

# Point Grey Flag Football League

## Rules and Regulations

### Section A: League Specific Equipment Regulations

1. Equipment which may not be used in the Point Grey Flag Football League
  - a. The use of cleats with metal studs is forbidden in the Point Grey Flag Football League
  - b. Any shirt or article of clothing which interferes with an opponent's ability to reach the flag is prohibited.
2. The use of cleats or turf-specific soccer shoes by all participants in the Point Grey Flag Football League is **STRONGLY** recommended for the safety of all participants in the league.

### Section B: League Specific Rules of Play

1. The Field of Play
  - a. Fields used in the Point Grey Flag Football League shall be 70 yards in length and 18 yards in width.
  - b. Endzones shall be 10 yards in length
  - c. Dimensions of the field will be indicated using cones, and the lines of the football field.

## 2. The Players

- a. The Point Grey Flag Football League is a five-a-side league, meaning that teams may not have more than FIVE (5) players on the field at one time during play.
- b. Each team is required to field FOUR (4) players at the commencement of a match. Failure to have 4 eligible players present at the start of a match will place the offending team in violation of either the Default or Forfeit policy. See Sections C1 and C3 for more information on these policies.
- c. A team may be allowed to continue a game so long as THREE (3) eligible players remain on the field. A team may only be allowed to have three players present on the field as a result of an injury or an ejection to one of their players. If a team is unable to maintain the minimum number of players on the field, they will be assessed a 3-0 loss.
- d. In competitive mixed competition, each team may have no more than THREE (3) self identifying males on the field at any phase of play.

## 3. Gameplay equipment

- a. All Footballs used for Point Grey Flag Football should be approved for game use by REC Officials or staff prior to use.

## 4. Gameplay Time

- a. Each Game in the Point Grey Flag Football League features TWO (2) halves, each lasting 20 minutes
- b. Stop time will be played in the last minute of the second half if the following conditions exist:
  - i. There is no more than a 14-point differential.
  - ii. Time permits – Official’s discretion.
  - iii. If the aforementioned conditions are met, the clock will stop under the following circumstances:
    - iv. When a touchdown has been made
    - v. When the ball goes out of bounds
    - vi. Timeouts (official or team)
    - vii. Penalties
    - viii. Any incomplete pass
    - ix. A player injury
    - x. Until the referee has placed the markers

- c. When possible from a scheduling standpoint, officials may add time to make up for time taken away from the game as a result of any of the following instances;
  - i. Substitutions
  - ii. Assessment of injury to players
  - iii. Removal of players from the field of play due to an injury
  - iv. Time wasting
  - v. Any other cause at the official's discretion
- d. Officials reserve the right to both reduce game time and prematurely end games (game abandonment) for reasons related to scheduling or participant safety.
- e. No half shall end until the ball is dead and all penalties are resolved.
  - i. If a touchdown is scored on the last play of the period, the period shall be extended to include the convert attempt
  - ii. Any offensive penalty in the last minute of the game in a stop time situation will result in a 10 second run off of the clock. Any offensive penalty in the last 10 seconds of the game will result in the game ending.

## 5. Tie/Overtime Rules

- a. There is no overtime during the regular season. Games will end in a tie
- b. During the playoffs, In the event that the score is tied at the end of the second half of a game each team will be given the opportunity to score using the following procedure.
- c. The first team, as determined by coin toss, shall scrimmage the ball at the half line, and may advance by consecutive series of downs until it makes a touchdown or loses possession.
- d. The second team will then scrimmage at the half line and proceeds as above.
- e. If the score is still tied, the procedure shall be repeated until a winner is determined after both teams have had equal opportunities to score.
- f. If a pass is intercepted, the defense becomes the offence and begins their series. If the interception is returned for a touchdown the game is over.

## 6. Kick-off

- a. The game begins with a kickoff. The ball shall be kicked-off, by a place kick, fifteen yards from the kicking teams' goal line for both women's and men's games.
- b. The kicking team must line up behind the ball, and remain in place until the ball has been kicked.
- c. The receiving team can take position anywhere on the field of play behind the halfway line.
- d. The ball, unless touched by an opponent, must be kicked over half before it may be legally touched by a member of the kicking Team.
- e. The ball shall not go out of bounds in the field of play.
- f. The receiving team may take possession at its 15 yard line or at the point where the ball went out of bounds.
- g. If during a kickoff the kicked ball proceeds through the goal area and across the deadline or sideline in goal without being touched there shall be no score and the ball shall be awarded to the receiving team at any point between the hash marks on its own 10-yard line
- h. If the kicked ball is simultaneously recovered by players of both teams, or is simultaneously touched by players of both teams before going out of bounds, the returning team will be awarded possession of the ball at the spot of the recovery.

