



The Game: 9 on 9 Rules

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## General Rules

The Game: 9 on 9 – Minimum 9, maximum of 13 players per roster.  
Field size is 70 yards with (2) 10-yard end zones.  
Minimum of 6 players required to avoid a forfeit.  
Four downs on each series to cross midfield or to score.  
Crossing midfield results in a first down.  
3 players must be on the line of scrimmage. Motion plays permitted.  
Only one forward pass per down,  
The 9v9 Divisions are open hand contact between the shoulders and waist – contact blocking downfield is allowed.  
League will provide a minimum of 2 referees, including the head ref.

## Game Balls

League will provide football.  
All balls will be Wilson NFL or NCAA Balls.

## Player Classifications

Any adult over the age of 18 can participate.  
There is a maximum of 3 players who have played Semi-Pro Football in the last 2 years per roster.

The game begins with a coin toss: Choice of Ball, Field Position, or Defer to Second Half

## Game Clock Format

- Running Clock: The game is played in two, 25-minute halves. A running clock format is used except in the final two minutes of each half when a regulation clock is in effect. The running clock period will stop only for a team or official timeout. The head ref has the discretion to stop play at any time.
- Regulation Clock: The head ref will stop the clock and announce the two-minute warning – the game clock will resume at the snap of the ball. The regulation clock will stop on team time outs, first downs, an incomplete pass, play out of bounds, defensive penalties, or official timeouts. An offensive penalty, muff, or fumble will not stop the clock. The QB can take the snap and ground the ball inside the two-minute warning without penalty. The game clock does not run on extra points in the regulation period.
- Time outs: Each team receives two, 45-second time-outs per half. The offense must snap the ball immediately following the conclusion of the timeout. The head ref will announce a 10 second warning.
- Half Time: There will be a five-minute break at halftime and between each game for warm-ups.
- Play Clock: Offense has 25 seconds from the time the ball is set by the official to snap the ball. A 10-second warning will be announced by the head official. The offense is responsible for retrieving the football and providing it to the referee to set.

## Season Details

The 2009 Season will consist of 7 Weeks all teams will play each other once.  
Our Playoff tournament will be played between the top 4 teams.  
Teams are welcome to scrimmage before the season at their own convince.



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### **Scoring**

Touchdowns: 6 points

Safety: 2 points

Extra Points: 5 yards: 1 point - no run zone      10 yards: 2 points - running play allowed

If an extra point is intercepted and returned for a score, 2 points will be awarded.

Once the team captain has declared their choice for an extra point try, a time out must be called to make a change. If you declare for 2 points, the ball is spotted on the 10-yard line and the no run zone is not in effect. If a penalty brings you inside the 5-yard line, the no run zone will be in effect.

### **General Notes**

1. All drives begin wherever the kick or punt returner's flag was pulled.
2. Drives consist of four plays to either make a first down or a touchdown.
3. Interceptions may be run back and the drive will begin where the player's flag was pulled.
4. Interceptions on an extra point attempt that are not returned for two points will begin on the offensive team's 5 yard line.
5. Fumbles are in play once recovered by either team.
5. The flag belt and ball – the flag belt marks the advancement of the play except if the ball crosses the goal line..
6. Ball Responsibility: Offensive team's players are responsible for retrieving their ball.
7. Stances: Players may use a 2, 3 or 4 point stance.
8. There are no sleeper plays. UNSPORTSMAN LIKE CONDUCT: 10 Yard Penalty
- 9.) For all rules not covered here, the USFTL RULE book will prevail.

### **First Downs / Declared 4<sup>th</sup> Down**

The offense has four plays to advance the ball beyond mid-field for a first down. On 4<sup>th</sup> down a team has the option of going for it or declaring. If the offense goes for it on 4<sup>th</sup> down and does not score, or cross midfield, the opposing team takes over at the spot of the ball. After the offense crosses mid-field they have four plays to score. If the offense declares instead of attempting a 4<sup>th</sup> down conversion then the opposing team's offense takes over wherever the punt returner is downed.

### **Centering the Ball**

The ball must be snapped between the legs, not off to one side, to start each play.

### **Spotting the Ball**

Each time the ball is spotted a team has 25 seconds to snap the ball. Officials will warn a team when there are 10-seconds left on the play clock. A five-yard penalty will be assessed for delay of game.

