



DRIFTERS

2023-2024 RULE BOOK



LEAGUE RULES 2023-2024



- S1:** If a player starts a season in one division, he must finish in that division
- S2:** A player is ineligible if he is a member of a school tackle program or if he is playing Pop Warner tackle football
- S3:** A player shall furnish a written consent to play from either a parent or legal guardian
- S4:** Player must provide proof of current grade level for proper placement
- This can be a report card, progress report or enrollment verification documentation from school
- S5:** Each player will need a physical form from a Licensed State Medical Practitioner
- This form must be signed off that the candidate is physically fit, and there are no observable conditions which would contra-indicate playing flag football. This form must be dated back no further than January 1st of the current year.

Note:

If regular school medical examination results are releasable to parents, a copy of such report, if not older than January 1st of the current year, may be used in lieu of a new examination



RULE 1: PLAYERS

- S1:** A game is played between two teams consisting of eight (8) players each
- S2:** Each team roster shall have a maximum of 16 players, and a minimum of 10 players. A forfeit will result when the minimum is not met
- S3:** Only players appearing on the Roster System are to be counted as players
- S4:** The roster is completed and active in the Roster System before the first game of the season and verified by the league in a process called “certification”
- S5:** Mandatory Play Rule: All players will play a minimum of 10 plays. Failure to abide by this rule will result in forfeiture of that game
- S6:** A team will have 30 seconds to put the ball in play after the ready signal

RULE 2: PLAYING FIELDS



S1: The field shall be rectangular with lines and zones and shall conform to either of the two designs mentioned below

60-yard field: This field measures 60 yards in length, divided into 3 zones of twenty yards each between two end zones of five yards each. It is 40 yards wide

80-yard field: This field measures one hundred yards in length, divided into 4 zones of twenty yards each between two end zones of ten yards each. It is 40 yards wide

Goal Posts are unnecessary as there are no conversion points after touchdown

There will be no kickoffs after a touchdown

The ball will be marked on the ten-yard line on the 60-yard field

At the 30-yard line on the 80-yard field

If a team chooses to punt, the ball will be marked at the opponents ten-yard line going out. There are no actual kicks

80-yard field: from the 30-yard line

60-yard field: from the 10-yard line



RULE 2: PLAYING FIELDS

S2: The following field equipment will be used:

A Down Marker will be used to indicate the number of the down

A Zone Marker will be used to indicate the distance to go for a first down (placed at the forward zone line)

Corner Flags with flexible staffs will be placed at the four sections of the end zones and the sidelines. Soft pylons may be used if flags are unavailable



RULE 3: EQUIPMENT

S1-GAME BALL

Each division will determine which ball will be used during its games.

S2-FLAGS

Each player must wear a belt with 3 flags. The flags given to the teams by the league are the *mandatory* flags to be used by every team for every game.

The 1st and 2nd flags will be attached to a belt and extend or hang from each side of the player's body. The third flag will hang from the rear of the player's body.

Flags will be 14-20 inches long and a minimum of 2 inches wide.

The belt must be tight to prevent being turned around during a de-flagging.

The home team will wear light flags and the visitors will wear dark flags.

Jerseys cannot be worn over flags.

If a player's flag is inadvertently lost, he is ineligible to handle the ball.

NOTE:

The flags will be attached to a belt made for that purpose. Such a belt has equal resistance at the point of attachment of flags, thereby ensuring an equal effort necessary to de-flag a player.



S3-GAME UNIFORMS

All team members must wear the same color jersey.

All jerseys will be numbered, front and back.

Required uniform shorts for games will be provided by the league.

Jerseys must always be tucked in.

Sneakers are the preferred shoe; however, non-detachable, rubber-cleated shoes are allowed. No other footwear is acceptable.



S3-GAME UNIFORMS

S4-EYEGLASSES

Eyeglasses, when worn, shall be of athletically approved construction with non-shattering glass (safety glass).

S5-MOUTH GUARDS

Mouth guards are required, and keeper strap is not necessary.

S6-NAILS

All players must have short, cut nails, if you have long nails they must be cut, or the player cannot play in the game.

Note:

The Business Manager for the opposing team will verify each player has proper mouth guards, footwear and cut nails before each game. Failure to have proper gear will result in that player not playing.



RULE 4: PROHIBITED EQUIPMENT

S1: Spiked or street shoes.

S2: Padding of any kind, including hard surface padding such as shoulder pads, hip pads, and helmets

S3: Hard metal or any other hard substance on a player's clothing or person

S5: Slick or sticky substances such as grease or glue

S6: Any equipment, in the opinion of the referee, that will endanger or confuse players

S7: NO long nails



RULE 5: REFEREES

S1: There will be at least two (2) referees.