## 7. Scoring

- a. The offence has 3 downs to obtain 10 yards, keep possession of the ball and attempt to score. If they fail to gain the 10 yards and a first down, possession is lost.
- b. From the time the referee has blown the play in, teams have no more than 20 seconds to snap the ball.
- c. Failure to snap the ball within 20 seconds will result in a delay of game penalty.
- d. There is no direct snap (Handing the ball directly between the person snapping the ball and the person receiving it). The player who receives the snap must be at least three yards behind the snapper.
- e. A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.

- f. All fumbles, are immediately called dead when the ball makes contact with the turf. The exception to this is on Kick-offs and Punts. The player receiving the kick may fumble and recover, but if the referee deems the opposing team too close to the receiver of the kick when the ball is fumbled, then the referee will blow the play dead.
- g. A hand-off pass is made on a scrimmage play when the ball is handed, but not thrown, by one Team player to another behind the line of scrimmage. There is no restriction on the number of hand-off passes on any one play.
- h. For Women's (W2STGD) Divisions. If a handoff occurs behind the line of scrimmage, the steamboat requirement of the defense is immediately nullified and the defense may rush the runner immediately after a hand-off
- i. A forward pass is illegal:
  - i. If the passer's entire body is beyond the scrimmage line when the ball leaves their hand
  - ii. If thrown after team possession has changed during the down.
  - iii. If intentionally thrown to the ground or out of bounds behind the line of scrimmage to save loss of yardage
  - iv. If a passer catches their untouched forward pass
  - v. If there is more than one forward pass per down.
  - vi. On a scrimmage play, a player makes forward pass after crossing the line of scrimmage.
  - vii. On a play, other than from scrimmage (e.g. kick return, kick-off return, interception return, fumble return, recovery of onside kick or kickoff), a player makes a forward pass.
  - viii. In the event that a forward pass is illegal, the play will be blown dead and a loss of down will occur from the point of the illegal pass.
- j. A team may lateral the ball amongst teammates as many times as they wish during play.
- k. A lateral pass is deemed a pass that completely leaves the hands of the passer and is caught by the receiver at a point parallel to, or behind the passer with respect to the end-zone lines. A dropped Lateral pass is considered a fumble, and is therefore immediately blown dead.
- l. Ball Carriers
  - i. Flag Guarding is strictly prohibited.

- ii. Flag Guarding: swinging the hand or arm over the flag belt to prevent an opponent from deflagging, placing the ball in a position over the flag to prevent an opponent from deflagging, or lowering the shoulders in such a manner which places the arm over the flag to prevent an opponent from deflagging.
  - iii. A player may not hurdle, leap or spin away from a defender in an attempt to avoid being deflagged.
  - iv. Any infraction committed by the ball carrier will result in a 5 yard penalty and a loss of a down.
- m. A touchdown is scored when the ball is in the possession of a player in the opponent's goal area, or when the ball in the possession of a player crosses or touches the plane of the opponent's goal-line.
- n. Convert
  - i. A team scoring a touchdown may attempt to add to its score by means of a scrimmage play as follows:
    - ii. 1 point – running or passing from 5 yards out
    - iii. 2 points – running or passing from 10 yards out
  - iv. The ball shall remain in play until a score is made or the play has been terminated.
  - v. If Team B legally gains possession during an unsuccessful convert attempt (i.e. interception of forward pass) it may score two points by advancing the ball across Team A's goal line. If the play terminates with Team B in possession in its own goal area, there shall be no score.
- o. Safety
  - i. A safety touch is scored when the ball becomes dead in the possession of a team in its own goal area, or touches or crosses the dead-line or a side-line-in-goal as a result of the ball having been carried, kicked, fumbled or otherwise directed from the field of play into the goal area by the team scored against, or as a direct result of a kick from scrimmage having been blocked in the field of play or goal area.
  - ii. After a safety touch, the team scored against kicks off from its 15-yard line
  - iii. A Safety is worth 2 points.

