

Racine Family YMCA
Corporate Cup

Flag Football

Teams consist of at least 6; and at least 50% must be company employees. Teams will play 4 people on the field at a time.

Rules

1. All Games consist of two (2) 10 minute halves and a 3-minute half time. The Tournament Director reserves the right to cancel games, postpone games, or shorten halves to 10 minutes in the event of wet weather and soggy fields.
2. There will be mandatory line judge assignments for each team. Each team will be required to provide one line judge either before or after their team's game. Line judge responsibilities include marking seven yards in front of the line of scrimmage and enforcing the 7-second count rule for the quarterbacks. All assigned line judges need to meet with the game official 5 minutes prior to their assigned game.
3. There are no kick-offs, field goals or punts. **NO BLOCKING OR TACKLING** allowed.
4. The field of play is 25 yards wide by 50 yards long, plus 7-yard end zones; **or whatever our assigned field is at the time of play.**
5. A coin toss determines first possession.
6. The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field. Once a team crosses mid-field they have three plays to score. If the offense fails to score, the ball changes possession. If the offensive team fails to cross mid-field, the balls changes possession. All possession changes, except interceptions, start on the offensive team's five-yard line. Pass interceptions may be returned.
7. There are no fumbles. The ball will be spotted where it hits the ground or from where the ball carrier's feet were if the ball is fumbled forward.
8. The ball carrier is ruled down when a knee hits the ground, the flag belt is pulled off, the ball is fumbled, or he steps out of bounds. The ball is spotted where the ball carrier's feet are when the flag belt is pulled off, not where the ball is. No flag guarding is permitted (10 yard penalty and loss of down from point of infraction).
9. To start play, the ball must be snapped between the legs, not off to one side.
10. Four players per team play during any down. A minimum of three players are required to continue play. At least two offensive players must begin on the line of scrimmage at the snap. A maximum of two offensive players may start in the backfield (one may be in motion away from the ball, but not forward toward the line of scrimmage at the snap).
11. All players, including the quarterback, are eligible to catch legal forward passes. Center sneaks or handing the ball back to the snapper is not allowed.

12. Teams will change sides of the field after the first 15 minutes of play. No change of possession occurs at half-time, however, the ball will be spotted at the offensive team's five-yard line at the start of the second half.
13. Shoes are required. No metal cleats or spikes allowed.
14. Shirts must be tucked in. Flags must be worn on each side of the player's hips. Flags will be provided.
15. Shoulder pads, shiver pads, forearm pads, etc., are prohibited.
16. If a ball carrier's flag falls off prior to touching the ball, then that player will be considered down with a two-hand touch by defender.
17. The referee may stop the clock for penalties, injuries, or at their discretion for disciplinary action. During the last two minutes of each half the clock will stop on incomplete passes, out of bounds, scores, and change of possession; all other times the clock will run continuously. Each time the ball is spotted the offensive team has 30 seconds to snap the ball. (Officials will warn the offense when there are 10 seconds left to snap the ball). Teams may not snap the ball until the officials are set (no quick snaps).
18. Each team has two (2) times outs per game. Time outs will only stop the game clock for one (1) minute. The offense must snap at the completion of a time out. If a time out is called after a touchdown, the clock will not run during the extra point.
19. Touchdowns = 6 points; Extra points from 5-yards out = 1 point; Extra point from 12 yards out = 2 points; Safety = 2 points; An interception return of a 1 or 2 point conversion by the offense will result in 2 points for the defense.
20. Players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until the quarterback hands off or throws the ball. The official will designate 7 yards from the line of scrimmage. The offense must avoid interfering with the rusher. The rusher may not hit the quarterback's arm, or knock the ball out of the quarterback's hand. The rusher must play the flags.
21. Defensive players must go for the flag only. Holding or using hands on either side of the runner's body to pull flags is not allowed.
22. The quarterback may not run past the line of scrimmage unless the ball has been handed off to him. Teams may handoff, pitch, or throw back the football in the backfield only. The player who receives the pitch or handoff may throw the ball as long as he is behind the line of scrimmage. No run zones are located 5 yards before mid-field and 5 yards before the end zone.
23. A foot must break the plane of the midfield or goal line to be considered a first down or touchdown.
24. The quarterback has 7 seconds to pass the ball if there is no rush. If the ball is not thrown, the play is dead, resulting in a loss of down. The ball returns to the line of scrimmage. (Once the ball has been handed off or pitched there is no 7-second count). If the defensive team rushes the quarterback there is no 7-second count. Quarterback is not allowed to pass the line of scrimmage from a direct pass.

25. All players are eligible to receive a pass. The quarterback is eligible to receive a pass, as long as the ball has been pitched back or handed off behind the line of scrimmage. Players must have at least one foot in bounds when making a catch.
26. No pick plays are allowed. Receivers must avoid contact at all times.
27. All penalties will be called by game officials. Officials have the authority to rule on any game decision, clock or timing issues, rough play, and spotting of the ball for the next down. Only the team captain may consult with a referee about clarification of a rule. For penalties inside the ten yard line, all ten yard penalties enforced toward the near goal line will be placed one half the remaining distance to the goal line.
28. **OFFENSIVE PENALTIES:** Illegal motion (more than one person moving at snap, motion man moving forward at snap) 5 yard penalty plus loss of down.
29. False start (players moving before snap or snapping ball before ready for play signal) 5 yard penalty plus loss of down.
30. Illegal formation (less than two players on the line of scrimmage at snap) 5 yard penalty plus loss of down.
31. Flag guarding. 10 yard penalty from the point of infraction plus loss of down.
32. Illegal forward pass (from beyond line of scrimmage or center sneak) 5 yard penalty plus loss of down.
33. Delay of game (not snapping within 30 seconds of ready signals). 5 yard penalty plus loss of down.
34. Offensive pass interference (pick play, pushing off defender) 10 yard penalty plus loss of down.
35. Illegal contact (holding, blocking, etc.). 10 yard penalty plus loss of down.
36. Unsportsmanlike conduct (trash talk, verbal abuse, etc.). 10 yard penalty plus loss of down.
37. **DEFENSIVE PENALTIES:** Offsides (in neutrals zone at or before snap). 5 yard penalty, automatic first down.
38. Illegal contact (holding, blocking, tackling, etc.). 10 yard penalty, automatic first down.
39. Illegal flag pull (before player has ball). 10 yard penalty, automatic first down.
40. Illegal rushing (before hand-off or from less than seven yards away). 10 yard penalty, automatic first down.
41. Unsportsmanlike conduct (trash talk, verbal abuse, etc.). 10 yard penalty, automatic first down.
42. Pass interference. 10 yard penalty, automatic first down.
43. A coin flip determines first possession. Each team starts with the ball at mid-field and has two plays to advance the ball as far as possible. The team that advances the ball furthest wins. If the team starting with the ball scores on the first play, possession changes and the other team must score on the first play. If both teams score on the first play, then each team will run one additional play. If both teams score on their second play, the games goes into a second overtime.

44. If the officials witness any act of tackling, elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped and the player will be ejected from the game. Verbal abuse on or off the field will not be tolerated. Fights, physically contacting referees, excessive verbal abuse, or threatening with violence will result in immediate ejection from the tournament. Ejected players must leave the Park within one minute or their team will receive a forfeit for the game in progress. Players on the sideline are also subject to behavioral rules.
45. No dogs allowed.
46. Park rules must be followed.
47. All players must be on the team roster and have signed the waiver form before participating. Substitutions must follow Corporate Cup rules for such.

The Tournament Director may add rules necessary for the safety of the players and the enjoyment of the game.