

South County Parochial Flag Rules

TEAM

Teams consist of nine players on the field. The offense must have at least five players on the line of scrimmage prior to the snap. (5 yards)

FOOTBALL

Each school is responsible for supplying its own football. The ball may be either an intermediate or official high school football.

There are now some footballs that are the same size as an intermediate, but have different names. If this is the case and the balls are approximately the same size as an intermediate ball, then the balls are legal. DO NOT nitpick this issue.

Each team may use any legal ball of its own choice to free kick or to start a new series of downs. The referee shall decide whether the ball meets proper specifications. On the playing field, the referee's decision is final.

PLAYER EQUIPMENT

Shirts or upper parts of the uniform shall not hang in such a way that covers the flag belt. The referee will require that all shirts be tucked into the pants to avoid this situation. Should a player continue to intentionally ignore this rule an unsportsmanlike penalty must be assessed (15 yards).

All watches and other jewelry must be removed while the player is on the field. Removable cleats are not legal footwear. Shoes may be smooth or have molded cleats.

Shoes must be worn at all times.

All players must wear a protective mouthpiece while on the playing field.

Knee pads are permissible.

A player shall not wear any pad which covers the forearm, thighs or hips. Any substance such as leather, rubber, plastic, or fiberglass which is hard in its final form and worn on the elbow, hand, wrist, or forearm, even though covered with a soft material, is illegal. The league will supply game flags. These flags will be the "Triple-Threat Type". The referee will determine if any equipment is confusing or dangerous and will have the responsibility and authority to have the player either remove the equipment in question or leave the game.

Failure to comply with these policies may result in an unsportsmanlike penalty and/or, removal from the game (at the discretion of the referee).

GAME CLOCK AND TIME

The official time will be kept on the field by one of the game officials. Varsity games will be divided into four quarters of 10 minutes each.

The clock will be RUNNING, and shall be stopped only in the following instances:

- During the last 2 minutes of each half the clock will be controlled. The clock will stop for incomplete forward passes, if the ball is run out-of-bounds, penalties (in the case of a defensive penalty the clock shall remain stopped until it is put into play by the offensive team – in the case of an offensive penalty, the clock will start when the referee signals the ball ready for play);
- Official's time out
- Regular time out
- Injury

Junior Varsity games will be divided into four quarters of 8 minutes each. All other procedures covering the clock for junior varsity will be the same as described above for the varsity team.

HALFTIME

Halftime will be 10 minutes.

QUARTERS

Teams do not switch at the completion of the first or third quarters. Announce the end of the quarter and continue to run the clock. Teams must switch at the half.

TIMEOUTS

A team is entitled to 3 time outs per GAME. A time out will last one (1) minute.

Please note that the time listed on the schedule is game time. A team must be present and ready to commence play at the assigned time or the referee may declare a forfeit.

KICKOFFS

The only way for the kicking team to recover a kickoff is control the kickoff after it has traveled at least 10 yards and has not been touched or controlled by the receiving team. The kicking team must control the kick without a muff.

There is no muff nor muff recovery. Remember, the ball is DEAD whenever a kick is touched and not controlled.

Kickoff will be from the 40-yard line except when the field is 80 yards or less. In that case, the kickoff will be from the 30-yard line.

FREE KICK

A team may elect to a scrimmage kick on any down. The kicking team must notify the referee prior to the snap. Neither the offensive nor defensive team may move across the line of scrimmage prior to the kick of the ball. Should the offensive team drop the ball at

the snap (prior to the kick) the ball will not be ruled dead, and the offensive team will be allowed to complete the free kick. The receiving team (on a punt) must have at least 3 players on the line of scrimmage.

EXTRA POINT(S)

A team may elect to run or pass for an extra point try. One (1) point is scored if the ball is advanced from the 3 yard line. Two (2) point are scored if the offensive team advances the ball from the 10 yard line. The defense may penetrate the line of scrimmage on any run or pass try.

A team may also elect to score one (1) extra point by kicking the ball through the goals posts (if goal posts are present). In this case the offensive team will notify the referee that they wish a free kick. The ball will be placed on the 3 yard line. The rules that apply for a scrimmage kick will apply. The defense may not penetrate the line of scrimmage. The offensive team may not delay the game.

FIELD GOAL

A team may attempt a field goal under the following conditions and rules:

- The offensive team must notify the referee prior to the snap of the ball.
- All rules governing the “scrimmage kick” apply in this situation (no rushing).
- If the kick fails, the ball will be spotted either on the 20 yard line or the point of the kick, whichever is the greatest distance.

PENALTIES

All penalties are enforced in accordance with CIF rules except when the field is 80 yards or less. In that case all 15 yard penalties become 10 yards, and 10 yard penalties become 5 yards.

BLOCKING

A player may never leave his feet to throw a block (no crossbody blocking or chop blocks). All other rules for legal blocking are contained in the National Federation Rule Book.

TACKLING

It is illegal to tackle a player. It is considered tackling if a player wraps his arms around a ball carrier prior to attempting to pull a flag, or if a player blocks a ball carrier prior to attempting to pull a flag. (15 yards)

FLAGS

Pulling the flag of a player who does not have the ball will be considered unsportsmanlike conduct. (15 yards)

In order to advance the ball a player must be wearing flags. The play will terminate when an inbound ball carrier’s flag(s) have been pulled. If a ball carrier’s flags(s) inadvertently fall, the play will be considered stopped at the point where the flag(s) fell. A

player who attempts to advance the ball without flags will be ruled downed at the point where he originally received the ball.

MISCELLANEOUS

Normally, chains are provided by the league and must be used. If chains are not available, use 20 yard zones.

Only the 2 outermost players on the line of scrimmage are eligible to receive a forward pass. (10 yards)

Each coach is responsible for the conduct of his players as well as the conduct of his team's spectators. A team may be assessed an unsportsmanlike conduct penalty for behavior or actions that distract from the spirit of good sportsmanship.

When enforcing an infraction or foul, the referee will inform the coach of the nature of the foul and the number of the player committing the violation (if numbers appear on the jersey).

Prior to the kick off of the game, the referee will gather the captains at mid-field for the coin toss. The team that wins the toss will choose an option in accordance with CIF rules.

Spinning is legal.

OVERTIME PROCEDURES

No overtime period.