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**PLAY HARD
WORK BETTER
LIVE WELL**
First Coast Games

FLAG FOOTBALL TOURNAMENT

Tournament: Monday, May 13th – Friday, May 17th at 6:30PM

Location: 9A Baymeadows Regional Park (**Fort Family Park**)

Address: 8000 Baymeadows Road East, Jacksonville, FL 32256

Event Director: TBD

Event Format: Competitive and Recreational

ROSTERS

Each team will field five (5) players; teams must field at least one (1) female on the field at a time. **Each team may have a maximum of 14 participants on their roster.**

Before the beginning of the game it is the Team Captain's responsibility to check in with the scorekeeper to tell them each player's name and corresponding number. All players must sign a First Coast Games waiver to be eligible to play.

UNIFORMS

All teams will be required to wear the First Coast Games T-shirt that is provided. The team listed at the top of the tournament bracket will be designated the home team.

There is no rule on the color of shorts. Shorts must be an appropriate length and must be worn properly. **However, shorts may not have pockets.** It is the tournament director's discretion to hold a player out of a game for inappropriate uniforms. Hats may be worn but must be worn backwards and must fit appropriately. If a player chooses to wear a towel tucked in his/her shorts, the towel may act as a flag. If the towel is pulled or falls out of the player's shorts, it will result in a dead ball as if a flag was pulled or fell.

COACHES

Each team is allowed to have one person not in uniform in the bench area. That individual is not eligible to play in the game and must remain in the coach's box during play. That individual may be assessed a flagrant foul, or may be ejected if their behavior warrants.

FIELD MEASUREMENTS

1. Length: 60 yards
2. Width: 30 yards
3. First Down marks: Mid-Field

4. No run zones: Within 5 yards before and after the first down and within 5 yards of the End Zones.

EVENT RULES

COIN TOSS

Whichever team wins the coin toss can select offense or defense. The team who loses the toss will then get to choose which end zone to defend. At the start of the second half, the ball will go to the team who started on defense in the first half and the team will switch their original sides.

GAME CLOCK

1. The game consists of two 20-minute halves with a running clock format except for the final two minutes of each half. If there is a 21-point lead in the last two minutes of the second half, the clock will continue to run other than on timeouts. A pro clock will be used in the last two minutes of each half. The clock will stop on incomplete passes, out of bounds, change of possessions and extra point attempts.
2. In the last two minutes, the clock will start after penalties when the referees are set if the penalty is on the offense. When the penalty is on defense, it starts at the snap of the ball.
3. Each team receives two 60-second time outs per half. Time outs do not carry over. In the case of over time, unused second-half time outs carry over and teams are awarded one extra time out for overtime use.
4. Five minute half time. Teams will switch sides during half time.

PLAYERS AND SUBSTITUTIONS

1. Each team will field five (5) players; teams must field at least one (1) female on the field at a time. **Each team may have a maximum of 14 participants on their roster.**
2. In the event that a team forfeits, the opposing team must have at least four players (still minimum of 1 female) checked in with the scorekeeper to receive a win.
3. One person out of uniform may be in the bench area as the designated head coach. Spectators, injured or inactive players are not permitted in a team's bench area.
4. Players may substitute-in during a dead ball, but must be on or off the field before the break from the huddle.
5. When a player enters the huddle on offense, another player must come out. If the same player that enters leaves the huddle, you will be flagged for an "illegal substitution." This will result in a five-yard penalty and a loss of a down.

POSSESSIONS

1. All first possessions begin on the five-yard line with the exception of interceptions.

2. Each possession is three (3) plays to make it to first down (at midfield) or the ball goes over on downs. If a first down is made, then the offense will have three (3) more downs to score or the opposing team will take over.
3. Interceptions can be returned. The ball is spotted where the flag is pulled.
4. If an interception occurs in the end zone and the player takes a knee, the ball will be placed on the five-yard line. The player may choose to return the ball if he chooses.
5. Once a team receives a first down by crossing midfield, that team cannot receive another first down by crossing midfield again during the same offensive possession.

FLAGS

1. Once the receiver touches the ball the defender can pull the flag. If the catch is made, the ball is spotted at the point of the flag pull even if the receiver juggles the catch and gets possession further down the field. This eliminates players intentionally tipping the ball to themselves for additional yards. It doesn't matter if the tip was intentional or not. If a defender touches the ball after the receiver touches it, the rules starts over (meaning the ball is then spotted where possession is last made).
2. If a player starts a play without a complete set of flags, the player is down at the point of possession.
3. If a player's flag falls off without being pulled and receives the ball in any way, he must be touched with **one hand** to be counted down.

SNAPPING THE BALL

1. The ball **MUST** be snapped between the legs.
2. Once the mark is spotted by the referee and the seven-yard mark is set, the team will have 25 seconds to snap the ball (including huddle time).
3. In order for the center to receive a hand off, he must receive it from the side, not on his back.
4. Center must have all three (3) flags on while the ball is snapped.

PASSING

1. Quarterback has five (5) seconds to pass the ball if there is no rush. If the quarterback is being rushed, there is no time limit to pass the ball.
2. If there is no rush and the quarterback does not get the throw off in five (5) seconds, it will be a loss of a down and the clock will not stop. This is **NOT** a penalty.
3. A lateral pass or backwards pass that is dropped will be spotted where the ball lands and the clock will not stop.
4. Shovel passes are permitted.
5. Quarterbacks or any other players attempting a forward pass are allowed to jump to pass the ball even if being chased by a rusher. However, if the player does not throw the ball before he/she lands, he/she will be penalized for Flag Guarding. Flag Guarding in the end zone is a safety. Otherwise it is a 10-yard foul from the spot of the foul.

