushed back over the “first down” line they will not receive another first down if they re-cross the same “first down” line in the same series of plays.
8. **Passing the ball:**
  - A. The ball may be thrown forward from any position behind the line of scrimmage.
  - B. The passer may throw the ball forward, sideways or backward.
  - C. More than one lateral may be thrown during one play.
  - D. All backfield players are eligible passers.
  - E. There may be a lateral and forward pass on the same play.
  - F. A pass shall be ruled incomplete that strikes the ground. It is put in play again from the previous point on the line of scrimmage.
  - G. Interference shall be called on the defensive team if any receiver is pushed, blocked or held in the process of catching the ball.
  - H. The pass must go to another player. The passer is not permitted to pass to him.

9. **Receiving the ball:**

- A. **The only players eligible to receive a forward pass are those players designated as “backs” and the two players taking position as “ends” on the line of scrimmage.**
- B. Receiver must have one foot in bounds when catching the ball.
- C. An offensive player cannot be out of bounds and return in bounds to catch a pass. (Shall be ruled an incomplete pass.)
- D. If the center is positioned on the end of the line, he is not eligible to receive the ball.

H. **Play must be started within 30 seconds** after the team has enters a huddle.

I. **FUMBLES:** The ball is dead as soon as it touches the ground. In other words, no fumble may be recovered by the opponents except one caught in the air. However, there is no such thing as a fumbled kickoff, the back must only gain possession of the ball.

J. **FLAG:** The ball is dead at the spot where the flag is pulled from the runner or inadvertently falls off the belt. A player must have both flags attached to the belt before playing a down. Flags may not be wrapped around the belt or in any way attached except in the normal manner. The standard size if 2” wider and 16 ½ “ long overall.

**Each team must use the flags that are provided at the fields.**

K. **BALL OUT OF BOUNDS:** Whenever the ball or a player who is carrying the ball touches or crosses the sideline stripe, the ball is “out of bounds” and is automatically a “dead” ball.

L. **PUTTING THE BALL IN PLAY AFTER A SCORE:** The team scoring the touchdown will kick off to the opponents.

M. **BLOCKING:** Blocking is permitted on the line of scrimmage and in the open, but at no time is the blocker permitted to leave his feet. Blocking must be accomplished with the hands “locked” to the chest - the arms may not be extended. **All offensive and defensive players, except the offensive center, must not assume a three or four point stance or otherwise spring form a coiled or crouching start. Instead, they must assume a two-point stance.**

N. **PUNT:** Offensive team must advise defensive team that it plans to punt in advance of punting.

1. Offensive and defensive units cannot make contact until ball has left kicker foot.
2. On punts into the end zone, ball will be put in play at the first zone.
3. Exception of “G”, punter dropping ball or bad center on punt: punter may pick up the ball and kick. All action ceased until kick has left punter’s foot.
4. Both the offense and defense must have five players each on the line of scrimmage until the ball is punted.

- O. SAFETY:** A 2-point safety is scored when a player with the ball from the team in possession of the ball has a flag pulled behind his goal.
- P. TOUCHBACK:** A touchback occurs when a ball is kicked over the goal line and touched back there by a team defending that goal. In a punt from scrimmage, the ball going over the goal line does not need to be recovered by the receiving team. A pass intercepted behind the goal line and touched to the ground is a touchback. No points are scored.
- Q. DEAD BALL:**
1. When the ball goes out of bounds.
  2. When a touchdown is scored.
  3. When a safety or touchback occurs.
  4. When the man carrying the ball touches the ground with any part of his anatomy except the feet. (Knee, hip, and, and so forth).
  5. When a man carrying the ball has his flag pulled or it falls from the belt.
  6. When a forward or lateral pass is incomplete.
  7. When a ball is fumbled.
  8. If a player passes to himself.
- R. COACHES:** No more than one coach from on team may be on the playing field at anytime. The coaches may huddle with their team, but prior to a play must be positioned behind either the referee (offense) or umpire (defense).
- S. DIAGRAMED PLAY CARDS:** Coaches are allowed to take diagrammed play cards onto the field.
- T. PLAYING TIME FOR PLAYERS:** All players **MUST** play a minimum of 24 minutes of the game.
- U. FORFEIT:** Each team must have seven players on the field at the start of the game under penalty of forfeiture.
- V. UNIFORMS:** All jerseys must be numbered. All jerseys or uniform shirts must be worn on the outside. All articles of clothing that hang below the waist must be tucked in shorts or pants.
- W. BALL:** The official football is the Wilson K-2.
- X. HELMETS:** Foam helmets are mandatory.
- Y. MOUTH PIECES:** Mouthpieces are mandatory.