### **Substitutions**

Substitutions may occur during a dead ball period between the conclusion of the previous play and the declaration of 10 seconds by the official. All substituted players must be off the field or leaving the field when 10 seconds is declared. Players may not jump on - jump off prior to the snap in an effort to confuse the defense.

### **Running Plays**

1. The Quarterback may run the ball at anytime except when in the NO RUN Zone.
2. The Quarterback must line up under the center or in shotgun formation behind the center.
3. Direct handoffs are allowed.
4. Laterals and pitches are allowed anywhere on the field.
5. The player who takes the handoff or lateral can throw the ball as long as the does not pass the line of scrimmage.
6. There are no trick plays allowed where players place the ball on a receivers back; or place the ball underneath the jersey in an attempt to confuse the defense. Personal Foul - Un-sportsman Like Conduct - 10-Yards from Previous Spot.

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**"No Run Zone"**

1. The "No Run Zone" is designated to avoid short yardage power running. It is located five-yards from the mid-field first down markers and at five yards before each end zone.
2. The offense may only advance the ball by passing in the "No Run Zone."
3. Handoffs or backwards passes are allowed in the "No Run Zone." However the player receiving the handoff may not run. He **MUST** pass the ball.

**Passing**

1. Shovel passes are allowed.
2. Only one forward pass per down.
3. Interceptions may be run back.
4. If a lateral, pitch, or backwards pass is batted down by the defensive player, it will be treated like an incomplete pass and the ball will return to the original line of scrimmage. All muffed laterals, backward passes or handoffs are dead at the spot.
5. The Quarterback may play a bad snap. Any bad snap will be treated as a fumble and live ball.
6. If a passer crosses the line of scrimmage, then retreats back across the line of scrimmage, and then passes the ball, it is an illegal forward pass.
7. The passer may not intentionally throw the ball into the ground to avoid a loss of yardage. Exception: During the last minute of each half the passer may immediately take the snap and throw the ball into the ground to stop the clock.

**Receiving**

1. All players are eligible to receive passes, including the quarterback.
2. A player must have control of the ball and one foot in bounds when making a catch. If contact by the defender pushes the receiver out of bounds when in the judgment of the official he would have come down in bounds, it shall be ruled a completion.

**Ball Carrier:**

1. Ball carriers cannot run through or over an opponent, However runners can guard flags by using their hands to deny the opponent an opportunity to pull the flag. This includes: pushing hands and arms away from the flag, however placing the ball over the flag, lowering the shoulders or hurdling a player (except a down player to avoid an injury) and covering flags are not permitted. Spinning in place is not allowed. The flags mark the spot of the ball.
2. The ball carrier cannot spin in place to avoid a legal tackle - a player may spin while making forward progress.
3. Any hanging object on the ball carrier (such as towels or playbook) shall be considered flags if they are pulled during an attempted deflagging.
4. Excessive baggy pants or shirt tails hanging over the flags are not permitted. If a defensive player while attempting a flag pull grabs a hand full of shirt or pants, it is not holding if he also has part of the flag.
5. If a Ball Carrier fumbles the ball is dead at the spot of recovery by recovering team.

**Defensive Rushing**

1. A five yard rush zone exist on each side of the center. Any number of players can rush the quarterback providing they are within the rush zone at the start of play, however there **MUST** be at least 3 down linemen at the start of every play.
2. The Quarterback must be allowed to complete his / her throwing motion. No rusher can contact the Quarterback's throwing arm / hand in an attempt to block the pass - **the rusher must go for the flags.**
3. The rusher may attempt to block the pass but it is a penalty to make contact with the quarterbacks' body or arm even if the ball is deflected.
4. No rusher will be permitted to dive for the Quarterback's flags while the Quarterback is in the pocket or in the act of throwing. The pocket is defined as five yards each side of the center.

5. Rushers may leave their feet to pull flags but may not dive into or take down the ball carrier.



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## Blocking

1. Blockers must be on their feet before, during, and after contact with their opponent. You may not dive to block. Blockers may only contact their opponent's body between the waist and shoulders. Open Hand, straight arm blocking within the framework of the player's body is permitted. You may not grab the opponent's jersey. You may not contact the opponents head or shoulders during a block.
2. Blockers in the backfield may body up on the rusher but any use of hands, forearms or elbows above the shoulders shall be a Personal Foul with a player warning. Flagrant fouls may result in player ejection without warning.
3. Blocking downfield is permitted but players may not interlock their arms or hands, or grab onto clothing in order to form a wall around the rusher or otherwise aid the ball carrier.
4. You can use any number of linemen you would like, however you **MUST** have a minimum of 3 down linemen before a ball can be snapped.

