

# CCFA Charity Flag Football Tournament

## September, 2017 · CenturyLink Field

### Tournament Rules

***\*Rules are subject to change and tournament director has final say in any dispute.***

#### **Tournament Schedule and Format**

1. Each team is guaranteed at least three games. First two are round robin format, followed by a single elimination tournament.
2. This is a 7-on-7 tournament. There must be at least 7 total players on the field at all times. In the case of injury, 6 players will be allowed w/ approval from Tournament Director.
3. Tournament schedules will be provided to team captains prior to the start of the tournament, and tournament brackets will be updated throughout the day. Captains are responsible for ensuring that their teams are present at the correct field and ready to play as soon as the previous game ends.
4. Each game will be 25 minutes long.
5. Each team gets one 30-second timeout per game.
6. Other than during timeouts, the game clock will only stop at the one-minute warning, and at dead ball situations (out-of-bounds, incomplete passes, or change of possessions) with under one minute left in the game.
7. There is a 25 second play clock in effect on all offensive possessions.
8. While clarifications of the rules with officials are allowed during the game, these do not stop the game or play clock unless a time out is called.
9. Team rosters are to be finalized prior to team's first game of the day. Players shall not play for any other team other than the team they originally registered for. If a team's available players fall below seven (7) people, team may recruit a suitable substitute, but only with the approval of the tournament director.

#### **Uniforms and Equipment**

- CCFA will provide official game day shirts which may be worn for game play OR you may wear your own team uniforms.
- During game play, one team will wear dark colored vest over their uniform shirts to distinguish between the two teams.
- Players may wear sneakers or tennis shoes; all cleats must be rubber.
- Official game balls (official NFL size) will be provided at the event. Team may provide a game ball but it must be official NCAA/NFL size ball. Teams that choose to use their own ball must have it *properly inflated*.

#### **Basic Game Play**

- A coin toss will determine the first possession.
- Each field will be approx. 25x50 yards long (not including the end zones).
- There will be only one first down gained at the mid-field.
- The offensive team has 4 downs to reach the first down marker, and then another 4 downs to score.
- On 4<sup>th</sup> down, the offense has the option of going for it, or "punting". A punt will result in the defense taking over on their own 5 yard line (no actual punts).
- All possessions (with the exception of interceptions or a turnover on downs) will start at the 5 yard line.
- All rules not specified will default to NFHS rules <https://www.nfhs.org/activities-sports/football/>

#### **Offense**

- The center must snap the ball in one, fluid, motion, but the snap does NOT have to be between the legs. And upright pass or handoff is permitted.
- All offensive players must be set for one second before the snap.
- The QB can't run.
- Passes and handoffs behind the line of scrimmage are allowed. If a player receives a pass behind the line of scrimmage, they may run with the ball OR throw a forward pass as long as the ball has never crossed the line of scrimmage.
- Offensive players may not initiate contact with the defense. All blockers must be stationary. No down field blocking allowed once the ball is caught or moved beyond the line of scrimmage.
- The ball carrier MUST make an effort to avoid intentional contact with a defender. Stiff-arming, lowering the shoulder, or intentionally running over a defender is illegal, and is considered unsportsmanlike conduct.

- Using the hands, arms, ball, or any part of the body to block the defense from pulling the ball carriers flags is considered “flag guarding”, and is illegal.
- To complete a catch, the receiver must establish possession of the ball with at least one foot in bounds, and no body parts touching out of bounds.
- The ball will be spotted wherever *the ball* is located at the time the ball carrier’s flags are pulled. That means you can extend the ball forward to score or increase forward progress.
- The receiver must not dive or jump to avoid a defender or progress the ball. The ball will be blown dead at the spot.
- All fumbles are DEAD at the spot the ball hits the ground. The offense retains possession.
- The ball and play are also dead when any of the following occurs:
  - The ball carrier’s flags are pulled.
  - The ball carrier steps out of bounds.
  - A touchdown or safety is scored.
  - The ball carrier’s knee touches the ground.
- If the ball carrier’s flags fall off on their own (without the defense pulling them), a defensive player must touch the ball carrier with one hand to stop the play.

## Defense

- The defense may rush the quarterback. Anyone rushing the quarterback must line up 5 yards away from the line of scrimmage, and must count OUT LOUD to 3 seconds (e.g. one, one thousand, two, one thousand, three, one thousand) before moving towards the line of scrimmage.
- If the ball is handed off or pitched in the back field, the defense may cross the line of scrimmage immediately.
- The defense may not make contact with receivers at any time (i.e. no bump-and-run coverage)
- Interceptions are live.
- If the last defender available to make a play on a ball carrier holds, pushes, tackles, or in any way impedes the offensive player's progress instead of making an effort to pull the flags, the result of the play is a touchdown.

## Scoring

- Touchdown = 6 points
- Extra Point – Free or go for 2
- Point After TD from the 10 yard line = 2 points (if intercepted and ran back counts 2 for the Def)
- Safety (flag pull or fumble in the defensive end zone) = 2 points. Defense takes over possession of the ball at the 20 yard line.

## Penalties

### Offensive Penalties

- False start/Delay of Game (25 seconds)/Too Many Players/QB over the line - 5 yard penalty
- Unsportsmanlike/Unnecessary Roughness/Flag Guarding/Illegal Contact/PI: 10yard penalty from the end of the play (the down counts).

### Defensive Penalties

- Offsides/Illegal Rush/ Too Many Player – 5 Yard penalty
- Unsportsmanlike conduct/Unnecessary Roughness/PI/Illegal Contact/Holding/Tackling/Roughing/Stripping – 10 Yards

**Other Rules and Penalties** The safety of all players is our number one priority, and excessively aggressive play will not be tolerated. Anyone whose play jeopardizes the safety of other tournament participants will be asked to leave the game and/or tournament.

## Overtime Rules – Teams can tie in pool play. (only overtime in tournament play)

1. If a game is tied at the end of regulation play, an untimed overtime will be played to determine the winner. There will be a coin toss to determine possession of ball. Each team will receive a possession.
2. Each team will start at midfield and receive four downs to score. Teams must attempt a 2pt conversion if they score a TD. The team ahead after the round will be the winner. This process will continue until a team wins.