

Penn Del Flag Football

DIVISIONS –1, 2, 3, 4 and 5

Rules and Guidelines

General Rules

- A coin toss determines first possession. The Away team makes the call for heads or tails. The coin toss winner may choose; offense, defense or choose to defer their choice to the second half. The team that is on defense first chooses which end zone they would like to defend.
- **Coaches on the field during play:**
 - **Division 1 – Coaches are not permitted on the field during play.**
 - **Division 2 – Teams may have one (1) coach on the field during play, however coaches should encourage and teach their players to call their own plays and set up their own defensive schemes and/or take direction from coaches on the sidelines.**
 - **Divisions 3, 4, 5–Teams may have (1) coach on the field during play.**
 - **In General, if a coach is on the field during play, the coach should, depending on which side of the ball they are on, be 10 yards behind the furthest defender, or 5 yards behind the furthest offensive player.**
- The offensive team takes possession of the ball at its 5 yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5- yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- At the change of possession the referee will wait till both offense and defense are set, for the initial change of possession, after that once the offense is set the ball can be snapped they do not have to wait for the defense to get set. Only for the referee to set the ball.
- Teams change sides and possession after halftime.
- There are no kickoffs
- No blocking is allowed at any time.
- The ball must be snapped between the Center's legs, not off to one side, to start play. (except Divisions 4 and 5, use tee)
- The ball must LEAVE the Center's hands completely to be a valid play.
- There are no Fumbles; the ball is spotted where the ball hits the ground.
5 Yards before midfield is a no run zone, it is pass only

Players

- **Number of players:**
 - **Divisions 1, 2, Each team will field (5) five players no more than 7. (Division Directors Decision)**
 - **Divisions 3,4,5– Each team will field (5) five players, no more than 7. (Division Director's Decision)**
- Teams must give every player an equal amount of playing time.
To ensure that players get an equal amount of playing time, a substitution rule will be in effect.
It will apply to Divisions 1,2, and 3; 4 and 5 it will be that players can play **no more than 3(three) series**
in a row, then the player must sit out for a series. Referees can pull a player if they observe he is in

for more than 3 series. (Example, if a player plays Offense then Defense and then Offense, he must then sit out the next Defense series)

Scoring

- Touchdown: 6 points
- Extra Try Attempts:
 - 1 point - played from the 5-yard line – Must be a pass beyond the line of scrimmage.
 - 2 points - played from the 10-yard line – Can be a run or pass play.
- Safety: 2 points

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 is allowed in motion at a time.
- A player must have at least one (1) foot inbound when making a reception.

Running

- The quarterback cannot run with the ball beyond the line of scrimmage. (Unless a valid rusher crosses the line of scrimmage). Then the quarterback can choose to run the ball.
- Offense may use multiple handoffs behind the line of scrimmage.
- Laterals and/or pitches are permitted behind the line of scrimmage (a lateral can be a pass as long as it is Parallel or behind the quarterback, if it is forward and behind the line of scrimmage, it is an illegal pass)
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is located.

Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel / Screen passes are permitted but must be received beyond the line of scrimmage.
- Once the ball has been snapped, the player in possession of the ball (Quarterback, running back, or other) must assure the ball crosses the line of scrimmage within (7) seconds or a penalty applies.

• **Interceptions:**

- **Divisions 1, 2 , 3– Change the possession of the ball and can be returned.**
- **Divisions 4 and 5– Change possession at the point of the interception, but cannot be returned.**

Rushing the Quarterback

- Rushing the Quarterback:
 - The player(s) that rush must be a minimum of seven (7) yards (Division 1 is 10 yards) from the line of scrimmage when the ball is snapped
 - **Divisions 1 – Any number of Defenders may rush the Quarterback on any down.**
 - **Division 2,3 – No more than one Defender may rush the Quarterback on any down.**
 - **Division 4, 5– One Defender may rush the Quarterback once every set of four (4) downs including the extra point(s) attempt, i.e. if the offense scores a touchdown on the 4th down try, and the defense had not used it's one rush attempt on any of the**

previous 4 downs then the defense may rush on the extra point attempt if they elect to do so. Conversely, if the defense did use its one rush attempt on one of the previous 4 downs then they cannot rush on the extra point(s) try attempt.

- Once the Quarterback has handed the ball off any number of players can rush the Runner/Quarterback behind the line of scrimmage and the seven (7)/(10) yard rule is no longer in effect.
- A side line referee or field Referee will mark the seven (7) yard line for every play. (10 yards for Division 1)
- Players may defend on the line of scrimmage.

