

WEST TEXAS SHOWDOWN – FLAG FOOTBALL TOURNAMENT RULES

TEAMS

The format is eight on eight, with a minimum of six players needed at the start of the game. Teams must have matching jerseys. If the situation arises in which both teams have like colors, the team designated visitor is tasked with changing jersey color if needed. Substitutions are unlimited but must take place during a break in play and must be completed before the snap of the ball.

EQUIPMENT

Players are encouraged **not** to wear any type of jewelry, for the purpose of preserving keepsakes, avoiding injury to self and fellow competitors. No padding or other type of hard material may be worn. Exception- Knee/other type braces. If braces are used, they must be covered by padding sufficient to eliminate injury to others. Players **WILL NOT** wear metal cleats. **Shorts without pockets are required. Shorts with pockets are not allowed.** Footballs will be official size and constructed of leather, composite leather or rubber. Sonic flags are required and provided. Coaches will ensure that All Flags are complete before and after each game, **ALL FLAGS NEED TO BE REMOVED AND LEFT AT THE FIELD OF PLAY.** Issues of safety will be directed to the Referee for final determination.

GAME CLOCK

The game will consist of 2 twenty-two minute halves with a 3-minute intermission. The clock will run continuous for the first 18 minutes of each half. In all games the clock will be running continuously.

At the end of 18 minutes in the halves, the teams will be given a Two-Minute Warning and told that there are only 7 plays left in that half. Time outs (2 per half)- 1 minute (clock starts when Official sets ball in play)

Note: Offense has **25 seconds** to put ball into play to avoid delay of game penalty.

Clock Regulations:

- The clock will start each quarter when the official puts the ball in play.
- After a team timeout, the clock will start at the snap of the ball.

- Because the clock is continuous, it does not stop during Point After Touchdown (P.A.T.) attempts.
- The clock will stop for team timeouts, official timeouts, and at the discretion of the official to retrieve long incomplete passes.
- The on-field Captain or quarterback may request the amount of time left in the game from the officials at any time. Officials will be expected to give the correct time.

PLAY RULE PERIOD

The period goes into effect at the 2-minute warning of the 1st and 2nd halves.

From this point on, the clock is no longer kept. Instead, there will be 7 plays left in the half or game. At the 2-minute warning the officials will give the down, distance, and play number on all plays remaining.

Teams must continue to make first downs if they want to keep possession, as it is while using the clock. However, if they don't make a first down, the defense has a chance to gain possession and use the remainder of the 7 plays. P.A.T. try will not count as one of the 7 plays.

FIRST DOWNS

The field itself will be sectioned off into 20-yard zones or increments, as the next line to gain. First Downs are awarded when the hip is advanced past the next line to gain, not 20 yards from the spot of the ball.

FORMATIONS

The ball will be put into play on the 20-yard line at the beginning of each half and following the change of possession post touchdown & PAT.

No kickoffs- there is however **declared** punts. No fakes or quick kicks.

- **Offense-** The Offense must have **four** men on the line of scrimmage at the time of the snap. One person may be in motion at snap, but that motion is restricted to lateral and reverse, no up-field movement prior to snap. The snap must go between the center's legs and travel at least 3 yards. All members of the Offense are eligible receivers. Multiple passes

or laterals **behind** the line of scrimmage are allowed, however only one forward pass **across** the line of scrimmage is accepted.

- **Defense**-The Defense must keep a 1-yard neutral zone from the line of scrimmage. No defensive player may be within 4 yards of the ball if lined up directly in front of the center, or within 1 yard of the ball if lined up to the side of the center at the snap. Defensive players may bump receivers within the first 5 yards. Players may rush immediately following the snap, but **Bull Rushing** is not allowed. You must attempt to go around the blocker.
- **Protected Status**- Defenders may not contact **The Center** until: either they stand up or begin running a pass route. Additionally any contact with the **Quarterback** other than attempting to deflag is prohibited. (Most common violation is attempting to hit QB's arm with ball in hand or as it is just released.) Go for flag not the arm. In both cases these players are unprotected and vulnerable to unnecessary injury. Penalty- 15 yards automatic first down.

PLAYERS

TFFA Flag Football teams will consist of 8 players with all being eligible receivers. A team may not field less than 6 players with proper equipment at any time or a forfeit will be called.

SUBSTITUTION

There will be free substitution as long as players being substituted for are off the field prior to the next snap, or are out of the area of play and are departing the field in haste.

"Sleepers" on substitution will not be allowed on any play. No player may line up closer than 5 yards from the sideline unless he came out of the huddle or unless he was on the field of play during the previous play and did not leave the field of play.

BALL CARRIER

The ball carrier may not stiff-arm, or otherwise hit a defensive player's hands away from the flag belt. Ball carrier's will not lower their heads and drive into a defensive player. Once defensive position is established the runner must attempt to go around. Spinning and jumping is allowed, however diving to avoid de-flagging is not. **Flag Guarding** is not allowed. A ten yard Penalty will be enforced at the Spot of the Foul with a loss of down.

Note: Down field blocking is NOT permitted. Defenders will not attempt to chop or strip the ball from the carrier's hands. There are no fumbles. The ball is dead where it hits the ground. If a carrier's flag inadvertently falls off then the play is dead at that spot. If a runner falls down or touches a knee to the ground, the play is over at that spot. The carrier may use their hands on the ground to maintain balance and remain alive. Ball carriers may lateral the ball to another player, so long as the other player is parallel too or behind the carrier.

