

PBIS SPORTS FLAG FOOTBALL RULES:

(GIRLS & 7th – 8th)

CODES: COP = Change of Possession RDTD = Redo the Down LOD = Lose of Down

ATSOTB = At the Spot of the Ball LOS = Line of Scrimmage OFB = Off the Ball ROP = Result of Play

TOOD = Turn Over On Down

PREGAME W/ 2 CAPTAINS FROM EACH TEAM:

- **“HANDSHAKE” in the name of Good Sportsmanship**
 - **Rock Paper Scissors for:**
 1. **BALL TO START OR @ HALF**
 2. **WHICH ENDZONE SELECTION (BLUE / GOLD)**
-

GAME RULES:

- **GAME SCHEDULE:**
 1. **(1/2) 20 MINUTE RUNNING CLOCK HALF (Each Teams get 2 Time Outs per Half)**
 2. **10 MINUTE HALFTIME BREAK / WATER BREAK / BATHROOM BREAK / GAMEPLANNING**
 3. **(2/2) 20 MINUTE RUNNING CLOCK HALF (Each Teams get 2 Time Outs per Half)**
 4. **10 MINUTES FOR NEXT GAME TO STRETCH OR WARM UP**
-

- **IF THE SCORE IS TIED @ THE END OF REGULATION OVERTIME CONSIST OF:**

1. **1 SCORING ATTEMPT FROM THE 5 YARD LINE ON FOR 1 POINT ON OFFENSE / DEFENSE: INTERCEPTIONS CAN BE RETURN FOR THE ATTEMPTS VALUE (2X IF STILL TIED)**
2. **EACH TEAM WILL GET A SECOND ATTEMPT FROM THE 5 YARD LINE ON FOR 1 POINT ON OFFENSE / DEFENSE: INTERCEPTIONS CAN BE RETURN FOR THE ATTEMPTS VALUE (2X IF STILL TIED)**

- **IF THE SCORE IS STILL TIED AFTER (2) 1 POINT ATTEMPTS:**

1. **AFTER A TIE AFTER THE 2 SCORING ATTEMPT FROM THE 5 YARD LINE ON OFFENSE / DEFENSE: BOTH TEAMS WILL GET AN ATTEMPT FROM 10 YARD LINE FOR 2 POINTS INTERCEPTIONS CAN BE RETURN FOR THE ATTEMPTS VALUE**
2. **10 YARDS ATTEMPTS WILL CONTINUE UNTIL THE GAME IS NO LONGER TIED & A WINNER IS DECLARED**

GAMEPLAY:

- THE ENTIRE FIELD IS 20 YARDS WITH A 10 YARD DEEP ENZONE
- THERE ARE NO 1st DOWNS
- 15 YARDS EQUAL A SCORING DRIVE
- ALL OFFENSIVE DRIVE START FROM THE 5 YARD LINE EVEN AFTER AN INTERCEPTION RETURN OR A (TOOD)
- EACH TEAM HAS 4 PLAYS TO SCORE A TOUCHDOWN WITH AN EXTRA POINT ATTEMPT THEN A (COP)

EXTRA POINTS:

1. 1 POINT EXTRA POINT IS FROM THE 5 YARD LINE
2. 2 POINT EXTRA POINT IS FROM THE 10 YARD LINE

• **OFFENSIVE RULES:**

1. ALL OFFENSIVE PLAYERS MUST BOXOUT BLOCK WITH THEIR HANDS BEHIND THEIR BACKS
2. CENTERS CAN BLOCK THE PADDED BLITZERS WITH THERE HANDS. UNPADDED DEFENDERS MUST BE BOXEDOUT BLOCK
3. ONLY 1 PLAYER IN MOTION @ A TIME EXCLUDING FORMATION SHIFTS
4. IF THE BALL TOUCHES THE GROUND ON THE SNAP, THE PLAY HAS ENDED & THE BALL IS PLACED **ATSPOTB**. IF THIS OCCURS IN THE ENDZONE THE RESULT IS A SAFETY (+2 POINTS) COP
5. QBS CAN ONLY RUN THE BALL ON 3RD OR 4TH DOWN & ON EXTRA POINTS
6. ALL FORWARD PASSES MUST OCCUR BEHIND THE LINE OF SCRIMMAGE
7. CENTERS ARE NOT ELIGIBLE TO CATCH PASSES

• **OFFENSIVE PENALTIES:**

1. CENTERS CANNOT BLOCK IN THE BACK OR PULL BLITZERS CLOTHING OR BELT (-5 LOD)
2. BLOCKING WITH HANDS OR BOXOUT BLOCKING WITH HANDS IN THE FRONT (-3 RDTD)
3. 2 PLAYERS MOVING IN MOTION BEFORE THE BALL IS SNAPPED (-2 RDTD)
4. FALSE START (-2 RDTD)
5. FLAG GUARDING (-5 LOD)
6. IF THE QB CROSS THE LOS & THROWS THE BALL (-5 LOD)
7. ANY OFFENSIVE PLAY THAT RESULTS IN AN PENALTY THAT STARTS FROM THE 2 YARD LINE OR LESS YARD LINE IS A SAFETY (2PT) COP. THE DEFENSE CAN ALSO DECLINE THE PENALTY & TAKE THE RESULT OF THE PLAY IF IT RESULTS IN A PICK 6

- **DEFENSIVE RULES:**

1. BLITZERS MUST IDENTIFY THEMSELVES
2. 2 BLITZERS MAX
3. BLITZERS LINED UP 3 YARDS **OTB** & MUST USE THE ARM PAD. BLITZER WITH THE ARM PADDED DOESN'T NEED TO PULL THE QB OR RB FLAG. THEY JUST NEED TO TOUCH THE BALLCARRIER WITH THE BALL WITH THE ARM PAD
4. BLITZERS WITHOUT PAD MUST BE 5 YARDS **OFB**
5. MAN TO MAN ONLY
6. MLB CAN ONLY DROP 10 YARDS FROM **LOS** WHILE SPYING THE QB
7. DBS CAN USE THEIR HANDS THE FIRST 10 YARDS BUT NOT WHILE THE BALL IS IN THE AIR
8. THE SAFETY POSITION IS NOT ALLOWED.
9. ZONE DEFENSES IS NOT ALLOWED

- **DEFENSIVE PENALTIES:**

1. DEFENDERS OFFSIDE +2 **RDTD** or **ROP**
2. BLITZERS THAT DON'T IDENTIFY THEMSELVES +3 **RDTD** or **ROP**
3. 3 BLITZERS +5 **RDTD** or **ROP**
4. 3 YARD BLITZERS TOO CLOSE +2 **RDTD** or **ROP**
5. 3 YARD BLITZERS WITHOUT PAD +3 **RDTD** or **ROP**
6. BLITZERS WITHOUT PAD LESS THAN 5 YARDS **OFB** +2 **RDTD** or **ROP**
7. BLITZERS THAT HIT QBS HAND +5 **RDTD** or **ROP**
8. DBS ENGAGING 10 YARDS DOWN THE FIELD +5 **RDTD** or **ROP**
9. DBS HOLDING WHILE THE BALL IS IN THE AIR +5 **RDTD** or **ROP**
10. DEFENDERS HOLDING BALLCARRIERS CLOTHES OR BELT +5 **RDTD** or **ROP**