



## **GENERAL RULES AND MODIFICATIONS**

*The official SCMAF Football Rule Book shall govern the SCMAF Flag Football competitions.*

### **THE PLAYERS**

- A. The game shall be played between two (2) teams of eight players each. Seven (7) players are required at all times to avoid forfeit.
- B. Any offensive formation will be allowed.
- C. The defensive line-up is not restricted. Any defensive formation will be allowed.
- D. All players are eligible. Direct runs by the quarterback across the line of scrimmage are not allowed. He/she must hand off or pass. Penalty shall be called when the quarterback crosses the line of scrimmage, but officials will allow play to be completed.
- E. **MINIMUM PLAY RULE:** Each player must play a minimum of five (5) consecutive minutes which includes all offensive, defensive, and kicking plays in each half. Officials time out, not charged to either team, shall be called at the nearest to midway point of the quarter or on the next dead ball, for the purpose of meeting the minimum play rule. Player must start his/her consecutive minutes at either the beginning or the midpoint of a quarter. Consecutive minutes must be played within one quarter in each half. Consecutive minutes begun in one quarter may not be carried over into the next quarter or half. Late arriving players, if time permits, must play the minimum consecutive minutes within the half of their arrival. Injuries that preclude the player out of play from returning to the game are exceptions. Injuries that preclude the player out of play for more than one play will be ruled upon at the discretion of the Tournament Director with respect to satisfactorily meeting the requirement of the minimum play rule. Penalty for non-compliance will be forfeiture of the game. The official scorekeeper shall determine compliance.

### **COACHES AND SPECTATORS**

- A. All coaches and players, when on the sidelines, must remain in a team box which will extend between the 20 (twenty) yard line and the 35 (thirty-five) yard line. One coach from each team may extend from each 20 (twenty) yard line during play. (NOTE: After a warning, coaches may lose their privilege.) One coach may enter the field at their team's huddle during time-outs.
- B. Spectators must remain in the stands or in designated spectator areas whenever seating facilities or designated spectator areas are available. If stands are not provided, spectators will keep at least 5 (five) yards from the sidelines and end lines, and 5 (five) yards from players' benches.



- C. After a warning, failure to comply with A or B will result in a penalty and said coach/team for unsportsmanlike conduct. If behavior persists, game may be forfeited at discretion of official.

## **EQUIPMENT**

- A. All game equipment, such as GAME BALLS, TIMERS, FLAGS, etc. will be furnished by the host Recreation Department.
- B. Jerseys: Players must wear matching colored jerseys with numbers. At the start of each play all jerseys must be tucked into pants/shorts or terminate one inch above flag football belt line.
- C. Pants/Shorts: Each player must wear pants or shorts without any belt(s), belt loop(s), exposed drawstring(s), or pocket(s). If player(s) have pants or shorts with any of the above mentioned belt(s), belt loop(s), or pocket(s), they must be taped shut by officials prior to the start of the game. The pants or shorts must be one solid color that is a different color from the flags (i.e. no red, yellow or blue).
- D. FLAG BELT: All divisions shall use a regulation three flag belt system. Flags must be a contrasting color to their opponents' flags.
- E. SHOES: Shoes must be worn; bare feet will not be permitted. Screw in or metal cleats are illegal. Use of molded rubber or multi-purpose shoes is recommended.
- F. BALLS: The "A" Division shall use an intermediate size football. The "B" and "C" Division shall use the junior size football.
- G. Personal protective equipment, such as knee guards, arm guards, etc. shall be inspected by officials prior to each game. NO regulation football equipment such as helmets, pads, etc. will be allowed. Shoes with metal, ceramic screw-in or detachable cleats are illegal.
- H. MOUTH GUARDS: Recommended for all participants.

## **GAME TIME**

- A. The length of the game shall be four 10-minute quarters running time. During running time, the clock shall be stopped by an official for a time-out or after any score. After a time-out the clock shall start on the next snap. After a score, the clock shall start on the kick-off.
- B. During the final two minutes of each half the clock will stop for a:
  - 1. Two minute warning- dependent on previous play
  - 2. Incomplete pass- starts on the snap
  - 3. Out-of-bounds- starts on the snap
  - 4. Score (touchdown or safety) – starts when the kickoff is legally touched
  - 5. Team time out-starts on the snap



6. First down- dependent on the previous play
  7. Fair catch or an awarded fair catch- starts on the snap
  8. Penalty administration- dependent on the pervious play (Exception: Delay of game- starts on the snap)
  9. Touchback- starts on the snap
  10. Change of possession- dependent on the pervious play
- C. Each team will receive four time-outs per game (cumulative). Each team is entitled to one (1) time-out during each overtime period. Any unused time-outs may not carry over into overtime periods.
- D. Teams will be granted a ten (10) minute grace period after scheduled game time of first tournament game. For all subsequent games, game time is forfeit time.

### **SPORTSMANSHIP RULE**

If a team is leading by score of 24 (twenty-four) points or more, the “running time” clock will be used. The clock will only stop for charged time outs and official time outs. In addition, after any score, the trailing team will be awarded the ball at their own (thirty-five yard line in lieu of a kickoff. Should the lead become less than a 24 (twenty four) point margin, the game will convert back to regulation timing and kickoffs.

### **TIE GAME**

The SCMAF tiebreaker system will be used when a game is tied after four periods. Regular SCMAF football-playing rules apply with the following exceptions.

- A. A coin will be held immediately following regulation play. The winner of the toss shall choose one of the following options:
  1. Offense or defense, with the offense at the opponent’s 20 (twenty) yard line to start the first series.
  2. Which end of the field shall be sued for both series of that overtime period.
  3. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even-numbered extra periods. Note: The winner of the toss may not defer his choice.
- B. Extra periods: An extra period shall consist of two series (one by each team) with each team putting the ball in play at the 20 (twenty) yard line (unless moved by penalty). Both series are played toward the same goal line.



- C. Team Series: Teams which begin their overtime period outside of the 20 (twenty) yard line due to penalty will NOT receive any first downs for crossing the zone-line-to-gains in the process. Teams may receive another set of downs by penalty only (automatic first down).
- D. Scoring:
  - 1. When a team scores, they can choose to attempt a one (1) or two (2) point conversion. The team on defense first will then begin its series of downs.
  - 2. The team that scores the most points in the overtime period is declared the winner.
  - 3. If both teams fail to score in any overtime period the winner will be determined by the team that has gained the most net yardage from the 20 (twenty) yard line. EX: If Team A finishes its possession at the 22 (twenty-two) yard line and Team B finishes its possession at the 25 (twenty-five) yard line Team A shall be declared the winner. (The officials will mark the dead ball spot after completion of Team A's fourth down to determine the line to gain for Team B.)
  - 4. If the teams are tied in score or in yardage at the end of overtime period, the overtime procedure will be repeated until there is a winner.