



**2026**

**The Canadian Amateur Rule Book  
Flag Football**



**CANADA**



## Provincial Associations

Football BC  
PO Box 301  
#142 – 757 West Hastings Street  
Vancouver, British Columbia V6C 1A1  
[www.footballbc.com](http://www.footballbc.com)

Football Alberta  
Percy Page Centre  
11759 Groat Road  
Edmonton, Alberta T5M 3K6  
Tel: 780-427-8108  
[www.footballalberta.ab.ca](http://www.footballalberta.ab.ca)

Football Saskatchewan  
1525 Ave P South, Box 1848  
Saskatoon, Saskatchewan S7K 3S2  
Tel: 306-975-0827  
1734 Elphinstone St, 3rd Floor  
Regina, Saskatchewan S4T 1K1  
Tel: 306-780-9239  
[www.footballsaskatchewan.ca](http://www.footballsaskatchewan.ca)

Football Manitoba  
145 Pacific Ave. Room 506  
Winnipeg, Manitoba R3B 2Z6  
Tel: 204-925-5769  
[www.footballmanitoba.com](http://www.footballmanitoba.com)

Football Quebec  
4545 Ave. Pierre de Coubertin  
Montreal, Quebec H1V 3R2  
Tel: 514-252-3059  
[www.footballquebec.com](http://www.footballquebec.com)

Football Newfoundland and Labrador  
77 Stojko Place  
Mount Pearl, Newfoundland A1N 4Z3  
Tel: 709-687-1374  
[www.footballnl.ca](http://www.footballnl.ca)

Football New Brunswick  
PO Box 29039, Moncton North End  
Moncton, New Brunswick E1G 4R3  
Tel: 506-889-4481  
[www.footballnewbrunswick.nb.ca](http://www.footballnewbrunswick.nb.ca)

Football Nova Scotia  
5561 Spring Garden Road  
Halifax, NS B3J 1G6  
[www.footballnovascotia.ca](http://www.footballnovascotia.ca)

Football P.E.I.  
40 Enman Cr.  
Charlottetown, Prince Edward Island C1E 1E6  
Tel: 902-368-4262  
[www.footballpei.com](http://www.footballpei.com)

Football Ontario  
21 King St West, 5th Floor  
Hamilton, ON L8P 4W7  
1-888-313-9419  
[www.footballontario.net](http://www.footballontario.net)





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## Football Canada Non-Contact Rules and Safety Committee

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## Lightning Safety

Lightning is the most frequent severe storm hazard encountered in football. Most lightning casualties occur through the months of May and September.

Safety is always the number "1" concern for all participants and spectators involved in the game of football.

### Lightning Safety Tips

- Establish that an action plan is in place for all involved.
- Establish that a designated person is responsible to monitor the weather.
- Establish that there is a means of monitoring local weather forecasts and warnings (i.e. Environment Canada, radio, T.V.)
- Establish that there is a cell phone for emergencies.
- Establish that there is an accessible first aid kit.
- Monitoring should begin in appropriate amount of time before the event.
- Watch the sky for dark, heavy clouds on a warm and or humid spring and summer day.
- Be aware that lightning may strike several kilometers from the storm.
- Avoid power lines, tall objects, high places and water.
- **Take appropriate shelter when you count 30 seconds or fewer between lightning and thunder.**
- Safe shelter includes inhabited buildings and fully enclosed vehicles.
- If in a vehicle it is important not to touch any part of the metal framework during ongoing thunderstorms.
- If caught in an open, level field, don't lie flat, but crouch on the ground, with feet together, placing the hands on the knees and bending forward.
- Avoid grouping of players.
- **Remain sheltered for 30 minutes after the last thunder or lightning flash prior resuming an activity.**



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## Definitions

### **Blocking**

When a player deliberately impedes an opponent's approach to the ball, ball carrier, or potential ball carrier with or without making bodily contact with the opponent.

### **Bobbed Ball**

When a player attempting to receive a pass touches the ball, loses contact with the ball, then catches the ball without the ball touching another player.

### **Bodily Contact**

When a player contacts an opponent in such a manner as to stop the opponent's motion, to push the opponent, to knock the opponent down, or to move the opponent off stride or away from the opponent's intended direction or position.

### **Boundary Lines**

All the sidelines, end zone sidelines, and dead lines.

### **Captain**

Any 2 members of a team identified to the officials before the game as a spokesperson for offensive or defensive units of a team.

### **Coach**

A team member whose primary responsibilities may include team strategy, supervision, and player substitutions.

### **Completed Pass**

Any pass which is legally caught in bounds prior to the ball becoming dead.

### **Contact**

When a player touches any part of an opponent's body or equipment in any manner.

### **Control**

When a player has the ball firmly held in 1 or both hands, arms, or legs or holds the ball firmly under the body without having the ball touch the ground. The securement on the ball must be firm enough to enable the player to stop the rotation of the ball and be able to exhibit influence over its direction.

### **Convert**

A score of 1 or 2-points for the team which, during its convert attempt, legally advances the ball into the opponent's end zone.

### **Convert Attempt**

A scrimmage play which a team is entitled to use for the purpose of scoring bonus points immediately after having scored a touchdown.

### **Dead Ball**

When the ball is not playable by either team.

### **Dead Line**

The line marking the back of the end zone; it is not in the end zone itself.

### **Defense**

The team that does not have possession of the ball.



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## **Dipping**

Dipping is an attempt by the runner, with continuous movement, to avoid a flag pull by extra bending of the knees and lowering the level of the flags significantly compared to regular running. Dipping is legal.

## **Direct Path**

A straight line between a defensive and offensive player at any given time.

## **Diving**

Diving is an attempt by the runner to avoid a flag pull by leaning the upper body forward, with or without jumping, dipping or spinning. Diving is a type of flag guarding and is illegal.

## **Down**

1 of 3 consecutive attempts the offense may use to advance the ball towards the defense's goal line.

## **Down the Ball**

When the defense catches a loose ball or knocks a loose or free ball to the ground.

## **End Zone**

The area bounded by the goal line, end zone sidelines and dead line. The goal line is part of the end zone. Goal posts, and any attached material such as pads, are considered to be in the end zone. End zone sidelines and the dead line are not part of the end zone.

## **End Zone Sideline**

The sideline extended from the goal line to the dead line. It is not in the end zone.

## **Fake Handoff**

A fake hand-off is any movement of the runner with the hands towards a nearby teammate that simulates a transfer of possession. A faked pass (pump or simulated pitch) or the runner turning the body towards a teammate without movement of the hands is not a fake hand-off.

## **Field**

The area inside the boundary lines. The boundary lines themselves are out of bounds and are not considered to be in the field.

## **Field of Play**

The area bounded by the goal lines and the sidelines. These lines are not considered to be in the field of play.

## **First Down**

The first of 3 consecutive chances ("downs") awarded to a team to advance the ball towards the opponent's goal line.

## **Flagging (Flag)**

When an opponent removes a player's flag to stop a play.

## **Forward Pass**

When a pass is aimed towards the opponent's end zone.

## **Foul**

A violation of the rules which allows a player to take unfair advantage of the opponent.

## **Free Ball**

A live ball that is not in a player's control and can be legally recovered and advanced by either team. The ball is considered to be free from the time it leaves a player's body until the instant it touches the ground.

## **Goal Line**

The line marking the end of the field of play. The goal line is in the end zone.



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**Half**

1 or 2 periods of playing time in a regular game or overtime divided by a period of rest.

**Half Time**

The rest period between the 2 halves of a game.

**Hand-off**

When the ball is handed in any direction, not thrown, from 1 player to another; both players must be touching the ball simultaneously.

**Hash Mark**

Line or spot 24-yards from the sideline in 7 vs 7.

**Home Team**

If neither team is at its home venue or at a tournament with more than 2 teams, then the team listed first shall be designated the home team. The second listed team shall be the visiting team.

**Huddle**

When a team assembles on the field to decide offensive or defensive strategy for the next play.

**Illegal Participation**

A player who goes out of bounds shall not participate further in that play unless that player went out of bounds as a result of a slippery field, contact with an opponent, or a missed flag pull. This is a LOD penalty if committed by the offense and Repeat Down penalty if committed by the defense.

**Illegal Procedure**

When a player violates a procedure rule at the beginning of a kick off, convert attempt, or scrimmage play.

**Illegal Substitution**

When a player enters the field in between the ball is snapped and ball goes dead.

**Illegal Use of Hands**

Any contact with the hands that is made by a player on an opposing player which clearly interferes the latter from playing the position desired, or the use of the goal posts to change one's direction.

**Impede**

To force an opponent to change direction or to slow down with or without contact.

**In Bounds**

When the ball or a player has not touched the boundary lines or a person or object that is out of bounds.

**In Flight**

Without having touched the ground or any object since last kicked, punted, or touched.

**Incidental Contact**

When a player makes contact with an opponent without moving the opponent off stride or away from the opponent's intended direction or position.

**Incomplete Pass**

A pass which touches the ground, official, or goal post assembly or goes out of bounds prior to being caught.

**Infraction**

See "FOUL"

**Intercepted Pass**

When a player's pass is caught by an opponent.



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## **Interference**

Any obstruction, blocking, pushing off, screening, or illegal contact committed by a player of either team against an opponent.

## **Interference with the Rusher**

When the offense does not provide the rusher(s) with direct access to the quarterback or punter (7v7).

## **Jumping**

Jumping is an attempt by the runner to avoid a flag pull by pushing off the ground and thus raising the level of the flags significantly compared to regular running. Jumping is a type of flag guarding and illegal.

## **Kick Off**

When a team kicks the ball to its opponents by means of a place kick to begin a game, a half, or immediately following a convert attempt or safety touch. (7v7)

## **Kicking Tee**

A small device to be placed on the ground and used to hold the ball upright for a place kick. (7v7)

## **Lateral Pass**

See "Onside Pass".

## **Line of Scrimmage**

An imaginary line extending from sideline to sideline, parallel to the goal line, the position of which is determined by the point of the ball closest to the defense's goal line.

## **Live Ball**

When the ball is considered to be in play. This begins when the ball is snapped or kicked off (7V7), after the referee has blown the whistle to indicate that a play may begin, and continues until the ball is considered to be dead.

## **Major Foul**

An act which severely threatens a player's safety or is intended to injure any participant.

## **Manager**

A team member whose primary responsibility is administration of team logistics.

## **Muffed**

An unsuccessful attempt to catch a lateral, kick off (7V7), punt (7V7), or snapped ball, the ball being touched in the process.

## **Muffed Snap**

When the snap is muffed by the Quarterback.

## **Neutral Zone (Kick Off)**

The area extending from sideline to sideline between the line of kick off and the line 20-yards in advance of the line of kick off. (7v7)

## **Neutral Zone (Scrimmage)**

The 1-yard wide area extending from sideline to sideline in front of the line of scrimmage.

## **Non-Punting Teams**

The team which did not punt the ball last. (7v7)



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## **Objectionable Conduct**

The use of intimidating, profane, obscene, insulting language or gestures to an opponent, official, or spectator by any player or occupant of a team bench. Conduct such as throwing the ball at an opponent, official or occupant of a team bench or the threatening or striking of an official, player, or occupant of a team bench. Prolonged arguments with the officials.

## **Obstruction**

When a player impedes an opponent's approach to the ball, ball carrier or intended receiver with or without contacting the opponent.

## **Offense**

The team that has possession of the ball.

## **Official**

An individual on the field who is responsible for the orderly conduct of the game and the enforcement of the rules.

## **Offside**

When a player is in or beyond the neutral zone the instant that the ball is snapped or kicked off (7V7); or when a player is closer to the opponent's dead line the instant that a teammate touches the ball.

## **Offside Pass**

Any pass that goes in the direction of the opponent's dead line.

## **Onside**

When a player is not in or beyond the neutral zone at the instant that the ball is snapped or kicked off (7V7).  
When a player is parallel to, or closer to their own dead line than a teammate who last touched the ball, at the instant or anytime after that particular teammate last touched the ball.

## **Onside Pass**

When the ball is thrown, dropped, knocked, batted, or propelled in any manner (including bouncing off the body) by a player parallel to, or in the direction of that player's dead line.

## **Opponent**

A player on the opposite team.

## **Option**

When a non-offending team has a choice of a penalty or to let the play stand. This also may involve a choice of application of a penalty.

## **Out of Bounds**

When a player or the ball touches the boundary lines, or the ground or any object on or beyond these lines, including an official, any player or substitute. A player with possession of the ball touches any boundary line, the ground or any object beyond these lines, except a field official or another player who is out of bounds while the ball carrier is fully in bounds.

## **Pass**

- A pass is when there is a transfer of the ball that has not touched the ground from one player to another player where the ball is not in contact with two players at the same time.
- A forward pass is when the pass is aimed towards the opponent's end zone.
- A lateral or backwards pass is when the pass is aimed in any direction other than towards the opponent's end zone.

## **Pass Interference**

Any interference made by a player against an eligible receiver before an eligible receiver has caught the pass.



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**Passer**

Any player who attempts to throw a pass.

**PAT**

Point After Touchdown is the play that follows the touchdown. The offense will have the option to go for 1-point from the 5-yard line, or 2-points from the 10-yard line.

**Period**

1 of 2 portions of specified playing time in a half or overtime.

**Personal Foul**

An act whereby a player does not control the body motions and thereby threatens the safety of others by making aggressive bodily contact.

**Place Kick**

When the ball is kicked while it is resting on a kicking tee or is held on the ground by a player of the same team during a kick off. (7v7)

**Plane**

An imaginary line perpendicular to the edge of the goal line and midfield line closest to ball carrier teams dead ball line and extending beyond the sidelines.

**Play**

A period of action that begins when the ball is snapped or kicked off (7v7) and ends when the ball is considered to be dead.

**Playing Time**

The period of time as indicated by the referee during which scrimmage, kick off (7v7) and convert attempts may be attempted.

**Point of Scrimmage**

The spot in the field of play where the ball is placed on the scrimmage line for the next scrimmage play.

**Possession**

When a player has control of the ball (player possession) or when a team has the right to advance the ball, be awarded a first down or continue its downs (team possession).

**Punt**

When a ball is deliberately dropped from the hand and kicked before it touches the ground. Control of the ball must be gained before the ball was dropped. When a player obviously attempts to punt after gaining control of the ball and the ball strikes any part of the punter's body, a punt is considered to have occurred. (7v7)

**Punt Receiver**

A player of the team which did not punt the ball last and who attempts to play the ball. (7v7)

**Punter**

A player who attempts to punt the ball. (7v7)

**Pushing Off**

When any player pushes an opponent with sufficient force to knock that player off stride or away from that player's intended direction.

**Quarter**

See Period. (7v7)



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## **Quarterback**

The offensive player who receives the snap of the ball from the Centre during a scrimmage play for the purpose of running, passing or punting the ball (7v7).

## **Recover**

To gain possession.

## **Redirect**

See Impede.

## **Referee**

The chief official who is in charge of the game and all other officials.

## **Regulation Field** (*Flag*)

The size of the field is 80-yards by 25-yards wide for 5v5 and 110-yards by 65-yards for 7v7.

## **Regulation Time** (*Flag*)

The length of the game, which is 2 x 20 minute halves on 5v5 and 4 x 15 minute quarters in 7v7.

## **Restraining Zone**

A protective circular area of 5-yards radius, the centre point being the ball when it is touched. (7v7)

## **Return Punt**

A punt that is made by a player after receiving a punt from an opponent.

## **Right of Place (ROP)**

Right of place is given to any stationary players who maintains normal player posture and make no movements in any horizontal direction to change their position. A purely vertical movement, including a lift from the ground, in order to throw or catch a pass does not mean that a previously established right of place has been lost. Right of place supersedes right of way when determining who is guilty of a foul.

## **Right of Way (ROW)**

Right of way is given to a player according to rule who has established a direction of movement in a regular manner and does not alter that direction. A player with right of way has a higher privilege when determining who is guilty of a foul than all other players except those with right of place.

## **Roll Out**

When the quarterback moves laterally or diagonally away from the original position behind the line of scrimmage after receiving the snap from the center.

## **Rusher**

The defensive player who crosses the line of scrimmage before any teammate.

## **Rusher's Line**

An imaginary line parallel to and 7-yards from line of scrimmage 5v5. 5-yards for 7v7.

## **Safety Touch**

A score of 2-points against the team which does not legally carry, punt (7v7), or pass the ball out of its own end zone after 1 of its players has caused the ball to enter its own end zone from the field of play.

## **Screening**

When any player who is not playing the ball extends the arms or waves a hand in an attempt to distract a receiver, to block a receiver's vision, or to touch the ball.



