

WHS LADY JAGS POWDER PUFF RULES

Flag football is designed to be a game of skill, speed, agility and cunning tactics.

It is not meant to be a physical, pushing and pounding game.

It is of utmost importance that sportsmanship and fair play be exercised at all times by all involved.

RULES

1. A ball carrier is said to be stopped when a defensive player removes the ball carrier's flags.
2. The offensive team gets 4 downs to score a touchdown. If they fail to score on 4th down the opposition receives the ball. The offense can also choose to Punt the ball on 4th down. If the offensive team elects to punt the ball on fourth down, they must first inform the defensive team.
3. The defense must count 'io dot' before they can rush the QB. Automatic rush on handoffs and tosses.
4. The QB cannot run with the ball until after the defense has crossed the line of scrimmage.
5. Fumble: Once the ball carrier loses possession of the ball, it is a live and playable ball until it touches the ground. Upon contacting the ground, the ball is "dead" and play stops.
6. Passing: A) All offensive players are allowed to receive passes (even the QB can receive a pass, after he/she hands the ball to a teammate).
B) all forward passes must be thrown from behind the line of scrimmage.
7. Play stops when ; 1) a ball carrier goes out of bounds. 2) a forward pass is incomplete (it hits the ground). 3) a fumbled ball hits the ground.

PENALTIES

Penalties Which Result In a 10 Yard Loss

1. Intentional Body Contact - No player is allowed to intentionally contact (bodily) another player. This includes, but is not limited to tackling, blocking, pushing, holding, hitting, tripping, or charging.
2. Flag guarding and unsportsmanlike conduct.
3. An offensive player cannot throw a forward pass once he or she passes the line of scrimmage.

Penalties Which Result In a 5 Yard Loss – Off-side and rushing the QB before counting 10 dot.

Pass Interference – a player interferes with an opponent while the ball is in the air & the opponent is attempting to catch a pass. The ball is marked where the penalty occurred.

Stressed Rules:

1. Unnecessary violent behavior will result in the players' ejection from the game and may then be subject to further disciplinary action.
2. Flags must be worn correctly. NO rolling or tucking of flag in belts or pants.
3. Everything besides flags must be tucked in.
4. All jewelry must be removed.

Dead Ball:

The ball is dead when it:

1. goes out of bounds
2. the ball carrier goes out of bounds
3. when the ball touches the ground (except in an exchange by a kick)

Upon being pulled, the flag is to be raised in the air immediately at the point pulled; it is then to be handed back to the offensive player. (If this is not done, such action can be termed unsportsmanlike conduct and a 15 yd. penalty may be assessed).

Length of Game:

The game will consist of 4, 12 minute quarters with a running clock. The clock WILL stop during the last two minutes of the game. Halftime will be 10 minutes in length.

One time out per team, per half.

Start of Each Game:

The choice of goal, kickoff or receiving is decided by the flip of a coin in the presence of captains and officials before the play starts.

First Downs:

Possession of the ball is retained as long as the offensive team is able to continue obtaining first down. The team must cover 10 yards in four plays.

Fourth Downs:

On fourth down, a team must indicate whether they intend to PUNT or go for it.

Clock Stops:

Clock stops will be allowed for injury to a player at anytime during the game. During the last 2 minutes of the game, the clock will stop after a touchdown, safety or touchback or whenever the referee suspends play. Time begins when the ball is put into play.

Time Outs:

A time out is taken when a captain requests a suspension of play. The time out is not to exceed 2 minutes.

BLOCKING, RUSHING, AND CONDUCT

1. **Offensive Screen Blocking:** Screen blocking is permitted and shall take place without contact. The screen blocker shall have her hands and arms at her side or behind her back. Any use of the hands, arms, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on her feet before, during, and after screen blocking.

2. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.

3. Player Restrictions:

No player shall make contact with an opponent which is deemed unnecessary.

There shall be no clipping or tripping.