



Guts on the Gridiron

Flag Football Tournament Rules & Regulations



See you at "Guts on the Gridiron!"

Camp Eagle • 458 Camp Eagle Road • Fincastle, VA 24090
CampEagleVA.org • CampInfo@sbcfamily.org • (540) 366-2431

GENERAL GUIDELINES

- **ALL** players are required to have a current guardian release on file. There will be absolutely **NO** exceptions.
- **ALL** players must be present at team orientation.
- The goal of this tournament is to have FUN! Come prepared to do so!

DIVISIONS

- Middle School Guys – 6 to 8 guys, (ages 12-14) no more than 2 HS Guys (ages 15-18) on a team
- High School Guys – 6 to 8 guys, (ages 15-18) no more than 2 MS Guys (ages 12-14) on team
- Co-Ed – Guys and girls, (ages 12-18) at least 3 girls per team, 2 girls on the field at all times

TEAMS

- Teams can have up to 8 players (6 starters, 2 subs). Teams can play with a minimum of 5 players due to injury.
- If less than 5 players are available, the game is forfeited.
- A minimum of two players is required on the line of scrimmage at all times.
- Teams can only use players from their roster. They cannot grab players from the sidelines.
- This tournament may require teams to play back to back games.

ATTIRE

- Inspections will be made prior to the game.
- It is recommended that all players wear a protective mouthpiece.
- All team members must wear the same colored shirt.
- Shirts must be tucked in.
- Pants and shorts are permitted. They may not have an excessive number of pockets such as cargo pants.
- No metal cleats or spikes of any kind are permitted.

FIELD DIMENSIONS / MARKINGS

- All field markings are approximate.
- Length: 50 yards
- Width: 30 yards

TIMING

- Game length is 30 minutes running time (two halves, 13 minutes each; 4 minute half-time).
- Each time the ball is spotted, the offense has 30 seconds to snap the ball.

START OF GAME AND BALL POSSESSION

- A coin toss determines first possession. (There are NO DEFERMENTS)
- The winner of the toss has the choice of offense or defense. The loser chooses which goal to defend.
- There are no kickoffs.
- The offensive team takes possession of the ball at its 5-yard line and has 3 plays to cross midfield, then has 3 more plays to score a touchdown. If the offense fails to score, the ball changes possession. An automatic first down by penalty will overrule the “three play rule.”
- All possession changes, except interceptions, start on the offense’s 5-yard line.
- Teams change sides at half time.

DEAD BALLS

- Substitutions may be made on any dead ball.
- If the ball carriers flag falls off, the play will be whistled dead once a defender touches him.
- Players are ineligible to catch a pass if their flag has fallen off.

Note: There are no fumbles. The ball will be spotted where the ball carrier’s feet were when the fumble was made. A bad snap will be blown dead and the ball will be spotted where it hits the ground. If a snapped ball hits the ground in the offense’s end zone, it will result in a safety. There is no stripping of the ball (spot foul and automatic 1st down).

SCORING

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line); 2 points (played from 12-yard line)
- Safety: 2 points

Note: An interception returned to opponent’s end zone on any extra point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series. Defense cannot block during an interception.

OFFENSIVE GUIDELINES

RUNNING

- To start the play, the ball must be snapped between the legs or from the side of the center.
- The quarterback cannot run with the ball past the line of scrimmage.
- The quarterback can hand off or lateral the ball behind the line of scrimmage only.
- “No-running zones” are located 5 yards before the end zone and 5 yards before midfield in each offensive direction
- The player who takes the handoff or lateral can throw the ball from behind the line of scrimmage.
- All defensive players are eligible to rush once the ball has been snapped.
- Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player.
- The ball is spotted where the ball carrier’s hips are when the flag is pulled, not where the ball is. Ball and flags must break plane for a 1st down and touchdown.
- It is up to both the ball carrier and the defender to avoid contact.
- Diving is NOT ALLOWED when trying to get an offensive player’s flag.

HANDOFFS/LATERALS

- Only direct handoffs behind the line of scrimmage are legal.
- Laterals are permitted behind the line of scrimmage only.

PASSING

- The quarterback has seven seconds to throw the ball. If a pass is not thrown within the seven seconds, play is dead, loss of down and the ball is spotted at the previous line of scrimmage. If the ball is latered or handed off the seven-second rule is still in effect. In other words, the ball must always pass the line of scrimmage in 7 seconds.

PASS RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player may be in motion, but not in motion towards the line of scrimmage at the snap.
- A player must have both feet inbounds when making a reception. (A receiver cannot return onto the playing field from an out of bounds position).

Note: A pass may not be intentionally tipped in any direction to another team member (illegal touching).