## 2. FOULS AND PENALTIES:

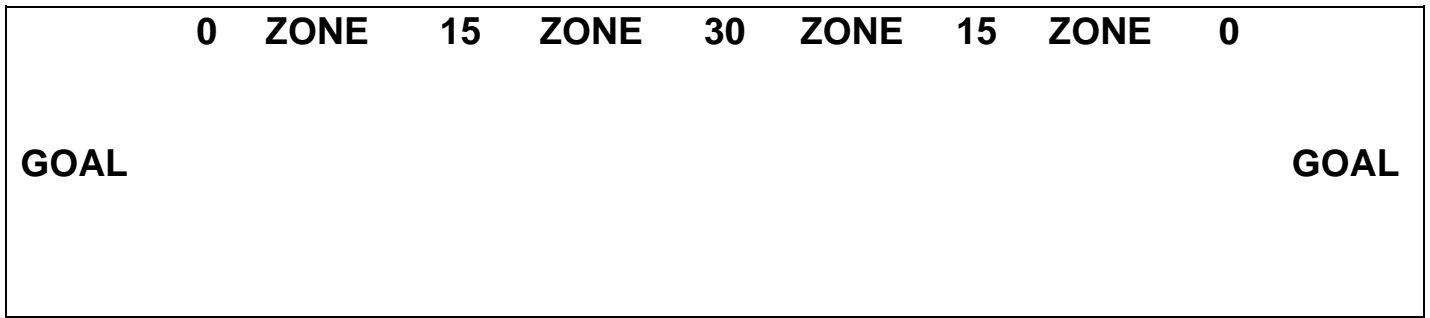
- A. **Defensive Player:** It shall be a foul for a defensive player to hold, tackle, trip, use hands or opponent's head, or rough up any offensive player. (Use of hands by defensive player is restricted to the shoulder and body of the offensive player).  
**A defensive player may not leave his feet to dive for the flag.**  
**PENALTY: Loss of 10 yards from spot of the foul.**

- B. **Offensive Player:** It shall be a foul for and offensive player to hold or push with the hands, block by leaving feet, or rough up a defensive player.  
**PENALTY: Loss of 10 yards from spot of the foul.**
- C. **Off Side:** Any player, whether on the offensive of defensive team who crossed the line of scrimmage before the ball is “off side”?  
**PENALTY: Loss of 3 yards.**
- D. **Pushing:** Pushing out of bounds without going for the flags.  
**PENALTY: Loss of 10 yards from the spot of the foul.**
- E. **Too much time:** Too much time in the huddle (plays must be started within 30 seconds after the team enters the huddle).  
**PENALTY: Loss of 3 yards.**
- F. **Delay of game:**  
**PENALTY: Loss of 3 yards.**
- G. **“Chopping”** in defense of flags or use of a straight-arm.  
**PENALTY: Loss of 5 yards from point of the foul.**
- H. **More than 8 players on the field.**  
**PENALTY: Loss of 3 yards.**
- I. **Clipping or blocking** from behind.  
**PENALTY: Loss of 10 yards from the spot of the foul.**
- J. **More than one coach** from a team on the field.  
**PENALTY:** First offense, referee’s warning; subsequent offense, 5 yard penalty from Scrimmage.
- K. **Unsportsmanlike conduct by coach, player or parent.**  
**PENALTY: Loss of 10 yards from the line of scrimmage.**
- L. **TACKLING THE BALL CARRIER:**  
**PENALTY: Loss of 10 yards from the spot of the foul or half the distance if inside The ten-yard line.** This penalty will result in an automatic 1<sup>st</sup> down, from the point after the penalty is marked off. If in the opinion of the official the ball carrier would have scored, a touch down may be awarded.

### 3. OFFICIALS MINIMUM OF ONE NEEDED

- A. **REFEREE:** The head official who runs the game. The position is behind the offensive team, and will observe offensive backfield.
- B. **UMPIRE:** Positioned behind the defensive team, watches all down field and defensive line play.

**C. FIELD:**



**60 YARDS BY 40 YARDS**

**4. C.S.A.A. POLICIES:**

A. **PRACTICE TIMES:** The 4<sup>th</sup> grade may practice 1 ½ hours for 2 days a week.

**B. DISQUALIFICATION OF PLAYERS AND COACHES:**

If a player or coach is ejected from a game he is automatically suspended for one game and must be reinstated by the C.S.A.A. office before being allowed to participate in any game.

C. **C.S.A.A. ROSTERS:** Your roster must be in the C.S.A.A. Office (not in the mail) by September 5<sup>TH</sup>.

D. **CONTRACTS:** Every player must have a contract signed by the parent and Athletic Director / Priest Manager before he can participate in the game. If he goes to a public school or another parish, let this and the grade he is in be stated on the contract. Your Athletic Director has all contracts. If your team has been consolidated with other parishes, those players must have contracts signed from their own Parish / Schools and Priest manager.

E. **TOURNAMENT:** There will be no tournament for flag football.