KILLER B'S 3 V 3 FLAG FOOTBALL RULES

BASIC RULES

1) With the ball starting at one end of the field the offensive team (QB and 2 WR's) will be given 3 plays to reach midfield and then 2 plays to score midfield against the opposing defense.

2) Games will consist of two (2) halves. The clock will be a running 20 minute clock.

    a. The last minute of each half the clock will stop with out of bounds, incomplete pass, and score.
    b. Teams are awarded 3 time outs for the whole game.

3) Teams consist of five or six players, there will only be three (3) players allowed on the field at a time.

4) The field is 25 yards (75 feet) by 10 yards (30 feet). The first down is placed at midfield 30 feet.

5) **SCORING**.

    Touchdowns are worth 6 points.

    a. Extra Points
        1) One point is Pass Only From 10 feet.
        2) Two Points is Run or Pass from 20 Feet.
        3) Three Points is Run or Pass from 30 feet.

6) **DEFENSE**

    Defense will have 3 people on the field

    Defensive players may not make contact with an offensive player (No Jamming receivers)

    A blitz is deemed illegal and offense given a first down if the player starts the blitz inside the blitz zone.

- Teams consist of a maximum of 6 players, with three players on the field at all times.
- A team has 8 seconds to release a pass
- The defense gets 2 Blitz per 3 downs
- Teams have 3 downs to gain a first down or 2 downs to score a touchdown after crossing midfield

THE FIELD

The field measures 25 yards in length, 15 yards in width.

TEAMS

The game shall be played between 2 teams, with a maximum of 6 players on a team, and a maximum of 3 players each on the playing surface. Three (3) players are required to avoid a forfeit. Each team captain is responsible for ensuring that each player on his/her team is signed in on the score sheet and is an eligible player. If an ineligible player is on a team, the team may be subject to forfeiture of the contests in which the ineligible player participated.

EQUIPMENT

a. Footballs are provided by Killer B's Gym.

b. Players may wear a headband or stocking cap for headgear. No billed hats are allowed. No equipment with a knot in it will be allowed.

c. It is recommended that players wearing glasses use some form of safety glass or a protective mask over the glasses.

d. The use of any hard or dangerous head, face, or body protective equipment is illegal. Padding for body protection must be of either felt or sponge rubber.

e. All shirts/jerseys must be tucked into pants/shorts at all times.

f. Players must wear SUPPLIED UNIFORM; pants/shorts without any belts, pockets, belt loops, or exposed drawstrings.

g. Each player must wear shoes. Players may wear turf shoes, cleats of any type are PROHIBITED.

START OF EACH GAME

Games will start at the specified time. A 5-minute Grace Period is permitted if agreed upon by both team captains. Prior to the game, the captains will participate in a coin toss. The winner of the coin toss shall choose from the following options: Offense or Defense.

GAME TIME

a.) There will be no kickoff. The game begins with a scrimmage play at the start point for the team that has been awarded the ball.

b.) Playing time will be two (2) halves of 20-minutes each with a 5-minute halftime.

c.) The clock runs continuously except for the last 1-minute of the second half.

A one-minute warning, and a stopped clock, will be given by the officials. This is not considered a timeout. The clock will stop and the officials will alert the players of the time, at which point the game will continue.

d.) The clock stops during the final minute of the game for a(n):

1. Incomplete pass

2. Out-of-bounds
3. Score
4. Team time-out
5. First Down
6. Penalty and Administration
7. Official's Time-Out
8. Change of Possession
9. Team Attempting to Conserve Time Illegally
10. Inadvertent Whistles

OVERTIME

In case of a tie, each team will be awarded three (3) downs in which to score a Touchdown, and if successful, one play to score an extra point. There is only one overtime possession per team in the regular season. In the playoffs the following procedure will be completed until there is a winner. The procedure is as follows:

a) Team captains will play have a coin flip to determine possession. The winner of the coin flip may choose to play Offense, or Defense.

b) The team taking possession begins with the ball at midfield and attempts to score

c) In the event of an interception, the play is dead and the team that intercepted the ball gets the ball at midfield.

d) In the playoffs The procedure is repeated until one team has scored more points.