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## **Scrimmage Play**

The action by the offense to score or advance the ball towards the defense's goal line by passing, running or punting (7v7). It begins by a snap of the ball by the Centre to a teammate.

## **Set**

When the ball is resting on the ground or the scrimmage bag while in the Centre's hand(s) ready to be snapped.

## **Shotgun Formation (*Flag*)**

Term used to describe positioning of the quarterback and Center. Space is left between the 2 players, allowing the quarterback to start further back from the line of scrimmage, further from the defense.

## **Sideline**

The line marking the side of the field of play between the goal lines.

## **Simultaneous Possession**

When players of opposing teams legally obtain possession of the ball at the same time.

## **Snap**

The action of the Centre at the beginning of a scrimmage play in throwing the ball from its position on the ground to the Quarterback.

## **Spinning**

Spinning is an attempt by the runner to avoid a flag pull by rotation of the body along the vertical axis. Spinning is legal if the height of the flags is not significantly raised. Spinning combined with dipping is legal, combined with jumping is illegal.

## **Stripping the Ball**

See "Jarred Ball"

## **Substitute**

A player replacing a teammate on the field.

## **Team Member**

A player, coach, manager, doctor, trainer, assistant, or any person allowed in the team bench area by the team.

## **Teammate**

A player on the same team.

## **2 Minute Warning**

When the referee blows the whistle 2 times in succession indicating to both teams that 2 minutes remains in the half or game.

## **Time**

The playing time permitted as indicated by the referee.

## **Time Count**

A period of 25 seconds given to the offense prior to a scrimmage play to huddle and put the ball into play.

## **Time In**

When the referee has indicated by a whistle that playing time in the period has started, or has resumed after a time out.

## **Time Out**

When the referee has indicated by a whistle and a criss-crossing of the arms over the head that the clock has stopped and playing time is not being consumed.



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**Tipped Pass**

A pass that is touched by 1 player then caught by the same player, a teammate, or an opponent.

**Toss (*Flag*)**

“See Onside Pass”

**Touchdown**

A score of 6 points for the team which legally carries the ball into the opponent’s end zone or legally gains possession of the ball inside the opponent’s end zone.

**Trainer**

A team member who is qualified to administer first aid and is identified as a qualified person to the officials.

**Unobstructed Path**

When the opponents allow a player to continue running the intended path without causing the player to slow down or change direction to avoid contact.

**Visiting Team**

If neither team is at its home venue or at a tournament with more than 2 teams, then the team listed first shall be designated the home team. The second listed team shall be the visiting team.

**Yard Line**

An imaginary line parallel to the goal line, extending from sideline to sideline, which represents each yard between the goal lines. On a well -marked field, every yard between the goal lines is marked at the hash marks and sidelines, and every 5-yards is marked from sideline to sideline.

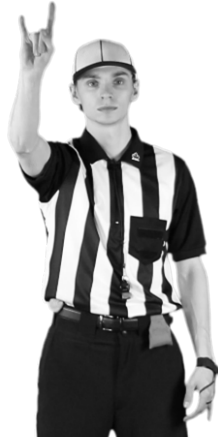


## Officials' Signals



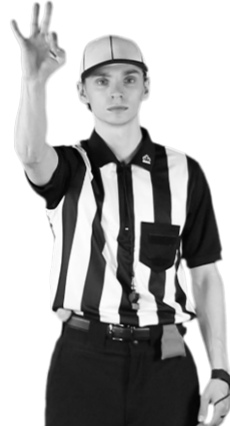
### 1<sup>st</sup> Down or Single Point

One arm extended above head holding one finger up



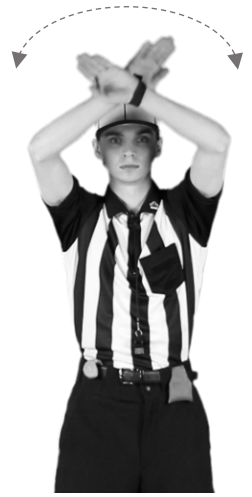
### 2<sup>nd</sup> Down

One arm extended above head holding two fingers up



### 3<sup>rd</sup> Down

One arm extended above head holding three fingers up



### Clock Stops

Hands criss-crossed above head



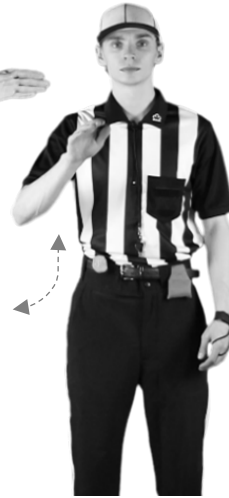
### Delay of Game/ Delay of Pass

Outstretched arm with closed fist in circular motion



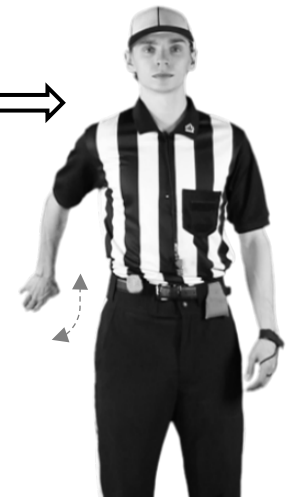
### Direction of Pass

Open hand pointing to direction pass was thrown



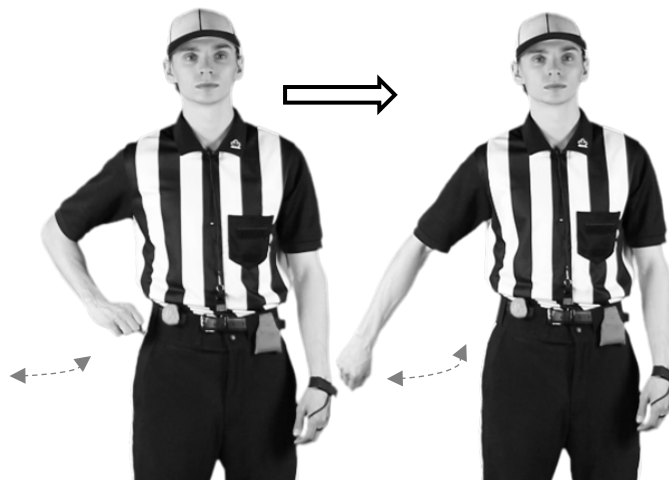
### Flag Guard

Swipe hand past leg as if defending flag



### Illegal Contact / Roughing the Passer

Chopping left wrist



### Illegal Flag Pull

Hand starts at the hip and pulls away as if pulling your own flag directly sideways from your body.



### Illegal Forward Pass

Passing motion and pointing at the ground

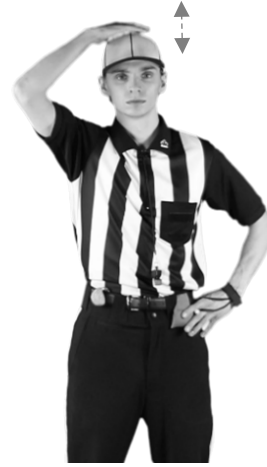




**Illegal Participation**  
Both arms extended sideways



**Illegal Run Play /  
Illegal Snap**  
Hands rotated in forward motion



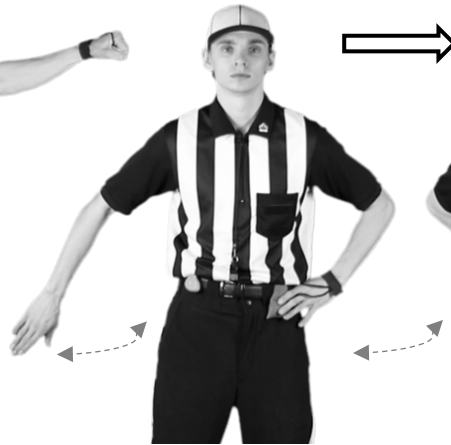
**Illegal Substitution**  
Hand patting top of head



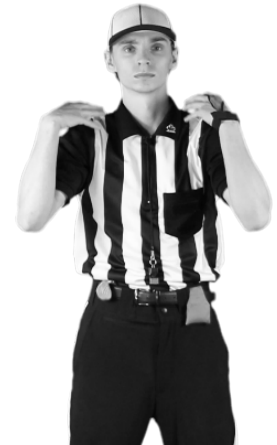
**Interference**  
Arms crossed in front of chest



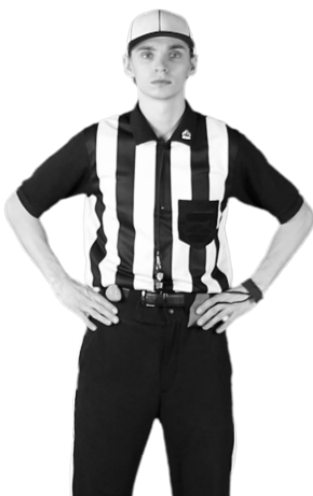
**Major Foul**  
Either arm extended sideways with closed fist



**Objectionable Conduct**  
Waving one arm behind back



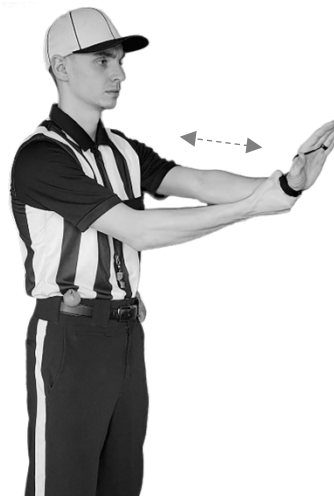
**Officials Timeout**  
Clock Stops signal followed by hands on shoulders



**Offside /  
Illegal Rushing**  
Hands on hips



**Pass Interference**  
Pushing forward from shoulders



**Rusher Interference**  
Grab the wrist of an outstretched arm with palm facing outwards



**Safety Touch**  
Hands together above head

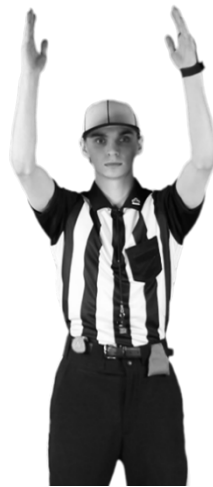




**Start Clock**  
Full arm circles  
to simulate clock



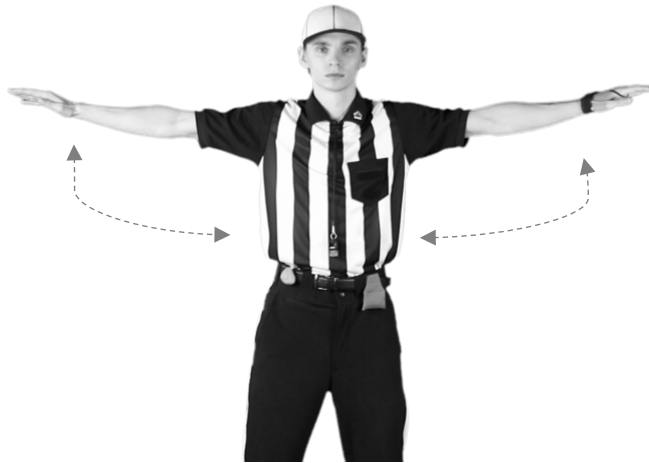
**Team Time Out**  
T Sign with hands  
in front of chest



**Touchdown**  
Both arms extended  
above head



**Two-Point Convert**  
Arm extended up  
with two fingers up



**Wash Out**  
Shifting arms in horizontal  
plane





**The Canadian Amateur Rule Book  
Flag Football**



**CANADA**

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**Flag Football**

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# General Rules

## Gameplay Principles

The most important principle of the rules is to **avoid any significant and impactful contact**.

The first important aspect of this principle is to make the flags an easy target. The runner is restricted from using anything other than legal flags and legal tactics (e.g. spinning) to restrict an opponent's access to their flags. In return the flag puller must take all reasonable steps to minimize contact during the act of removing the flag from an opponent.

The second important aspect of this principle is Right of Place (RoP) and Right of Way (RoW), which determine who is charged with avoiding contact. As a general rule, priority is given to the offense up to the point before the ball is passed or handed off and to the defense thereafter. However, these rights must not be abused to provoke contact. Intentionally contacting an opponent, even with RoW priority, will be penalized. Ball carrier must try to avoid defenders. Defenders cannot jump in front of a ball carrier and declare RoP. RoP can be clearly defined at the snap or if a position is taken with regard to an opponent that clearly gives the ball carrier enough time to avoid the defender.

## Positioning Principles

Right of Place (RoP) and Right of Way (RoW), as defined earlier, offer an excellent starting point for understanding the interaction between offensive and defensive players on the football field. Here is the order of RoP and various Rights of way.

1. Right of place
2. Right of way of Rusher to the Quarterback
3. Right of way of receivers
4. Right of way

## Equipment

The dimensions and type of football to be used among the different age groups and levels of play may vary.

Cleat specifications are liberal but sharp edges on any part of the footwear may cause removal of the footwear at the discretion of the Referee.

## Safety

The Flag Rules Committee considers all players to be responsible for the safety of their opponents as well as their teammates. It is imperative that each player exercise control to avoid bodily contact or minimize inevitable contact.

## Measurements

All measurements in this rule book are described in the imperial scale.

When field markings dictate the use of metric measurements, all designated distances contained herein, with the exception of those noted below, and may be converted at par from yards to meters. Thus, a 15-yard penalty will become a 15 meter penalty, and the offensive team must gain 10 meters, as compared to 10-yards, for a first down. In both imperial and metric measure, only 3 downs are allowed to gain the required distance for a first down.





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## **Ethical Play**

It is customary in flag football when a player removes an opponent's flag to end a play, the player must first hold up the flag to show the referee and hand the flag back to the respective opponent. To toss a flag aside or to the ground for the opponent to pick up is considered unsportsmanlike conduct.

The football player who intentionally violates a rule is guilty of unfair play and unsportsmanlike conduct; and whether they escape being penalized; they bring discredit to the good name of the game, which is their duty as a player to uphold.

Rules alone cannot accomplish fair play. Only the continued best efforts by coaches, players, officials and all friends of the game can preserve the high ethical standards set by the game of football.

All players are responsible for the safety of their opponents as well as their teammates; therefore, they must balance their aggressiveness with a measure of control to avoid bodily contact or at least minimize any contact that does occur. Coaches will emphasize safety and fair play at all times. Officials are to exercise no leniency in penalizing the infractions described in the rules and regulations, for to refrain from doing so would serve to condone dangerous play.

Football Canada is designated as a True Sport and with that adopt 4 core values: fairness, excellence, inclusion and fun.

**TRUE  
SPORT  
LIVES HERE**



## Rule Changes — 2026

### Rule 2

- 2.2 For youth leagues / recreational play it is recommended that appropriately sized footballs are used for both male and female players to accommodate the players abilities (examples below outline the minimum ball size that should be used).

Age	Dimensions	Wilson	Nike	Baden
U10 and below	Length: 9.5-10" Width: 6-6.5" Diameter: 17.5-18.5"	Pee Wee (K2)	Size 6	Pee Wee (Size 5)
U12 Female +U14 Female + U16 Female U12 Male	Length: 9.5-10.5" Width: 6-6.5" Diameter: 18.5-19"	Junior (GST)	Size 7	Junior (Size 6)
U18 Female + Sr Female U14 Male + U16 Male	Length: 10.5-11" Width: 6.5-6.75" Diameter: 19.5"	Youth (GST)	Size 8	Youth (Size 7)
U18 Male + Sr Male	Length: 11" Width: 7" Diameter: 21"	Official	Size 9	Official (Size 9)

For senior men's and women's leagues / recreational play they will typically use whatever ball they are comfortable with unless otherwise specified by the league.

For regional, national & international tournaments or championships the ball(s) to be used will be specified in the Technical Package for that event.

### Rule 4

- 8.1 In the last two minutes of both halves, the clock will stop in the following circumstances:

- To award a first down, also after a change of team possession.
- To complete a penalty.
- When the ball carrier goes out of bounds.
- When a pass strikes the ground.
- When a ball strikes the ground behind the line of scrimmage.
- When a score is made and during and after the following PAT.
- When a charged timeout is granted.

Note: The clock will continue to run if a ball carrier loses possession of the football and it strikes the ground beyond the line of scrimmage.

### Rule 10

#### 1 Running

- 1.1 The Center is the player who snaps the ball to the Quarterback. The Center is prohibited from receiving a forward handoff immediately following the snap (Center Sneak). The penalty for this is an Illegal Run Play penalty.
- 1.4 The Quarterback may not advance the ball across the Line of Scrimmage as a ball carrier. This restriction ends if the ball is transferred to another player and then returned to the Quarterback. This restriction includes extending the ball beyond the Line of Scrimmage to gain yardage or score while the Quarterback's body remains behind the line. The penalty for this is an Illegal Run Play penalty.