## Dead Balls

Play is ruled over when:

1. The ball hits the ground
2. The defense has pulled the ball carriers flag.
3. The defense has touched a player who either:
  - a) Started the play without a flag
  - b) Inadvertently had the flag fall off

Note: if the defense intentionally pulls the flag prematurely they must pull the other flag to end the play.

4. When the ball carrier's knee touches the ground
5. When the ball carrier steps out of bounds
6. If there was an inadvertent whistle.

Note: If there is an inadvertent whistle the offense has the choice of accepting the ball where it was whistled dead or replaying the down.

7. A fumble is recovered and recovering player's flag pulled.

## Overtime:

1. Each team has 4 downs from mid field.
2. A coin flip determines first possession
3. Each team will receive one time out
4. If the score is tied at the end of OT there will be an extra point shootout from the 5-yard line.

## Penalties

Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

All interactions with captains and referees should be made in a sportsmanlike manner.

The end of the half or game cannot end on a defensive penalty, unless the offense declines it.

Officials will use the Advantage Gained Rule on judgment calls.

## DEFENSIVE PENALTIES:

**Off-sides** - After ball is ready for play and until snap, no defensive player may encroach on the neutral zone.

**PENALTY: DEAD BALL FOUL, ENCROACHMENT, 5 YARDS FROM PREVIOUS SPOT**

**NOTE: ON THE SECOND CONSECUTIVE ENCROACHMENT PENALTY, THE PENALTY IS 10 YARDS.**

**Defensive Pass interference** – After the pass is thrown by the passer, and until it is touched, there shall be no defensive pass interference beyond the line of scrimmage while the ball is in the air. Example: While the defender has an equal right to the ball, he may not go through the receiver; push, or otherwise contact the receiver in such a manner "as to gain an advantage" or face shield while the ball is in the air.

**PENALTY: PASS INTERFERENCE, 10 YARDS AND AUTOMATIC FIRST DOWN**



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**Illegal contact** - Defenders may contact the receivers ONE TIME within 5 yards. Contact by defenders beyond the five yard zone, multiple contacts or continuous contact within the 5 yard zone shall be illegal. There shall be no contact with the center until after the ball has been snapped and the center is upright and assumed a blocking position or has proceeded into a pass route by at least one full step.

**PENALTY: ILLEGAL CONTACT, 5 YARDS AND FIRST DOWN**

**Holding** – the defense may not hold on to the rusher or the flag belt to assist in pulling the flag

**PENALTY: HOLDING, 5 YARDS AND FIRST DOWN**

**Illegal rush** – Rushing the quarterback from outside the rush zone. Once the QB hands the ball off, or travels outside the rush zone, any defensive player is eligible to rush.

**PENALTY: ILLEGAL RUSH, 5 YARDS FROM PREVIOUS SPOT**

**Roughing the quarterback** – the rusher may not make contact with the quarterbacks throwing hand or arm, or hit the ball while it is in the quarterbacks' hands.

**PENALTY: ROUGHING THE PASSER, 10 YARDS AND AUTOMATIC FIRST DOWN**

**OFFENSIVE PENALTIES:**

**Line of Scrimmage:** 3 players must be on the line of scrimmage at the snap.

**PENALTY: ILLEGAL PROCEDURE, 5 YARDS**

**Illegal motion** – more than one player moving after the ball has been set or any player moving forward when the ball is snapped. Motion plays are permitted with one player moving parallel or away from the line of scrimmage - player in motion must be at least one yard off line.

**PENALTY: ILLEGAL MOTION, 5 YARDS**

**False start** – All players must be set for one full second before snap.

**PENALTY: DEAD BALL FOUL, FALSE START, 5 YARDS**

**Illegal Snap** – Movement by the offense that simulates a snap.

**PENALTY: DEAD BALL FOUL, ILLEGAL PROCEDURE, 5 YARDS**

**Illegal Forward Pass** – passing the ball beyond the line of scrimmage, or 2 forward passes.

**PENALTY: ILLEGAL PASS, 5 YARDS AND LOSS OF DOWN**

**Offensive pass interference** – After ball is snapped, and until it has been touched by a receiver, there shall be no offensive pass interference beyond the line of scrimmage while the ball is in flight. Example: Blocking downfield when the ball is in the air and it does not matter if the ball is behind or beyond the line of scrimmage.