TIME-OUTS

Each team is entitled to 3 time-outs per game. No time-outs are given for the overtime period. Each timeout shall not exceed 30 seconds. A team requesting excessive time-outs will be charged a delay of game penalty. The referee will warn both teams 5 seconds before a charged time-out expires. The offensive team has 25 seconds to put the ball in play.

DELAYS

All players must be on the field at the scheduled game time with their flags in the proper position. A Delay of Game penalty is given to a team that:

a.) Consumes more than 25 seconds to put the ball in play.

b.) Deliberately advances the ball after it has been declared dead

c.) Deliberately puts the ball in play before it is declared ready for play.

Penalty: Delay of game – 3 yards from the Previous Spot

INJURED PLAYER

An injured or apparently injured player who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player.

SUBSTITUTION

Substitution infractions include:

a. Entering the game during a live ball

b. Entering/leaving the game away from his/her team area.

c. Entering and leaving during the same dead ball - the player must play at least 1 down.

Penalty: Illegal Substitution – 3 yards from the previous spot

DEAD BALL

A live ball becomes dead when:

1. A runner's flag belt is removed legally by a defensive player
2. It goes out-of-bounds or when it touches the goal line of the runner's opponent
3. Any part of the runner other than a hand or foot touches the ground
4. A touchdown, or successful try-for-point is made
5. A fumble or pass touches the ground
6. A passer is deflagged prior to releasing the ball
7. An official blows his/her whistle (even if inadvertently)
8. The defense secures possession of the ball during a try or overtime
9. A loose ball is out-of-bounds when it touches anything, including a player or game official, who is out-of-bounds.

DOWNS & TEAM POSSESSION

a) A team has 3 consecutive downs get to midfield for a first down, then once past midfield 2 downs to advance the ball to the endzone for a touchdown.

b) During the first possessions of each half or after a team has scored, the ball is placed on the start point.

c) A new series of downs is awarded when a team moves the ball into the next zone and the ball becomes dead in that zone.

THE SCRIMMAGE

a) A play from scrimmage must be started by a legal snap from a point on the inbound line. The offensive team is responsible for retrieving the ball after a scrimmage down. Players may use a two-, three-, or four-point stance.

b) The offense may run the ball across the line of scrimmage with a player other than the Quarterback. The defense may not cross the line of scrimmage until the three seconds has been counted off.

PRIOR TO THE SNAP

Once the ball is set on the line of scrimmage:

1. The quarterback may neither move nor change the position of the ball.
2. Defensive players may not jump into the neutral zone nor touch the ball or an offensive player.
3. No offensive player shall make a false start.

Penalty:

Dead Ball Foul (False Start if by the Offense, Offsides or Encroachment if by the Defense)– 3 yards from the previous spot

POSITION AND ACTION DURING THE SNAP

The offensive team must have quarterback on the scrimmage line. One offensive player may be in motion horizontal to the line of scrimmage. The quarterback shall take the ball back from the ball stand.

penalty:

Illegal Motion – 3 yards and loss of down; two players in motion before snap at the same time.

BACKWARD PASS AND FUMBLE

A runner may pass the ball backward or lose player possession by a fumble at any time except if intentionally thrown out-of-bounds to conserve time or to avoid being deflagged.

Penalty: Illegal Pass – 3 yards from the spot of the pass or fumble and loss of down

FORWARD PASS

A. Only one legal forward pass per down. All players are eligible to catch a pass.

B. The receiver must touch the ball beyond the scrimmage line. The offense has 8 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot. The Referee will sound his/her whistle at 8 seconds if the passer has possession of the football. C. A forward pass is illegal if:

1. The passer foot is beyond the line of scrimmage when the ball leaves his or her hand

2. Intentionally thrown to the ground or out-of-bounds to save loss of yardage

3. The passer catches their own untouched forward pass.

penalty:

Illegal Forward Pass – 3 yards from the spot of the pass and a loss of down if by A before possession changes during a scrimmage down.

D. a legal forward pass is caught simultaneously by members of opposing teams, the ball is dead and belongs to the team that snapped the ball.

E. A forward pass is complete when and only if the receiver has at least one foot in bounds.

F. If a member of the opposing team intercepts a forward pass, it is counted as a completion as long as the person remains inbounds.

