Flag Football

Captain’s Meeting
State & Regional Tournaments

• State Flag Football Tournament
  • GA Southern University  November 21\textsuperscript{st} – 23\textsuperscript{rd}

• Regional Flag Football Tournaments
  • University of Florida October 24\textsuperscript{th} – 26\textsuperscript{th}
  • University of North Carolina Wilmington November 7\textsuperscript{th}-9\textsuperscript{th}
  • Western Kentucky University November 21\textsuperscript{st} – 23\textsuperscript{rd}
  • University of Southern Miss December 5\textsuperscript{th} – 7\textsuperscript{th}

• National Championship
  • University of West Florida January 2\textsuperscript{nd} – 4\textsuperscript{th}
• 7v7 (Co-Rec 8v8)
• 5 (Co-Rec 6) required to avoid forfeit
• 40 minute games; two 20-minute halves
• Running Clock & final 2 minutes
• 3 timeouts per game
• 25 second play clock
• Touchdowns 6 points (Co-Rec 6 & 9)
• 80 x 40 yard field
• Start at the 14 yard line
• 4 downs to get “line to gain”
• Extra Points:
  • 1pt – 3 yard line
  • 2pts – 10 yard line
  • 3pts – 20 yard line
Bench/Spectator Areas
• Flag Belts
• Jerseys must be same or similar colors
• Shirts must be tucked in at all times
• No jewelry or dangerous material
• Athletic shoes must be worn, no metal cleats
• No hats
• No pockets or belt loops
• Offensive & Defensive Line of Scrimmage
  • Offense must have 4 (5 Co-Rec) players on LOS
  • Wait for “Line’s Set”
  • Pre-Snap LOS infractions
  • One player in motion at time of snap
• The snap
  • Direct snap
• Screen Blocking
  • Cannot Initiate Contact
• Arms behind back or at sides
• Defensive Rush
  • Cannot Initiate Contact
• No swim moves or bull rushes
• Forward Pass
  • Only 1 forward pass per play
  • All players are eligible
  • No “pocket” intentional grounding
  • Roughing the passer
  • Illegal forward pass

• Receiving
  • One foot in bounds
  • Illegal Participation
• No fumbles
  • Any snap, lateral, or dropped ball is dead wear it landed

• Hurdling

• No stiff arming

• No flag guarding

• Runners must avoid contact
• Punting

  • No fake punts or stalling
  • 4 players (5 in Co-Rec) must be on the LOS
  • Neither team can cross their LOS until the ball is punted
  • A punt that is caught out of the air or hits the ground first and picked up can be fielded and returned by the receiving team
  • Muffed punts are dead wear the ball lands
  • Kick catch interference
  • No fair catch
• Co-Rec Rules

• **Roster:** 8v8 (4 men and 4 women). 6 required to avoid forfeit to avoid forfeit.
  • 7 players: 4 men and 3 women, 4 women and 3 men
  • 6 players: 3 men and 3 women, 4 men and 2 women, 4 women and 2 men

• **Mercy Rule:** 40 points at any point in the second half; 30 points with 5 minutes remaining; 25 points with 2 minutes remaining.

• **Return:** No restrictions on male returners

• **Offense:** “Open” and “Closed” plays. Male cannot advance ball past LOS.

• **Scoring:** 9 points for women TDs, 6 points for men TDs

• **Penalties:**
  • Illegal forward pass – 5 yards and loss of down
    • Consecutive male to male pass completions (*This rule applies to the extra point try)
  • Illegal advancement – 5 yards
• Hand-offs

• Ball, in the possession of a runner, is part of the hand

• New LOS is where the ball is not where the flag is pulled
• Sportmanshiip Rating System
  • 4 – 0 scale
  • 3.0 to make playoffs
  • Unsportsmanlike Penalties
    • Player Ejections

• BE RESPECTFUL

• BE UNDER CONTROL

• SAFE, FUN, & FAIR!
• The Postseason and Beyond

• Top 2 teams in each division + wildcards*

• Tiebreaker Format:
  1. Head to Head
  2. Sportsmanship Rating
  3. Point Differential
  4. Points Against
• Eligibility
  • Students, Faculty/Staff, Spouse/Partners, Alumni
  • Varsity/Club Sport Athletes

• Rosters
  • One single-sex team per sport
  • Team change deadline **Friday, September 12th**
  • Locked into team after one appearance
  • Roster additions must be done by 12:00pm
  • Players must be on scoresheets
• Forfeits
  • $20 forfeit fee
  • Additional forfeit fee required
  • Game time is forfeit time

• Defaults
  • No rescheduling of games but you can request a default
  • 1 default per sport
  • 24 hour notice

• Inclement Weather
  • Email/Text sent out by 4:00pm day of games