



2018 Turkey Bowl Flag Football Rules for Captains/Officials

Games

- Each team will designate, to the referee, players who will act as team captains. Team captains will participate in a coin toss and the winner will elect to start with the ball or defer to the second half. The losing captain has the choice of direction.
- The offensive team takes possession of the ball at its 5-yard line and has 4 downs to cross midfield. Once a team crosses midfield, it has 4 downs to score a touchdown.
- If the offensive team fails to cross midfield or fails to score, the ball changes possession and the opposition starts its drive from its own 5-yard line.
- All possession changes, **except interceptions**, start on the offensive team's 5-yard line.
- Substitutions may be made in between plays.

Terminology

- Boundary Lines-The outer perimeter lines around the field. They include the sidelines and the rear end zone lines.
- Charging- The movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, chest, or forearm.
- Dead Ball-The period of time immediately before or after a play.
- Defense-The squad opposing the offense to prevent them from advancing the ball.
- Downs (1-2-3-4)-The offensive squad has 4 attempts or "downs" to advance the ball. They must cross the line-to-gain to get another set of downs or to score.
- Disconcerting Signals-Distracting/simulating offensive signals prior to snap.
- Illegal Contact-Defensive-Holding, blocking, contact with quarterback. Offensive-Illegal use of hands, stiff arm, wall/shadow blocking.
- Illegal Flag Pulling-Before receiver has ball; receiver must catch ball for there to be a foul.
- Illegal Forward Pass-Pass thrown from beyond the line of scrimmage.
- Illegal Motion-More than one person moving at snap--blown dead.
- Illegal Tackling-Tripping, pushing out of bounds, pulling to ground, etc.
- Illegal Rushing-Starting rush from inside the 10-yard marker, more than one rusher, etc.
- Inadvertent Whistle- An official's whistle that is performed in error.
- Lateral Pass-A pass that is thrown backwards or to the side of the passer's own goal.
- Line of Scrimmage-An imaginary line running across the width of the field that indicates where the football is placed (or "spotted") before a play begins.
- Line-to-Gain-The line the offense must pass to get a first down or score.
- Live Ball-The period of time that the play is in action. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.

- Neutral Zone-An imaginary zone, running across the width of the field before the start of a play, separating the offensive team from the defensive team. Its width is from the front point to the back point of the football.
- Offense-The squad with possession of the ball.
- Offensive Pass Interference-Pushing off/away defender.
- Passer-The offensive player who throws the ball, this may not be the quarterback.
- Rush Line-An imaginary line running across the width of the field 10 yards (into the defensive side) from the line of scrimmage.
- Rusher-The defensive player assigned to rush the quarterback to prevent him/her from passing by pulling his/her flags or blocking the pass. The rusher must start their rush from the rush line.
- Shadow Blocking- Legally obstructing an opponent without initiating contact with any part of the blocker's body.
- Shovel Pass- A legal pass attempted behind the line of scrimmage by throwing the ball underhand or pushing it toward a receiver in a shot-put type matter.
- Un-Sportsman like Conduct- Rude, confrontational, or offensive behavior or language.
 - Offensive Foul-Trick play/unfair acts (hideout, starburst, globe of death, wrong ball plays).

Equipment

- Players must wear shoes. Cleats are allowed, however cleats with exposed metal are NOT allowed and must be REMOVED.
- Players may tape their forearms, hands and fingers. Players may wear gloves.
- Braces with exposed metals are not allowed.
- Players must remove all clothing, equipment, watches, earrings, and any other jewelry that the officials deem hazardous.
- Player's jerseys/shirts must be completely tucked into the pants/shorts.
- The flag belt must be completely visible at all times. The excess belt beyond the buckle must be tucked in.
- No shorts/pants can be worn that are of similar color to the flags. This includes similar color stripes on sides of shorts/pants.
- Mouth guards are HIGHLY suggested.

Field

- The fields are **30 yards wide** by **64 yards long** with two (2) 7-yard end zones and midfield line-to-gain. No running zones precede each line-to-gain by 5 yards.
- No-running zones are in place to prevent teams from conducting power run plays. While in the no-running zones (a 5-yard imaginary zone before midfield and before the end zone), teams may not run the ball in any fashion. No halfback passes.
- Stepping on the boundary line is considered out of bounds.
- Each offensive squad approaches only (2) no-running zones in each drive, (1) zone 5 yards from midfield to gain the first down, (1) zone 5 yards from the goal line to score a touchdown.
- Spectators must be a minimum of 3 feet from the sideline on the designated spectator side of the field.
- "No run zones" will be blue lined on the fields.