Grey shaded type denotes a change from the last rule book based on the new rule changes or clarifications for 2026.



## **Rule 21**

### **1 Penalties**

- 1.8 If a dead ball foul occurs after a scoring play, the non-offending team will get the choice to apply the yardage to the convert or to the start of the next possession. They will make this decision after the offense has declared if they are going for one or two points.
- 1.9 If the Ball Carrier legally crosses the Midfield Line and subsequently commits a foul that carries a Loss of Down penalty (e.g., Flag Guarding):
- The First Down is awarded.
  - The penalty yardage is enforced from the appropriate spot.
  - The Loss of Down is waived.
- The next play will be 1st Down, even if the penalty yardage enforcement places the ball back behind the Midfield Line.
- 3.10 Illegal Running Play – A Quarterback running with the ball across the Line of Scrimmage without a prior transfer of possession. This includes any instance where the Quarterback steps on or beyond the Line of Scrimmage while attempting a pass as well as a Quarterback extending the ball beyond the Line of Scrimmage to gain yards. Play whistled dead. (Next Down)

## **Rule 21**

### **1 No Run Zone**

- 1.3 When a play starts in the No Run Zone, the end result of the play must be a forward pass that is caught beyond the Line of Scrimmage.



# The Canadian Rule Book — Flag Football

## Rule 1 – General

- 1 The game of flag football shall be governed by the playing rules, regulations and definitions as written in this book.
- 2 Whenever changes in the playing rules are permitted by league or tournament organizers, these options should be provided in writing to each participating team and official prior to the season or tournament.
- 3 The Referee is responsible for the adherence to the rules and regulations by both teams and all officials. The Referee will make the final decision on any on-field situation not covered by the rules and regulations. All officials should strive to maintain a safe environment for the players.
- 4 At any time during the game, if a referee feels that continuing to play the game at hand may jeopardize a player's safety, the official may remove that player from the game immediately. An explanation should be included on the game sheet as to the reason why the player was removed. A referee's decision in this matter is final and cannot be challenged by the player affected or his/her teammates. Teams/players wishing to protest an official's decision must do so in writing to the League Executive within 48 hours of the conclusion of the game.
- 5 A participant (player or official), suffering from a wound or laceration, where oozing or bleeding occurs, must leave the playing field until appropriate medical treatment is administered. The participant may return to the playing field only after the bleeding has stopped and the affected area or the open wound has been completely and securely covered. The referee must approve the participant's return to the playing field.
- 6 If a player or official has any part of his/her uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. "Saturated" being defined as the amount of blood being sufficient to soak through the garment and onto the skin or such that the blood would easily be transferred to another participant.



## Rule 2 – Field and Equipment

### 1. The Field

The 5v5 Field of Play for U8 + U10 + U12 + U14 + U16 is 60 x 25 including end zones and for U18 + U20 + Senior 70 x 25 including end zones.

In 7v7 the field is 110 by 65-yards. The size of field may be altered for specific events and to suit the needs or resources of independent leagues.

Field specifications and markings are diagramed and detailed on page 23, 24, 27 & 28.

- 1.1 Goal posts are not required for the game of flag football. If they exist on the field, they must be padded to prevent injury and must be in the end zone if present.
- 1.2 League/Tournament organizers should decide the ground rules regarding obstructions and inform the teams and officials of these decisions in writing prior to the season/tournament. When obstructions are not covered by the ground rules, the Referee will consult the teams to arrive at ground rules that are satisfactory to both teams.
- 1.3 The team bench areas should be on the same side of the field unless circumstances dictate otherwise. The team bench area is to be marked. All team accessories, such as buckets, bags and equipment, should be placed at least 5-yards from the sidelines.
- 1.4 Team members must stay in the team bench area or be penalized for objectionable conduct or Leaving Team Area unless they are given permission by an official to leave the area or are entering the field during the legal substitution as a player. Only team members are allowed to stay in the team bench area; anyone else in the area must leave immediately or the team will be penalized for objectionable conduct.
- 1.5 Any spectator that interferes with the normal course of the game will be ejected from the field area. It is the local organization's responsibility to ensure that the ejected spectator complies with the decision, to ensure the safety of all players, staff members and officials.
- 1.6 If a spectator interferes during the play, the official will evaluate the impact of the interference and act accordingly. For example, if it is obvious that a touchdown would have been scored without the spectator's interference, the official will allow the touchdown. If the impact is not clear, the down will be replayed at the initial line of scrimmage or distance gained at point of interference at officials discretion.

### 2. The Ball

2.1 Teams may use their own ball or mutually agree to use 1 game ball.

2.2 For youth leagues / recreational play it is recommended that appropriately sized footballs are used for both male and female players to accommodate the players abilities (examples below outline the minimum ball size that should be used).

Age	Dimensions	Wilson	Nike	Baden
U10 and below	Length: 9.5-10" Width: 6-6.5" Diameter: 17.5-18.5"	Pee Wee (K2)	Size 6	Pee Wee (Size 5)
U12 Female +U14 Female U12 Male	Length: 9.5-10.5" Width: 6-6.5" Diameter: 18.5-19"	Junior (GST)	Size 7	Junior (Size 6)
U16 Female +U18 Female + Sr Female U14 Male + U16 Male	Length: 10.5-11" Width: 6.5-6.75" Diameter: 19.5"	Youth (GST)	Size 8	Youth (Size 7)
U18 Male + Sr Male	Length: 11" Width: 7" Diameter: 21"	Official	Size 9	Official (Size 9)

For senior men's and women's leagues / recreational play they will typically use whatever ball they are comfortable with unless otherwise specified by the league.



For regional, national & international tournaments or championships the ball(s) to be used will be specified in the Technical Package for that event.

- 2.3 No team or player is permitted to make alterations to the natural surface of the ball being used. Teams doing so will be penalized for objectionable conduct. The Referee must remove any ball that has been altered.

### **3. The Kicking Tee (7v7 only)**

- 3.1 The kicking tee must not raise the lowest part of the ball more than 2 inches off the ground or it will be deemed 'illegal procedure.' The kicking team is responsible for removing the kicking tee from the field after the play is dead. Failure to do so will result in objectionable conduct penalty against the team.

### **4. Uniforms**

- 4.1 Official tournament jerseys must be worn during play and properly tucked into shorts. If 2 teams are using similar jerseys, the winner of the coin toss has the option to change sweaters unless 1 team agrees to change its colors voluntarily.
- 4.2 If numbered jerseys are worn then all players must wear different numbers and ensure they are visible. Changing jersey numbers during a game is deceitful to the opponents and prohibited. Uniforms cannot contain any equipment that would cause injury to any player, such as flexible padding.
- 4.3 Players are not permitted to use adhesive material, paint, grease or any other slippery or sticky substance applied to equipment or on a player's person, clothing or attachments that affects the ball or an opponent.
- 4.4 Players must not wear shorts or pants that have pockets, belt, press studs or clips of any kind. Shorts or pants must be of a color different from the flags, to avoid camouflage of flags. Players cannot tape or secure their shorts or pants to meet this regulation. Short pockets may be sewn shut so that an opponent's finger does not get caught and passes inspection of the game official.

### **5. Player Equipment**

- 5.1 All players must properly wear a protective mouthpiece; there are no exceptions.
- 5.2 A player is permitted to wear athletic support/protector, completely covered by clothing or a clear, non-protruding face shield. Tape or bandages are permitted if they are non-abrasive or are of a non-hardening material in a wet or dry state.
- 5.3 Jewelry must be removed prior to the start of the game. If it is not possible to remove the jewelry it must be covered up completely, padded and secured. Medical bracelets may be worn but they must be fastened securely so as not to cause injury.
- 5.4 Soft headgear, including religious headdresses that are securely fastened and do not include metal or hard plastic that could be harmful to participants, is permitted.
- 5.5 Sunglasses are permitted.
- 5.6 Knee and elbow guards must be flexible and contain no hard material.
- 5.7 Arm casts may be worn only to protect an injury and must be flexible and contain no materials in a wet or dry state. Knee braces may be worn but must be completely covered by pants or by adhesive or tensor bandages such that no part of the brace is exposed, so a finger cannot be placed between any edge of the brace and the leg. Finger splints may be worn to protect an injury, but the finger splint must be appropriately padded. The officials will have the final decision on the acceptability of this type of equipment.
- 5.8 If a player or official has any part of their uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. "Saturated" being defined as the amount of blood being sufficient to soak through the garment and into the skin or such that blood would easily be transferred to another participant.
- 5.9 Players may wear cleats but must be rubber cleats. There is no minimum or maximum number of cleats to be worn, but cleats must be a part of the natural design of the shoes and in good condition. Spikes or similar sharp pointed type shoes such as track spikes, metal baseball cleats, or golf shoes are not permitted.
- 5.10 Play cards, play books, and play sheets may be used if they are not attached to the belt, and are safely secured during the play. Play sheets may not be placed on the ground where a runner could step on them.



## 6. Team Equipment

Different types of flags are available, including:

- 6.1 Looped belts, in which the belt is tightened around the waist and does not come off. Flags are typically 2 inches x 17 ¼ inches and are attached with either Velcro or suction sockets and all players should be wearing the same size flags.
- 6.2 Clipped belts, in which the belt is fastened around the waist with a quick release clip are available in different sizes. Flags are typically 2 ¼ inches x 14 ½ inches and are attached with either Velcro or suction cups and all players should be wearing the same size flags.
- 6.3 Cloth flags, in which 2 separate flags are tucked into a player's shorts or pants. The white section of the flag (8 inches x 2 inches) must be worn inside the pants with a minimum of 2 inches showing and the colored section of the flag (14 x 2 inches) must be worn on the outside of the pants. The officials must always be able to see a part of the white section of the ball carrier's flag otherwise a penalty for flag guarding will be called.
- 6.4 If a player is wearing unacceptable attire, equipment or shoes, the player must leave the game for at least 1 play and remove the equipment before returning. If the player returns to the game with the unacceptable equipment, the team will be penalized for objectionable conduct and the player will be ejected.

Note: Inspections of players' attire and equipment will be inspected by the official at the beginning of each game. The referee has the final decision and will decide on any on-field ruling which is not covered by this rule book.



## Rule 3 – Team Members

These following rules apply to (5v5 / 7v7) disciplines.

### 1 Players

- 1.1 Teams need a minimum of 4 / 6 players to be able to compete and a maximum of 5 / 7 players on the field at any given time. The official roster size will depend on the guidelines set forth by leagues, national, and international tournaments.
- 1.2 A team may have a maximum of 5 / 7 players on the field during a play. A team may use a minimum of 4 / 6 players during a play. A team which has more than 5 / 7 players on the field at any time, while the ball is live shall be penalized for illegal substitution.
- 1.3 A team must have a minimum of 4 / 6 players and a maximum of 5 / 7 players on the field at the scheduled time or be penalized for delaying the start of the game. The team will forfeit the game by a score of 6-0 if they do not have a minimum of 4 / 6 players and a maximum of 5 / 7 players on the field within 15 minutes of the scheduled start of the game.
- 1.4 When a team refuses to start or continue a game at the request of the officials, it will be penalized for delaying the game. On the third refusal, the team will forfeit the game by a score of 6-0; if the non-forfeiting team is in the lead at this point, the score will stand.
- 1.5 Each team is permitted a maximum of 2 / 4 team captains.
- 1.6 (7v7 only) A player is eligible to play, if he/she has arrived prior to the 2nd half kick-off.

### 2 Substitutions

- 2.1 Substitute players may enter the field only from their bench area and only when the ball is dead. Offensive player substitutions are allowed up to the point when the Center sets up for the snap of the ball and defensive player substitutions are allowed up to the snap of the ball. The penalty for violating these rules is illegal substitution.
- 2.2 A player leaving the field for a substitution must go directly to the team bench area. Leaving or deviating from this route will be a penalty for illegal substitution.

### 3 Captains

- 3.1 Team members identified to the official before the game as spokespersons for offensive and defensive units of a team shall be considered team captains. Each team is permitted a maximum of 2 / 4 team captains. In case of injury or ejection, an alternate captain may be identified to the officials.
- 3.2 Only a team captain is entitled to an explanation of the rules, including choices for penalty options. Only a team captain or head coach is entitled to request an equipment check.

### 4 Coaches and Managers

- 4.1 A coach or manager that is a player gets no special treatment while on the field, unless identified as a team captain. While off the field, a coach or manager must stay in the bench area or be penalized for Leaving Team Area or Objectionable Conduct.

### 5 Injured Player

- 5.1 A doctor, trainer or assistant may not enter the field to look after an injured player without the official's permission. A coach, manager, doctor, trainer or assistant may not coach the players while on the field during an injury situation. A team violating these rules will be penalized for objectionable conduct.



## Rule 4 – Timing / Overtime / Time Outs

### 1 Length of Game

- 1.1 The official game is 40 minutes (2x20 minute halves) in 5v5. The official game in 7v7 is approximately 1 hour and is detailed on page 50.
- 1.2 If there is still time on the game clock when the previous play expires, the game will allow for another play barring a penalty or a score.

### 2 Game Time Responsibility

- 2.1 One of the officials on the field shall be the official time keeper and shall govern the timing regulations in determining the amount of playing time that has elapsed.
- 2.2 Only the officials on the field can stop and start the clock. Whenever the officials stop the clock, the clock must be stopped first, then the appropriate signals given.
- 2.3 Whenever the game clock is stopped, it will start again on the next snap. The exception to this is following an injury. After an injury, the clock will start with the “Ready for Play” whistle from the Referee or on the snap of the ball depending on the state of the clock prior to the injury. See Pro Clock and Play Clock sections.

### 3 The Play Clock

- 3.1 The play clock starts once the Referee blows their whistle to indicate the teams and officials are “Ready for Play”.
- 3.2 The play clock is 25 seconds long. Failure by the offense to snap the ball after 25-seconds will result in a Delay of Game penalty.

### 4 Overtime

- 4.1 In the event of a tied game unless otherwise noted on league or tournament regulations, overtime will be played. The period between the end of the game and the start of the overtime halves will be 2 minutes. A coin toss determines first possession of overtime. There will be no time outs granted during the overtime period.
- 4.2 Refer to 5v5 and 7v7 rules for the variations in overtime procedure.

### 5 Time Outs

- 5.1 Each team has 2 60-second time outs per half. These cannot be carried over to the second half or overtime.
- 5.2 Each team captain will be told when 10 seconds remains in the time out. Teams may shorten the 60 second time period if they both agree.
- 5.3 Timeouts can be called by any game official and any player or coach on the field or in the bench area when the ball is dead.
- 5.4 Clock will stop for the length of the time out until the ball is snapped.

### 6 Team Time Outs

- 6.1 Stopped time / interrupted play used for an equipment check are not to be charged as a team time out; abuse of this privilege will be penalized for objectionable conduct against the team captain who requested the time out.

### 7 Injury Time Outs

- 7.1 Any official may call an official’s time out to allow a team to attend to an injured player. If the time out is called by the officials the injured player must be removed from the field for at least 1 play, unless the injured player’s team calls a time out. The officials have full authority to delay the game until the injured player is safely removed from the field.
- 7.2 Unnecessary delay in removing the player shall be penalized for delay of game.



## 8 Pro Clock

8.1 In the last two minutes of both halves, the clock will stop in the following circumstances:

- To award a first down, also after a change of team possession.
- To complete a penalty.
- When the ball carrier goes out of bounds.
- When a pass strikes the ground.
- When a ball strikes the ground behind the line of scrimmage.
- When a score is made and during and after the following PAT.
- When a charged timeout is granted.

Note: The clock will continue to run if a ball carrier loses possession of the football and it strikes the ground beyond the line of scrimmage.

8.2 At or following the 2-minute mark of the 2nd half, if the difference in score between the two teams is 25-points or more, the clock will be running time for the remainder of the game, except for injuries and timeouts.



## Rule 5 – Game Procedures

### 1 Pre-game Conference

- 1.1 The Head Official is responsible for the adherence to the rules and regulations by both teams and all officials. The Head Official will make the final decision on any on-field situation not covered by the rules and regulations in this book.
- 1.2 Approximately 3 minutes prior to the scheduled start time of the game, and immediately following the rest period, at least 1 captain from each team will meet with the Head Official at center field to review the field conditions and field markings and conduct the coin toss.
- 1.3 The winner of the coin toss shall choose if they would like to start with the ball, choose a side, or defer their choice to the beginning of the 2nd half.