S2: The league may assign more than two referees for a game.

S3: There shall be at least two (2) referees for a sanctioned playoff game.

S4: Each game official will carry a handkerchief and drop it whenever an infraction occurs.

RULE 6: THE RULES OF THE GAME



S1-PLAYERS

The free substitution rule is always in effect and a player may enter the game any time the ball is dead

S2-TEAM COACHES

Only one coach for each team will be permitted on the field

The Head Coach for either team is the only person who will communicate and address the referees for any reason.

S3-TIME

There will be:

1. Two 20-minute running clock halves
2. Three timeouts per half
3. Ten (10) minutes between halves



RULE 6: THE RULES OF THE GAME (2)

S4-PUNTING

The offensive team may punt at any time.

S5-DOWNS

(First down and zone to go)

Each team will have four consecutive downs to advance the ball into the next zone or to score a touchdown.

Once a team enters the next zone, it is a first down and a new series of downs begins.

A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.

The forward part of the ball touching any line will be the determining factor in measuring for a first down.

When the offensive team is within the last zone and has a first down, it will be first down and goal to go.

At the conclusion of each down, the referee will place the ball in the center of the field (equal distance from sidelines- not on a hash mark).



RULE 6: THE RULES OF THE GAME (3)

S6-DE-FLAGGING

There shall be no tackling of the ball carrier or passer.

The player carrying or having possession of the ball is down when the flag is removed from his waist (deflagging). The defensive player shall hold the flag above his head and stand still.

The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.

A defensive player may not run over, push, or pull a blocker away from him. He may push him sideways if he gets past him, but he cannot push the blocker down.

A defensive player must go for the passer's flag. He cannot touch the passer's arm.



RULE 6: THE RULES OF THE GAME (4)

S7-BLOCKING

A blocker must always be on his feet while blocking. All linemen, except the center, must not assume the three-point stance or otherwise spring from a coiled or crouching start. Instead, they must simply stand at the line of scrimmage and await the snap. The center, though crouching if he is to block, must first stand straight up.

- Cross body and roll blocking are not permitted.
- A blocker can use his hands.
- Blocking shall be done with the hands, arms and body. The hands must remain in the framework of the body and shoulders.
- A defensive player cannot block or push a ball carrier out-of- bounds.
- Butting, elbowing, or knee blocking is not permitted.
- There will be no two-on-one blocking for the ball carrier beyond the line of scrimmage.
- Blocking a player from behind is not permitted (clipping).
- There will be no interlocking blocking.
- A defensive player will be restricted in the use of his hands to the blocker's body and shoulders.



RULE 6: THE RULES OF THE GAME (5)

S8-BALL CARRIER

The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.

The ball carrier cannot lower his head to drive or run into a defensive player.

Stiff-arming by the ball carrier is illegal.

The ball carrier can spin to prevent a defensive player from removing his flags.

He may run in any direction until the ball is declared dead.

S9-CENTER (also see S9:A)

The center must snap the ball between his legs.

He must have both feet on the scrimmage line with no part of his body beyond the forward point of the ball.

He may adjust the long part of the ball at right angles to the scrimmage line for one time only.

RULE 6: THE RULES OF THE GAME (6)



S10-PASSING

All backfield men are eligible passers.

Passing will be attempted from behind the line of scrimmage only.

A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.

A forward pass is a pass thrown from behind the line of scrimmage toward the defense.

S11-RECEIVING

All players are eligible to receive forward passes.

A receiver may not catch a ball if he steps out-of-bounds or out of the end zone.

Two or more receivers may touch a ball in succession resulting in a completed pass.

If an offensive and defensive player catch a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.

An offensive player cannot be out-of-bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass.



RULE 6: THE RULES OF THE GAME (7)

S12-DEAD BALL

All balls touching the ground are immediately dead.

For example, the ball is declared dead at the following times:

- When the ball carrier touches the ground with his body, other than hands or feet.
- When the ball carrier's flag has been pulled.
- If a pass receiver or ball carrier has a missing flag (ball is dead at that spot).
- Following a touchdown or safety.
- When the ball goes out-of-bounds for any reason.
- If the center snap hits the ground before reaching a backfield man.
- When the ball hits the ground because of a fumble. THEREARE NO FUMBLE RECOVERIES IN FLAG FOOTBALL.
- If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
- If a forward pass strikes the ground or is caught at the same time by an opposing player(s).



PRESENTATION

RULE 6: THE RULES OF THE GAME (8)

S13-GAME TERMINATION

When one team is 30 or more points ahead at the end of the first half or it takes this lead during the second half, the game is ended at that point.

THIS RULE ALSO APPLIES TO TOURNAMENT PLAY.

