



CVSSC Flag Football Rules

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1. Spirit Points: The “Spirit of the Game” is extremely important for all CVSSC leagues and these “spirit points” ratings will factor into the final standings starting for the Spring/09 leagues. Each team will give a spirit rating of between 0-5 points to their opponents after each game based on how fun they were to play against (showed up on time, met the female/male player quotas, called their own fouls, refrained from yelling and had fun). Spirit scores will be kept private until the end of the season, where they will be used as a tie-breaker for the final standings.

*Smile, have fun, play fair, know the rules, and show up on time and you’ll do awesome!

*If you don’t report a “spirit score” for your opponent, they get an automatic 5 and you get an automatic 2.5 (unless graded lower by your opponents).

*Report the “spirit score” and game score to the CVSSC rep after the game. Or, if not there, email it to info@comoxvalleysports.ca or call it into Scott at 250.898.7286 by the following day.

2. Weather Policy: It is quite difficult to reschedule games, especially with a number of fields shut down for the summer, so please be prepared to play through some rain during the season. Teams should show up to the field regardless of weather and give 20 minutes grace period for things to clear up (unless it is absolutely disastrous out). That

being said, all teams have the possibility of one make-up game, thereby extending the season another week. Schedules will be adjusted online after the fact.

3. Equipment: A ball will be provided for game play. It is chosen for slightly easier handling for the co-ed league, as it has some tack to it. However, this ball does not have to be used for games, if teams decide on another ball. The ball would have to be available to both teams though.

- Flags and cones will be brought to the games for teams to use.
- Rubber cleats are allowed. Metal cleats are not allowed.
- Each player must bring a dark shirt and light shirt to each game, or purchase team jerseys from our sponsor Aero Art (\$15 shirts for a single colour front and either name plate or number on the back). Please run the shirt colour past the league coordinator first, so we don't have overlap. All shirts must be tucked under flag belts.

4. Field Set-Up: Please arrive 15 minutes early to help set-up the field and endzones and to warm up. The fields are essentially split down the middle lengthwise to allow for two games at the same time. The approximate dimensions are 35 metres width, 75 metres length, including the two endzones. Boundaries and endzones should be coned off. Any spots on the field deemed dangerous should also be coned with a field cone (and possibly attempted to be filled) and reported to the CVSSC to have it dealt with.

5. Match Play/Format: Games will be approximately 75 minutes time slots (two 35 minute halves and a five-minute halftime) to start the season. This is a general guideline and teams are expected to time their own games. Start times will be anywhere from 6 p.m. to 8 p.m. Fields will include the best available for the league. The list includes: Queneesh, Woodcote Park and G.P. Vanier as necessary.

- Games are played 5-on-5, with a minimum of one girl on the field at all times. The girls are there to play too – do your best to include them on each drive.
- If a team can't field a girl for the game, they play with four players and start down a touchdown (six points).
- A team can play with as few as four players (and if one of those is a girl, they Do Not start down a touchdown). If a team cannot field at least four players, they will default the game. A score of 28-0 is recorded for a default. But teams should still split up and play for fun – you're there anyways!
- A touchdown is recorded as 6 points. After a touchdown, the offensive team gets the ball 10 yards out and has one play to convert the extra point. The extra point is worth 1 point.
- Both teams should keep score and double-check with each other over any discrepancies as the game goes on and at half-time. The captains should report the score and "spirit points" rating to the CVSSC rep after the game.
- A mercy rule will go into effect when a team takes a lead of 28 points or more. The score will freeze and teams are encouraged to play for fun.
- Each team has the use of a one-minute time out per half. And, if play is getting out of control, captains can call a one-minute cooling period and deal with the situation.

- The offence consists of 1 quarterback and 4 receivers. The defence consists of 5 defenders.

- A player is downed when one or more flags is missing from his/her belt; and/or when the ball-carrier steps out of bounds. If a ball-carrier slips and goes down or dives to make a catch, they can get up and continue to play until properly downed.

- If the ball carrier is on the ground, he/she only has to be touched by a defender while down. If not touched, the player can get up and run until properly downed.

- If a player loses a flag or is missing a flag and catches the ball, the catch counts and he/she is down at the point of catch.

- Each play from scrimmage is started in the centre of the field.

- Quarterbacks can hike the ball to themselves or have someone snap it to them.

- Subs can be made between each down, but should be done quickly. Please wait for subs to happen before resuming play.

- Regular season games can end in a tie. In the playoffs, teams will go to sudden death format. First possession is decided by another game of RPS (rock, paper, scissors).

6. General Rules:

- Team captains should meet before the game to introduce themselves and discuss any player-quota concerns (not enough females or players in general), timing concerns (rain delay shortening the halves), deciding on a timekeeper to time the halves (one person), and decide shirt colours to distinguish the sides.

- A person should be selected at the start of the game to time the two halves and alert the teams of how much time is left, when asked. In some instances, the CVSSC rep can handle this duty. The **person should time 30 minutes and alert the teams** when that time is finished. At that point, the team in possession gets to finish their drive, and their opponent gets to finish a full drive, regardless of how long it takes.

- Possession at the outset of the game is decided by a game of RPS (rock, paper, scissors). The team that wins has the choice of kicking first and receiving to start the second half, or vice-versa. They also decide which side of the field they want to defend for the first half (with teams switching sides at the half unless both teams agree to keep the same sides).