SCORING

A touchdown is worth 6 points. After a touchdown is scored, a team has a choice of points possible from the try-for- point. A try-for-point from the 3-yard line is worth 1 point. A try-for-point from the 10 yard line is worth 2 points. A try-for- point from the midfield line is worth 3 points. The try ends when the defense secures possession. If there is a foul by the defensive team (including unsportsmanlike or nonplayer) during a down which results in a touchdown, the scoring team may accept the results of the play and then choose to have the foul enforced at the succeeding spot (Try) or after the Try at the 10-yard line. If after a touchdown and prior to the initial ready for play signal for the Try, either team commits any foul for which the basic spot of penalty enforcement is the succeeding spot (Try), the offended team may have the penalty enforced from the succeeding spot (Try) or after the Try, at the 10-yard line. MERCY RULE There is no mercy rule

UNSPORTSMANLIKE CONDUCT

There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules. This includes but is not limited to:

a. Abusive or insulting language

b. Any acts of unfair play

c. Verbally or physically interfering with another team's signals or movements

d.) intentionally kicking another player

e.) Leaving the field between downs to gain an advantage

f.) Intentionally kicking, spiking, or throwing the ball into the air or ground

g.) Failure to return the ball to the huddle

h.) Attempting to influence a decision by an official

i.) Disrespectfully addressing official

j.) Indicating objections to an official's decision j. Using profanity, insulting, or vulgar language or gestures

Penalty: Unsportsmanlike Conduct – 5 yards or Flagrant Unsportsmanlike Conduct – Ejection and possible suspension

PERSONAL FOULS

A personal foul is:

a. Stealing, attempting to steal, or batting the ball from a player in possession

b. Tripping, clipping, or tackling a runner

c. Contact made to a runner who is on the ground

d. Hurdling a player

e. Contacting a player before or after the ball is declared dead

f. Deliberately driving or running into a defensive player

Penalty:

Personal Foul – 5 yards or Flagrant Personal Foul – Ejection and possible suspension from further play

BLOCKING

a. Blocking must be done without the use of hands or extended arms and without contact. Any use of the arms, elbows or legs to initiate contact during an offensive player's screen block is illegal.

b. A player must be on his/her feet before, during and after blocking.

c. Teammates may not use interlocking interference to block for a runner.

d. Defensive players must go around the offensive player's screen. They must refrain from using their hands or arms extended to move the offense.

Penalty: Personal Foul—5 yards

RUNNER

a. Runners shall not guard their flag by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag belt.

Penalty:

Flag guarding—5 yards from the spot of the foul

b. The runner is prohibited from contacting an opponent with an extended hand or arm. Penalty:

Personal Foul – 5 yards from the spot of the foul

c. The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.

Penalty:

Helping the Runner—3 yards from the spot of foul

FLAG BELT REMOVAL

a. Players must have possession of the ball before they can legally be deflagged.

b. Play continues if a player loses his/her flag belt either accidentally or inadvertently. The deflagging then reverts to a one-hand tag of the runner between the shoulders and the knees.

c. The ball is declared dead when a runner has a flag belt removed legally by an opponent. A flag belt is removed when the clip is detached from the belt, the belt is torn into more than one piece, or the flag is torn off the belt.

d. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.

e. If a flag belt is removed illegally, play continues with the option of the penalty or the play.

Penalty:

Personal Foul—5 yards from the previous spot

f. Intentionally pulling a flag belt from an offensive player without the ball is illegal.

Penalty:

Personal Foul—5 yards from the end of the run

g. Tampering with the flag belt in any way to gain an advantage including tying or wrapping is illegal.

Penalty:

Unsportsmanlike conduct—5 yards from previous spot, loss of down if

A, Automatic First down

B, and possible player ejection.

SPORTSMANSHIP

A team is responsible for the action of all individual members and spectators directly related to the team before, during, and after the game. Any individual that is involved in any type of physical altercation or unsportsmanlike conduct may be automatically suspended along with the entire team.

ADMINISTRATION

a.) The Killer B's Staff reserves the right to stop any game whenever such stoppage is in the best interest of safety and/or program goals.

b.) The Killer B's Staff reserves the right to combine divisions and move teams to another classification for competition.

c.) There will be no game change request options.