RULE 7: SCORING VALUES/ RULE 8: TIE GAME



Scoring Values:

Touchdown: 6 points

Safety: 2 points

Tie Game:

S1: Tie games will go into the record as such and will not be played off in regular season play.

S2: All Tournament Games:

Ball will be placed in the center of the field. The referee will toss a coin in the presence of the two team captains. The winning captain will have the option of putting the ball in play at mid-field.

Each team will have four (4) consecutive downs and the winner will be the team gaining the most yardage in its series of downs (penetration).

Penalties will count as plus or minus yardage.

Intercepted passes will count as incomplete passes.

If the yardage is still the same at the end of each team's four down series, the series will be repeated.

RULE 9: INJURED PLAYERS/RULE 10: PRACTICES



INJURED PLAYERS

Once removed from a game because of injury, a player must sit out at least one down, and may not re-enter the game without the approval of attending medical personnel.

RULE 10: PRACTICES

S1: Practice cannot begin until September 1st.

S2: Practices are limited to two days per week, not to exceed 1-1/2 hours each practice, while school is in session, and when school is not in session, practices are limited to two days per week, not to exceed 2 hours duration.

RULE 11: PENALTIES



The 80-yard and 60-yard fields will be assessed ten (10) and five (5) yard penalties.

S1-LINE OF SCRIMMAGE-Centering

Offside, defensive, or offensive (5 yards)

Illegal snap (5 yards)

Failure to observe 30 second rule (5 yards)

Illegal motion-more than one backfield man in motion (5 yards)

Illegal formation, offense (5 yards)

S2-PASSING

If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty (5 yards)

Passer crosses the line of scrimmage-(5 yards) and loss of down

Intentional grounding-(5 yards) and loss of down

Offensive pass interference-(10 yards) from line of scrimmage and loss of down

Defensive pass interference-first down from spot of infraction for the offensive team



RULE 11: PENALTIES (2)

S3-DELAY OF GAME

Continuing to play after the ball is dead (5 yards) from spot where the ball is dead

Recovering a fumble or falling on the ball (5 yards)

Unnecessary delay of game for any reason

S4-FLAG WEARING AND DE-FLAGGING

Tackling (10 yards)

Wearing the flags illegally (5 yards)

Ball carrier using his hands to prevent a defensive player from de-flagging (10 yards)

Holding, pushing, or hitting the ball carrier while de-flagging (10 yards)

Leaving one's feet while de-flagging (10yards) from spot of foul

Wearing one flag (5 yards)

RULE 11: PENALTIES (3)

S5-ILLEGAL HAND-OFF

If the ball is handed forward beyond the scrimmage line (5 yards) and loss of down

Handing or snapping a ball to a lineman (5 yards)

S6-ILLEGAL SUBSTITUTIONS

More than eight (8) men on the field (5 yards)

Substitution(s) while the ball is in play or before it is declared dead (5 yards)

Disqualified player entering game (10 yards)





RULE 11: PENALTIES (4)

S7-BLOCKING

Leaving feet to block (10 yards)

Cross body blocking or roll blocking (10 yards)

Illegal use of hands by blocker (10 yards)

Holding a defensive player (10 yards)

Defensive player blocking or pushing the ball carrier out of bounds (10 yards)

Butting, elbowing or knee blocking (10 yards)

Defensive player using hands illegally (5 yards)

More than two blockers for the ball carrier (on one defensive player) beyond the line of scrimmage (5 yards)

Clipping (10 yards)

Interlock Blocking-(10 yards) from spot of foul

RULE 11: PENALTIES (5)



S8-BALL CARRIER

Stiff arming (10 yards) from spot of foul

Lowering head to drive or run into defensive player (10 yards)

Use of head (10 yards)

Use of hands or arms to protect flags (10 yards)

S9-UNNECESSARY ROUGHNESS

Offensive and Defensive (10 yards)

Disqualification of guilty player or players if repeated.



RULE 11: PENALTIES (6)

S10-UNSPORTSMANLIKE CONDUCT

Fighting (10 yards)-offenders ejected from game

Defensive player pulling offensive player's flag to make player ineligible for play (10 yards)

Insulting and abusive language (10 yards)

Interference with progress of the game by coaches or any other team personnel (10 yards).

Illegal play (10 yards)

Team leaving field before game is completed (10 yards)

Failure to return-forfeit

Failure of home team to control players/fans (10 yards)- Forfeit if not controlled

RULE 12: PROTESTS



S1: Only protests involving rules' interpretations, or the eligibility of a player shall be considered. Never the judgment of an official in calling a play.

S2: Protests are decided at the local level in accordance with the administrative procedures of the league