



# FLAG FOOTBALL *Cheat Sheet*

## ROSTERS

- A full team on the field consists of 5 players with a minimum of 2 females
- The minimum number of players required in order to not default is: *4 total players including at least 1 female*

## GAME PLAY

- Event Coordinators (ECs) are present to help set-up the field and record scores
- A game is 90-minutes in length:
  - Two 40-minute halves
  - A 10-minute half-time
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
  - An overtime period will be used to determine the winner
  - Each team will receive a possession during each overtime period
  - Teams will play continuous overtime periods until the tie is broken
- **Scoring:**
  - The offence has 4 'downs' or scrimmage plays in which to score a touchdown
  - **Touchdown:** 6-points
  - **Convert:** Occurs immediately following a touchdown
    - If successful from the 5-yard line – results in 1 point
    - If successful from the 10-yard line – results in 2 points
- Mercy will be called if one team gains a lead of 28-points
- A kick-off is used to start a half or following a touchdown, and will take place from the 10-yard line
- The offensive team must put the ball in play within 30-seconds of starting their huddle
- The quarterback/offence has 10 "STEAMBOATS" to make a play, or else the play results in a loss of down
  - The defence may rush the quarterback after 5 "STEAMBOATS"
- A female player must be an integral part of at least one play during the 4-down series
- Teams may punt on 4<sup>th</sup> down, but cannot fake a punt
- On a non-kick scrimmage play, if the ball touches the ground, it is immediately dead (no fumbles)
- A player is considered 'down' when:
  - One or more flags is pulled from their belt
  - The player touches the field with their body anywhere from the knee up (hands are excluded)
  - The player steps out of bounds

## PENALTIES AND VIOLATIONS

- **Violations** are unintentional rule infractions that result in a loss of down by the offensive team, or a re-down if committed by the defensive team
  - Common violations include; *Offside, Illegal Pass, Crossing the line of scrimmage before being rushed, fast steamboat counting*
- **Fouls** are non-malicious physical infractions that occur during gameplay
  - The team that was fouled can accept or decline the foul, pending the result of the play
    - If a foul occurs while the ball is in the air, the play is always completed
  - **If there is a disagreement over a foul call, replay the down from the original line of scrimmage**
  - Common fouls include; Pick Plays, Defensive Interference, Offensive Interference, Flag-guarding 'Pick Plays' are illegal by the offensive team