RECEIVING

Receivers and Defenders may leave their feet to catch a ball. Receivers must have possession and **one foot** in bounds for a legal catch. Defenders may make a play on the ball, but can NOT attempt to swat the ball from the Receiver's hands once the ball is in possession. Be aware of the pass interference rule: Referee will interpret. Simultaneous possession of the ball goes to the offense.

DEFLAGGING

Defensive players may not tackle, strip ball etc. When the flag is removed from the ball carrier the Defender should stop and hold up the flag. Each player on the field will wear 2 flags at the waist, one on each side. Flags must be attached to a belt and the belt will be worn snug around **the waist to eliminate being turned partially around the waist during an attempted** deflagging. It is important to remember that **the location of the stop is where to hip is at when the flag is pulled not where the ball is.**

SCORING

Touchdown- 6 points

EXTRA POINTS

1 pt- forward pass from the 3 yard line
2 pts- Run from the 3 yard line

2 pts- Pass/run from the 10 yard line

Safety- 2 points

Interceptions of extra point attempts are **dead at the spot.**

SAFETY

A safety scores 2 points. The team scored against will then punt the ball from their own 10-yard line. Receiving team must have 5 players on the 20 yard line.

17 POINT RULE

If either team is ahead by 17 points at the 7-Play warning of the second half, the game is declared over.

BLOCKING

Push blocking between the shoulders and waist only between rushers and blockers is permitted. No dive or chop blocks or blocks to the back allowed. However if a defensive player spins and turns back to blocker, you may keep hands on for control- just no shoving directly to the back in that circumstance.

Down field is NOT permitted as previously mentioned (BALL CARRIER). Blockers and Rushers will not use forearms or elbows to gain an advantage over the other. Additionally there will be no intentional hands to the face/head area.

PUNTS

Must be declared- All offensive players must stand motionless on the line of scrimmage until ball is kicked. **Only two receivers may go back to field the punt**, all other members of the receiving team must also stand motionless at the line of scrimmage until the ball is kicked. The ball may be fielded by the Kick-Returner on the fly or off **the first bounce** from when it hits the ground. However if the Kick-Returner muffs or drops the ball after touching it in the air, the ball is dead at the spot where it hit the ground. The Returner may also call/waive for a fair catch. In either case a 5-yard cushion must be given to catch the ball.

OVERTIME FORMAT

Tie Breaker - In the event of a tie game at the end of the 2nd half, the following method will be used:

The officials will call a timeout of 2 minutes, during which time the officials and team Captains will have a coin toss. The winner will have the choice of playing offense or defense first. Both teams will go in the direction of the wind or if no wind in the direction chosen by the loser of the toss.

The ball will be placed on the 40-yard line and each team will have 4 consecutive plays (unless terminated by an interception), in which to score the most points or gain the most yardage. If no team scores, the team that gains the most additional positive yardage shall be the winner. Positive yardage is defined as yardage gained while on offense only and must be in advance of the 40-yard line. If after 4 consecutive downs each, the two teams remain tied in all of the above combinations, additional downs will be played, one down at a time, alternating, until a winner is decided.

If a team scores a touchdown, it will be allowed to use its remaining downs, beginning again at the 40-yard line. A free down will be granted for P.A.T. attempts after each touchdown.

During a Tie Breaker, teams will be allowed one timeout each.

An interception terminates the offensive team's chances (unless ball changes possession again during play). The defense may advance the interception and negate positive yardage if advanced beyond the point of the last snap. The winner of the Tie Breaker shall be given one point (if won by yardage) or points scored.

Negative yards are considered ZERO "0" yards.

WINNER OF TIE BREAKER

A team is awarded 1 point if it won the game by yardage, or it is awarded the points it scored if won by points.

PERSONAL FOULS and PROHIBITED ACTS

- **Field Blocking is NOT permitted. Holding is not permitted.**
- There will be no “bull rushing” A player will not rush through an offensive player. When the rusher makes contact, he must go to either the inside or the outside of the offensive lineman.
- There will be no contact with an opponent who is on the ground
- The runner will not be thrown to the ground
- There will be no unnecessary roughness of any nature
- The ball carrier will not deliberately drive or run into a defensive player
- The defensive player will not deliberately drive or run into a ball carrier
- The center may not be touched until he has begun his pass pattern or stood up to block
- Pushing out of bounds
- Abusive or insulting language
- Any acts of unfair play

SUMMARY OF PENALTIES

5 YARDS

- Delay of game Illegal Substitution Free kick infractions False start
- Any illegal act by the center
- Encroachment dead ball foul Illegal motion
- Article of clothing covering portion of player's flag

10 YARDS

- Holding
- Illegal block/Downfield Blocking
Interference with opponent or ball
before snap
- Offensive pass interference (yardage plus loss
of down)
- Illegal forward pass (yardage plus loss of down)

- Illegal use of hands Pushing the ball carrier
- Illegally quick kicking the ball Illegal contact
- Flag Guarding (10 yds from Spot of Foul/loss of down)
- Flags not properly placed

15 YARDS

- Striking, Kicking, Kneeing, Tripping, Clipping, Hurdling, or Hitting Striking the head
- Unsportsmanlike conduct by player or bench
- Roughing the passer or center (automatic 1st down)
- Fighting (Automatic Ejection)
- Bull rushing

Any listed unfair or unsportsmanlike, personal foul, or prohibited act.

Any player leaving the bench area during a fight, and if not actually involved in the fight, is ejected for that game. If any player is involved in the fight, event expulsion, in addition to the yardage penalty.

SPOT OF FOUL

Defensive pass interference (automatic first down)

Flag Guarding (loss of down)

Questions: support@west-txshowdown.com