



## Calgary Catholic Junior High School Athletic Association **FLAG FOOTBALL** – INFORMATION PACKAGE 2016-2017

### **COMMITTEE MEMBERS:**

**Tony Dal Cin**—Principal Liaison (St. Basil), (St. Matthew), Mike Pfeuti (St. Basil), Dean Langenberger (St. Basil), Nicholas Bobawsky (St. Bonaventure), Nicholas Csikos (St. Michael), Paddy McCarthy (St. Joseph), Jeff Schultz (St. Albert), Jamie MacDonald (Christ the King), Suzanne Dias (Holy Cross), Christian Taylor (Light of Christ), Gesril Moscoso (St. Elizabeth Seton), Matt MacDonald (St. Isabella), Marc Greco (St. James), Lucas Trotta (Our Lady of Grace), Larry McGovern (St. Basil), Douglas Robertshaw (St. Basil)



### **POINT OF INTEREST:**

- **Clinic For Coaches - Monday, March 14<sup>th</sup>** following meeting
- **Pre-Season Tournaments** April 24<sup>th</sup> to April 28<sup>th</sup>
- **Tri-Meet Dates -**
  - Thursday, April 27<sup>th</sup> (9's Only)
  - Monday, May 8<sup>th</sup> (Alternate Date: Tuesday, May 9)
  - Thursday, May 11<sup>th</sup> (Alternate Date: Monday, May 15)
  - Thursday, May 18<sup>th</sup> (Alternate Date: Wednesday, May 24) (accept 9's)
  - Thursday, May 25<sup>th</sup> (7's & 8's only)
- **Mouth-Guards & Cleats (plastic)** - Are very highly recommended for all players!
- **City Championships**

— Grade 9's	Tuesday, May 23 <sup>rd</sup>	at McMahon Stadium	3:30 - 9:30
— Grade 8's	Tuesday, May 30 <sup>th</sup>	at Encana Field 13 & Field 8	3:30 - 8:00
— Grade 7's	Wednesday, May 31 <sup>st</sup>	at Encana Field 13 & Field 8	3:30 - 8:00
- \* Games at City Finals will consist of 2-12 minute halves with 1 minute between halves (switch sides). No timeouts except in the case of injury. After half-time the defensive team at the start of the game will begin with possession of the ball.
- \* The ONLY ACCEPTABLE DRINK AT FIELD LEVEL IS WATER (NO FOOD)
- \* City Championships will be a random draw - all teams will be guaranteed two games with the exception of a team who receives a bye.
- \* ALL SCHOOLS will be scheduled to referee at City Championships.
  - We will play in all types of weather unless dangerous (i.e., lightning or inches of water on field).
  - Coaches must not leave schools until all athletes have been picked-up.



# Calgary Catholic Junior High School Athletic Association FLAG FOOTBALL 2016-2017

## Rules and Regulations

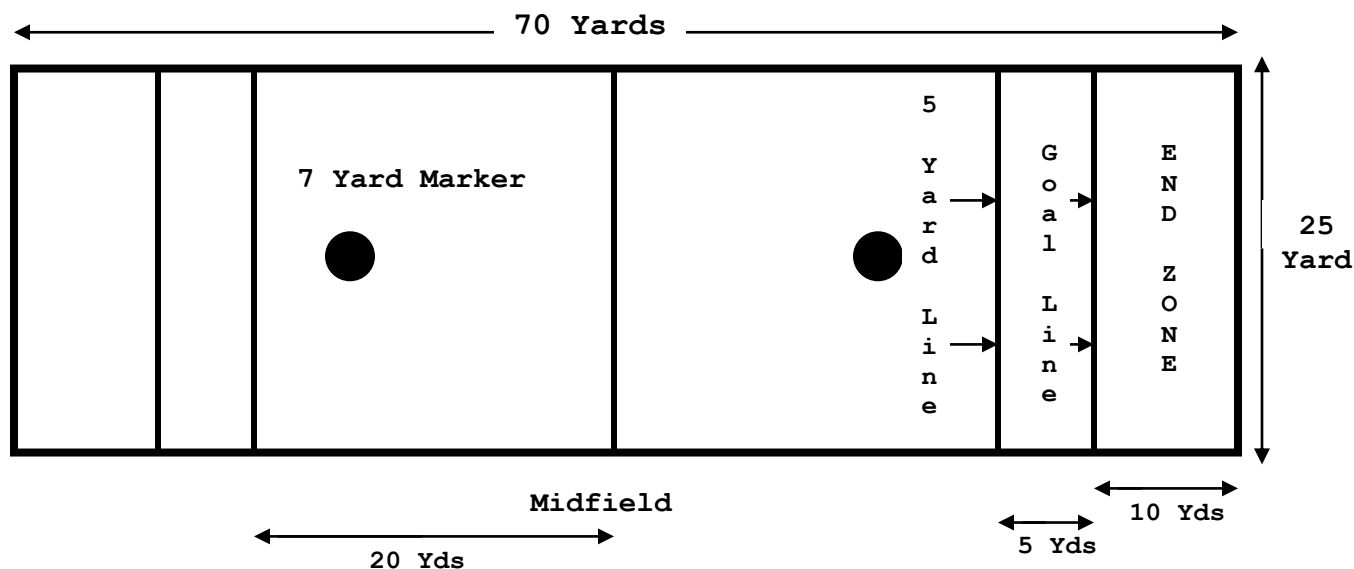
### Pre-game preparations:

