

Kamloops Elementary Flag Football Official rules

Each game will be played on the day scheduled, rain or shine

1. the referee is always right, even if he's wrong
2. each team will field **nine players with a minimum of 3 girls on the field at one time**
3. games will consist of two 15 minute halves. The clock starts when the referee whistles in the start of the play, and stops when the play concludes. The clock is also stopped during time outs
4. teams have one time-out per half.
5. games will start with one team kicking off to the other. The kicking and receiving team will be decided by the flip of a coin
6. the kickoff must stay in bounds. If it goes out of bound it will be re-kicked five yards back.
7. either team can recover a kickoff provided the ball has traveled at least 10 yards from the original kickoff mark and has touched the ground.
8. each team will have four attempts (downs) to move the ball 10 yards downfield. If a team is unable to move the ball 10 yards after the third down, it has the option to kick (punt) or gamble.
9. If a punt goes out of bounds, the team receiving the punt will scrimmage the ball at the point where it went out of bounds.
10. a player fielding a punt must be given a 5 yard zone to catch the ball. Any defensive player within that zone before the catch is made will receive a "no-yards" penalty.
11. Teams scrimmaging the ball 10 yards or closer from the end zone **must** pass the ball. Ball may not be run into the end zone. The only exception to this rule is IF the quarterback is rushed, the quarterback may then run the ball.

Rules for scrimmaging the ball

12. The point from where a play is started by the offense is called the “line of scrimmage”. Any play from the line of scrimmage must be started with a pass between the legs (snap) from the center.
13. the quarterback:
- has 5 seconds (steamboats) to throw the ball without being pursued by the defense. After a count of 5 steamboats however, the defensive team may pursue him. *Steamboats will be counted by an official*
 - Can only cross the line of scrimmage if the defense is chasing him.
 - Can hand off to any member of his team
 - Can throw to any member of his team.
 - Must make a reasonable effort to attempt at least two passes to **each** member of his team during the game
 - Cannot intentionally throw the ball away to avoid being tackled (grounding). (5yard penalty or loss of down)
14. the receivers:
- all players on the team are eligible receivers
 - must have at least one foot in bounds when making a catch
 - may not make any intentional contact with a defensive player while attempting to make a catch
 - must start the play 1 yard behind the line of scrimmage
15. the defense:
- must line up at least 1 yard off the ball at the beginning of each play
 - may not cross the line of scrimmage before 5 steamboats have been counted
 - may not make intentional contact with a receiver while attempting to make a catch (penalty – ball scrimmaged where infraction occurred or at 5 yard line if infraction occurs in the end zone)
16. scoring:

- a touchdown is scored if the entire football crosses the plane of the goal line. It is the referee who determines this and makes the call
- touchdowns are worth seven points. If they wish to, offensive teams can try for a two point convert, but if the attempt is unsuccessful, they will only receive six points
- a field goal may be attempted by the offensive team at any time, not just on 4th down.
- Field goals must be first snapped from center to a holder. The ball must be kicked off of the ground, not off the holder's toe.
- If a field goal is missed, the defensive team takes possession at the line of scrimmage from where the kick originally occurred
- A missed field goal may be run out of the end zone
- A missed field goal may result in a single point If the ball travels out of bounds or if the point is conceded by the defensive team... the ball is then scrimmaged from the 20 yd line
- A single point may be conceded on a punt. The ball is then scrimmaged from the 20 yd line
- A 2 point safety is scored if a player brings a ball into his own end zone and is then downed

General Conduct Rules:

1. players are expected to conduct themselves in a polite manner and to exhibit appropriate sportsmanship.
2. players cannot "guard" their flags. Any attempt to do so will result in the play being whistled down and the ball scrimmaged from where the infraction occurred
3. blocking is permitted provided the block is not overly-aggressive and is not initiated from behind the player. An illegal block will result in the play being whistled down and the ball scrimmaged from where the infraction occurred.