

ENDZONE FOOTBALL

RULES



The Field	<p>A rectangular shape with end zones at each end. A field can be any size but generally it will be approximately 50m by 25m, with end zones behind the goal lines approximately 10 meters. There is a line 5m from the goal line where play starts from</p>
Duration of Play –	<p>The game shall be approximately 15 minutes long with approximately one minute between halves and 30 seconds between plays (“Downs”).</p> <p>With flag, having 30min halves is too long for a fast-paced game. It’s long enough to have drives but short enough that it doesn’t drag on and on.</p>
The Team	<p>There are 5 players per team on the field at any time and each player must wear a flag belt.</p> <p>Approx 10 per team. Allows for players that only want to play one way, or allow for injuries.</p>
To Start the Game	<p>Either use a coin toss or designated visiting team takes ball possession first. To start the second half the team that did not take ball possession in the 1st half, takes possession.</p>
Play	<p>At the start of the game or when possession changes the offensive (attacking) team will line up on the 5m line out from their own goal line. The offensive team has four plays (“Downs”) to advance over the halfway line and another four plays to complete a pass, or carry the ball, over the defensive goal line. At the end of each play (“Down”) the point where the ball stops becomes the Line of Scrimmage (LOS) for the beginning of the next play.</p>
Offensive Team	<p>To begin a play the Centre holds the ball so that it is on the Line of Scrimmage (LOS) and “Snapped” (passed) to the Quarterback. The Quarterback can then pass or run. The Offense cannot kick the ball.</p>
Defensive team	<p>The defensive team tries to take a flag off a ball carrier or intercept a pass. Only one of the Defence may “tackle” the Quarterback. This player is called the “Rusher” and must start 7 meters behind the Line of Scrimmage.</p> <p>Options for the Rusher:</p> <ul style="list-style-type: none">• The rusher must raise their hand prior to the snap, and it must be raised until they have passed the line of scrimmage. Done for two reasons, it allows the QB and centre to see who is rushing and all allows to the Ref to see who is rushing so that they cannot be “impaired by the centre or other players.• The rusher does not need to have the hand up until he/she passes the line of scrimmage. Instead the hand only needs to be raised at the initial start prior to each snap or commencement of play.
Scoring	<p>Each time the offense completes a pass, or carries the ball, into the Defence’s end zone, the Offense scores a point. Play is restarted after each score at the 5m line. Passing Touchdown worth 7 points, Rushing worth 5.</p> <p>If the ball is within the 5m area from the end zone, it cannot be run in (QB sneak/traditional RB play) and the ball must be passed in.</p>
Change of possession	<p>If the Offensive team does not cross the centre line or the goal line in their four attempts the possession of the ball changes and the defence becomes the offense and restarts at their 5m line. Each play ends with the ball becoming “Dead”. This happens when:</p> <ol style="list-style-type: none">a) The ball carrier’s flag becomes detachedb) Any part of the ball carrier’s body other than the hands and feet touch the groundc) A pass is incompleted) A pass is fumblede) The ball goes out of boundsf) A foul is committed and the referee stops play.

Substitutions	Players not in the game may replace players in the game between each play, after the ball becomes “Dead” and before play resumes, or after a team has scored, or at half time. No extra time is allowed for substitutions.
Non-contact	<p>No physical contact is allowed between players. When a player initiates contact on another player a foul occurs. Can be difficult, and depending on rules.</p> <p>No point for Corners/safety’s even playing if some contact isn’t allowed. No push offs allowed, no pre-pulling flags, or holding them for a catch. Only touching is allowed is a tracking hand (used by corners when playing man on man with a receiver, and rather than watching the player, they can track the ball whilst having an idea where the receiver is without looking at them) on the back/hip of the offensive player. Firm definition of contact needs to be addressed too. Along with contact that could occur during the contesting of the ball. (i.e two players go up, both contact with each other, and the defensive comes down with it, is it contact on Def or Offense, since both were making a play for the ball. This might be a job for the ref to call during the game.</p>
Fouls	<p>When a team commits a foul a penalty is incurred by way of loss of a play or awarding of an extra play. If the Foul is initiated by the Defence the Offence will gain an additional play. Where the foul is initiated by the Offense the Offense will lose a play.</p> <p>Fouls occur when:</p> <ol style="list-style-type: none"> A player crosses the Line of Scrimmage from their respective sides before the ball is Snapped (passed back to the Quarterback). A player impedes the movement of another player by grasping or pulling at body part or piece of clothing. An offensive player impedes a defensive player’s attempt to remove a flag from the ball carrier’s flag belt. This includes pushing, swatting, or blocking the area around the flag using any body part; e.g. hands, shoulders, elbows etc... The offense has a limited amount of time between plays to huddle, line up and start the next play. Taking too long will result in a delay of game penalty. A defensive player makes contact with any offensive player who is attempting the catch a pass. The ball has not been snapped within 30 seconds from when the ball is placed on the ground.
Spirit of the Game	Flag Football stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Flag Football Field and Team Positions