6. Intentional grounding will be called if all players are past the line of scrimmage and the quarterback throws the ball away in order to avoid a sack. Intentional grounding in the end zone will result in a safety. This is a referee judgment call.

RUNNING THE BALL

1. Unlimited hand offs behind the line of scrimmage
2. Quarterback does not have to be lined up behind the center.
3. One lateral pitch allowed behind the line of scrimmage. If the pitch is forward, the receiver is only allowed to run. If it is backwards, they may run as long as it is not in a no-running zone, or they may pass.
4. The no-run zone is located five (5) yards from the end zone & five (5) yards on both sides of mid-field. The line itself is part of the no run zone.
5. The player who receives the hand off may pass as long as he/she does not cross the line of scrimmage.
6. Quarterbacks cannot run unless the ball is passed or handed off to them.
7. The quarterback cannot intentionally bounce the ball off another's players back, catch it, and run.
8. In all plays the quarterback must completely let go of the ball (Fake hand offs and play actions are allowed as long as the ball is not then run past the line of scrimmage by the quarterback).

RECEIVING THE BALL

1. All players are eligible to receive passes except players behind the line of scrimmage in a no-run zone.
2. The receiver must have at least one foot in bounds in order for it to be classified as a completed catch.

FORWARD PROGRESS

1. The ball's forward progress is measured from the farthest advancement of the ball, not the hips.
2. In case of a fumble, the next play will be played where the ball hit the ground. Unless the ball is intentionally fumbled, the play will be where the ball left the players hand.

DEAD BALLS

1. Any time the ball hits the ground.
2. If a player's hand touches the ground, but knees do not, he/she is not down. Unless this hand is the hand carrying the ball.
3. There are no fumbles. If a player is running and drops the ball, and a player of the opposing team catches it before it hits the ground, it will result in a change of possession.
4. When a flag is pulled.
5. If a player's flag FALLS off, he is not down. A player must then touch him with one hand in order for him to be down. If the referee believes he was touched, regardless of the fact, he is down.
6. If a ball carrier's knee touches the ground, he/she is down at that spot.

7. If a ball carrier steps out of bounds.

RUSHING THE QUARTERBACK

1. Rusher must be at least seven (7) yards beyond the line of scrimmage when the ball is snapped. Referee will specify where that is.
2. Any number of players may rush.
3. If the rusher enters the seven-yard neutral zone before the snap, he must go back behind the seven-yard mark, or cannot rush that play. Once the ball is snapped, if he did not reach the seven-yard mark previous to the snap, the player may not rush that down.
4. Rusher may go for the flags or to block the pass. The player may not hit the quarterback's hand or arm. This is illegal contact and a penalty will be called.
5. No player is allowed to bat the ball out of another player's hand. This will result in a penalty.
6. Once the ball has been handed off or pitched, all defensive players are allowed to cross the line of scrimmage and rush even if they are not beyond the seven-yard mark. If the quarterback has not released the ball, only the players behind the seven-yard mark can cross the line of scrimmage or it is an illegal rush.
7. If the rusher pulls the flag before the ball is released, it is a sack even if the quarterback's arm is going forward.

OVERTIME

1. Flip for possession.
2. Ball starts at midfield.
3. Both teams receive equal possessions. **NO SUDDEN DEATH.**
4. Go for extra point, 1 or 2.
5. Interceptions may be returned for scores.

PENALTIES

1. Offensive penalties are 10 yards from the line of scrimmage and a loss of down, except flag grading which is 10 yards from the spot of the infraction.
2. Defensive penalties are 10 yards from the line of scrimmage and repeat of down. Except defensive pass interference, which is a spot foul and repeat down.
3. During the final two (2) minutes of either half, if there is an offensive penalty, the clock starts when the ball is set and with the referee's signal.
4. Flag throwing away from an opponent or any deliberate delay of game during the last two minutes will result in stopping the clock, a 10-yard penalty and a repeat of down.
5. If a lateral ball is tossed and dropped passed the line of scrimmage, the play is down and spotted where the ball hit the ground. If the lateral ball is a pitch behind the line of scrimmage and is dropped, the play is down and the next play will resume at the original line of scrimmage.
6. Absolutely **NO SWEARING!** The first will be a flagrant foul resulting in a 10-yard penalty and loss of down, the next is an ejection of the player heard swearing.

Offensive Penalties

1. Illegal motion- more than one player in motion at a time or forward motion before the ball is snapped.
2. Quarterback may not release the ball forward beyond the line of scrimmage.
3. No stiff-arming, flag guarding, offensive interference, moving screens or unsportsmanlike conduct.
4. Off sides.

Defensive Penalties

1. Illegal flag pull- intentionally pulling the flag before a player touches the ball.
2. Off sides.
3. Unsportsmanlike conduct
4. Pass interference.

CLOTHING / JEWELRY

1. **No pockets.** Turning shorts inside out or pinning pockets shut will not be allowed. Players will not be allowed to play with pockets.
2. **No jewelry.**
3. **No metal cleats.**
4. Only prescription glasses or sunglasses may be worn.
5. Hats may be worn, but must be worn backwards.
6. If a player is to wear a towel tucked in his/her pants, it will be treated like an additional flag.

SCORING

1. Touchdown= 6 points if scored by a male / 9 points if scored by a female
2. Safety= 2 points
3. Extra Points: From 5 yards out= 1 point, from 12 yards out= 2 points.
(Defensive infractions during an extra point will result in a repeat in down.
Offensive infractions will result in no extra point)