### 2 General Play

- 2.1 The offensive team takes possession of the ball at its 5-yard line and has 3 plays to cross midfield. When a team crosses midfield, it has 3 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- 2.2 To begin a play, the ball must be snapped by the offensive Center, from the point of scrimmage to the quarterback, which is the first person on the offense to obtain possession of the ball behind the line of scrimmage. There is no minimal distance required by the quarterback who can be either up close to the center or in shot-gun formation.
- 2.3 There is a 1-yard neutral zone extending 1-yard forward from the Line of Scrimmage that the defensive players cannot line up in or enter before the snap of the ball.
- 2.4 An automatic first down by penalty will overrule the other requirements regarding 3 plays to make either a first down or score.
- 2.5 If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- 2.6 All possession changes, except interceptions from scrimmage play, start on the offensive 5-yard line. Defensive interceptions that give the defense possession between their own 1- and 4-yard line will be brought to the 5-yard line for the start of their next possession. Penalties that occur after interceptions will have the point of possession as the LOS for enforcement purposes.
- 2.7 When the offense gains a first down by crossing midfield, another first down will not be awarded except through a penalty.
- 2.8 “No Run Zones” are located 5-yards in front of each end zone . When the offense starts a play within the No Run Zone closest to their opponent's end zone, the play must result in a legal forward pass.
- 2.9 The quarterback, defined as the player that gains possession of the ball from the Center, cannot run with the ball past the line of scrimmage, unless the ball has been handed off, tossed, pitched or lateraled to another player and then returned.
- 2.10 Once the ball carrier has crossed the line of scrimmage or a forward pass has occurred, the ball cannot be handed off, tossed, pitched or passed forward in any way.
- 2.11 Forward passes and handoffs are allowed behind the line of scrimmage. The offense may elect to throw a legal forward pass after a handoff has taken place. *See Legal Forward Pass.*
- 2.12 Legal Forward Pass – The first forward pass thrown that originated from behind the line of scrimmage. *See Pass definitions.*
- 2.13 Kickoffs are do not occur in 5v5. Rules that outline kicking are found in the 7v7 section.
- 2.14 To start the second half, either the team that lost the opening coin toss or the team that deferred their choice to the second half will have the option to start with the ball or choose a side to begin play.
- 2.15 Prior to a forward pass, the offense may use multiple handoffs or lateral passes behind the line of scrimmage.
- 2.16 The game time can be altered based on the skill level of the athletes, number of participants and size of the playing surface.
- 2.17 If an offensive penalty in the “No Run Zone” occurs that takes the team outside the “No Run Zone”, then the team still cannot run.



- 2.18 Once an offensive play starts in the No Run Zone, the No Run Zone rules apply for the remainder of the possession or until a touchdown is scored.

### 3 Touch Downs

- 3.1 A touchdown is scored when a player has legal possession of the ball in the opponent's end zone.
- 3.2 The ball is considered to be in the end zone when any part of the ball touches the plane of the goal line.
- 3.3 When the ball is in the end zone, it is considered to be still in the end zone until the entirety of the ball has passed the plane of the goal line.
- 3.4 The team scoring the most points during regulation time is declared the winner. If the teams are tied after regulation time and a winner must be declared, the team scoring the most points during overtime is declared the winner.

## Rule 6 – Live Ball / Dead Ball

### 1 Live Ball / Dead Ball

#### 1.1 Live Ball

The ball is live after the officials have signaled play to begin and the ball has been snapped by the team in possession. The ball will remain live until the ball is ruled dead according to the dead-ball rules. A team cannot advance the ball or score unless the ball is live.

#### 1.2 Dead Ball

The ball is dead when any of the dead-ball conditions are met. A live ball becomes dead when an official's whistle is blown. The team in possession can advance no further when the ball is dead.

- 1.3 Substitutions may be made only when ball is dead. If a ball carrier's flag falls off, the play will be whistled dead and the ball will be spotted where the flag fell off. Players are eligible to catch a pass or receive the ball by hand off, toss or pitch if their flag has fallen off but unable to advance. The play will be called dead where the player (with no flag) caught the ball.

- 1.4 There are no fumbles, if a ball carrier loses possession / fumbles the ball and it touches the ground or into the hands of a defender, the play is whistled dead immediately and the ball is spotted where the player lost possession. If the QB doesn't gain possession of the ball during the snap, the ball will be placed at the line of scrimmage and result in a loss of down or turn over on downs. If an offensive player behind the line of scrimmage does not gain possession of a handoff, toss, pitch or lateral the ball will be placed at the last point of possession and result in a loss of down, turn over on downs, or safety if applicable.

- 1.5 A play is ruled "dead" when:

- An official blows their whistle.
- Ball carrier's flag is pulled or ball carrier otherwise becomes illegal.
- Ball carrier steps out of bounds
- Points are scored.
- When any part of the ball carrier's body, other than his hand or foot touches the ground.
- When the ball touches the goal post assembly
- When the ball touches an official (it shall be considered as having touched the ground).
- When the flag of the player with possession of the ball falls off.
- When a delay of Game, Delay of Pass, Diving, Flag Guarding / Jumping, Illegal Running Play, Illegal Snap, Illegal Forward Pass, or Interference penalty occurs.

- 1.6 If an official inadvertently blows their whistle, the Head Official will give the affected team the option to let the play stand or repeat it. If the whistle blows inadvertently after an interception and the intercepting team is most affected (regardless of the time remaining on the clock), they can scrimmage the ball from the spot of the early whistle.

- 1.7 If the Head Official cannot decide which team is adversely affected, the play shall be repeated.

- 1.8 Any fouls which occur during the play and are allowed to stand will be administered as they would be in a regular play situation. Dead-ball fouls will be administered in all cases.



## Rule 7 – In and Out of Bounds

### 1 In Bounds

- 1.1 The ball carrier is considered in bounds until they either touch or go out of the boundary lines.
- 1.2 Any player who has not touched the boundary lines nor touched the ground beyond them is considered to be still in bounds.

### 2 Out of Bounds

- 2.1 The ball is out of bounds when it touches the boundary lines or the ground beyond the boundary lines. The ball is out of bounds when it touches an object or a person that is out of bounds.
- 2.2 Any player or object that is touching the boundary lines or the ground beyond the boundary lines is out of bounds. An airborne object or object suspended over the playing field is considered out of bounds.

## Rule 8 – Control and Possession of the Ball

### 1 Control of the Ball

- 1.1 A player is considered to have control of the ball when the player has the ball firmly held in 1 or both hands, arms or legs or holds the ball firmly in 1 or both hands, arms or legs or holds the ball firmly under the body without having the ball touch the ground. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and be able to exhibit influence over its direction.
- 1.2 A player who leaves the ground to make a catch or interception must have control of the ball when first returning to the ground with any part of the body touching the ground in bounds prior to any part of the body touching out of bounds.

### 2 Possession of the Ball

- 2.1 A team must have possession of the ball to score a touchdown or to earn a first down. When a team obtains possession from the opponents, they will be awarded a first down where the ball becomes dead. After being awarded a first down, a team keeps possession for 3 downs, unless the opponents gain control of the ball, or either is awarded first down by penalty. During the 3 downs, the team in possession must gain the required distance for first down or score a touchdown, otherwise, they will give up possession.
- 2.2 A player is considered to have possession of the ball if that player has control of the ball. If control of the ball is lost, the player no longer is considered to have possession of the ball.
- 2.3 A team is considered to have possession of the ball when one of its players has control of the ball or awarded possession by the rules. A team loses possession when the opponents intercept a legal pass or through a turnover on downs.
- 2.4 Both offensive and defensive players are not allowed to slap or strip the ball from a ball carrier while it is in their hands or make contact with an opponent's hands while catching the ball.

## Rule 9 – The Huddle

### 1 Huddle

- 1.1 The team on offense has 25 seconds to put the ball in play and teams will be notified verbally when there are 10 seconds left. The officials will give a reasonable period of time for both teams to regroup before whistling in the Ready for Play. If the ball is not put in play before the end of the 25 seconds, the offense will receive a penalty for a delay of game violation.



## Rule 10 – The Running Game

### 1 Running

- 1.1 The Center is the player who snaps the ball to the Quarterback. The Center is prohibited from receiving a forward handoff immediately following the snap (Center Sneak). The penalty for this is an Illegal Run Play penalty.
- 1.2 Before the snap, the long axis of the ball shall be at right angles to the scrimmage line and the Center's feet on either side of the bean bag marking the Line of Scrimmage. A legal snap is handing or passing the ball backward from its position on the ground with a quick and continuous backward motion of the hand or hands that results in losing possession of the ball. The snap need not be between the snapper's legs.
- 1.3 A run play occurs when a player crosses the line of scrimmage with the ball without a forward pass being thrown. The line of scrimmage and point of scrimmage shall be determined by the officials according to the dead-ball rules and scrimmage regulations.
- 1.4 The Quarterback may not advance the ball across the Line of Scrimmage as a ball carrier. This restriction ends if the ball is transferred to another player and then returned to the Quarterback. This restriction includes extending the ball beyond the Line of Scrimmage to gain yardage or score while the Quarterback's body remains behind the line. The penalty for this is an Illegal Run Play penalty.
- 1.5 The player who takes a handoff can throw the ball from behind the line of scrimmage.
- 1.6 Once a ball has been handed off, passed, pitched, lateraled or there is a fake handoff or lateral, all defensive players are eligible to rush from anywhere on the field. Offensive players may not interfere with a Rusher's RoW if there is an immediate fake handoff. Violation of this rule is Rusher Interference. When a player tips a pass to a teammate without gaining control, play continues and the ball can be advanced.
- 1.7 Spinning and dipping is allowed, but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage (no diving).
- 1.8 It is up to the ball carrier to avoid contact with the defender.
- 1.9 The ball is spotted at the location of the ball when the ball carrier's flag has been pulled. The ball shall be placed so the long axis is parallel to the sidelines.
- 1.10 The ball cannot be spotted closer than the 1-yard line from either teams end zone.

## Rule 11 – Receiving

### 1 Receiving

- 1.1 All players are eligible to receive passes (including the quarterback if the ball has been handed off, tossed, pitched or lateraled behind the line of scrimmage).
- 1.2 All players must be behind their side of the Line of Scrimmage neutral zone at the snap of the ball. Violation of this occurs if they have stepped into the neutral zone placing 1 or more of their feet on the ground prior to the snap and is an offside penalty.
- 1.3 Any number of players can be in motion when the ball is snapped; only the center must be at the line of scrimmage. Players in motion towards the line of scrimmage will not be considered offside unless they have entered the 1-yard scrimmage neutral zone by placing 1 or more of their feet on the ground at the snap of the ball. If they return back behind their side of the zone before the ball is snapped, they will not be penalized.
- 1.4 A player who goes out of bounds shall not participate further in that play unless that player went out of bounds as a result of a slippery field, missed flag pull, or contact with an opponent.



## Rule 12 – Rushing the Quarterback

### 1 Rushing

- 1.1 All players who rush the passer must be 7-yards for 5v5 and 5-yards for 7v7 from the line of scrimmage at any point after the ball has been snapped. Both the line of scrimmage and the rusher line will be marked with a bean bag. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage after the snap. The rusher must rush continuously, in a direct path towards the quarterback if they are in the pocket or are rolling out. Once the ball is handed off, tossed, pitched or lateraled or a fake handoff, toss, pitch or lateral occurs, the 7- or 5-yard rule no longer is in effect and all defenders may go across the line of scrimmage from anywhere on the field.
- 1.2 A rusher lined-up within 2-yards (on either side) of the 7 yard marker (5v5) or 5-yards (7v7) is entitled to a free direct path to the quarterback – the rusher may not be interfered with by any offensive player. If the rusher is lined up outside the 2-yards (on either side) of the 7 yard marker, or they switch the side that they are on once the center is ready to snap the ball, they are not entitled to a free path to the quarterback.
- 1.3 A rusher lined-up within the 2-yards of the rush line marker cannot line up directly over it, they must choose / position themselves on 1 side or the other and be a minimum of 12 inches away from it clearly indicating which side they are rushing from. The rusher will lose their free direct path to the quarterback if they switch the side they are rushing from after the center positions the ball for a snap. Rushers must also ensure that their entire body is behind the rush line marker, even if they are leaning forward.
- 1.4 Any type of accidental or deliberate contact with the quarterback's upper body or their arm including the ball in their hand by the rusher while they are attempting to throw the ball will result in an illegal contact penalty. This also includes any other offensive player who is attempting to throw the ball.
- 1.5 If the offensive player's arm is in motion forward while attempting a pass when their flag is pulled by a rusher the play will be allowed to continue
- 1.6 If a Rusher's RoW is interfered with by a player in motion immediately following a handoff or fake handoff, the offense will be penalized for Rusher Interference.

## Rule 13 – Flagging

### 1 Flagging

- 1.1 To prevent the ball carrier from advancing, an opponent must pull off 1 or 2 flags without preventing the ball carrier to move forward. The ball is declared dead at this point. Once the defender has removed a flag, they are to remain in place hold the flag up for the officials to confirm the play has stopped and return the flag to the ball carrier. If a defensive player does not immediately return the flag back to the ball carrier, the official will issue a warning to the captain of the team at fault. If the situation repeats itself, no matter which player is involved, the official will issue an objectionable conduct penalty.
- 1.2 Defensive players are not allowed to pull an opponent's flag prior to them gaining possession- or touching the ball with the intent of gaining possession. This is known as an Illegal Flag Pull penalty. If a flag is pulled early and:
  - The ball is caught, the penalty results in an automatic first down 5-yards from where the ball is caught.
  - The ball is not caught, the penalty results in an automatic first down 5-yards from the line of scrimmage.
- 1.3 The officials will whistle the play dead when they see that a defensive player has removed (flagged) 1 of the flags of the ball carrier. If a ball carrier does not have all his or her flags, the player is eligible to receive the ball, however, they cannot advance it. If a ball carrier's flag is moved out of position by a defender in an attempt to flag them the play will be allowed to continue. Players wearing belted flags must ensure that they are not too loose and cannot move around easily.
- 1.4 An eligible pass receiver who loses a flag at anytime can still receive a forward pass, but the ball will be declared dead at the point of reception. Players winding flags on belts will be warned the first time, next time removed from the game.



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- 1.5 A player who flags an opponent that does not cause a stoppage of play must release the flag immediately or else they will be penalized for illegal flag pull. But if the play is stopped on the flag pull, the player must hand the flag back to the player.

## **Rule 14 – Passing**

### **1 Pass**

- 1.1 A pass is when there is a transfer of the ball that has not touched the ground from one player to another player where the ball is not in contact with two players at the same time.
- 1.2 A forward pass is when the pass is aimed towards the opponent's end zone.
- 1.3 A lateral or backwards pass is when the pass is aimed in any direction other than towards the opponent's end zone.

## **Rule 15 – The Passing Game**

### **1 Passing**

- 1.1 The quarterback has 7 seconds to throw the ball after the ball has been snapped. If a pass is not thrown within the 7 seconds, a delay of pass penalty shall be called.
- 1.2 The offensive official will verbalize the 7-second count at 5 seconds for the quarterback so that they can hear / know that time is running out to pass the ball. If the quarterback's arm is in forward motion when the 7-seconds expires, then the play will be allowed to continue.
- 1.3 Once the ball is handed off, tossed, pitched or lateraled or a fake handoff, toss, pitch or lateral occurs, the 7 second rule is no longer in effect.
- 1.4 Only 1 forward pass thrown is allowed in a down.
- 1.5 Interceptions change the possession of the ball.
- 1.6 Shovel passes are allowed.
- 1.7 (5v5 only) Once a player catches a legal forward pass, they are no longer allowed to make another handoff, lateral, or second pass.
- 1.8 Interceptions can be returned by the defense.
- 1.9 On interceptions that occur and remain in the end zone, the ball becomes dead and turned over to the intercepting team at its 5-yard line. (7v7 goes to 10 yd. line)
- 1.10 If a ball is intercepted and the ball carrier runs into their own end zone where they are flagged, except in the case of an inadvertent whistle, the result would be a safety for the other team.

## **Rule 16 – Complete / Incomplete Passes**

### **1 Complete Pass**

- 1.1 A pass is completed when a receiver is in possession of the ball.
- 1.2 When an opponent causes the receiver to land out of bounds and, in the judgment of the officials, the receiver would have touched the ground in bounds without the opponent's action, the receiver will be considered to have landed in bounds. This also applies to first downs and touchdowns within the field of play.
- 1.3 When a receiver has control of the ball even for an instant, then loses control because of bodily contact caused by an opponent or the ground, the receiver will be awarded a complete pass.