Rosters

- Games are played 6 on 6
- Teams may have varying sizes, with 5 or 6 players on the field at a time. If a team cannot field enough players, the participating captains should mutually decide to play with fewer players.

Timing and Overtime

- Games are played with (2) 20-minute halves. The game clock is controlled by the referee and will be a continuous clock, except for the clock-stopping situations described below.
- The clock only stops in the following scenarios:
 - Halftime- 5 minutes
 - Timeouts- each teams gets (1) 60-second timeouts per half.

- After a change of possession, play cannot begin until the defense is set. The defense has 30 seconds to take their positions (after ball is spotted for play). Teams will receive a defensive delay-of-game penalty if that time is exceeded.
- Officials can stop the clock for any reason at their discretion.
- In a playoff situation, an overtime (OT) period will be used to determine a winner.
- Overtime-Home team gets the ball at mid-field with 4 downs to score. Away team then gets the ball with the same 4 downs from mid-field. After both teams have had the ball, this will be considered a round. After completion of a round the team with the most points is the winner. Rounds will continue in the same fashion until there is a winner.

Scoring

- Touchdown: 6 points
- PAT (point after touchdown): 1 point (from 5-yard line) or 2 points (from 10-yard line). NOTE: 1-point PAT is pass only, 2-point PAT can be run or pass.
- Safety: 2 points
 - A safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by the defensive player, their flag falls out, they step out of bounds, they fumble the football or they hit the ground with their knee or arm. A safety also occurs when there is an offensive penalty in the end zone.
- A team that scores a touchdown must declare whether it wishes to attempt a 1-point PAT (from the 5-yardline) or a 2-point PAT (from the 10-yard line). Any change after a decision is made to try for the extra point requires a charged timeout. The decision cannot be changed after a penalty. Interceptions on PATs cannot be returned.

Live Ball/Dead Ball

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line of scrimmage.
- A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play before any part of the body touches down on or beyond the boundary line.
- The defense may not mimic the offensive team’s signals, in an effort to confuse the offensive players, while the quarterback is calling out signals to start the play.
- Substitutions are allowed between plays.
- Any official can whistle the play dead.
- Play is ruled “dead” when:
 - The ball hits the ground.
 - The ball carrier’s flag is pulled.
 - The ball carrier steps out of bounds.
 - A touchdown, PAT, or safety is scored.
 - The ball carrier’s knee or arm hits the ground.
 - The ball carrier’s flag falls off.
 - An inadvertent whistle.
 - In the case of an inadvertent whistle, the offense has two options:
 - Take the ball where the whistle blew, with loss of down.
 - Replay the down from the original line of scrimmage.
 - NOTE: There are NO RECOVERABLE FUMBLES. NO STRIPPING OF THE BALL. The ball is spotted where the ball hits the ground.

Formations

- An offensive team must have a minimum of 2 players on the line of scrimmage. The quarterback must be off the line of scrimmage.

- 1 player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
- No motion is allowed toward the line of scrimmage.
- Offensive players must come to a complete stop for 1 second before the ball is snapped unless he/she is the one player in motion.
- Movement by a player who is set (unless they are going in motion), or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

Running

- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.
- The quarterback can run with the ball after the rusher crosses the line of scrimmage. If the quarterback crosses the line of scrimmage before the rusher, the play is blown dead, there is a loss of down and the ball is returned to the original line of scrimmage. No other quarterback runs, no zone-read.
- Only handoffs, pitches and lateral passes behind the line of scrimmage are permitted. The offense may use multiple handoffs, pitches, and lateral passes.
- "No-running zones", located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones.
- No halfback passes in no-running zones.
- If the offense loses yards following the crossing of the no-running zone and the ball is then spotted behind the no-running zone, they may run or pass on subsequent plays of the same drive.
- The player who takes a handoff, pitch, or lateral pass can throw the ball from behind the line of scrimmage. Any other player may also make a forward pass from behind the line of scrimmage if a subsequent handoff, pitch, or lateral pass has been made behind the line of scrimmage (cannot do this in the no-running zones)
- Once the ball has been handed off in front of or behind the quarterback, all defensive players are eligible to rush.
- The ball carrier may not create contact by lowering their head, shoulder, diving, jumping, or deliberately running into a defensive player.
- Spinning is allowed to avoid a defender.
- Jumping is allowed to avoid a defender.
 - Shadow blocking cannot be used to form a "wall" of players to protect a ball carrier.
- Flag obstruction-All jerseys/shirts MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered "flag guarding".
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by: stiff-arming, dropping of head, hand, arm, or shoulder, or intentionally covering flags with the football or jersey/shirts.