**PENALTY: PASS INTERFERENCE, 10 YARDS AND LOSS OF DOWN**

**Pick Play** - receivers may not set a pick to free up other receivers.

**PENALTY: PASS INTERFERENCE, 10 YARDS**

**Flag guarding** – Runners can guard flags by using their hands to deny the opponent an opportunity to pull the flag. This includes: pushing hands and arms away from the flag, however stiff arms, placing the ball over the flag, lowering the shoulders and covering flags are not permitted.

Note: If there was none of the following penalties and the defender was able to pull the flag, or if a defender was not close enough to pull the flag, do not penalize. FLAG GUARDING is 10 yards from spot and replay down. If flag guarding occurs behind the line of scrimmage, the penalty shall be marked from the previous spot.

**PENALTY: FLAG GUARDING, 10 YARDS**



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**Illegal block** – Open hand blocking between the waist and shoulders is the rule. Blockers may body up in the backfield, but only open hand blocking downfield will be permitted. Blockers must be on their feet when blocking. Blocker's hands may not be locked. Blockers may not swing, throw, or flip the elbow or forearm. Contact above the shoulders or below the waist is not permitted.

**PENALTY: ILLEGAL BLOCK, 10 YARDS FROM SPOT**

**Charging** - Running through a defender who has established position

**PENALTY: CHARGING, 10 YARDS**

**Intentional grounding** – Throwing the ball away to avoid a sack. The ball must cross the line of scrimmage and be in the direction of a receiver.

**PENALTY: INTENTIONAL GROUNDING, 10 YARDS AND LOSS OF DOWN**

**Hurdling / Diving** – Hurdling over a player on the ground except to avoid injury or diving to advance the ball.

**PENALTY: PURDLING / DIVING, 10 YARDS**

**UNSPORTSMAN LIKE CONDUCT: 10 Yard Penalty**

1. Excessive contact or rough play: If official decides excessive contact was "with intent to harm" the player will be ejected from game. Depending on the severity of the incident the player may be tossed out of the league. Note: excessive contact may be called even if the contact was unintentional.
2. Excessive arguing with officials
3. Using vulgar language
4. Taunting, trash talking or verbal threats. The official will first issue a warning to both captains.

**EQUIPMENT & UNIFORMS:**

- No pockets or belt loops on shorts.
- Teams **MUST** have numbered jerseys at all times.
- League will provide the game ball.
- No arm pads or wrist pads. Soft kneepads may be worn on knee.
- Baseball, football or golf gloves may be worn.
- No caps with extended bills.
- Tampering with flags or flag belt will result in automatic disqualification.

**Protests** - a coach has the right to protest an official's interpretation of the rules provided that the protest is made immediately before the next live ball. A coach may also protest a player's eligibility.

**No littering** on the fields. Excessive littering is grounds for disqualification from future games. Please pick up your team's trash so we can use the fields in the future. No alcohol is allowed on school premises.

**League Director** reserves the right to suspend any player or team for unsportsmanlike conduct. All money will be forfeited.

**If any player/coach** bumps or assaults a referee, his team will forfeit all remaining games and all money will be forfeited.

**Fighting will not be tolerated.**

- 1) If 2 players get into a shoving/wrestling match, they will be ejected from that game and next.
- 2) If punches are thrown, they will be ejected and removed from league.
- 3) Any players leaving the sideline will be ejected and team will be removed from tournament.



**Verbal abuse** of the officials will not be tolerated. The player will be ejected from the game and suspended for two additional games. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well.

**Head Referee** can overturn calls by the other officials.

**All players** must sign a waiver before play.

**Players** are responsible for their own health and accident insurance. The Cecil Flag Football League its officers, directors, host location, officials and administrators are not responsible for accidents on the field, or in the field area, or parking lot. Or are they responsible for lost or stolen items.

**EQUIPMENT:**

**1 - UNIFORMS:**

- |         |                                                                                                                                                                    |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Jerseys | - Must be matching with numbers on front and back.<br>- May be required to be tucked in at officials discretion.<br>- Midriff Jerseys must not obstruct the flags. |
| Shorts  | - Must be matching. No belt loops or pockets.                                                                                                                      |
| Hats    | - Not allowed on the field at anytime.                                                                                                                             |
| Jewelry | - Not allowed at anytime.                                                                                                                                          |

**2 - EQUIPMENT:**

- |             |                                                          |
|-------------|----------------------------------------------------------|
| Pads        | - No pads allowed. <b>EXCEPTION:</b> To protect injury.  |
| Mouthguards | - Mandatory for players' safety.                         |
| Stick-Um    | - All forms are illegal and grounds for player ejection. |

**GENERAL NOTES & RULES:**

**1 - Game Summary Sheets:** When provided, a game summary sheet must be filled out and returned to head referee or tournament director before game will be considered official.