### **2 Simultaneous Possession**

- 2.1 A complete pass caught simultaneously by teammates shall be awarded to the teammate who first touched the pass. A completed pass caught simultaneously by players on opposite teams shall be awarded to the player whose team had possession before the pass was caught simultaneously.



### **3 Tipped Pass**

- 3.1 Tipped passes are legal. If the pass is legal, the ball can be advanced when caught.
- 3.2 When a player tips a pass to a teammate without gaining control, play continues and the ball can be advanced.

### **4 Bobbled Pass**

- 4.1 If a receiver tips the ball and gets flagged before getting full possession, the ball is considered dead where the player was flagged.
- 4.2 When the ball carrier accidentally loses control of the ball, then catches it without the ball being touched by another player, the play continues. If the ball carrier was flagged by an opponent after losing control of the ball, the play is considered dead where the ball carrier was flagged.
- 4.3 When the ball carrier deliberately throws the ball into the air, then catches it to avoid being flagged, the ball is dead immediately.

### **5 Intercepted Pass**

- 5.1 Any pass that is incomplete by the team in possession but caught by the opponents is an intercepted pass.

### **6 Incomplete Pass**

- 6.1 Any thrown pass is incomplete and the ball is immediately dead when it touches the ground, the goal post or an official, or goes out of bounds before being caught.

### **7 Blocked or Deflected Forward Pass**

- 7.1 A forward pass that is blocked by a rusher is considered to be an incomplete forward pass when it hits the ground. A deflected pass is ruled a regular forward pass playable by all players on both teams.
- 7.2 When a forward pass thrown by an offensive player is tipped / blocked by a defensive player and caught by an offensive player, the offense cannot throw a second forward pass and must run the ball; a second forward pass will be ruled an Illegal Forward Pass.

### **8 Deliberate Grounding Pass**

- 8.1 When the passer deliberately throws the ball out of bounds, or to an area where there is no receiver, in an obvious attempt to avoid a loss of ground, the passer will be penalized for grounding. (7v7 only)
- 8.2 (5v5 only) There is no intentional grounding, however, if in the judgment of the officials, if there is an attempt by the passer to delay the game by their actions, then a penalty for delay of game may be called.

### **9 Forward Pass vs. Dropped Ball**

- 9.1 When the passer attempts a forward pass and loses control of the ball after starting the passing arm in a forward motion and following through with the intended pass motion, the ball is dead when it hits the ground and the play is considered to be an incomplete forward pass.  
If the forward motion of the throwing arm had not started when control of the ball was lost, the play is dead at that spot.

## **Rule 17 – Pass Interference**

### **1 Pass Interference**

- 1.1 Pass interference occurs when a player takes away an opponent's positional advantage
- 1.2 Pass interference can apply when the pass is in the air and the player who had positional advantage had a reasonable chance of getting to the arrival point for the ball.
- 1.3 Pass interference by the offense or the defense is illegal. The team that violates the pass interference regulations will be penalized as determined by the official.



## 2 Contact

- 2.1 A player has committed bodily contact when that player makes contact with an opponent and moves the opponent off stride or away from the opponent's intended direction or position. Contact between opponents is legal provided that the contact results from a simultaneous and legitimate attempt to play the ball and occurs at the arrival point of the pass; this contact is legal only when each player is intent on playing the ball and each player is in an equally favorable position to play the ball.
- 2.2 When contact occurs without moving the opponent off stride or away from the opponent's intended direction or position, pass interference has not occurred; this is incidental contact.

## 3 Path to the Ball

- 3.1 All players have an equal right to a direct path to the arrival point of the ball. However, a player in an unfavorable position cannot commit bodily contact with an opponent to reach the ball, even if the ball was eventually touched by that player.
- 3.2 A player who is in an advantageous position to play the ball compared to an opponent, is considered to have the right to the path of the ball. When that right is taken away by an opponent using bodily contact, pass interference has occurred.
- 3.3 A player, who is taking a path or a position on the field in order to catch a pass, or defend against a pass, has a right to that path or position unless an opponent has already taken it. A player who takes an opponent's established path or position using bodily contact is guilty of pass interference.
- 3.4 When 2 opponents cross paths and make contact, the player who had clearly declared the intended path first has the right to that path; the opponent is guilty of pass interference unless the contact was incidental. If the officials cannot determine who declared their path first, pass interference has not occurred.
- 3.5 When opponents get their feet tangled up while running their respective paths causing 1 player to lose balance, a pass interference penalty is not automatic. The relevant positions and intended paths of the players must be taken into account.
- 3.6 In all the above cases, the player who is in the advantageous position to play the ball must continue to display intent to reach the arrival point of the ball. Otherwise, any contact by the opponent in a sincere effort to reach the arrival point of the ball will not be considered pass interference. A deliberate attempt to block the opponent from reaching the arrival point of the ball is pass interference.

## 4 Pick Play

- 4.1 An offensive player cannot prevent a defensive player from pursuing another offensive player by impeding that defensive player's direct path to the teammate. The defensive player must be moving towards the second offensive player to be considered pursuing that player.
- 4.2 If the first offensive player is playing the ball, that player cannot be considered as impeding the defensive player from pursuing the second offensive player.
- 4.3 Violation of these regulations is Illegal Contact.

## 5 Stationary Position

- 5.1 Any player who has maintained a stationary position since the ball was snapped shall not be penalized if run into by an opponent.

## 6 Playing The Ball

- 6.1 A player must be facing the ball as it arrives to be considered to be playing the ball. When the ball strikes a player who is not playing the ball and who is impeding an opponent's approach to the ball, this is pass interference; for the purposes of this regulation, the opponent must be moving towards the ball to be considered impeded.

## 7 Screening

- 7.1 As the ball arrives in the immediate vicinity of a receiver, a player who is not playing the ball cannot extend the arms or wave a hand in an attempt to distract a receiver, to block a receiver's vision or to touch the ball. Violation of this rule is pass interference; if the ball is touched or the receiver's direct line of vision to the ball is blocked; this is pass interference.



## 8 Non-catchable Pass

- 8.1 When an official considers a pass cannot be caught even with extraordinary effort, no pass interference penalty shall be assessed even when pass interference occurs by either team. An official may still call illegal contact if they deem the act to be intentional/severe.

# Rule 18 – Sportsmanship / Roughing

## 1 Sportsmanship

- 1.1 Taunting and excessive celebrations are illegal. Violations of these standards will result in an Objectionable Conduct penalty.
- 1.2 Players cannot cross the line of scrimmage to listen to the opponents' huddle. Players cannot voice signals or make sounds that are intended to confuse the opponents' signals. The penalty for this is Objectionable Conduct or Disconcerting Signals.
- 1.3 (7v7 only) After the center sets the ball for the snap, a defender cannot move directly in front of the center and prevent the center from moving forward after the snap. Any defensive player must be at least 3-yards from the center directly in front of them or 1-yard on either side at the time of the snap if intending to assume a stationary position.

## 2 Roughing

- 2.1 If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game and their team will receive a Major Foul penalty.
- 2.2 A player is not allowed to trip an opponent using the arm, lower leg or foot (Illegal Contact).
- 2.3 After the whistle is blown to indicate the ball is dead, a player is not allowed to run into, throw the body against or deliberately fall upon an opponent (Illegal Contact or Major Foul).
- 2.4 The ball carrier is not allowed to elbow, shoulder, or throw the body into an opponent or attempt to jump through defenders blocking the path (Illegal Contact).
- 2.5 A player is not allowed to use bodily contact on a pass receiver before or after the ball is touched. If the bodily contact was caused by a legitimate attempt to catch or down the ball while both players had equally favorable positions to the ball, no foul has occurred.
- 2.6 A player is not guilty of contacting the receiver if the bodily contact was caused by a sudden stop or change in direction by the opponent and the player made every attempt to diminish the contact.

## 3 Offensive Language

- 3.1 Any player, team official, or bench occupant, who engages in verbal taunts, insults, or intimidation based on Discriminatory Grounds shall in addition to an objectionable conduct penalty be removed/disqualified for the remainder of the game. Such player, team official or bench occupant shall be subject to such further discipline as the supervising body (ie. League, tournament, etc.) may decide. Discriminatory Grounds include, but are not limited by:
  - i) Race, national or ethnic origin, skin color, or language spoken;
  - ii) Religion, Faith, Beliefs;
  - iii) Age;
  - iv) Sex, Sexual Orientation, or Gender Identity/Expression
  - v) Martial or Familial Status;
  - vi) Genetic Characteristics;
  - vii) Disability



## Rule 19 – Illegal Acts

### 1 Use of Hands

- 1.1 Players cannot use their arms or hands to impede or redirect an opponent. Violation of this rule is Interference.
- 1.2 Players may touch an opponent to feel their relative positioning as long as the opponent is not impeded or redirected. Players may touch the goal posts with their hands if such touching does not help them change their direction.

### 2 Interference

- 2.1 Interference is when a player impedes an opponent's direct path to the ball, the ball carrier or the intended receiver, with or without contacting the opponent.
- 2.2 A player may assume a stationary position if the intent is obviously to avoid interfering with an opponent. A player may cut across the path of an opponent if the opponent's progress is not impeded or redirected. Violation of these rules is an interference or illegal contact penalty.
- 2.3 When the ball carrier uses stationary teammates as a means of blocking the opponent from getting to the ball carrier, such stationary teammates are not to be penalized for obstruction unless they move from their spot. This includes any interaction between the center and the rusher.
- 2.4 All players have a Right of Way that allows them to move freely on the field and opponents cannot interfere with them.
- 2.5 Players also have a Right of Place which supersedes all other rights on the field when they are stationary and not moving their feet or body to affect the play. At the snap of the ball, if an offensive player does not move, no penalty shall be called.

### 3 Illegal Participation

- 3.1 A player who goes out of bounds shall not participate further in that play unless that player went out of bounds as a result of a slippery field, missed flag pull, or contact with an opponent.

### 4 Illegal Substitution

- 4.1 Any offensive player substitution after the center is prepared to snap the ball and any defensive player substitution during the play.



## Rule 20 – Player Conduct

### 1 Major Fouls

- 1.1 Any obscene act of roughness or unfair play by players, coaches, teams, or spectators will result in a 15-yard penalty being assessed against their team as well as LOD or AFD from the appropriate spot. If the intent of the infraction was to cause bodily harm, or unfair play has made a mockery of the game, the penalty can result in a game ejection. Major fouls cannot be declined and must always apply their yardage in full. They will be applied after all live ball penalties have been assessed.

### 2 Objectionable Conduct

- 2.1 The following acts are defined and classified as Objectionable Conduct, and are illegal:
  - (a) The use of profane, obscene, insulting language or gestures to an opponent, official, spectator, or occupant of the team bench.
  - (b) Throwing the ball at an opponent, an official, or occupant of the team bench.
  - (c) Tactics by players, which delay or hinder the smooth operation of the game, shall be penalized under this section. These tactics include spiking the ball, and/or deliberately throwing or kicking the ball away after it has been declared dead on a play.
  - (d) Faking an injury or loss of balance in an attempt to delay the game or cause a Unnecessary Roughness penalty to be assessed against an opponent.
  - (e) Failure to wear mandatory equipment.  
Penalty: L5 from point where the ball would have been put into play if no other foul occurred. If the foul is of a serious nature, the player or occupant of the bench may be disqualified with no distance penalty.

### 3 Disqualification (Ejection)

- 3.1 A player or team member shall be disqualified from further participation in the game, with substitution permitted, if:
  - (a) The player or team member has been disqualified after being called for a Major Foul.
  - (b) The player or team member has been disqualified for Objectionable ConductThe disqualification penalty cannot be declined by the non-offending team.  
At the discretion of the officials, a disqualified player or team member may be allowed to remain on the bench.  
If the officials do not permit the disqualified player or team member to remain on the bench, they must leave the park.
- 3.2 If the disqualified player or team member does not leave the park within 3 minutes or leaves and returns during the game, the officials may award the game to the opponents of the offending team.
- 3.3 The officials will take an official's time out while carrying out these procedures.



## Rule 21 – Penalties

### 1 Penalties

- 1.1 All penalties are 5-yards, the down will be repeated, and will be assessed from the line of scrimmage unless otherwise noted.
- 1.2 In a single penalty application, all penalties may be declined except dead ball fouls, major fouls, and penalties that stop the current play (flag guarding, delay of pass, etc.)  
In a multiple penalty situation against one team, penalties that stop the play may be declined by the non-offending team if they choose to accept another penalty.
- 1.3 Yardage on penalties, except Major fouls, will not exceed half the distance to the opposing team's goal line from the line of scrimmage. The yardage on a Spot Foul is assessed from where the infraction took place. The ball can never be placed closer than the 1-yard line.
- 1.4 Game officials determine incidental contact that may result from normal run of play.
- 1.5 Games cannot end at half time or the end of the game on an accepted penalty.
- 1.6 Penalties after an interception shall be assessed after the return is over and/or the play is blown dead.
- 1.7 Defensive spot of fouls penalties that occur behind the line of scrimmage will be applied at the line of scrimmage instead of the spot.
- 1.8 If a dead ball foul occurs after a scoring play, the non-offending team will get the choice to apply the yardage to the convert or to the start of the next possession. They will make this decision after the offense has declared if they are going for one or two points.
- 1.9 If the Ball Carrier legally crosses the Midfield Line and subsequently commits a foul that carries a Loss of Down penalty (e.g., Flag Guarding):
  - The First Down is awarded.
  - The penalty yardage is enforced from the appropriate spot.
  - The Loss of Down is waived.The next play will be 1st Down, even if the penalty yardage enforcement places the ball back behind the Midfield Line.

### 2 Defensive Penalties

- 2.1 Offside – player(s) lined up across or crossing the Line of Scrimmage or neutral zone at the snap of the ball.
- 2.2 Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking, holding, & tackling as well as any lower body contact with an offensive player throwing the ball at Spot of Foul (Automatic First Down).
- 2.3 Pass Interference – both contact & non-contact that interferes with an offensive player catching a ball while it is in air, also includes screening & pushing off at Spot of Foul (Automatic First Down).
- 2.4 Illegal Flag Pull – Pulling a flag of a player before they have the ball. Spot of Catch if caught, LOS if dropped (Automatic First Down).
- 2.5 Roughing the Passer – any contact with the passer's arm, head, or neck area while throwing the ball, including the ball in the passer's hand. 10-yard penalty (Automatic First Down).
- 2.6 Illegal Rushing – Crossing the line of scrimmage from inside the 7-yard rusher bean bag provided the ball has not been faked, pitched, or lateralled.
- 2.7 Disconcerting Signals – signals to distract or simulate offensive signals prior to snap.

### 3 Offensive Penalties

- 3.1 Offside – player(s) lined up across or crossing the LOS at the snap of the ball.
- 3.2 Illegal Contact – physical contact such as impeding, charging, redirecting, obstruction, blocking, holding and tackling. Spot of Foul + Next Down if the ball carrier. LOS + LOD if not the ball carrier.
- 3.3 Pass Interference – both contact & non-contact that interferes with a defensive player catching a ball while it is in air, also includes screening and pushing off (Loss of Down).
- 3.4 Illegal Flag Pull – Pulling a flag of a player before they have the ball. Spot of Catch if caught.



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- 3.5 Delay of Game - ball is not snapped within 25 seconds, a team refusing to start play, or taking an excessive amount of time to remove an injured player.
  - 3.6 Delay of Pass – ball is not passed by Quarterback in 7 seconds, play whistled dead. (Next Down)
  - 3.7 Rusher Interference – impeding a Rusher’s direct path to the Quarterback.
  - 3.8 Interference – impeding, redirecting, obstruction, blocking with no contact, play whistled dead at Spot of Foul.
  - 3.9 Flag Guarding, Jumping or Diving – ball carrier uses any part of their body or ball to prevent flags from being pulled or advancing the ball, play is whistled dead at Spot of Foul. (Next Down)
  - 3.10 Illegal Snap – Center lifting or moving ball to simulate a snap. Play whistled dead.
  - 3.11 Illegal Running Play – A Quarterback running with the ball across the Line of Scrimmage without a prior transfer of possession. This includes any instance where the Quarterback steps on or beyond the Line of Scrimmage while attempting a pass as well as a Quarterback extending the ball beyond the Line of Scrimmage to gain yards. Play whistled dead. (Next Down)
  - 3.12 Illegal Forward Pass – when a second forward pass occurs, or when a forward pass occurs after the ball has crossed the Line of Scrimmage. Play whistled dead. (Next down).

