



## Cecil Flag Football League

[www.cecilflagfootball.com](http://www.cecilflagfootball.com)

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The Game: 8 on 8 Rules

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### General Rules

#### The Game:

- 8 on 8 – Minimum 8, maximum of 25 per roster.
- Field size is regulation with two end zones & goal posts.
- Minimum of 7 players required to avoid a forfeit.
- 4 downs per series to gain a first down, punt or score. (No Fake Kicks)
- Every 20 yards is a first down.
- 4 players must be on the line of scrimmage. Motion plays permitted.
- 2 on 1 Blocking is allowed
- Only one forward pass per down,
- The 8v8 Division is open hand contact between the shoulders and waist – contact blocking downfield is allowed.
- League will provide a minimum of 3 referees, including the head ref.

### Game Balls

League will provide football.

You can use a team's ball IF both managers agree to use your ball.

### Player Classifications

Any adult over the age of 18 can participate.

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

### Game Clock Format

1. 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. There is a Slaughter Rule in effect if a team is up by 17 the clock will run for the final 2 minutes.
2. 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.
3. 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.
4. Half Time: There will be a five-minute break at halftime and between each game for warm-ups.
5. Play Clock: Offense has 25 seconds from the time the ball is set by the official to snap the ball. The head official will announce a 10-second warning. The offense is responsible for retrieving the football and providing it to the referee to set.



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### Scoring

Touchdowns: 6 points

Safety: 2 points

Field Goal: 3 points

Extra Points: PAT: 1 point

Extra Point: 5 Yards 1 Point, 10 Yards 2 Points.

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 at the spot of the return unless a 4<sup>th</sup> down attempt failed.

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 result in a kickoff.

5. Fumbles of any sort result in a dead ball. Players are permitted to strip the ball but if it touches the ground it's a dead ball and the offense keeps possession.

6. The ball marks the advancement of a play once a flag has been pulled.

7. Ball Responsibility: Offensive team's players are responsible for retrieving their ball.

8. Stances: Players may use a 2, 3 or 4-point stance.

9. There are no sleeper plays. UNSPORTSMAN LIKE CONDUCT: 10 Yard Penalty

10.) For all rules not covered here, the USFTL RULE book will prevail.

### First Downs / Punting

The offense has four plays to advance the ball 20 yards for a first down. On 4<sup>th</sup> down a team has the option of going for it or punting. If the offense goes for it on 4<sup>th</sup> down and does not score, or gain a first down, the opposing team takes over at the spot of the ball. If the offense punts instead of attempting a 4<sup>th</sup> down conversion then the opposing team's offense takes over at the spot of the return. Punts that hit the ground can be picked up and advanced. Teams cannot rush between the center and guards during a punt or extra point and field goal attempts. The punter must be 5 yards behind the line of scrimmage. Muffs during a punt result in a deadball.

### 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.

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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### Kickoffs

1. Teams will kickoff after a score or to begin a game/half.
2. Kickoffs will be from the 30-yard line unless a penalty was assessed during the extra point.
3. Teams can return the ball after it hits the ground on a kickoff attempt.
4. Touchbacks will result in the ball being placed on the 20-yard line.

### 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. A bad snap will result in a dead ball and be treated as an incomplete pass.
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.
8. Teams cannot touch the center until he takes a step into his pattern or assumes a blocking position.

### 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, or flag guard with their hands.
2. The ball carrier cannot spin in place to avoid a legal tackle - a player CAN 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 shirrtails 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 the fumble.

### Defensive Rushing

1. Defensive linemen must rush from inside the offense tackles. Blitzing players can rush outside of the tackles, but there must be 3 down linemen inside the tackle box.
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. Rushers may leave their feet to pull flags but may not dive into or take down the ball carrier.
5. Players cannot touch the center until he steps into his pattern or assumes a blocking position.



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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. There is a fumble of any kind.

### Overtime:

1. Each team has 4 downs from the 20 to score.
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 10-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:

**Offsides** - 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 passer throws the pass, and until it is touched, there shall be no defensive pass interference after 5 yards off 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**

**Obstruction of the runners** – the defensive player cannot hold, grasp or stop the forward progress of the runner in their attempt to make a tag or flag pull.

**PENALTY: OBSTRUCTION OF THE RUNNER, 10 YARDS.**

### OFFENSIVE PENALTIES:

**Line of Scrimmage:** 4 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**

**Flag guarding** – Runners cannot 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, stiff arms, placing the ball over the flag, lowering the shoulders and covering flags are not permitted.

**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:

- Teams MUST have at least same color 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 to join will be ejected and team will be removed from league.



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**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 colors preferably numbers on front and back.<br>- May be required to be tucked in at officials discretion.<br>- Midriff Jerseys must not obstruct the flags.. |
| 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.  |
| Mouth Guards | - 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.

Cecil Flag Football League  
8 v 8 2011 Rules  
Modified USFTL 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> <li>22) Obstruction of Runner</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>	