## 8. Punting and Kicking

- a. Teams may punt the ball on any play and in doing so give possession of the ball to the receiving team.
- b. No Yards: A 5-yard zone, determined by a circle of radius five yards, with the centre point being the ball at the instant it is first touched by an opponent.
- c. If a punted ball hits the ground or turf inbounds and then goes out of bounds it will be placed at the centre in line with its last inbound position.
- d. If the kicked ball has not yet been touched and, in the judgment of the official, no effort is being made by either team to recover the ball, he may declare the ball dead and award possession to the receiving team.
- e. On a kickoff or punt, the receiving team is allowed to pick up a fumbled ball. However, the referees on the field can use their discretion and are permitted to call the ball dead at the point of the fumble in order to avoid any accidental collisions between opposing players.

## 9. Defense

### a. Rushing

- i. During scrimmage plays in men's/open divisions, the defense may only rush the person receiving the snap with players who start the play behind the rushline, which is set 10y from the line of scrimmage. Once the initial person receiving the snap either crosses the line of scrimmage, or laterals/hands the ball off, any defensive player may make a play on the offensive player with the ball
- ii. For W2STGD and Mixed divisions the rusher(s) will be allowed to rush after 5 Steamboats are called.
- iii. All rushers must be given a clear path straight to the QB.
- iv. A blocking penalty is assessed to the offensive player who obstructs the rusher.

### b. Deflagging

- i. All players must begin play with a flag belt.
- ii. All belts must have three flags: one on each hip and one in the center of the back.
- iii. Offensive players must have possession of the ball before they can legally be deflagged. The player who removed the flag from

the ball carrier should immediately stop and hold up the flag to assist the official in locating the spot where the capture occurred. The defensive player must make every effort possible to hold on to the flag after deflagging the offensive player.

- iv. A flag which becomes detached inadvertently does not cause play to stop. Play shall continue as if the flag had not been removed. In all situations where a play is in progress and the ball carrier loses the flag accidentally or inadvertently, the deflagging reverts to a one-hand touch of the ball carrier between the shoulders and knees.

- c. Out of Bounds

- i. The ball is out of bounds when it touches a side-line, side-line-in-goal, dead-line, or the ground or any other object on or beyond these lines. The ball is out of bounds when a player in possession of the ball touches a side-line, side-line-in-goal, dead-line, or the ground or any other object on or beyond these lines.
- ii. One foot must be in bounds, and the receiver must have control for a catch to be considered legal. If a receiver catches the ball in mid-air and is pushed out-of-bounds while mid-air as well, the play is considered complete and the ball will be placed at the point where the ball is dead.

## 10. Time-outs

- a. Teams are permitted one 30 second time-out per half.
- b. Time-outs do not carry over to the subsequent period of play.

## 11. Ending the game

- a. Game officials will indicate the end of the game at their discretion, in accordance with scheduling allowances as detailed in section H4b.
- b. MVP's – Following the game, the official will request that the team select a player from the opposition team to be the designated MVP. No defined criteria to establish an MVP need exist, as MVP awards given for skill, sportsmanship, or general friendliness are all acceptable criteria. Teams are encouraged to recognize a single participant but may recognize up to three players if they so desire, particularly in mixed competition.

## 12. Substitutions

- a. There are unlimited substitutions in the Point Grey Flag Football League.

- b. All substitutions must occur during a stoppage in play.
- c. No offensive substitute may enter unless they join the pre-snap huddle and are part of the huddle when it breaks.
- d. Any substitutions which take place in violation of H9b or H9c will be assessed a 5-yard penalty at the end of the next play.

