

# VASL FLAG FOOTBALL LEAGUE RULES



Our Coed Flag Football League is purely social with an emphasis on meeting people and having a good time! Overall, our rules aim to allow everyone to get involved safely! All officials have the last and final calls.

Please read below for more details:

## SUMMARY

- Games are 8 vs. 8 players.
- Minimum of 3 females on the field.
- Games are two 24 minute halves with stop time in the last two minutes of the second half. (if score within 16 points)
- The only way to stop the clock during the last two minutes is an incomplete pass, change of possession, or to run out of bounds.
- NO CONTACT or any blocking or picks.
- First downs for each cone/marker that is passed.
- Five MISSISSIPPI rush count must be yelled.
- No running plays unless a defender crosses the line of scrimmage (only QB).
- Teams must use a female player every 3 downs (see below).
- Teams may play with 6 or 7 people to avoid forfeit as long as they have 1 or more females.
- Touchdowns are awarded 6 points.
- Extra point of 10 yards equals 2 points and 2 yard conversions are 1 point.
- Teams will have 4 downs to either score or earn another first down.
- If a team fails to score or get a first down, possession changes.
- Offense can elect to punt on any down, must be announced, no fakes.
- Each team gets two timeouts per game.
- No kickoffs (teams get possession of ball on their own 5 yard line)
- Team must keep center (person hiking) on the line of scrimmage to block and is not eligible.
- Each team may have to volunteer one player to assist the referee in one game per week.

## **FOOTBALL EQUIPMENT**

- Each team is provided with flags and a football.
- **OUR LEAGUE USES A YOUTH SIZE FOOTBALL (used for varsity middle school games).**
- The field will be marked with cones.
- Please tuck in your shirts at all times.
- One team may be asked to wear scrimmage vests.
- No jewelry or watches.
- No metal cleats.

## **FEMALE PLAYS**

### **Female plays are:**

- A pass deflected by a male and caught by a female.
- Any pass intended for a female (in the eyes of the referee) and still valid if even deflected by the female and caught by a male.
- A pass caught by a female behind the line of scrimmage who tries, but does not successfully gain yardage
- A female throw at QB (males can't intercept female passes).

## **STARTING THE PLAY**

- Ball must always be snapped from the ground by the center to the quarterback.
- No player shall put the ball in play until it is declared ready-for-play by the head referee.
- The offensive team has approximately 25 seconds to put the ball in play after it is declared ready.
- Centers may adjust the ball, including picking it up to reposition it, before each play as long as no cheating is suspected.
- All offensive players must be within 15 yards of the ball when it is snapped and be set for one full second before ball is snapped.
- Only 3 players are permitted in the backfield, the rest (5 players if 8 on the field) must be lined up anywhere on the line of scrimmage.
- If the ball hits the ground after the snap and before the quarterback has possession, the ball is treated like a fumble and is dead immediately at the spot where it hit the ground.

## **BLOCKING**

- Blocking is considered any movement that impedes a defensive player's pursuit of the ball.
- Please do not use your arms or legs to stop anyone from moving freely.
- This is one of the few rules that will be enforced VERY strictly.
- Please keep contact to a minimum and all penalties are 10 yards and/or loss of down for the offense.
- At the line of scrimmage players acting as offensive linemen must have their hands behind their backs and may only move side to side during the initial rush count and then must set themselves and not impede the rusher.

## **PENALTIES**

### **Defense:**

- **Fast Rush Count** - if in the eyes or ears of the referee, the count is made too quickly, or not loud enough, 1 warning will be issued to the defense. If this occurs again – 5 yards and replay down – offense may decline penalty if positive yardage was gained
- **Defensive Offsides** - if any defender crosses the line of scrimmage before 5- Mississippi is fully uttered – 5 yards and replay down - offense may decline penalty if positive yardage was gained

### **Offense:**

- **Offensive Lineman Leaves Line and Goes Down Field** – 5 yards and loss of down – defense may decline penalty
- **QB illegal forward pass/illegal run** - the QB crosses the line of scrimmage and then throws a forward pass OR runs before defense rushes. 5 yards and loss of down – defense may decline penalty
- **Offensive Offsides** - When any part of the offensive player's body is beyond the scrimmage line before the ball is snapped – 5 yards; play is blown dead after the snap

## **COMPLETE/INCOMPLETE PASS**

### **A forward (overhand or underhand) pass is complete when:**

- Caught by any player of the passing team (who has at least one foot in bounds) beyond the line of scrimmage

## **A completion is NOT:**

- A ball caught behind the line of scrimmage and run for positive yardage
- A running play for positive yardage
- A ball caught by a player who was out of bounds and comes back in to catch the ball. (if the receiver was forced out of bounds by an opposing player, he/she will still be eligible upon returning inbounds)

## **PUNTS**

- The offensive team must declare a punt. All punts are “free” punts meaning a team does not need to snap during a punt. A dropped snap during a punt is not a fumble
- No Fake Punts
- Punts must be kicked, they cannot be thrown
- Punts are “open” plays meaning, there are no Male/Female rules
- The kicking team may not cross the line of scrimmage until the ball is kicked
- The instant that a member of the receiving team has taken possession of the ball, all other members of the receiving team must hold their current positions on the field. Any deliberate movements away from his/her set spot, other than to avoid personal injury, will be considered blocking
- No laterals on punt returns.
- If the ball comes into contact with the ground after it has been punted it is a dead ball, spotted at the point where it hit the ground, and may not be returned
- Ball spotted at 5 yard line if the ball is out of the endzone, downed in the endzone, or dropped in the endzone.

## **FUMBLES**

- A fumble is not a turnover; it is a dead ball (at the spot where the player was, in the determination of the referee, when he/she first lost control of the ball)
- If a player on either team takes possession of the ball, prior to the ball hitting the ground, possession goes to that team and that player may attempt to advance the ball towards his/her own end zone.
- A fumbled lateral **DOES NOT CHANGE POSSESSION**
- An intercepted lateral **DOES CHANGE** possession
- There is no stripping of the ball

## **INTERCEPTIONS**

- Interceptions of forward passes may be advanced by the defense. If a defensive and offensive player appear to both have possession or are struggling for possession, the reception is granted to the offense
- Interceptions can be returned
- Laterals are permitted after an interception, but forward laterals are illegal

## **MORE PENALTIES**

**Not using a female operative player** - The penalty for running 3 consecutive plays w/o a female as a primary player will be loss of down. The female must now again be the primary player on the next play. The penalty will be enforced until a female is used.

- Offsides
- Delay of game
- Too many people on the field
- Too many men on the field
- Illegal Motion
- Illegal pass or run
- Flag Guarding
- Intentional grounding
- Illegal forward lateral
- Blocking
- Illegal contact or holding
- Offensive picking
- Pass interference
- Diving for extra yardage
- Unsportsmanlike conduct

All penalties will result in a yardage penalty and/or loss of down...

## **OTHER ASSORTED RULES**

- You are not required to wear your league t-shirt to games although it is suggested. We will have scrimmage vests that will make one team green. T-shirts will also allow you to receive the leagues exclusive discounted deals at our bar partner.
- You must sign an athletic waiver at the beginning of the season.