Penalties

- All penalties will be called by the referee(s).
- **Defense: (Penalties may be assessed from the line of scrimmage or the spot of the foul)**
 - Offside – 5 yards and automatic first down.
 - Interference – 5 yards and automatic first down.
 - Illegal contact (holding, blocking, etc.) – 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 seven yards of line of scrimmage) – 5 yards and automatic first down.
- **Offense: (All penalties should be assessed from the line of scrimmage)**
 - Illegal motion (more than one person moving) – 5 yards.
 - False start or offsides – 5 yards.
 - Illegal forward pass (pass received behind line of scrimmage) – 5 yards.
 - Quarterback fails to throw or hand the ball off within 7 seconds – Play is dead and loss of down.
 - Offensive pass interference (illegal pick play, pushing off/away defender) – 5 yards.
 - Flag guarding – 5 yards (from line of scrimmage).
 - Delay of game – clock stops, - 5 yards.
 - During a snap, ball does not leave the Center's hands completely. – 5 yards.
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- Referee(s) determine incidental contact that may result from normal run of play.
- Games cannot end on a defensive penalty, unless the offense declines it.
- Teams will receive one warning before a delay-of-game penalty is enforced.
- If the referee(s) witness any acts of 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 is illegal. Officials have the right to determine offensive language. Trash talk is talk that may be offensive to officials, opposing players, teams or spectators. If trash talking occurs, the referee(s) will give one warning. If it continues, the player will be ejected from the game

There will be no over celebrating or taunting after a good play or Touchdown. A warning will be given By the referee, Second offense is a 10 yard penalty.

VIDEO REPLAY

If a referee makes a call, and a fan or coach advises that it was captured on video, the referee's call stands, there will be no stoppage of play to review video, there is **NO VIDEO REPLAY.**

Dead Balls

- Substitutions may be made on any dead ball.
- Play is ruled dead when:
 - Ball carrier's flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - Ball carrier's knee hits the ground
 - Ball carriers flag falls out

Timing / Overtime

- **Games are played in two (2) running 20 to 25-minute halves, with a 2-minute halftime period.**
- Each time the ball is spotted a team has 30 seconds to snap the ball.
- **Each team has two (2) 30-second timeouts per half in regulation.**
- Each team will have one (1) 30-second timeout in each extra overtime period.
- **The clock will continually run, unless stopped by the referee for an injury, a called timeout, or at the discretion of the referee.**
- **If the score is tied at the end of regulation play for Divisions 1, 2, 3, 4 and 5 teams move directly into extra period(s) - overtime**

The NCAA Football format for Overtime will be followed:

- Teams will flip a coin to determine who gets the ball first. The winner of the coin toss may choose to start on offense or to start on defense, they cannot defer. The loser of the coin toss will choose which end of the field will be used for **both series** of that overtime period. The ball will be placed 20 yard from the goal line. If team A won the toss and elected to get the ball first they will have 4 downs to score. All penalties will be called and assessed as in regulation play. If a team scores a touchdown they may choose to go for one extra point try (ball is placed at the 5 yard line – pass only) or a 2-point conversion try (ball is placed at the 10-yard line – run or pass). After team A has completed their series the ball will be placed back 20 yards from the goal line (the “no-run zone” line closest to mid-field) and team B begins their series and will have 4 downs to score. The team with the most points at the end of the first extra period wins. If the score is tied after the first period, teams will begin the second extra period. There is no coin flip for the second extra period. The team that had the ball first in the first period will again have the ball first in the second extra period. The same end of the field will be used for the second extra period. If after the second extra period the score is still tied, the game is over and considered a tie.

- **Interceptions during an extra period (Divisions 1,2 and 3) excluding try attempts:**
 - **If on the first series of either the first or second extra period, Team A has the ball and Team B intercepts the ball and runs it back for a touchdown, the period is over and Team B is the winner.**
 - **If on the first series of either the first or second extra period, Team A has the ball and Team B intercepts the ball, but does NOT score a touchdown, Team A's series is over and Team B begins their series 20 yards from the goal line.**
- **Interceptions during an extra period (Division 4, 5) excluding try attempts:**
 - **If on the first series of either the first or second extra period, Team A has the**

ball and Team B intercepts the ball, the play is dead at that point, Team A's series is over and Team B begins their series 20 yards from the goal line.

Attire

- Cleats are allowed, except for metal spikes.
- All players must wear a protective mouthpiece; there are no exceptions.
- Penn Del jerseys must be worn during play.
- Home team will wear the dark side of their jersey; visiting team will wear the white side.
- Jerseys must be completely tucked in at all times during play.
- Flags must be on the sides of the player, not in front or back.