### 13. Fouls and Penalties

- a. If a foul occurs during a running play, the penalty is marked off where the run ends. (Exception: offensive penalty behind the end of the run, then it is marked from the spot of the foul.)
- b. If a foul occurs during a loose ball play (ball in flight), the penalty is marked off from the previous spot.
- c. Intentional physical contact is to be avoided. Blocking, holding, and any other intentional contact is prohibited.
- d. The following actions will result in a 5-yard penalty:
  - i. Delay of game/Time Count Violation
  - ii. Encroachment
  - iii. False Start
  - iv. Illegal snap
  - v. Illegal forward pass (loss of down)
  - vi. Intentional grounding (loss of down)
  - vii. Jumping when in possession of ball
  - viii. Flag guarding
  - ix. Offensive spinning
  - x. Offside
  - xi. Illegal Substitution
- e. The following actions will result in a 10-yard penalty:
  - i. Offensive forward pass interference (loss of down)
  - ii. Defensive forward pass interference (automatic first down at point of infraction):
    - A. Pass interference shall not be called against either team if an official rules the ball uncatchable.
    - B. Pass interference shall not be called if it occurs after the ball has been touched by an eligible receiver of either team.
    - C. Opponents whose feet become tangled while running/defending a pass route shall not be ruled as interference unless other circumstances occur.

- D. Tripping an opponent from behind shall be considered pass interference.
  - E. Screening (face guarding) of an opponent during an attempt to catch the ball is pass interference.
  - F. It is pass interference by either team when a player physically restricts or impedes an opponent in a manner that is visually evident and materially affects the opponent's opportunity to play the ball. A player who has gained position shall not be considered to have impeded or restricted the opponent in a prohibited manner if all such actions are a bona fide effort to go to and play the ball.
  - G. If opposing players are looking for the ball or if neither player is looking for the ball and there is incidental contact in moving to the ball that does not materially affect the route of an eligible player, there is no interference.
- iii. Holding: The use of hands or an arm to grasp or encircle an opponent
  - iv. Clipping
  - v. Tripping
  - vi. Blocking
  - vii. Pyramiding: Using the body of another player in any way to elevate oneself in an attempt to block a kick or pass.
  - viii. Unsportsmanlike conduct
  - ix. Obstruction/Interference
  - x. Illegal use of hands
  - xi. Roughing the passer (automatic first down)
  - xii. Illegal contact
  - xiii. Illegally secured flag belt
  - xiv. Contacting the Kicker: It shall be illegal to touch the kicker when he is in the act of kicking from scrimmage subject to the following conditions:
    - A. An opponent shall not be penalized when a player of the kicking team causes him to contact the kicker.
    - B. If, in the official's opinion, a defensive player attempting to block the kick makes slight and incidental contact which does not affect the play, he shall not be penalized.
  - xv. Personal Foul

- xvi. Unnecessary Roughness
- xvii. Illegal Equipment
- f. When measurement spot for a 10- or 5-yard penalty is inside the offender's 20- or 10-yard lines respectively, the measurement will be half the distance to the goal line.
- g. A double foul is when both teams have committed a foul during the same live ball period, and team possession has not changed, the foul totals are added up with respect to net yardage, and the play is re-done at the new line of scrimmage.
- h. A controlled ejection (game ejection) will be assessed to any player that accumulates any two 10-yard penalties. This player must immediately leave the game and must not be present on the player bench.
  - i. A game ejection will be assessed to any player whose conduct is with intent to injure, or of verbal or physical abuse directed at an Intramurals Official, Intramurals Staff member, participant or spectator.
  - ii. Any participant issued a game ejection must immediately leave the game and must not be present on the players bench or game premises.

#### 14. Serious Offences –

- a. Misconduct – The following offences warrant immediate removal from the game and the facility and will trigger a review by the Supplemental Disciplinary System (SDS, See
  - i. The match official deems an offence to have been committed in an EXCESSIVE manner
  - ii. Using offensive, insulting or abusive language and/or gestures to participants, staff, officials or spectators
  - iii. Entering the field of play to: confront either a match official, an opposing player, or to interfere with play.
  - iv. Physical or aggressive behaviour (including spitting or biting) towards an opposing player, substitute, team official, match official, spectator or any other person
  - v. Violent conduct

### **Section C – League Specific Facilities of Play**

1. The Point Grey Flag Football League will take place at MacInnes Field
2. Spectator Policies: While spectators are welcomed and encouraged to attend Intramural Leagues, the following regulations apply:
  - a. Spectators may not enter the playing surface, without express permission of an Intramural Staff member or official.
  - b. Spectators must remain within the designated spectator areas, listed below:
    - i. Concrete benches on the East side of the field
    - ii. Outside the field