



SIYAA Flag Football Rules

REVISED per board approval – 12/08/14 Add to SIYAA Eligibility, Procedures & Rules Handbook 10/06/14 SIYAA Minutes; Minimal play time & Aggressive & Forceful Action

Official National Federation of State High School Associations Rules will be used with modifications described below:

Only **VELCRO** style flags are to be used; Flags to be positioned on the left and right side of the players hips.

1. Playing field will be 60 yards in length, not including end zones, and 39 yards in width.
2. Only tennis shoes or molded, non-removable cleats will be allowed
3. Clock running time for all games shall be 24 minutes. Two twelve minute halves. Halftime will be 5 minutes.
4. Each team has 4 time outs per game. A time out will be 1 minute.
5. There will be no kickoff. Ball is placed at receiving teams' 20-yard line to begin play.
6. If a team in possession elects to punt, they must notify the referee. It will Then become the opposing teams' ball 10 yards from the previous spot. (Or half the distance to the goal).
7. Teams can have a maximum of 9 players on the field. A minimum of 7 players on the field is required to play.
8. Procedure for downing a ball carrier:
 - a. Ball carrier is down when a defensive player removes flag from ball carrier's belt.
 - b. The defensive player, after removing the flag, should stop immediately and hold flag above his/her head so official can stop play.
 - c. Defensive player must not hold, push, nor run through the ball carrier when attempting to remove the flag. Any action by the defensive player against the ball carrier other than merely removing the flag is unnecessary roughness. **Penalty: Ten yards from the point of the field, automatic first down.**



- d. It is illegal for the ball carrier to deliberately touch of defend his/her own flags. The ball carrier may not try to hack, push, straight-arm, or run through a defensive player. **Penalty: Ten yards and loss of down.**
 - e. Excessive or flagrant contact may result in ejection.
 - f. If a ball carrier accidentally loses a flag, the defense can down the ball by carrier by tagging or touching him/her with at least one hand above the waist and below the neck.
 - g. It shall be illegal for a player to deliberately withdraw an opponent's flag unless that player is in possession of the ball. **Penalty: Unsportsmanlike conduct, player removed from the game for 3 Plays (first offense) and ejection (2nd offense).**
9. A live ball becomes dead as soon as it contacts the ground. Exception: On any snap of the ball, quarterback may pick it up and advance the ball. **NO PLAYS CAN BE DESIGNED TO DO THIS!!**
10. Blocking.
- a. Screen blocking is obstruction of an opponent's path without physical contact.
 - b. Screen blocking is allowed within 5 yards of the line of scrimmage. No other blocking is allowed.
 - c. Procedure for screen blocking:
 - i. The offensive player's hands must be in contact with her/her own body. The offensive player may not extend his/her arms to try and grab or slow a defensive player.
 - ii. The defensive player must try to avoid screen block and cannot try to run over offensive player.
 - iii. If adjacent offensive linemen's feet are one foot apart or less, the defensive player may not step between those 2 players.
11. Offense.
- a. No unbalanced lines.
 - b. No trick formations.
 - c. At least 5 players on the line of scrimmage.
 - d. No weight limit.
 - e. All positions are eligible to receive and advance the ball.
 - f. The center must line up over the football and snap it through their legs to start a play.
12. Defense: No defensive player can be closer than 5 yards from the line of Scrimmage until the ball is snapped. Rushing is allowed from the 5 yard position.



13. Coaches must play eligible players the entire first half of every game, either on offense or defense, and can substitute at their own discretion in the second half.
 - a. **MINIMAL PLAY TIME** Upon investigation & review by the SIYAA Coordinator of Sport & Executive Board the following consequences will apply for any team that **does not** comply with rules of required minimal play time for each player on their team.
 - 1) **Regular Season Games:**
 - 1st Offense Head Coach will receive Verbal & Written warning.
 - 2nd Offense Team will forfeit the game in which player did not receive minimal play time.
 - 2) **Tournament Games:**
 - No warning. Automatic forfeit of game.
14. Only approved personnel will be permitted within the boundaries of the playing area. Coaches and players, not in the game, must be in the team box on the sideline.
15. No tobacco products of any kind are allowed in the playing area.
16. Game time is forfeit time. Must have 7 players to play the game.
17. No jewelry of any kind allowed. Medical bracelets/necklaces must be taped.
18. Any player/coach bleeding shall be removed from the game.
19. Two coaches from each team may be on the field during the game to help their players get setup on both offense and defense. Once the play is started, the coaches cannot interfere with the action.
20. Any coach that interferes with play or argues with the referees, may be asked to leave the field.
21. **AGGRESSIVE FORCEFUL ACTION**

The Executive Board of the SIYAA will investigate any reports of aggressive, forceful action towards a child/player during SIYAA events. Several witnesses must verify the report. After investigation & review, if determined forceful action towards a child/player had occurred, the person/coach will receive an automatic two game suspension. (They may attend the game as a spectator only, not to sit or practice with team during two week suspension).