- **The Kick-off** – The kicking team kicks from its quarter line (marked by cone, halfway between endzone and half) and all teammates must line up behind the kicker and can only start running past the line once the ball has been kicked (all kicks are punt style). There are no re-kicks. If the kick goes out of bounds, the offence gets the ball where it first travelled out of the playing field. There are no on-side kicks/punts – ie. A kicked ball is the possession of the offensive team until they have touched it. A ball can be “downed” by the defence however, leaving the offence to take over from there. Returning teams start behind their quarter-line as well, and can lateral the ball on the return, but the ball must not be passed forward.

- Teams have four downs to make the entire field and score a touchdown. (An interception returned for a score is a touchdown. If the interceptor is flagged before scoring, his team gets possession where he was flagged.)

- Teams have one possession to score the extra point from 10 yards out. (If the ball is intercepted and returned for a score, it only counts for one point. If the interceptor is flagged before scoring, play is dead and a regular kickoff takes place).

- Teams can choose to punt on their fourth down, but must alert the defence to the coming punt. There are no trick plays allowed off the punt. If a punt is called, then it must be a punt. If the ball is punted into, or through, the endzone and not returned, the receiving team gets the ball 20 paces out.

- The offensive team has 30 “steamboats” (30 seconds) to snap the ball and start a play after it’s been placed at the line of scrimmage. This is to keep teams from slowing the game down with long huddles. Politely bring up the concern to the opposing team’s captain if this is happening, and it should be rectified.

- The quarterback has five “steamboats” to make a play after the snap of the ball. The defender who will be rushing, and only that defender, will yell out the five steamboats before crossing the line to pursue the quarterback.

- The quarterback can only run with the ball across the line of scrimmage after the five steamboats have been counted, and only if and when the defender has crossed the line of scrimmage.

- There are no running plays, although a quarterback can hand off or lateral to a teammate behind him and become a receiver himself. The defence still must wait five “steamboats” to attack.

- If a player is “downed” in their own endzone, the down is complete, and the next possession takes place on the one-yard-line. There are no points awarded (ie. a safety) and the ball does not automatically change possession.

7. Ball Carrier Rules and other Gameplay Rules:

- A catch is good as long as the receiver’s first planted foot is in bounds after gaining control of the ball.

- Receivers cannot leave the field of play and come back in bounds to catch a ball.

- The ball-carrier cannot do a 360-degree spin. They can turn left or right or run in a circle, but a 360 spin to make the flags impossible to grab is not allowed. If it happens, the play is dead there.

- The ball-carrier cannot straight-arm, protect their flag with their arm, block, or hide their flag.

- A receiver may jump or dive to catch a ball. But once in possession of the ball, a player cannot purposely jump or leave their feet. If this rule is broken, the play is dead at the place of the infraction.

- A ball-carrier must step over the goal line for a touchdown. Simply breaking the plane of the endzone with the ball is not enough.

8. Fouls and Infractions:

- Teams are expected to call their own fouls and team captains are expected to make sure their teammates know the rules, follow them, and properly call them. Be loud if you are calling an infraction. Infractions on the offence are punished by a return to the line of scrimmage and loss of down. Infractions on the defence are punished by a 10-yard advancement of the line of scrimmage (up ‘till the goal line) and replay of down.

- There is no blocking or offensive/defensive interference allowed. You may put yourself in position to receive a lateral behind the ball-carrier, but you cannot impede a defender’s shot at the ball carrier’s flags. If you are ahead of the ball carrier, you must stand still or stay out of the way. The ball-carrier can use stationary teammates as

unintentional picks, providing the stationary player does not move position or try to interfere.

- If teams cannot agree on a foul and play is stalled, just replay the down.
- There is no trash-talking allowed, but friendly banter can be fun.

9. Rough Play: This is a non-contact league and physical play is to be avoided. There is no blocking allowed and no interference. All plays are to be directed at the ball and the flags. Anyone reported as being overly aggressive, physically or verbally, can be suspended from the league at the CVSSC's discretion.

10. Alcohol Policy: CVSSC rents public facilities for all its leagues and tournaments. These facilities, unless otherwise stated, are unlicensed. As such, the consumption of alcohol during CVSSC league games and tournaments (unless in a licensed area) is not allowed and done so at your own risk.

11. Scores, Standings, Schedules and Playoffs:

1. Schedules will be posted with 48 hours before the first game, though they can change due to weather, field cancellations, compete levels, etc. It is up to team captains and players to double-check their sked online before each game.
2. Scores and "spirit points ratings" should be submitted to the CVSSC rep by both teams at the end of the game. If a CVSSC rep is not at the game, both teams should email the final score to info@comoxvalleysports.ca by the next afternoon. If only one team submits a score by then, that score will be used in updating the standings.
3. The standings will be determined by number of points (two points for a win; one point for a tie). The first tie-breaker will be spirit points, then point differential.
4. The playoffs will be scheduled to take up as many as three weeks of the season, or as little as one. All teams make the playoffs, but typically only the top four finishers have a shot at the championship. This allows for closer, "funner" games.
5. Playoff matches will be set by the CVSSC based on the standings at that point.

**Flag football is a fun, fast-paced sport that can be a blast. Please remember that this league is fun-first and there shouldn't be any problems. Have a great time, a great work-out and score some touchdowns.

*Got questions or suggestions? Please contact us at info@comoxvalleysports.ca.