**2 - Insurance:** It is the responsibility of the individual players to carry, and maintain, their own health and accident insurance. The league accepts no responsibility in this matter.

**3 - Player/Team Waiver:** Each player, coach, and official must sign a waiver release acknowledging that they are participating in an flag football event and that they are covered by their own medical insurance and agree not to hold the Cecil Flag Football League, it's officers or officials, liable for any injuries or harm that may result from their participation.

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 Eight on Eight Rules  
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Rules Summary

<p><b>LOSS OF 5 YARDS AND REPLAY DOWN:</b></p> <ul style="list-style-type: none"> <li>01) Improperly Worn Equipment</li> <li>02) Illegal Substitution</li> <li>03) Delay of game</li> <li>04) Unfair Tactics</li> <li>05) Excess time-out illegally used or requested</li> <li>06) Putting ball in play before declared ready-for-play.</li> <li>05) Encroachment</li> <li>08) False start or simulating start of play</li> <li>09) Illegal snap</li> <li>10) Infraction of scrimmage formation</li> <li>11) Player out of bounds at snap</li> <li>12) Offensive player illegally in motion at the snap</li> <li>13) Interference with opponents or the ball</li> <li>14) Player on line of scrimmage receiving snap</li> <li>15) Illegal shift</li> <li>16) Interlocked interference</li> <li>17) Helping the runner</li> <li>18) Rushing outside Rush Zone</li> </ul>	<p><b>LOSS OF 10 YDS AND REPLAY DOWN:</b></p> <ul style="list-style-type: none"> <li>01) Delaying Start of Either Half</li> <li>02) Two or more consecutive Encroachments</li> <li>03) Illegal use of hands or arms by offense</li> <li>04) Flag guarding</li> <li>05) Obstructing the ball carrier.</li> <li>06) Hurdling EXCEPTION: Hurdling a down player to avoid an injury is legal.</li> <li>07) Tripping or Clipping</li> <li>08) Pick Play</li> <li>09) Spiking, Kicking, Throwing Ball during Dead Ball</li> <li>10) Striking, kicking, kneeing, elbowing, etc. Live Ball</li> <li>11) Unsportsmanlike conduct</li> <li>12) Personal fouls</li> <li>13) Persons illegally on the field</li> <li>14) Illegal flag removal</li> <li>15) Improper Equipment (Possible Player Ejection)</li> <li>16) Running into opponent (charging)</li> <li>17) Contact with player on ground</li> <li>18) Tackle Runner</li> <li>19) Illegal Block</li> <li>20) Holding on Pass Play (LOS)</li> <li>21) Diving to advance the ball</li> </ul>
<p><b>5 YARDS AND LOSS OF DOWN</b></p> <ul style="list-style-type: none"> <li>19) Illegal forward pass</li> <li>20) Illegally handing ball forward</li> <li>21) Intentionally grounding pass</li> </ul>	<p><b>10 YARDS AND LOSS OF DOWN</b></p> <ul style="list-style-type: none"> <li>23) Offensive pass interference</li> <li>24) Illegally Secured Flag on Touchdown</li> </ul>
	<p><b>10 YARDS AND AUTOMATIC FIRST DOWN</b></p> <ul style="list-style-type: none"> <li>25) Roughing the Passer</li> <li>26) Defensive Pass Interference - from previous spot.</li> <li>27) Diving into an opponent - from previous spot.</li> </ul>
<p><b>DISQUALIFICATION - 10 YARDS AND EJECTION</b></p> <ul style="list-style-type: none"> <li>01) Flagrant Unsportsmanlike Conduct</li> <li>02) Intentionally Kicking at or Swinging an arm or fist at an opponent (Contact does not have to occur).</li> <li>03) Intentionally Contacting an official</li> <li>04) Flagrant Personal Fouls</li> <li>05) Intentionally Tackling a runner.</li> <li>06) Intentionally Tampering with a flag (Loss of Down and Ejection)</li> <li>07) Intentionally Diving into a player</li> </ul>	