#### **4. General / Major Penalties**

- 4.1 Illegal Participation – A player who goes out of bounds shall not participate further in that play unless that player went out of bounds as a result of a slippery field, contact with an opponent, or a missed flag pull. This is a LOD penalty if committed by the offense and Repeat Down penalty if committed by the defense.
- 4.2 Illegal Substitution – Any offensive player substitution after the center is prepared to snap the ball and any defensive player substitution during the play.
- 4.3 Game Interference – any substitute players, coaches or spectators interfering with ball, player or official while ball is in play.
- 4.4 Leaving Team Area – players or coaches leaving their designated team sideline area or crossing the middle of the field into the opponent’s team area.
- 4.5 Objectionable Conduct – players, coaches, teams or spectators using profane language or gestures, threats, demeaning or intimidating remarks & actions, persistent arguments, fake injuries, delay of game or targeting players to initiate contact will result in a 5-yard penalty. Any player, coach, team or spectator receiving a second Objectionable Conduct penalty during a game will be ejected from that game.
- 4.6 Major Foul – Any obscene act, acts of roughness, or unfair play by players, coaches, teams, or spectators will result in a 15-yard penalty being assessed against their team as well as LOD or AFD from the appropriate spot. If the intent of the infraction was to cause bodily harm, or unfair play has made a mockery of the game, the penalty can result in a game ejection. Major fouls cannot be declined and must always apply their yardage in full. They will be applied after all live ball penalties have been assessed.

#### **5. Multiple Penalties**

- 5.1 In a situation where only one team commits multiple live-ball penalties the non-offending team may accept only one of the penalties to be applied.
  - 5.2 Offsetting Fouls - If live ball fouls by both teams are reported, the fouls offset and the down is replayed with the following exceptions:
    - a. When there is a change of team possession during a down and the team last gaining possession had not fouled before last gaining possession, it may decline offsetting fouls and thereby retain possession after completion of the penalty for its foul.
    - b. Major Fouls during a live ball since they must be accepted and their yardage applied in full.
- NOTE: Dead ball fouls will be applied after live ball penalties are assessed.



## Rule 22 – Tournament Tie Breaker System

### 1 Tie Breaker System

- 1.1 In any contest, the final score may result in a tie. If a winning team is deemed necessary, then overtime shall be played. See the overtime section for proper procedure.

In a round robin tournament, the winner is that with the best record in the end.

If teams are tied with the same record, then the teams may play a head to head contest to determine the tournament winner.

Alternatively, the winning team may also be judged by the total point accumulation of a team in the entire season if applicable (for league tournaments).

## Rule 23 – No Run Zone

### 1 No Run Zone

- 1.1 If a run happens in the No Run Zone, the play will be whistled dead and the penalty is a loss of down.
- 1.2 Once in the No Run Zone you cannot run until you get a first down outside the No Run Zone or score a touchdown.
- 1.3 When a play starts in the No Run Zone, the end result of the play must be a forward pass that is caught beyond the Line of Scrimmage.



# The Canadian Rule Book for 5vs5 Flag Football

## 5v5 Rule 1 – Field

### 1 Field

1.1 Field Diagram – recommended field markings

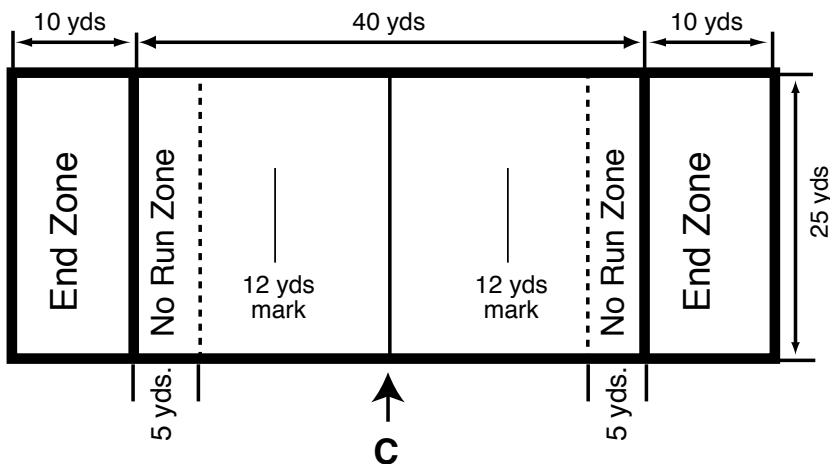
1.2 Field Dimensions:

Length: 40-yards – U16 and younger (50-yards – U18 and older) (Goal line to goal line)

Width: 25-yards

End Zones: Maximum 10-yards deep

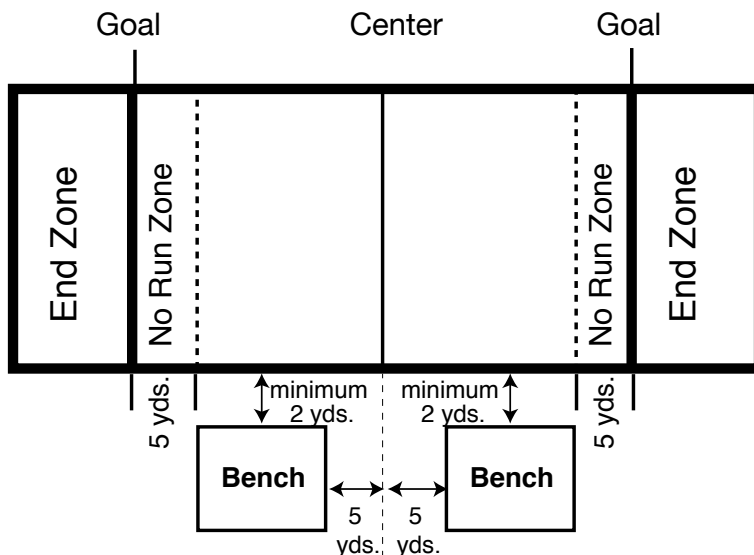
No Run Zones: within 5-yards of each goal line.



### 1st Down

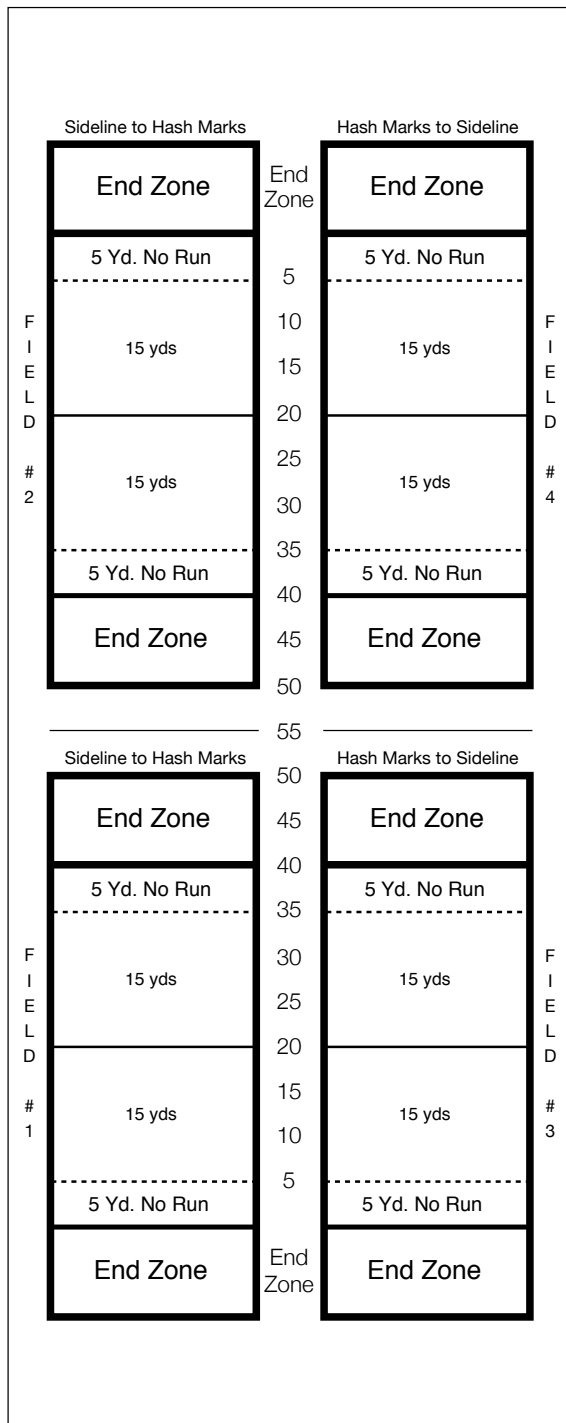
### 2 Bench Area

Bench Areas are to be located on the same side of the field and shall extend from 5-yards short of the end zone to 5-yards short of the center line. They shall be a minimum of 2-yards from the edge of the field and shall be a maximum of 10-yards in depth.

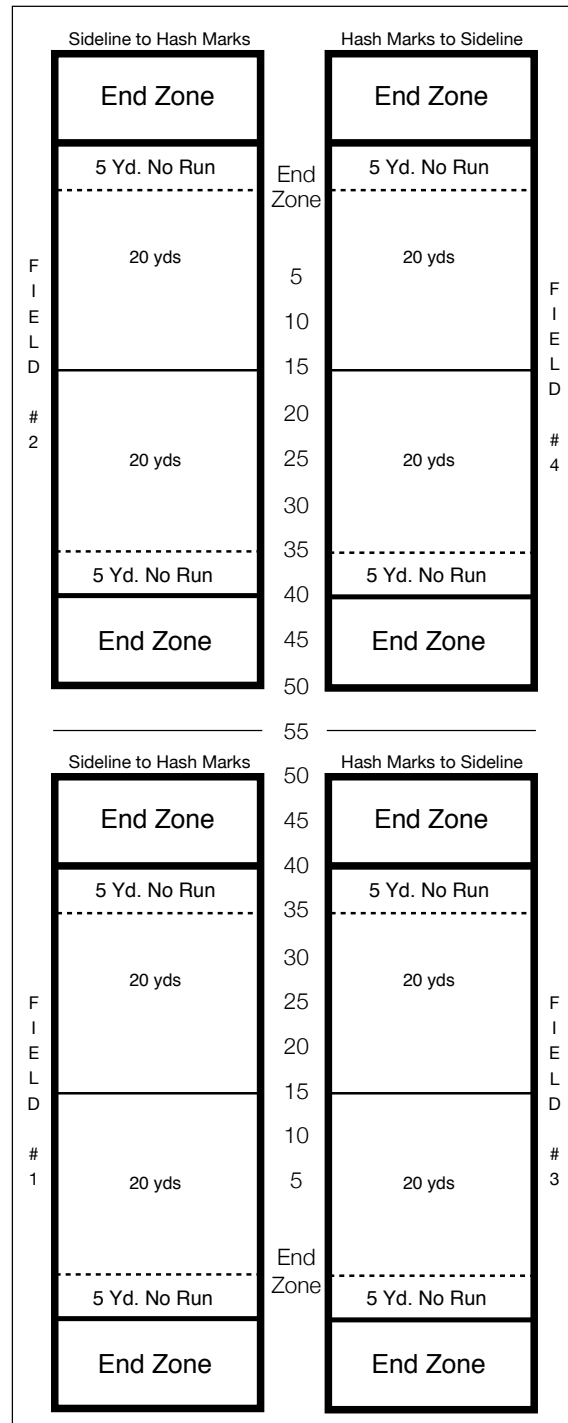


### 3 Suggested field configuration for tournament play

#### 4 Fields — 40 x 25 Layout (U16 & Younger)



#### 4 Fields — 50 x 25 Layout (U18 & Older)



## 5v5 Rule 2 – Scoring

### 1 Obtaining Points

- 1.1 Touchdown: 6 points
- 1.2 Extra point: 1-point (Played from midpoint of 5-yard line only)
- 1.3 Extra point: 2-points (Played from midpoint of 10-yard line only)
- 1.4 Safety 2-points + Ball Possession
- 1.5 Interception return on Extra Point Convert to the opponent's end zone: 2-points + Ball Possession

### 2 Convert

- 2.1 A convert is scored when a player has legal possession of the ball in the opponent's end zone during a convert attempt.
- 2.2 When a penalty affects the normal point of scrimmage of a convert attempt, the awarding of 1 or 2-points will be based on where the original convert attempt was scrimmaged prior to any penalty application or repeated convert attempt.
- 2.3 If the team chooses the extra point convert from 5-yards, this is within the "No Run Zone".
- 2.4 After the interception, if there is a penalty against the original offense, the yardage will be applied to the intercepting teams next possession.
- 2.5 On a convert, if the defense commits a Pass Interference or Illegal Contact penalty on 2 consecutive plays, the offense will be awarded the points for the convert.

### 3 Safety Touch

- 3.1 A team scoring a safety touch is awarded 2-points + Ball Possession.
- 3.2 A team will score a safety when their opponent is flagged, loses possession of the ball, or goes out of bounds while they are in the end zone.
- 3.3 A safety is not awarded when a player's momentum, while intercepting a pass in the field of play, in the judgment of the officials causes the ball to be brought into the end zone, where it is eventually ruled dead and the intercepting team shall be awarded a first down at their own 5-yard line.

## 5v5 Rule 3 – Timing / Overtime

### 1 Timing

- 1.1 The official game is 40 minutes (2x20 minute halves) in 5v5.
- 1.2 If there is still time on the game clock when the previous play expired, the game will allow for another play barring a penalty or a score.

### 2 2-Minute Warning

- 2.1 The game clock will be stopped and teams notified when there are 2 minutes left before the end of each half in the game. If a play is about to start or is in progress when the 2 minutes should be called, the play will be allowed to continue and teams will be notified of the time left as soon as the play is completed.

### 3 Overtime

- 3.1 Overtime will start with a coin toss. The visiting team will call the coin toss. The winner of the toss will choose to start on offense or defense first, or choose the end for the entire overtime period(s). The loser of the toss will choose from one of the remaining options.
- 3.2 The first extra period shall consist of 2 series with each team putting the ball in play by a snap at the midfield line for one series of downs (no first down at middle). Should the defense score during the first series, other than on the try, then the extra period is over.
- 3.3 Each team retains the ball during its series until it scores (including try downs for 1 or 2 points) or exhausts its series of downs. The ball remains alive after a change of team possession until it is declared dead.



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- 3.4 If after the first period (with 2 series including tries) the score is still tied, the second and following periods consist of series with each team playing a 1-point try from the 5-yard line. The overtime ends when the score after a period is no longer a tie or the defense scores during the first series of a period.
  - 3.5 For the second period, the team's bench who is furthest away from the end chosen may elect to move their bench to the opposite side of the field and closer down to that end.
  - 3.6 The team scoring the greater number of points during overtime shall be declared the winner.
  - 3.7 No charged team timeouts are allowed during overtime.
  - 3.8 Starting from the first period, the order in which each team takes possession for following series will 'snake' (Team A -> Team B, Team B -> Team A, Team A -> Team B, etc.)"

## **5v5 Rule 4 – Officials**

- 1.1 Officials for 5v5 flag are identified as Offensive or Defensive officials with additional Head Official, Score Keeper & Time Keeper responsibilities.
- 1.2 Games are typically played with a minimum of 1 Offensive Official and 1 Defensive Official on the field, however there can be an additional 1 or 2 defensive officials assigned to a game for a maximum of 4. Games can also be played with only 1 official if necessary.
- 1.3 The Head Official can be any official on the field and they have overall responsibility for managing and decisions in the game.
- 1.4 The Score Keeper and Time Keeper responsibilities can be assigned to any of the officials on the field.