Passing

- All forward passes must be from behind the line of scrimmage.
- Shovel passes are allowed, and can be received behind the line of scrimmage.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only 1 player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- When making a reception, the receiver must have at least 1 foot inbounds (with possession of the ball) before any part of the body touches down on or beyond the boundary line.

- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions are returnable.

Rushing the passer

- A player can rush the passer; they must be a minimum of 5-yards from the line of scrimmage when the ball is snapped. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the 5-yard rule is no longer in effect and all defenders may cross the line of scrimmage.
 - A penalty may be called if:
 - The pass rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass = illegal rush.
 - Any defensive player crosses the line of scrimmage before the ball is snapped = off sides.
 - Any defensive player not lined up at the pass rush line crosses the line of scrimmage before the ball is passed or handed off = illegal rush.
- The defensive player rushing the quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in anyway when attempting to block a pass.
- The center may use a moving screen while behind the line of scrimmage. The defense may attempt to block a pass provided they do not strike the passer.
- Blocking the pass and then making contact with the passer will result in an “illegal contact” penalty.
- A sack occurs if the quarterback’s flags are pulled behind the line of scrimmage. The ball is placed where the quarterback’s front foot is when the flag is pulled.
- A safety is awarded if the sack takes place in the offensive teams’ end zone.

Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- It is illegal to attempt to strip or pull the ball from the ball carrier’s possession at any time.
- If a player’s flag inadvertently falls off during play, the player is down immediately upon possession of the ball and the play ends.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Defenders may not pull the jersey/shirt or any other articles other than the ball carriers flags.

Unsportsmanlike Conduct

- If the fields monitor or referee witnesses any act of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee’s discretion. No appeals. FOUL PLAY WILL NOT BE TOLERATED.
- Offensive or confrontational language is illegal. Officials have the right to determined offensive language. If offensive or confrontational language occurs, the referee will give 1 warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent or official.
- Ball carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball carrier when pulling flags.
- **Fans** must also adhere to good sportsmanship:
 - Yell to cheer on your player, not to harass officials or the teams.
 - Zero tolerance for any physical or verbal confrontations by players, fans, or anyone else. Keep comments clean and profanity free or you will be asked to leave the premises.
- **Fans** are required to keep fields safe and family friendly:
 - Keep younger kids and equipment such as coolers, chairs, and tents at least 3 feet away from the sidelines.
 - Fans are allowed on sidelines, but must leave adequate room for play and for teams.

Policies

- Use of tobacco and/or alcohol products are prohibited on the premises
- Proper language is expected out of spectators, players and referees.
- Only players, referees and authorized personnel are allowed on the playing field.
- Have Fun!

Penalties

General

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except those noted as spot-of-infraction penalties.
- Only the captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.
- Penalties will be assessed half the distance to the goal yardage with the penalty yardage is more than half the distance to the goal.
- Teams are asked not to delay purposely. The official can assess a 5 yard penalty if he/she feels a team is purposely delaying play. Keep it fun!

Defensive Penalties

Unsportsmanlike Conduct

- **10-yards** from end of Play-Automatic 1st down
 - ❖ If occurred on a touchdown, then half the distance to the goal will be assessed on PAT and no-running zone still applies for the 1 point try.

Too Many Players on the Field, Offsides, Disconcerting signals, Delay of game, Illegal contact, Illegal rushing.

- **5-Yards-Repeat down**
 - ❖ Line of scrimmage

Pass Interference

- **5-Yards- Automatic 1st down**
 - ❖ Line of scrimmage

Illegal Tackling

- **5-Yards-Repeat down**
 - ❖ Spot of infraction (unless occurring behind line of scrimmage, then from line of scrimmage)

Illegal Flag Pull

- **5-Yards-Repeat down**
 - ❖ Spot of infraction (where player catches ball)

Illegal Rushing

- **5-Yards-Repeat down**
 - ❖ Line of scrimmage

Offensive Penalties

Unsportsmanlike Conduct

- **10-Yards** from end of play-Repeat down
 - ❖ If occurred on a touchdown, PAT 1 is placed on 15-yard line, PAT 2 is placed on 15-yard line. No-running zone still applies for PAT 1

Flag Guarding, Diving/Jumping (to create contact)

- **5-Yards-Next down**
 - ❖ Spot of infraction

Illegal Lateral

- **Next Down**

- ❖ Spot of infraction

Offensive Holding, Too Many Players on the Field, False Start or Delay of Game, Illegal Motion

- **5-Yards-Repeat Down**

- ❖ Line of scrimmage

Running Inside No-Running Zone

- Next Down-If 4th down, loss of possession

- ❖ Line of scrimmage

Illegal Forward Pass, Offensive Pass Interference

- 5-Yards-Next Own

- ❖ Line of Scrimmage