

# Volley's Volleyball & Grill

## FLAG FOOTBALL RULES

### A. General Playing Rules

1. All games will be played in accordance to Iowa H.S.A.A. Football Rules with the exception of any rules specifically stated in these rules or on the team schedules as pertaining to local situations.
2. Seven (7) players on the field at a time (can play with 6).
3. Side-hiking or hiking between the centers legs will be allowed. Contact can not be initiated with center until he is standing erect. (Behind Line of Scrimmage) Any sideways hike must go between the centers legs.
4. Playing field will be 70 yards long X 25 yards wide.  
First down is made by crossing the mid field line.
5. Offensive team must have at least three (3) players on the line of scrimmage.
6. Multiple passes behind the line of scrimmage are allowed.
7. All players are eligible to receive a pass.
8. Each team will be responsible for supplying 2 players to referee the following game unless referee's have already been scheduled.

### B. Game Times

1. Playing time for games will consist of four, 10 minute quarters. 1 minute allowed between quarters. Last two minutes of second half only, regulation time will be in effect - clock will stop on incomplete passes, out-of bounds, if the score is within 8 points, etc. (Change of possession in last 2 minutes, clock will start on snap.)
2. Mercy Rule - If either team is trailing by 25 points or more in the 3rd or 4th quarter. The game will be called. (Must play at least one full half).
3. Each team will be allowed two time outs per half - non accumulative and 1 minute in length.

### C. Start of Game

1. Coin flip will determine kicking/receiving team. Captain winning the toss may choose offense, defense, to defer choice to 2nd half or side of field to start on. Second half choice is reversed unless winning captain defered.

### D. Scoring

1. Touchdown – Six (6) points
2. Extra Point (pass or run) – One (1) point (From 3 yards out), Two (2) points (from 10 yards out)
3. Safety – Two (2) points (ball is placed on opposite 10 yard line) A safety will be awarded if offense is downed in or behind the endzone.
4. Extra Point Interception Return. Two (2) points.

### E. Blocking!

1. Both feet must be on the ground on all blocks.
2. Absolutely no down field blocking or screening allowed past the line of scrimmage.  
Players may run behind ball carrier beyond the line of scrimmage ONLY in order to receive a pitch. Hands may be extended when blocking but hands must remain open and within the width of the shoulders below the neck.  
Illegal block to the head or neck will result in 15 yard penalty. No blocking below the waist and above the shoulders.

### F. Ball is Dead.....

1. On all fumbles, the ball will be declared dead at where it hits the ground (Ball may not be fumbled forward. A forward fumble will be spotted at the spot where the ball left the players hand. If the ball remains In bounds, the clock remains alive).
2. When the snap from center hits the ground.
3. When a flag is removed from a players belt. Defender, upon pulling flag, should raise flag into the air. Ball will then be placed where the flag was pulled (not where the runner is/defender is).
4. When a ball carrier guards his flag, five (5) yard penalty with loss of down - immediate whistle!
5. When a ball carrier runs out of bounds.
6. When a ball carrier hurdles over an opponent instead of running around or dives forward leaving his feet. A player not carrying the ball may jump over another player to avoid injury to the player on the ground. Spinning and jumping sideways to avoid a defender is legal. Ball will be placed where ball carrier dove or left his feet.
7. if it crosses the end zone on a punt whether it was touched by a player or not.

### G. Punting! Game

1. On 4th down, Offensive team must declare intention to kick within 20 seconds.
2. Defense will not be allowed to rush the kicker. Jumping on the back of a teammate to block is illegal.
3. No fakes will be allowed. If offense declares a kick, it must kick.
4. Team has 10 seconds from the snap to get the kick away.
5. No player may cross the scrimmage line before the ball has been kicked.
6. Defense must have a minimum of 3 people on the line until the ball is kicked and they must remain stationary.

#### G. Punting! Game - cont.

7. Absolutely no down field blocking on any kick.
8. Ball is live after punt hits ground until touched by any player. (A player reaching down to pick up a ball on the ground constitutes "touching it").
9. Ball is dead if crosses end zone on a punt whether it was touched by a player or not.

#### H. Pass Plays

1. Receivers must have one foot in bounds for a complete pass.
2. Defender may not bump or check the offensive player beyond the line of scrimmage.
3. Defensive Pass Interference: 15 yard penalty and automatic 1st down. (exception - if interference occurs in the end zone by the defense within the defenses 30 yard line, ball is spotted half the distance to the goal.  
Offensive pass interference: Loss of down and fifteen (15) yard penalty from line-of-scrimmage.

#### L. Equipment

1. Volleys would like all players to have the same colored or matching shirts if possible.  
Belts & flags and flags will be provided by Volley's  
No elbow, hand, knee or forearm pads are allowed. Receiver gloves will be allowed. exception - Medical braces that are properly padded. No metal cleats allowed. No metal tipped or hard plastic screw-in cleats allowed.  
Footballs will be supplied by Volleys. You may use your own if the opposing team agrees.  
Player shorts or pants can never be the same color as the flags. Ball caps are not allowed on the field of play.  
Jewelry is not allowed on the field of play.

#### J. Penalties

1. **Five (5) Yards**
  - a. Off sides (defensive off sides occurs regardless of whether contact made with offensive player).
  - b. Guarding the flag (immediate whistle with loss of down).
  - c. Too many men on the field.
  - d. Illegal line up (3 players required on the line of scrimmage for the offense; defense needs no players on scrimmage line except for kicks).
  - e. More than 25 seconds between plays - too much time.
  - f. Delay of game (The clock will stop and does not restart until the ensuing snap in last 2 min. of game).
2. **Fifteen (15) Yards**
  - a. Holding, tripping or clipping. Bumping or checking a receiver will be considered holding.
  - b. Charging (runner tries to run over defender instead of avoiding - also loss of down). Offensively or defensively.  
Illegal block (non-flagrant).  
Any flagrant penalty - unnecessary roughness, unsportsmanlike, crack back blocks, stiff arm, etc.  
can result in an ejection from the game.

#### K. Miscellaneous

##### 1. Overtime:

Each team will get 1 series of plays from the 10 yard cone marker. Interception ends try; the team intercepting can not score with the intercepted pass. The team with the highest total score after a series will be declared a winner. In case of a tie the process repeats. (3 overtime series maximum.).

##### 2. If a player loses his flag:

- a.) Each player must start each play with both legal length flags on each side.
- b.) on a running play it will revert to one (1) hand touch.
- c.) on a pass play, the catch will count advancing after catch reverts to (1) hand touch. Any flagrant tackle or hold which would prevent a runner/receiver from scoring - will be ruled an automatic touchdown.

#### M. Rules of Conduct

1. Each captain will be held responsible for the conduct of his team players and is responsible to see that all rules are observed. The captain must maintain complete control of him/herself and his team members at all times; this includes before, during or after a game and any other time involved with the Flag Football tournament. The key to a successful program is in the hands of the captain and, in turn, his/her players. Good leadership will ensure a good tournament.

Any captain or player that is involved in a fight or making physical contact with an official, staff or another player shall be suspended from ALL FURTHER LEAGUES AT PLAZA LANE FAMILY SPORTS COMPLEX  
There will be 1 warning for cussing at other players, or officials or a dirty play, the next one will result by the player being asked to leave the premise and not be allowed the following week. Upon return if an incident happens again therewill be no warning the player will be asked to leave and not return for the remainder of the season.

**No outside FOOD, BEVERAGES, COOLERS OR WATER JUGS ALLOWED INSIDE FACILITY.**

No pets allowed.

All litter must be disposed of in trash receptacles.

No glass bottles of any kind allowed in/on sand playing surface