

Fraser Valley Flag Football Rules

General Information

- Games are played rain or shine
- Home team receives first possession of the ball. Away team receives possession of the ball at the half.
- Each team has 6 players on the field
- No kick offs and No blocking is allowed
- Please remove watches/rings/necklaces/bracelets/hats etc.
- Spiking the ball, touchdown dance, taunting = considered unsportsmanlike conduct

Field and Equipment

- All players must wear shoes. Cleats are recommended. No metal cleats.
- All players should remain with the team coaches during game time. On the field or sideline.
- All players will wear a flag football belt with 2 flags
- Spectators are not allowed in the team area.

Game Procedures

- Games are 2 halves with a half time
- Near the end of the game, the ref will blow the whistle to announce there are 3 plays left
- The offensive team takes possession of the ball at its own 10-yard line and has 3 plays to cross midfield. If the team crosses midfield, it has 3 plays to score a touchdown.
- If the offensive team fails to cross midfield or score, the ball changes possession and the other team takes over on its own 10-yard line.
- Teams have one 60 second timeout per game
- Substitutions may be made only on changes of possession.(except injuries)
- All players on the sidelines must come into the game after a change of possession. A player cannot sit for more than one possession (drive).
- A team has 30 seconds to snap the ball for each play
- Only 1 coach is allowed on the field during play (age groups 9+)
- Any team losing by 12 or more points may add a 7th player. If the 12 points or more lead is reduced, the losing team must go back to 6 players.
- The defensive team is responsible for retrieving the ball after a play.
- Backward passes(laterals) can be intercepted and advanced by the defense, providing they do not hit the ground

Quarterback

- Teams must have a different Quarterback each half.
- The player receiving the ball from the snapper is considered a Quarterback(QB)
- Any player that throws the ball more than 1 time in a half is considered a QB. Even if a player receives a backward pass behind the line of scrimmage and throws the ball forward.
- The QB from the first half cannot throw the ball at all in the second half.
- The QB cannot run with the ball beyond the line of scrimmage.(scramble only)
- If the quarterback hands the ball to a running back and the ball hits the ground, the play is considered dead. No yards lost.
- No double sounds for snaps are allowed. The ball must be snapped on the first sound.

Snapper/Center

- The player snapping the ball to the QB is considered a snapper/center
- If the ball hits the ground during the snap, the play is live unless the referee stops the play. Retry will be permitted.
- 5 to 8 age group only – the snapper may hold the ball into the QB's hands for the snap.
- 9+ age group – the snapper must snap the ball at least 2 yards to be a valid play.

Receiver

- All players are eligible to receive passes(catch the ball)
- A player must have at least one foot in bounds to complete a reception.
- If a receiver catches a ball and has no flags, the catch is complete but is considered down at that spot.
- Offensive players must be 1 yard off the line of scrimmage(except snapper)

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Ball Carriers

- Player running with the ball cannot run through a defender and make contact. Ball carrier must make an attempt to avoid the collision.
- Ball carrier cannot jump/dive/reach forward to advance the ball. The ball will be spotted at the spot of the infraction.
- There are no fumbles. The ball is spotted where the ball hit the ground if the player is past the line of scrimmage.
- No flag guarding or stiff-arming (Player is down at point of infraction)
- IF a ball carrier's flag falls off or a knee touches the ground, the player is considered down at the point.

Defensive

- No defensive player other than the rusher can cross the line of scrimmage until the ball is handed off
- Teams may use 1 or more rushers on a given play
- Rushers must identify themselves by raising their hand prior to the snap of the ball.
- If a rusher leaves early, and is offside, he/she must go back to the 8 yard mark before continuing to rush.
- Players who rush the passer must be a minimum of 8-yards from the line of scrimmage before the ball is snapped
- A defensive player must avoid running into the quarterback or contacting the passer's hand or arm.
- Defensive players must be at least 2 yards (ages group 9+) back from the line of scrimmage or at the rusher's line (age group 5 to 8)
- Players cannot try to knock the ball away from the ball carrier.
- If the last defender intentionally tackles the ball carrier, a touchdown may be awarded. (Referees discretion)
- The defender must attempt to avoid contact with the ball carrier when running, diving, or reaching for the flag.
- A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag.
- Interceptions change the possession of the ball.
- An intercepted ball downed in the end zone will be placed at the his/her 10yard line.
- An intercepted ball downed on the field will be placed at the spot where the ball carrier is down.
- Players can run with the ball after intercepting a pass.

Scoring

- Touchdown – 6 points - Ball is carried or caught in the opposing team's end zone. (You must have at least one foot in the end zone before being flagged)
- Extra Point – 1 point (played from 5-yard line), 2 points (played from 10-yard line)
 - 5 to 8 age group only – extra points are always from the 10-yard line and will count as 2 points if scored.
- Safety – 2 points – If the QB or ball carrier is downed in their own end zone.
- Extra Point Interception and returned to opposing end zone – 2 points - An interception returned to the end zone during any extra point attempt.

Parents/Coaches/Players & Spectators are to refrain from unsportsmanlike behaviour, verbal abuse, and sideline coaching. Remember, this is a Fun league.

Any acts of flagrant contact, tackling, blocking, or any unsportsmanlike act may stop the game and have the player ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

Definitions:

Quarterback (QB) – The player who receives the ball from the snapper and throws or hands it off to another offensive player.

Snapper (Center) – The player who snaps the ball to the quarterback

Rusher – A defensive player with a hand up to signal they are going after the quarterback's flags.

Flag Guarding – A player using hands, arms, clothing, or spinning to prevent a defensive player from pulling their flag.

Blocking – The defender should not be obstructed from reaching the ball carrier or quarterback. There is no blocking allowed.

Receiver – An offensive player catching the ball.

Running Back – A player who lines up beside or behind the quarterback. The QB can hand the ball or pass the ball to the Running Back.

Pass interference - An act in which a player pushes, blocks, removes a flag or holds an opponent to prevent him or her from catching or intercepting a pass.

Interception – Defensive player catches the ball before the pass receiver

Forward Pass – a pass thrown forward across the line of scrimmage

Lateral Pass – a pass thrown sideways or backwards