DEFENSIVE GUIDELINES

RUSHING the QUARTERBACK

- All players who rush the passer must be a minimum of 7 yards from the line of scrimmage and 2 yards either side of the center.
- Rushers must avoid all contact with the QB.
- Any number of players can rush the quarterback.
- Once the ball is snapped the defense can rush.
- The defense can return interceptions, but they cannot block.
- On interceptions that occur and remain in the end zone, the ball will become dead and the intercepting team will start at its 5-yard line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead.

Note: REMEMBER THAT BLOCKING AND TACKLING ARE NOT ALLOWED.

PENALTIES

- All penalties can be declined.
- Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage except for: flag guarding, jumping/diving, tackling, stripping, defensive blocking, holding and pass interference.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls. If they do, the team will receive a 5 yard penalty and loss of down or automatic 1st down.
- Games cannot end on a defensive penalty, unless the offense declines the penalty.

OFFENSIVE PENALTIES

- Jumping / diving: 5 yards from the point of foul - Jumping is defined as "jumping over a player" and/or "leaving your feet to avoid having your flag pulled".
- Lowering head / shoulder: 5 yards and loss of down
- Delay of game: 5 yards
 - 2 delays on same possession: Defense's ball
- Substitution fouls: 5 yards
- Illegal motion (more than one person moving, etc.): 5 yards
- False Start: 5 yards

OFFENSIVE PENALTIES CONTINUED

- Illegal Snap (ball snapped when not on ground): 5 yards
- Offensive holding: 5 yards and loss of down
- Illegal formation/Motion (failure to pause for one second): 5 yards
- Illegal touching (if player goes out of bounds, player cannot return to the field and catch ball): 5 yards
- Offensive pass interference (illegal pick play, pushing off/away defender): 10 yards and loss of down
- Stiff-arm / flag guarding: 5 yards from the point of foul and loss of down
- Rusher Interference (It is illegal for a receiver to run a pattern that interferes with a rusher on his direct path to the quarterback): 5 yards and loss of down
- Blocking/Screening Downfield: 5 yards line of scrimmage and loss of down
- Intentional grounding: 5 yards line of scrimmage and loss of down
- Illegal Running - Running in "No Run" zones (5yards before midfield or goal line)

DEFENSIVE PENALTIES

- Offside: 5 yards
- Pass Interference: Spot foul and automatic first down
- Illegal contact: 5 yards and automatic first down
- Illegal flag pull (before receiver has ball): 5 yards and automatic first down
- Illegal rushing (starting rush from inside 7-yard marker): 5 yards
- Poor flag etiquette (throwing a pulled-flag): 5 yards
- Substitution fouls (player enters field after ball is blown ready for play): 5 yards and automatic first down
- Blocking (during interception): Offense starts 2nd down at the spot of the foul.
- Holding: 5 yards from end of play and automatic 1st down
- Minor tackling: 10 yards from end of play and automatic 1st down.

SPORTSMANSHIP

- If a player argues the validity and/or fairness of a call, that player will be subject to ejection at the referee's discretion.
- If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Trash talking and inappropriate gestures are illegal. (Trash talk is talk that is offensive to officials, opposing players, teams, or spectators.)

- Each team has two 60-second timeouts per half. These cannot be carried over to overtime.
- All games will begin on time. If a team is late, the game will be forfeited.
- Officials have the right to determine offensive language. If trash talking occurs, the referee will give one team warning. If it continues, the player or players will be ejected from the game.
- If two players from the same team are ejected during one game, that team will forfeit the current game.

Note: Any ejection will result in the removal of the player or players from the playing field, suspension from next scheduled game, and a 15-yard penalty. Repeat offenders: Expulsion from Camp Eagle

OVERTIME

- If the score is tied at the end of regulation time, teams move directly into overtime.
- A coin toss determines first possession of overtime.
- Possessions start at midfield and the team will have 3 plays to score.
- The over-time period will be “sudden death.” The first team to score wins.
- If the team with first possession does not score, the other team will begin its series at midfield.
- If the defender’s flag is pulled during the interception return, the interceptor’s team will begin its series at midfield.
- First downs cannot be earned during the overtime period, except by penalty.
- There will be no timeouts granted during the overtime period.

SPECTATORS

- Spectators are expected to follow the same rules and sportsmanship conduct that the players are expected to follow.
- Spectators must respect the decisions and judgement calls of all referees. Failure to do so may result in expulsion of spectator.
- Spectators MAY NOT question referee calls, only team captains are allowed to do so.
- Please follow good sportsmanship guidelines to other spectators., players, and referees. Remember, you represent your team.
- Camp Eagle reserves the right to ask a spectator to leave Camp Eagle property at anytime for any reason.

Most Importantly... HAVE FUN!



CAMP EAGLE

**“..so that thy youth is renewed like the eagle’s.”
Psalm 103:5**