



[www.FloridaSportsLeagues.com](http://www.FloridaSportsLeagues.com)

Tampa: (813) 574-6485

Pasco/Pinellas: (727) 213-2166

## **Palm Harbor Flag-Football Rules**

### **Game Play:**

The league is 7 vs. 7. A team may start with less than 7 players, the opposing team **does not** have to drop down to the amount of the lesser team i.e., 7 vs. 5. Women can be on the field anytime in the league & the opposing team does not have to a woman on the field if they choose not to.

Pick-ups are allowed for players that are registered and paid to play in FSL Leagues. When a captain needs to make a pick-up he must clear it with the opposing team's captain, that captain has the right to approve, deny or give alternate choices for pick-ups. All pick-ups must be approved by an FSL Staff member.

The game will consist of 2-20 minute halves. The clock will stop in the last 2 minutes of each of half accordingly i.e., incomplete passes, out of bounds, etc. If a team is up by 17pts, the game will be called when we reach the final 2 minutes. Each team will have 2 timeouts per half. Offense will have 40 second clock during normal game play to snap the ball, within the last 2 minutes of each half it will be reduced to a 20 second clock to snap the ball. If teams are tied at the end of the game they will go into overtime, each team will have 4 downs to score from the 20 yard line and convert for extra points. This will be decided by a coin flip who will receive first possession in overtime.

**The only person to dispute a call or discuss with an official a play must be a captain or co-captain, no-one else has the authority to dispute any calls. All teams must follow FSL's code of conduct.**

### **Kickoff's**

The kicking team must kick off the ball off a tee or a player holding the ball in place for the kicker. The Ref will blow the whistle right before kickoff to let everyone know the start of the kick. **On the kickoff the ball is 100% live once the ball crosses the receiving teams 40 yard line, once that has occurred a player can pick up the fumble and run it in for a touchdown.** All other fumbles during any other parts of the game are dead balls spotted where they hit the ground.

### **Offence**

Each team will have 4 downs to reach the 50, once the team has reached the 50 they will be awarded 4 more downs to reach the end zone. One handoff is allowed every four downs. Only one forward pass will be allowed as well. When the defensive team breaks the line of scrimmage to get the QB, the QB can run the ball. All pitches are allowed as long as the player is behind the one carrying the ball.



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Ball must be snapped to the QB, and it must be touching the ground before the snap. A legal catch counts as having one foot in bounds to complete the catch. If a player is pushed in the air out of bounds during the catch the Referee may rule that as a complete catch.

The offence must declare their punt on 4<sup>th</sup> down. The defense will not be allowed to rush in on any declared punts. The offence can not break the line of scrimmage until kicker is in the motion to punt the ball.

The player is down as soon as his/her knee touches the ground or the catch was made by a dive or fall.

Offensive players have the right to block for their teammates. A legal block consists of arms at sides of the body straight down, no hands, elbows or shoving. The block will look more like a basketball pick. You may run along with the offensive player for the block but absolutely no hands on the man/woman you are blocking.

## **Scoring**

When a woman throws, runs or receives a touchdown it will be worth 9pts. All other touchdowns are worth 6pts. We will have two options for extra points from the 10 yard line will be worth 1pt and from the 20 yard line will be worth 2 pts.

## **Defense**

There will be two bean bags at line of scrimmage. One will represent offence line of scrimmage, the other will represent where the defense rusher must stand behind before rushing or blitzing. There will a 5 Mississippi rush allowed on all downs and 1 blitz every four downs. The rush must be counted out loud and at reasonable speed. The blitz must be shouted while blitzing the QB. If the defense counts to 5 at an abnormal speed they will be warned once, after that offence will have the option to repeat a down for the illegal rush.

On extra points there will be a 3 Mississippi rush, no blitzes.

Defense may contact the receivers in the first 5-7 yards, but they may not hold the receivers past that point or have any contact.

When a defense attempts to pull the flag and gets caught on the shorts and jersey will be allowed as long as the player lets go of the offensive player, any other holds that impede the runner will be a 10 yard penalty at the end of the play.

If a players flags fall off during or before a play, that player just has to be touched with one hand by the defense.

Interceptions are live balls unless the player has a knee down, or caught the ball lying down.



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## Personal Fouls and Prohibited Acts

In order to preserve the integrity of the game and keep it safe for all individuals involved, the Officials will manage each game to his best judgment.

**ABSOLUTELY NO FIGHTING OF ANY KIND IS PROHIBITED IN FSL EVENTS.** With that, players will not commit the following Acts without the threat of ejection for one or more acts:

1. No contact with any opponent while on the ground
2. Tackling
3. Hitting below the waist or above the shoulders
4. Ball carrier will not lower head or shoulders into defender
5. Defender will not lower head or shoulder into ball carrier
6. No Hurdling or diving by the ball carrier, unless trying to avoid injury
7. Hitting the Quarterbacks arm while in throwing motion
8. Roughing the Quarterback
9. Roughing a pass catching center
10. Crack back on a player who is not a threat to de-flag a ball carrier
11. Abusive or insulting language
12. Fighting of ANY kind ejection is automatic and/or year long suspension from the league)
13. Players leaving the sideline to partake in an altercation ejection is automatic and/or year long suspension from the league)
14. Participation of illegal players (Team forfeit)
15. Interfering with a player during a live play
16. Throwing flags away from de-flagged player
17. Delaying the punt
18. Making contact with an Official, Supervisor and/or Tournament Director (Automatic ejection)

All these penalties will result in minimum 15 yard penalties, and possible ejection of players for a game and possible league play.

## Spot Fouls

1. Defensive Pass Interference ball will spotted where it occurred and repeated down. If interference occurs in the defenders end zone, ball will be placed on the one yard line.
2. Illegal block (in the back, below the waist, above the shoulders) during free kick
3. Flagrant Delay of Game
4. Flag Guarding
5. Impeding the Runner
6. Forward pitch beyond the established Line of Scrimmage

All flag guards will be called when it happens, play is dead then a 10 yard penalty from spot of the play.

Spins are allowed, stiff arms are not. Stiff arms will result in causing the play dead and 10 yard penalty.