

2010 BAY STATE GAMES FLAG FOOTBALL COMPETITION RULES

SQUAD SIZE

12 players, 2 coaches

FIELD DIMENSIONS

50yd x 50 yd

GENERAL RULES

- Two, 15 minute halves. 3 minute half time.
- Each team has one 30 second timeout per half.
- Initial possession determine by coin toss
- Ball starts on 40 yard line
- Coaches cannot be on field during game
- There is no contact on either side of the ball at any time
- All players must wear a mouth guard. No jewelry, hats or do-rags allowed.
- Teams must provide their own uniform shirts with player number.

OFFENSIVE RULES

- Teams have four downs to get to the 20 yard line for a first down and then have four downs to score a touchdown.
- There can be one back in the backfield (inside the tackle box)
- There are NO RUNNING PLAYS BY ANY PLAYER including QB
- QB has four seconds to release ball
- Sacks equal a loss of down. Ball restarts at previous line of scrimmage.
- 5 receivers are eligible.
- Team has 25 seconds to put balls in play. If team exceeds 25 seconds there will be a loss of down. The game clock will stop and be restarted when ball is snapped.
- No blocking is permitted.

SCORING

- Touchdowns are worth 7 points.
- Interceptions are worth 3 points.

DEFENSIVE RULES

- Safety must be at least 10 yards deep (unless ball is inside 10 yard line) in middle of field.
- Corners must be 5 yard from line of scrimmage when ball is snapped.
- Linebackers must be 5 yards from line of scrimmage when ball is snapped.
- If the distance to obtain a first down or to Touchdown is less than 5 yards, Linebackers and defensive backs can press line of scrimmage.
- No bumping or contact is permitted.

PENALTIES

- OFFENSIVE
Loss of down.
Situations=Pass Interference, Blocking, Offside-motion
- DEFENSIVE
5 yards & repeat down.
Situations=off side, illegal contact(holding), pass interference
- Absolutely no taunting, excessive celebration or foul language will be tolerated by any player or coach. Failure to comply will result in loss of possession and player or coach will be removed from game. Second infraction by same player or coach will result in forfeit of game in which second infraction occurred and removal of player or coach from tournament.

GAME TIEBREAKERS

First Overtime

Start ball on 20 with 4 downs to score. PAT attempt from 5 yard line. PAT's are worth one point and are used in overtime only. No PAT's in regulation. Each team has a chance to score.

Second Overtime

Start ball on 20 yard line with 2 downs to score. Pat Attempt from 5 yard line.

Third Overtime

Start ball on 20 yard line with 2 downs to score. PAT attempt from 10 yard line.