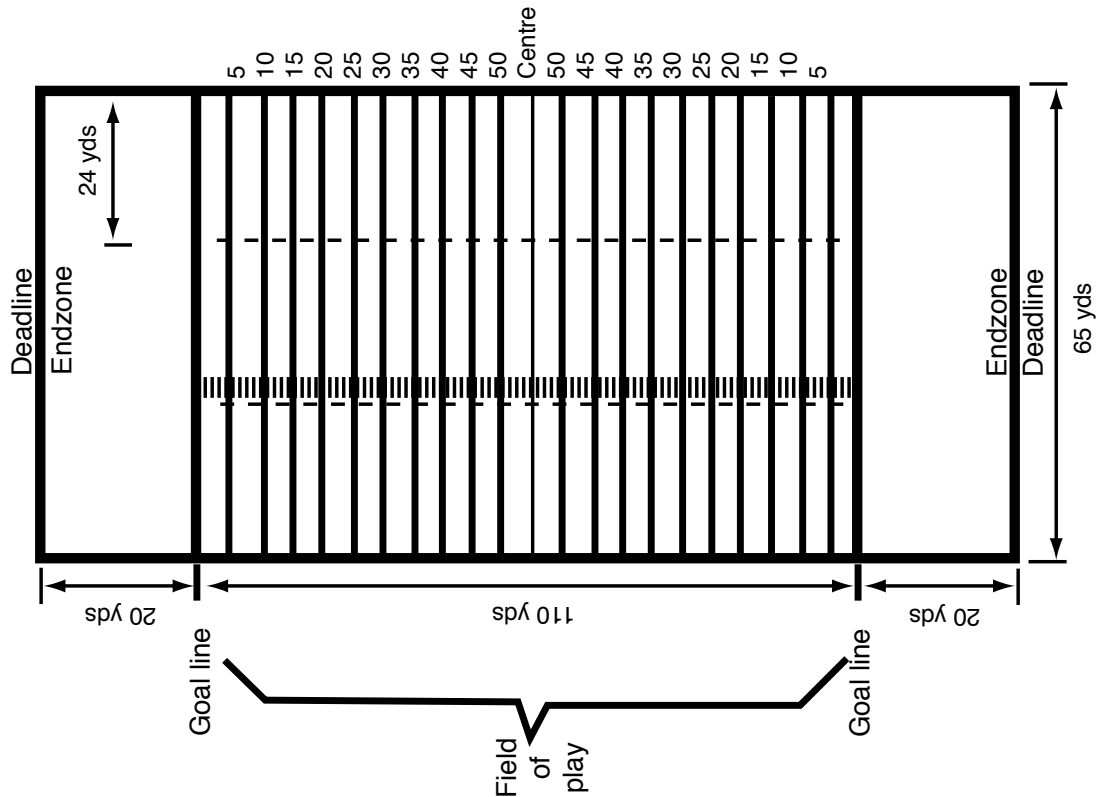


# The Canadian Rule Book for 7v7 Flag Football

## 7v7 Rule 1 – Field

### 1 Field Definition and Markings

- 1.1 The field of play shall be 110-yards long by 65-yards wide. In addition there shall be an end zone 20-yards long at each end. These areas shall be marked as shown in the field diagram.



- 1.2 Sidelines – lines marking the sides of the field.
- 1.3 Hash marks – 2 series of hash marks, parallel to the sidelines and running the length of the field from 1 goal line to the other. Each hash mark is 24-yards from the nearest sideline. The ball must always be snapped between these 2 lines.
- 1.4 Goal Lines – the lines marking the end of the field.
- 1.5 End Zone – the area bounded by the goal line, end zone sidelines and dead line. The goal line is part of the end zone.
- 1.6 Field of Play – the area bounded by the goal lines and the sidelines.
- 1.7 The following lines are parallel to the goal lines, running from 1 sideline to the other, on either side of the midfield line:
- Midfield Line at 55-yards – runs parallel to the goal lines and divides the field of play in 2 identical sections.
  - Dead Line – the line 20-yards behind each goal line and parallel to it.
  - Kick-off line at 45-yards to start at half and after a touchdown. Kick-off line is used after a safety and single point.
  - Starting line at 10-yards of scrimmage after an interception inside the end zone.
  - Convert Line for 2-points at 10-yards.
  - Convert Line for 1-point at 5-yards.



## 2 Field Dimension & Measurements

2.1 All measurements are in yards and taken from the inside of the lines.

	<b>Ideal Field</b>	<b>Other Options</b>
Field Width	65	Minimum 50
Length of Playing Field	110	Minimum 90
Length of End Zone	20	Minimum 10
Hash Marks (from sidelines)	24-yard line	20-yard line
Midfield line	55-yard line	Midfield
Kick-off line to start a half and after a touchdown	45-yard line	10-yards away from midfield line
Kick-off line used after a safety or a single point	35-yard line	20-yards away from midfield line
Starting line of scrimmage after an interception inside the end zone	10-yard line	10-yard line
Convert line for 2 pts	10-yard line	10-yard line
Convert for 1 pt	5-yard line	5-yard line

## 7v7 Rule 2 – Team Members

### 1 Players

- 1.1 Teams need a minimum of six (6) players to be able to compete and a maximum of seven (7) players on the field at any given time. The official roster size will depend on the guidelines set forth by leagues, national and international tournaments.
- 1.2 Each team may have a maximum of seven (7) players on the field during a play. A team may use a minimum of six (6) players during a play. A team which has more than seven (7) players on the field at any time, while the ball is live shall be penalized for illegal substitution.
- 1.3 A team must have a minimum of six (6) players and a maximum of seven (7) players on the field at the scheduled time or be penalized for delaying the start of the game. The team will forfeit the game by a score of 1-0 if they do not have a minimum of six (6) players and a maximum of seven (7) players on the field within fifteen (15) minutes of the scheduled start of the game.
- 1.4 When a team refuses to start or continue a game at the request of the Referee, it will be penalized for delaying the game. On the 3rd refusal, the team will forfeit the game by a score of 1-0; if the non-forfeiting team is leading at this time the score will stand.
- 1.5 A player is eligible to play, if he/she has arrived prior to the 2nd half kick-off.

### 2 Captains

- 2.1 Each team is permitted a maximum of 4 team captains



## 7v7 Rule 3 – Game Procedure

### 1 General Rules

- 1.1 The game starts with a kick-off (1 team kicks the ball to the opposing team). The receiving team becomes the offensive team and the kicking team becomes the defensive team.
- 1.2 To begin a play, the ball must be snapped by the offensive center, from the point of scrimmage to the quarterback. The quarterback must be at least 5-yards from the line of scrimmage when they first touch the ball.
- 1.3 The offensive team tries to bring the ball to the opponent's end zone by passing or running it (touchdown or kick). The offensive team has 3 tries or downs to gain 10-yards and complete 1 pass. If they succeed, the offensive team has earned a 1st down and gets another set of 3 downs to move the ball downfield. If they do not score or get a 1st down, the offensive team loses possession of the ball and becomes the defensive team.
- 1.4 If the offensive team thinks that they will not get a 1st down, they can decide to give the ball back to the opponent by kicking the ball to them, as far away as possible from their own end zone.
- 1.5 The defensive team on the field tries to prevent the offense from scoring or getting a first down. To do so, they have to stop the ball carrier by flagging him or her or by knocking down a pass before it is completed.
- 1.6 When the defensive team succeeds in preventing the offense from getting a first down or by intercepting a pass, the teams exchange roles on the field. Offense becomes defense and vice versa.
- 1.7 A defensive team can also score points. If the offensive team is stopped in its own end zone, the defense scores a safety. If the defensive team intercepts a pass and runs the ball back to the opponent's end zone, they score a touchdown.
- 1.8 The team that scores a touchdown gets an extra down to try to score a convert: they can choose to try and score either 1 or 2-points on a convert.
- 1.9 After the convert, play resumes with a kick-off by the scoring team (now the defensive team) who will try to prevent the opponent from scoring or getting a 1st down during their ball possession.
- 1.10 The quarterback can run with the ball past the line of scrimmage.
- 1.11 Once the ball carrier has crossed the line of scrimmage the ball can be handed off or lateraled.
- 1.12 An offense may use multiple handoffs behind the line of scrimmage. Only backward & lateral handoffs are allowed during the down.
- 1.13 Forward pass – Ball must be thrown from behind the line of scrimmage to be legal.

### 2 Choice of Kick-Off

- 2.1 For the first half, the captain of the visiting team shall choose to kick off, receive the kick or defend an end of the field. The captain of the home team shall then choose 1 of the 2 remaining choices.
- 2.2 For the 2nd half, the captain of the home team shall choose to kick off, receive the kick off or defend an end of the field. The captain of the visiting team shall then choose 1 of the 2 remaining choices.
- 2.3 After the captain's choice has been given by the Referee to the opposing captain, the choice cannot be changed.

### 3 Down

- 3.1 After the ball becomes dead on a kick off, the team in possession shall be awarded a first down and will have 3 attempts or downs to gain 10-yards. The ball shall be advanced by carrying it or throwing it using legal scrimmage play. If the offense gains the required distance in the series of 3 downs, a first down is awarded again.
- 3.2 If the required distance for a first down is not gained in the 3 attempts, the ball is awarded to the defense at the point where the ball becomes dead after the third attempt.
- 3.3 The Referee is the sole judge as to whether or not a first down has been gained by the offense. The captain of either team may ask for a measurement, but the Referee has the authority to ignore the request if the Referee is convinced that a correct decision can be made without the aid of measurement.



## 4 Equipment

- 4.1 The kicking tee must not raise the lowest part of the ball more than 2 inches off the ground. The penalty is illegal procedure. The kicking team is responsible for removing the kicking tee from the field after the play is dead. Failure to do so will result in an objectionable conduct penalty against the team.

## 5 Bean Bags

- 5.1 3 bean bags are needed. One to indicate the line of scrimmage and another to indicate the 5 yard rusher's line. A third bean bag of a different color is needed to mark the first down.

# 7v7 Rule 4 – Timing / Overtime

## 1 Timing

- 1.1 The game is divided into 4 periods called quarters.
- 1.2 Not counting time outs, the 1st and 3rd quarters consist of 15 minutes.
- 1.3 After 10 minutes of play in the 2nd and 4th quarters (not counting time outs), the referee informs both teams that 2 minutes remain before the last 5 plays of the quarter. Following the 3 minute warning signal (not counting time outs), the referee informs both teams that only 5 plays remain before the end of the half. These 5 plays do not include converts, kick-offs or downs replayed because of a penalty.
- 1.4 The time clock starts on the referee's whistle at the beginning of play in each quarter. The time clock runs continuously except during time outs and the last 5 plays of a half. Otherwise, the time clock can only be stopped and restarted on the head referee's signal.
- 1.5 During the last 5 plays of the 4th quarter, the head referee can stop the game if he or she feels that the security of the players is compromised.
- 1.6 Each half will begin with a kick off from the kicking team's 45-yard line.  
The 1st and 3rd quarters will end when no time remains in the period when the ball becomes dead at the end of a legal play.
- 1.7 At the start of the 2nd and 4th quarters, the teams will change ends. The ball will be put into play by the team entitled to do so, at the appropriate point determined by the end of the last play of the previous quarter.
- 1.8 A half shall end when no time remains in the period when the ball becomes dead at the end of a legal play.
- 1.9 The clock must be stopped if the ball falls off the kicking tee.
- 1.10 When a touch down is scored on the final play of a period, the convert attempt must be completed before that period is considered completed.

## 2 Overtime

- 2.1 When the score is tied at the end of the game, overtime procedures are as follows:
  - A 3-minute rest period is allowed at the end of the 4th quarter;
  - Team captains will assemble for a coin toss (like pre-game); the winner of the coin toss chooses to start on offense or on defense.
  - Each team has 3 attempts to score a 1 or 2 point convert, at their convenience.
- 2.2 If the score is still tied after the 3 convert attempts have been played on each side, there will be a 1-minute rest period. Each team will then have 1 chance at another convert attempt (in the same order) until 1 team outscores the other.

## 3 Changing Sides

- 3.1 At the end of the 1st and 3rd quarter, the 2 teams change sides on the field.
- 3.2 The team in possession of the ball will then restart the next play at a point corresponding exactly to the point where the ball became dead at the opposite end of the field, and in exactly the same manner as if play had not been interrupted by the end of the previous period.

## 4 Half Time

- 4.1 At the end of the 2nd quarter, a 5 minute rest period is allowed. With the approval of the captains on both teams and the head referee, the length of the half time period can be modified.



## 7v7 Rule 5 – Scoring

### 1 Obtaining Points

- 1.1 Touchdown – 6 points; Safety – 2-points
- 1.2 Single:  
A team scores a single (1-point) when 1 of the players kicks the ball:
  - Inside the opponent's end zone and the play is whistled dead or the ball goes through the end zone or crosses the back line.

or

  - Inside the opponent's end zone and the ball leaves the end zone by crossing the sideline.  
Exception: on a kick-off, the ball must first touch the ground inside the playing field before a single can be awarded.
- 1.3 A team that has conceded a single will take possession of the ball on their own side of the field, 20-yards from midfield, between the 2 hash marks.

## 7v7 Rule 6 – Kicking Game (U-17 + up)

### 1 Kicking

- 1.1 A kicked ball is 1 struck by a player's foot or leg below the knee to intentionally give possession of the ball to the opposing team.
- 1.2 3 types of kicks exist in 7v7 flag football for divisions U-17 and higher. They are: kick-off, punt and free-kick.
- 1.3 When the ball contacts a foot or part of a leg of a player while a team is trying to gain possession and is not intentionally kicking the ball, it is considered not to be a kick and the ball is treated as a lateral pass with applicable rules.

### 2 Restraining Zone

- 2.1 The first player to touch the ball kicked by the opponent (returner) has a 5 yard restraining zone: no player on the kicking team (including the kicker) can be inside the 5 yard area when the returner touches the football for the first time. Infractions result in a penalty for not respecting restraining zone (penalty with options; see different types of kicks). If a player from the kicking team touches the ball first, the ball is whistled dead and the restraining zone rule is in effect, even if no player from the receiving team is closer than the 5 yard area.

### 3 Kick Off

- 3.1 The kick-off is executed as the 1st play to start a half or after a touchdown. It can also be executed after a safety.
- 3.2 On kick-offs that occur after a touchdown to start a half; the football is placed between the hash marks on the side of the field of the kicking team, 10-yards away from midfield. For kick-offs after a safety, the ball is placed 20-yards away from midfield, between the hash marks and on the side of the field of the kicking team. The application of penalties can modify the placement of the football.
- 3.3 During a kick-off, the ball may be placed on the ground, held by another player, or it can be placed on a kicking tee. If placed on the tee, the football must not be more than 2 inches off the ground. A procedure penalty may be called for infractions. The team executing the kick-off is responsible for removing the kicking tee from the field once the ball is whistled dead. The team receiving the kick provides the football.
- 3.4 A huddle is not mandatory for a kick-off. The kicking team has 20 seconds after the official's whistle to kick the ball. Once the time has expired, the official will stop the play and give a penalty for delay of game. If there is a second penalty for delay of game, the opposing team will take possession where the ball was spotted. After the penalty for delay of game, the official must inform both teams of the implications of a second penalty for delay of game.



- 3.5 Once the official has whistled the start of the 20 seconds, no player, either on offense or defense, may enter the field (penalty for illegal substitution). The official will make sure there are 7 players on the field for each team. A team that takes too much time to line up 7 players on the field for kick-off will receive a penalty for delay of game.

#### **4 Offside on a Kick Off**

- 4.1 Neutral zone: the neutral zone is the area between the kick-off line, the line 20-yards in front of the kick-off line and the 2 sidelines.
- 4.2 At the exact moment when the ball is kicked, all players on the kicking team (except for the holder) have to be behind the ball (if not, penalty for offside: 5-yard penalty and re-kick, or the receiving team may decline the penalty and take the ball at the point where the play stopped).
- 4.3 Until the ball is kicked, players on the receiving teams must remain on their side of the neutral zone (if not, penalty for offside: 5-yard penalty and re-kick or kicking team may decline the penalty and the receiving team takes possession of the ball at the point where the play stopped).

#### **5 Kick Off Out of Bounds**

- 5.1 A kick-off is out of bounds when:
  - The ball goes out of bounds without touching the playing surface or end zone, any player or goal post;
  - The ball goes out of bounds by crossing the sidelines of the field of play after touching the playing field, but without touching a player or the goal post;
  - An out of bounds kick-off brings a penalty (with options).
- 5.2 Unless it is touched by a player on the receiving team, the ball must travel at least 20-yards (with or without any bounce) towards the opponent's end zone (if not, penalty for illegal procedure – 5-yards with options).

#### **6 Kick Off Penalties**

- 6.1 Delay of game on a kick-off: no options
  - Kicking line moved back 10-yards and re-kick by the team at fault
  - 2nd consecutive infraction by the kicking team: lost of possession at the kicking line.
- 6.2 Offside on kick-off: options for team not at fault
  - Kicking line is moved 5-yards back towards the team at fault and re-kick;
  - Penalty is declined and the possession of the ball is taken at the spot where the ball whistled dead.
- 6.3 Kick-off out of bounds: options for the receiving team
  - Kicking line is moved 5-yards back towards the team at fault and re-kick;
  - Receiving team take possession of the ball 25-yards from the kicking line;
  - Receiving team take possession at the point where the ball went out of bounds.
- 6.4 No yard rule on a kick-off: options for team not at fault
  - Kicking line is moved 5-yards back towards the team at fault and re-kick;
  - 10-yard penalty starting at the point of infraction and ball possession for the receiving team.
  - Penalty is declined and the possession of the ball is taken at the spot where the ball was whistled dead.
- 6.5 Illegal substitution on a kick-off: options for team not at fault
  - Kicking line is moved 10-yards back towards the team at fault and re-kick;
  - Penalty is declined and the possession of the ball is taken at the spot where the ball was whistled dead.

