

## Texas Charter School Academic & Athletic League

### 7-Man Screen Flag Football – (No Contact) - Game Rules

#### 2010 Edition

#### New rule for the 2010 season

- The center must fully hike the ball to the quarterback. They will not be allowed to hold the ball and sneak it.
- If the referee cannot see the ball then your team will not be honored the 5 second protection. This will be indicated by the referee signaling that it is okay to rush.
- Reminder if you are more than 10 minutes late then your game will be a forfeit. This is because we are using public parks and are not able to fall behind schedule. (We will be lenient in the first week). Once you have 5 players at the site the game must begin if the time has started.

#### New Rule for the 2009 season

**When the offense is in their opponents five yard line the offense will have to declare to the head referee before each play if they want the protection of the 5 second delay that the defense has to wait to rush. If they opt to keep the delay then they cannot cross the line of scrimmage unless the ball has been forward passed (passed the line of scrimmage) before the 5 seconds is up. If they opt to give up the delay then they can pass or run the ball.** This rule is intended to address the complaints from last year about teams being on the 1-yard line and being able to run through the goal line before the defense has a real chance to react because of the 5-second delay that the defense must wait to rush. If a team opts to keep the 5-second delay and then runs the ball before the 5 seconds is up it will be a loss of down and replay from the previous line of scrimmage

#### **THE BASICS**

7 Players per side: A team must have a minimum of 5 players on the field at all times. A team is eligible to play the game with as few as 5 players on the field. If it is the start time for the game to begin then the team must begin the game. They cannot wait for the 10 minute grace period in order to see if more players arrive. When more players arrive they can enter the game on the next play. They must check in with the referee. The referee must notify the other team that they are adding a player.

Field 80 yards,

First downs by advancing the ball past either 20, or the 40 marker (regardless of where the down started)

Only the TEAM Coach may **ASK** the referee questions about rule clarification or interpretations. Players cannot question judgments calls.

Defense will line up on the line of Scrimmage.

Defense cannot rush the Quarterback for the first 5 seconds after the start of the play. The referee will signal to the players by dropping his arm when 5 seconds is up. If the quarterback or running back crosses the line of scrimmage during the first five seconds his flag can be taken.

Game Ball requirements:

6-8: TDY

9-12: TDS

### **GAME TIME**

Playing time shall be 40 minutes divided into four quarters of ten minutes each. The intermission between halves shall be five minutes. When overtime is used there will be a three minute intermission.

Quarters will be 10 minutes with a running clock until the last 2 minutes of each half.

Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams not snapping the ball within 30 seconds will be given a five yard delay-of-game penalty.

Each team has two 60-second and one 30-second time-out per half.

Each team will be given one 30 second time out for each overtime period.

The clock will start when the ball is legally snapped or the kickoff is legally touched. It will run continuously for the first eighteen minutes of each half unless it is stopped for:

- A. Score (touchdown or safety) - starts with snap at twenty (20) yard line if no penalty is enforced.
- B. Team time out - starts on the snap
- C. Referee's Time out - starts based upon referee's play.

Approximately two minutes (2) before the end of each half the referees shall stop the clock and inform both captains of the playing time remaining in the half. Whether the clock starts depends on the previous play. The back judge will announce the remaining time to both team captains after each play in the last two (2) minutes.

During the final two (2) minutes of each half, the clock will stop for a:

- A. Incomplete Pass - starts on the snap
- B. Out-of-Bounds - starts on snap
- C. Score (touchdown or safety) - starts when the kickoff is legally touched.
- D. Team time out - starts on snap
- E. First Down - dependent on previous play.
- F. Fair Catch - starts on snap
- G. Penalty and administration - dependent on the previous play. (Exception: delay of game-starts on the snap)
- H. Referee's time-out - starts at his/her discretion
- I. Touchback - starts on the snap

J. Change of Possession - dependent on the previous play

K. Teams attempting to conserve time illegally - start on the snap.

Officials can stop the clock at their discretion.

### **Unsportsmanlike Conduct**

Spiking and aggressively throwing the flag after removal will constitute an unsportsmanlike foul.

Spiking, spinning or throwing the ball, other gestures to taunt opponents or to draw attention to oneself will be an unsportsmanlike foul.

Players are not allowed to wear jewelry. In each game the first player will be penalized for unsportsmanlike conduct. Other players on that team violating this rule during the game or overtime(s) will be ejected and the team penalized for unsportsmanlike conduct.

### **COIN TOSS**

Winner of the coin toss has the choice of ball, defense or goal to defend.

#### **Overtime:**

A. Overtime coin toss-winner has the choice of ball, defense or goal to defend.

B. In additional overtime periods, choice is made alternately by teams.

### **ATTIRE**

Jersey's / uniforms must be long enough so they remain tucked in the pants during the entire game.

Each player must wear pants or (shorts) which do not have belt loops, pockets, belts or exposed drawstrings. The pants must be different color than the flags. Players of opposing teams must wear contrasting colored jerseys without pockets.

Penalty for improper dress - the player cannot play.

### **SCORING**

Touchdown:

6 points

Extra point:

1 point (played from 5-yard line) or

2 points (played from 12-yard line)

(THERE ARE NO FIELD GOALS OR KICKED EXTRA POINTS)

Safety:

2 points

### **RECEIVING**

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

As in the NFL, only one player is allowed in motion at a time.

A player must have at least one foot inbounds when making a reception.

### **DEAD BALLS**

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

Substitutions may be made on any dead ball.

Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- Ball carrier's knee hits the ground
- Ball carrier's flag falls out

### **KICKS/FREE KICKS**

At the start of the game and the second half also after a touchdown is scored, the offense starts from their 20 yard line.

### **PROTECTED SCRIMMAGE KICK**

Must be announced by referee after asking the team quarterback on the fourth down how they want to play the down: Kick or run a scrimmage play.

There are no quick kicks-illegal kick

Protected scrimmage kick formation.

Kicking team must have at least four on scrimmage line. Kicker must be at least five (5) yards behind line to receive snap.

Kicker must kick immediately upon receiving the snap. If not, it is an illegal procedure (5 yards)

Neither kickers nor receivers can release until ball is kicked.

Scrimmage kicks that are not announced are illegal kicks (10 yards)

If a time-out is taken by either team, "K" team can change decision concerning a kick or an announced scrimmage play. Also, a decision can be changed if down is repeated because of penalty.

### **SNAP**

There CANNOT be any side snaps. This would be an illegal snap.

Illegal snap is a dead ball foul.

## **DEFLAGGING/TAGGING**

Runners must not guard flags with ball, hands or shoulders.

Flags must not be attached to runner in any way that one pull will not deflag the runner. (Flag tampering results in a 10 yard penalty and EJECTION OF PLAYER)

If a runner loses his/her flag belt, THE PLAY WILL BE RULED DEAD.

Runner scoring a touchdown must raise hands so nearest official can deflag the scorer.

Intentional deflagging of an offensive by a defensive player results in a 10 yard penalty.

Deflagger may leave feet to deflag runner.

## **SCREEN BLOCKING**

Screen Blocking only. The following fundamentals apply:

- A) Blocker must set a screen, similar to a legal basketball "pick".
- B) Arms must be at your sides or behind your back. Do not initiate contact with the opponent or you will be penalized 10 yards.
- C) Any use of the hands, arms, elbows, legs or body to initiate contact is illegal.
- D) Blocker may not take a position closer than a normal step when behind a stationary opponent.
- E) Blocker may not make contact when assuming a position at the side or in front of a stationary opponent.
- F) Blocker may not take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be 1 or 2 normal steps or strides from the opponent.

No interlocked interference by grasping or encircling one another in any manner.

## **PENALTIES**

### **Defense:**

Offsides  
Five yards penalty

Interference  
ball will be played from point of interference and automatic first down

Illegal contact  
(holding, blocking, etc.)  
10 yards and automatic first down

Illegal FLAG pull

(before receiver has ball)  
10 yards and automatic first down

**Offense:**

Illegal motion  
(more than one person moving, false start, etc.)  
Five yards

Illegal forward pass  
(pass thrown beyond line of scrimmage)  
Five yards

Offensive pass interference  
(illegal pick play, pushing off/away defender)  
10 yards

FLAG guarding  
10 yards (from line of scrimmage)

Delay of game  
Clock stops, 5 yards

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

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

Games cannot end on a defensive penalty, unless the offense declines it.

**General:**

Verbal abuse of the officials will not be tolerated. The player may be ejected from the game and suspended for an additional 2 games. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well.

Fighting will not be tolerated. 1) If 2 players get into a shoving/wrestling match, they may be ejected. 2) If punches are thrown, they will be ejected and may be suspended 2 games. 3) Any players leaving the sidelines may be ejected.

Trash talking, racial or religious remarks will not be tolerated. Players will be ejected immediately.

If any player/coach bumps or assaults referee, his team will forfeit the game and all money will be forfeited. League reserves the right to suspend any player or team for unsportsmanlike conduct. ALL money will be forfeited.

Teams may be put on warning for verbal abuse, fighting, littering or any action that is deemed unsportsmanlike by the referees or the league. Teams are not required to get a warning, your warning is stated in these rules at the start of the season.

No littering on fields. Excessive littering on the grounds for disqualification from future games and fines. Please pick up your teams trash, so we can use the fields in the future.

No alcohol is allowed on premises. It is illegal. Thank you.

Please remember that this is a charter school football league. The referees and league will give all their effort to provide your team with comparable competition. Most importantly, HAVE FUN.

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

15 yard penalties are for unsportsmanlike conduct.

All penalties not included in these rules will be enforced as in the NFL.

### **Inadvertant Whistle**

Replay down if ball is loose on pass or kick.

Replay down or take player results option to team whose player is in possession at time of whistle.

### **OVERTIME**

Each team is given four downs from the 10 yard line

Toss is made for:

A. Defense or offense first or:

Choice on other overtime periods is made on an alternate basis. If red won the toss, blue has second overtime choice.

If a team scores on first down, their series of downs is over.

If the defense intercepts the ball and scores a touchdown the game is over. If interception does not result in a touchdown, overtime is over if defense has played its series in the overtime; Otherwise the defense gets their series of plays.

Extra points will be played if the contest has not been decided.

Overtime will continue until winner is decided.

### **TIE GAME**

Tie games are decided by the shoot-out method. Each team is given the ball an equal number of times. Each team gets 4 downs from the 10 yard line. Defense may return the ball for a touchdown. Extra Points are attempted.

### **Penalties:**

5 yard penalties include (motion, offside, encroachment, defensive holding, illegal sleeper).

10 yard penalties include most of the other infractions such as (flag guarding, illegal block, illegal contact, roughing the passer, defensive holding) Note: All defensive fouls include first down.

Head referee can overturn calls by the other officials.