

PANAMA-BUENA VISTA UNION SCHOOL DISTRICT
FOOTBALL RULES
Points of Emphasis

- 1- It is considered a catch if player is in control of the ball and at least one foot is in bounds.
- 2- Hurdling is called when any player attempts to jump over another player while at least one foot is in contact with the ground. No diving into the endzone. Defense may dive for a flag pull.
- 3- Spinning is not found in the SCMAF Flag Football Rule book. Flag guarding can be called if on a player if they knock a players hand away while spinning. Spinning has been called in our league many years, but is being removed as a penalty in our flag football culture.
- 4- If a player loses his/her flags while in possession of the ball, then another player need only to tag the player with lost flags. This also applies to the player who has no flags when he/she comes into possession of the ball.
- 5- An offensive blocker may use only the standing block, with the forearms and hands folded to the body. If during the follow-through of the block, the forearms come away from the body, and the forearms remain parallel to the chest, then no penalty shall be called.
- 6- Offensive linemen may be handed the ball if they have clearly turned 180 degrees with both feet, and are at least 1 yard behind the line of scrimmage.
- 7- Our district does not do kick-offs. Instead, the receiving team starts with the ball on their own 30 yard line. Note, for tournament purposes however, that SCMAF, and other areas kick-off.
- 8- After a safety, the team scoring the safety becomes the offensive team with the ball starting on their own 40 yard line. Note-normally the offensive team would have kicked-off from their 20, not their 30 yard line.
- 9- The rule for attaching the flag football belt is vague. There is, however, something in reference to the “spirit of the game.” This is how the district will interpret this rule. It is not in the “spirit of the game” to do anything, but clip the belt somewhere to itself. There shall be no looping, twisting or any other type of maneuvering that would make the belt different from any other member on either team.
- 10- If any huddle occurs, then all members must huddle. All players must break from the huddle before each play.
- 11- Inadvertent Whistle – The ball is dead and the down is ended when an official sounds his whistle inadvertently. When a penalty is declined for a foul which occurred during the down and there is an inadvertent whistle while (a) a legal snap or pass is in flight, or during a kick, the down will be replayed or (b) a player is in possession, the team may choose to accept the play at that point or replay the down.

Elementary Football

1. 6 league games, no play-offs. Boys or coed, mix of 5th & 6th graders.
2. Suggested 14 to 16 players on roster, everyone must play a meaningful amount of time. Teams carry more than 16, no limit, however all players should have a meaningful amount of play time at a game. Girls may compete. Mix of 5th & 6th graders.
3. Two 16 minute halves. Two timeouts/half. No kick offs...start halves or after score on 30 yd line. Punts have no rush.
4. Running clock, last 2 minutes of game regulation One adult referee assisted by junior high referees. Clock stoppage at discretion of referee following score and penalty enforcement. IF no official, coaches officiate
5. No tie breaker, no overtime