#### **7 Punting**

- 7.1 A punt is executed to give possession of the ball to the opponents by pushing them as far back as possible into their zone. A punt can be executed at any time, on any down and without being announced.
- 7.2 A punt must be executed behind the line of scrimmage.



- 7.3 A punt is executed by a player who receives the ball by the center, then releases the ball with the hands to kick it before it touches the ground. After the snap from the center, the punter is the only player allowed to touch the ball before the kick (if not, penalty for illegal procedure).
- 7.4 During a punt, the procedures of punting the ball in play are the same as for a normal offensive play. Also, a minimum of 5 players must be on the LOS and no player of the kicking team is allowed to cross the LOS before the ball is kicked (if not, penalty for illegal procedure).
- 7.5 If the kicked ball is falling in an area where there are many players, the official can whistle the play dead while the ball is coming down. The ball becomes officially dead at the spot where the ball made contact with the ground or a player. The “no yard” rule doesn’t apply.
- 7.6 If a punt goes off the field by crossing a sideline inside the playing surface, the ball will be spotted at the exact yard line where it went out. If it goes off the field inside the end zone, then the rules of a single will apply.
- 7.7 During a punt, the receiving team cannot execute a forward pass.

## **8 Roughing The Kicker**

- 8.1 A judgment has to be made by the official when contact is made with the kicker. Voluntary and deliberately violent contact made with the kicker results in a roughing the kicker penalty. Accidentally contact or 1 that is made with the attempt to avoid contact by the defender will result in a penalty for contacting the kicker.

## **9 Punt that does not Cross Line of Scrimmage/ Goal Line**

- 9.1 The ball is dead when it touches the ground, a player or if it goes out of bounds. The “no yard” rule does not apply.
- 9.2 Punt that does not cross the goal line: when a punt is executed from the team’s own end zone and it does not cross the goal line, a safety will be awarded to the receiving team.

## **10 Tipped Punt**

- 10.1 A tipped punt is a kicked ball touched by a player (offense or defense) immediately after being kicked, before it crosses the line of scrimmage and still continues its path towards the opponent’s end zone. A tipped punt is considered an untouched ball.
- 10.2 If the ball crosses the LOS, all the rules of punting apply. If it doesn’t cross the LOS, the ball will be dead the moment it touches the ground, a player, or goes out of bounds. The receiving team will then take over possession of the ball at the point where the ball was whistled dead. The “no yard” rule does not apply.

## **11 Blocked Punt**

- 11.1 A blocked punt is kicked ball touched by a player (offense or defense) immediately after being kicked, before it crosses the line of scrimmage and does not continue its path towards the opponent’s end zone. The “no yard” rule does not apply.
- 11.2 If the ball touches the ground or goes out of bounds, the play is dead. The receiving team gets possession of the ball at the point where it was blocked.

## **12 Blocked Punt Recovered**

- 12.1 When a blocked punt is recovered by the kicking or receiving team, the ball remains in play. When the kicking team recovers the blocked punt, continuation of the play is considered normal – the team may kick, pass or run the ball.
- 12.2 If a punt is blocked or tipped by the receiving team inside the end zone of the kicking team, and the ball does not cross the goal line or goes out of bounds inside the end zone, the receiving team scored a touchdown.

## **13 Punt Penalties**

- 13.1 No yard rule: options for the team not at fault
  - 15-yard penalty from the point of infraction and 1st down is awarded;
  - Penalty is declined and ball is spotted at the point where the play was stopped.



- 
- 13.2 Illegal procedure on a punt: options for the team not at fault
    - Loss of 5-yards for kicking team and re-kick.
    - Penalty is declined and ball is spotted at the point where the play was stopped.
  - 13.3 Contact with the kicker
    - 10-yard penalty from the LOS and replay down for the kicking team; if the yards gained by the penalty are sufficient, a 1st down is awarded to the kicking team.
    - Penalty is declined and ball is spotted at the point where the play was stopped.
  - 13.4 Roughing the kicker
    - 15-yard penalty and automatic 1st down for the kicking team.

## 14 Free Kick

A kick executed by a player after the ball has crossed the LOS.

- 14.1 The free kick is executed and is governed by the same rules as a punt.

*Exceptions:*

- All players can kick the ball;
- The rule of not crossing the LOS before the ball is kicked does not apply; the players of the kicking team are free to move, but the no yard rule for the returner is in effect.
- A free kick can be executed from behind the LOS only if the ball had previously crossed the LOS and came back behind it afterwards; otherwise the kick becomes a punt and punting rules apply.
- If a blocked free kick is recovered by the kicking team, forward passes are not allowed.
- A tipped free kick is a free kick touched by an opponent immediately after being kicked and still continues its path towards the opponent's end zone. The player who tipped the ball had to be within 5-yards of the kicker when he tipped the ball. A tipped free kick is considered an untouched free kick.

## 15 Punt/ Place Kick

- 15.1 The ball is dead after a punt when it touches the ground behind the line of scrimmage or snapped, and there is no play on the ball by either team.
- 15.2 The ball is dead after a punt when it touches the ground after being muffed in an offside direction by any player of the receiving team at any time. The ball is dead after a punt when it is downed by a player of the punting team. In all these cases, a ball touching any person or object out of bounds shall be considered to have touched the ground.
- 15.3 The ball is dead immediately after a punt or place kick on a convert attempt.

## 16 Kick Off

- 16.1 The ball is dead after a kick off when it is downed by the kicking team.

## 17 Penalties

### 1 Penalties

- 1.1 All penalties are 5-yards, the down will be repeated, and will be assessed from the line of scrimmage unless otherwise noted.
- 1.2 All penalties may be declined except dead ball fouls and penalties that stop the current play (Flag guarding, false start, etc.)
- 1.3 Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage unless it is a spot foul. The ball can never be placed closer than the 1-yard line.
- 1.4 Game officials determine incidental contact that may result from normal run of play. Except as noted most penalties will be applied from line of Scrimmage.
- 1.5 Games cannot end at half time or the end of the game on a defensive penalty unless the offense declines it.
- 1.6 Penalties after an interception shall be assessed after the return is over and/or the play is blown dead.



## 2 Defensive Penalties

- 2.1 Offside – player(s) lined up across or crossing the Line of Scrimmage at the snap of the ball.
- 2.2 Disconcerting Signals – signals to distract or simulate offensive signals prior to snap.
- 2.3 Illegal Rushing – player(s) not lined up at least 12 inches on 1 side from rusher bean bag or rushing & crossing the Line of Scrimmage from inside the 7-yard rusher bean bag.
- 2.4 Pass Interference – both contact & non-contact that interferes with an offensive player catching a ball while it is in air, also includes screening & pushing off at Spot of Foul (Automatic First Down).
- 2.5 Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking, holding, & tackling as well as any upper body contact with an offensive player throwing the ball including the ball in their hand at Spot of Foul (Automatic First Down).
- 2.6 Illegal Flag Pull – pulling a flag of a player before they have the ball at Spot of Foul (Automatic First Down).

## 3 Offensive Penalties

- 3.1 Delay of Game – ball is not snapped within 30 seconds, play whistled dead.
- 3.2 Delay of Pass – ball is not passed by Quarterback in 7 seconds, play whistled dead.
- 3.3 Offside – player(s) lined up across or crossing the LOS at the snap of the ball.
- 3.4 Illegal Snap – Center lifting or moving ball to simulate a snap.
- 3.5 Flag Guarding, Jumping or Diving – ball carrier uses any part of their body or ball to prevent flags from being pulled or advancing the ball, play is whistled dead at Spot of Foul.
- 3.6 Rusher Interference – impeding a rusher's direct path to Quarterback.
- 3.7 Player Out of Bounds – player goes out of bounds by themselves, returns in bounds & then touches the ball in bounds.
- 3.8 Interference – impeding, redirecting, obstruction, blocking with no contact, play whistled dead at Spot of Foul.
- 3.9 Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking, holding & tackling (Loss of Down).
- 3.10 Pass Interference – both contact & non-contact that interferes with a defensive player's catching a ball while it is in air, also includes screening, pushing off & pick plays (Loss of Down).
- 3.11 Illegal Running Play – a quarterback running with the ball across the Line of Scrimmage without any transfer of the ball. A forward handoff is an Illegal Run Play in U18 and below only.
- 3.12 Illegal Forward Pass – when a second forward pass occurs, or when a forward pass occurs after the ball has crossed the Line of Scrimmage.

## 4 General / Major Penalties

- 4.1 Illegal Substitution – any player substitutions by either team after the Center has touched ball in preparation for the snap to start play.
- 4.2 Leaving Team Area – players or coaches leaving their designated team sideline area or crossing the middle of the field into the opponent's team area.
- 4.3 Objectionable Conduct – players, coaches, teams or spectators using profane language or gestures, threats, demeaning or intimidating remarks & actions, persistent arguments, fake injuries, delay of game or targeting players to initiate contact will result in a 5-yard penalty. Any player, coach, team or spectator receiving a second Objectionable Conduct penalty during a game will be ejected from that game.
- 4.4 Personal Foul – any act of roughness or unfair play by players, coaches, teams or spectators that is not considered by the officials to be a major foul is a personal foul and will result in a 15-yard penalty being assessed against their team as well as LOD or AFD.
- 4.5 Major Foul / Unsportsmanlike Conduct – players, coaches, teams or spectators striking an opponent or an official with the deliberate intent to cause bodily harm as well as any acts of roughness or unfair play considered by officials to threaten the safety of participants will result in ejection from the game, a 15-yard penalty being assessed against their team & LOD or AFD.



## Adapted Rules

Flag football can be adapted for teams of individuals with disabilities. The game is played as outlined in the 5v5 rules and adaptive methods of play are as follows:

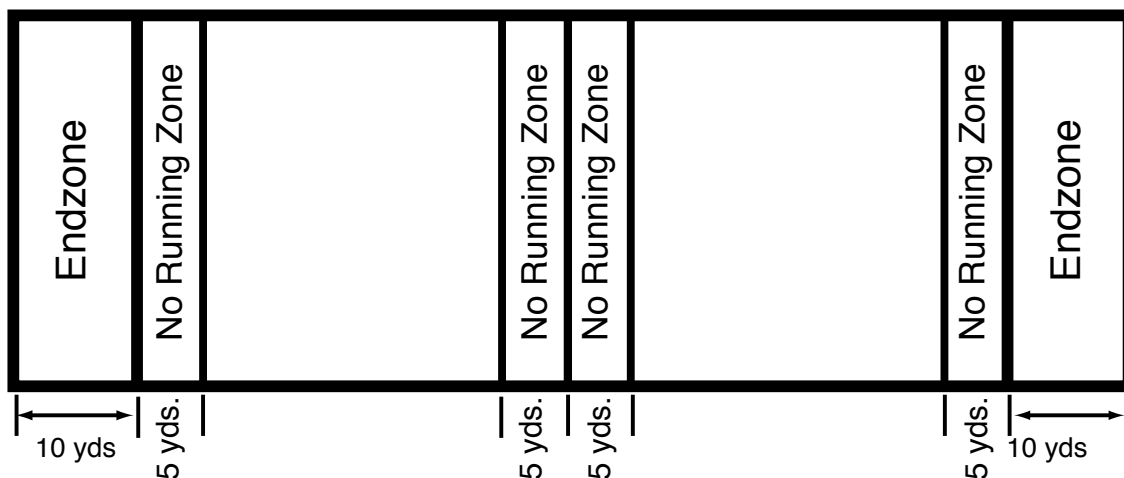
### 1 Field

#### Standard outdoor field

Standard length: 60 or 80-yards

Standard width: 30 or 20-yards

No Running Zone: Within 5-yards of end zone



### 1st Down

#### Adapted

No Running Zones: 5-yards from each goal line and 5-yards before the mid-field line. Any ball snapped from these zones must be passed.

\*Purpose of the "No Running Zones" is to avoid short yardage power runs that can get out of control.

Flag football can be played by athletes using wheelchairs or other mobility assistive devices inside or outside on a flat surface such as parking lot or basketball court.

2.1 When using a gymnasium, the boundaries for basketball work well.

Each team begins at the foul line and has 3 plays to cross the center line to make a first down.

Field size should correspond on the skill level of the athletes and number of participants. It is necessary to routinely evaluate play and make adjustments as necessary.

### 2 Players

#### Standard:

Minimum Players: 4

Players per Roster: 6

Players on field: 5

#### Adapted (recreation):

Adapted teams likely will increase team roster to 10 to 15 players and play with 5 to 10 on the field.

The organizers can set the number of players on the field to reflect level of participants. For league or routine games, organizers may choose to trade players in order to balance teams.



### **Competitive Adaptation for Unified Sports Teams**

- 2.1 The roster size is to be determined by the individual organizer (i.e. Special Olympics)
- 2.2 The roster may include able-bodied “partners” who play alongside an athlete with a physical or intellectual disability.
- 2.3 Athletes and partners must be similar in age and skill.
- 2.4 In the Unified Sports guidelines, when a partner is passing the football, another partner is ineligible to receive the pass.

## **3 Game Procedures**

### **Standard Snap**

To begin a play, the ball must be snapped through the legs of the offensive center, from the point of scrimmage to the quarterback. There is no minimal distance required by the quarterback who can be either up close to the center or in shot-gun formation.

### **Adapted**

The Center can toss the ball back to the Quarterback without snapping the ball between his/her legs. The Quarterback can start the play with ball in possession.

### **Standard Downs**

In Canadian Flag Rules there are 3 plays to cross mid-field or score a touchdown, while in IFAF Flag 5v5 Rules used in international competition, there are 4 plays to cross mid-field or score a touchdown.

The number of downs can be altered based on the skill level of the athletes, number of participants and size of the playing surface.

### **Standard Quarterback Run**

All possession changes, except interceptions, start on the offensive 5-yard line.

### **Adapted**

Possession changes start on 10-yard line.

### **Standard Time**

The quarterback cannot run with the ball past the line of scrimmage, unless the ball has handed, tossed or pitched to another player and it has been returned.

### **Adapted**

The quarterback may never run the ball.

### **Standard**

Teams change end zones at half time (after 20 minutes has been played).

### **Adapted**

Consider the age and skill level of participants, number of participants and the size and quality of playing surface to set the time of game

## **4 Player Equipment**

### **Standard Flag Placement**

A flag is placed on each hip

### **Adapted**

A flag is placed on the back of wheelchair with Velcro



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**Standard Ball per age group:**

U-11	Wilson K2
U-13	TDJ
13+	TDY

**Adapted Ball**

Gripper ball for any players with limited dexterity  
One ball size smaller than standard for age group otherwise

**5 Earning Points****Standard Points**

Touchdown: 6 points  
1-point conversion (Played from midpoint of 5-yard line only)  
2-point- conversion (Played from midpoint of 10-yard line only)  
2-points awarded for a safety

**Adapted**

Limit option to 1-point conversion only with or without the no running zone.  
For wheelchair ball, 2 wheels must be in the end zone while the player has possession of the ball to score any points.  
A safety touch is not awarded when a player's momentum, while intercepting a pass in the field of play, causes the ball to be brought into the end zone, where it is eventually ruled dead; the intercepting team shall be awarded a first down at the point of interception.

**6 Timing****Standard Tim**

Game length is 40 minutes. (2 x 20 minute halves)  
Time allowed for half-time break is 2 minutes.

**Adapted**

5 or 10 minute half time

**7 Wheelchair Safety**

The need for contact in flag football is eliminated with the use of flags. Incidental contact between wheelchairs will occur and is part of the game, but flagrant attempts to hurt an opponent using a wheelchair will not be tolerated.

- 7.1 Dangerous contact such as hitting another player from behind is not permitted. This is referred to as spinning where an athlete strikes an opponent's wheelchair behind the main axis causing it to spin.
- 7.2 Direct physical contact between athletes is not permitted and is referred to as illegal use of hands or reaching in.
- 7.3 Holding, where an athlete uses their hands, arms or falling into an opponent is not permitted.
- 7.4 It is recommended that all wheelchairs be equipped with spoke protectors and anti-tip device at the back.
- 7.5 All wheelchairs must be equipped with adequate strapping to hold the athletes securely in place during the activity and to maintain good seating position.





**CANADA**