#### Player Attire:

- Cleats are allowed, but must be rubber. Metal spikes of any kind are not permitted.
- Mouth-guards are recommended for all players.
- **Shorts or pants cannot be the same color as the players flags.**
- **Shorts or pants cannot have pockets for safety reasons or must be taped.**
- Before the beginning of every play, players flags must be at the sides and be properly attached by Velcro strips.
- Baseball caps, sunglasses and jewellery of any kind are not permitted on the field of play. **(Medical Bracelets will be held by coach during the game)**
- All player shirts must be tucked in while on the field of play.
- **Flags must be the following dimensions (17" x 2 ½) and must hang straight at the hips.**

#### Field Dimensions: (these may be modified to fit the field of play)

- Length: 70 yards
- Width: 25 yards
- End Zones: 10 yards deep.
- No running zones: Marked 5 yards from each end-zone.
- Coaches must stay on their half of the field designated to their team and cannot pass centre. Parents are designated the side of the field across from the players.



## Possession

- A coin toss determines first possession at the 5-yard line. Loser of the coin toss has choice of end zone to defend. The team that loses the coin toss gets possession at the beginning of the second half, starting at its own 5-yard line. **There are no kickoffs or punts (No choice to defer possession).**
- Teams change sides at halftime.
- The offensive team takes possession of the ball at its 5-yard line at the beginning of each series and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown.
- If the offensive team fails to cross midfield or score a touchdown (once past midfield) it will produce a turnover on downs, resulting in a change of possession.
- An automatic first down penalty will overrule the other requirements regarding three plays to make either a first down or to score.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- If an offensive penalty occurs past midfield, which causes the ball to be placed behind the midfield marker, the offensive team must still make a touchdown within three plays.
- If an offensive penalty occurs within the 5 yard zone, ball is moved back and the no-run rule still applies.

## Scoring

- Touchdown – 6 points
- Extra point(s) – 1 point (played from 5-yard line - **Must be a PASSING PLAY - a play-action fake is considered a running play and will result in a dead ball and a loss of down. Defensive players are allowed to rush the quarter back as usual.**)
- 2 points – (played from the 12 yard line/7 yard rushing marker)
- Safety – 2 points and loss of possession

**Note:** An interception return to opponent's end zone on any extra-point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series at its own five yard line. If an interception does not lead to a score the ball is dead and spotted at the team's 5 yard line.

## Number of Players

- Each team plays five players per side.
- Two players must be female.
- Teams may play with a minimum of four players. (1 must be female)
- If less than 4 players are available, then game will be cancelled and the team without enough available players will forfeit.
- Any number of players can be in motion before the ball is snapped. Only the center must be at the line of scrimmage. No player may move past the line of scrimmage until the ball is snapped.
- The coach is not allowed in the huddle – that may be relaxed for our Grade 7's at the start of the year.
- Substitutions need to enter from the bench area and must participate in the huddle.

## Timing and Overtime – Regular Season

- Game length is 20 minutes running time per half (2 halves – 20 minutes each) - Regular Season.
- At the 18 minutes mark the referee will indicate 3 plays are remaining (for each half). NOTE: A convert does not count as a play.
- If the score remains tied at the end of regulation, a tie will be awarded except in playoffs.
- Each team must huddle to begin a possession with all players in the huddle.
- A team has 30 seconds to put the ball in play after the line of scrimmage and rush bags are marked.
- In playoffs, if a score is tied at the end of the game - The ball must be thrown from the 5 yard line. 1 play/team (use same end zone)
- If both are successful the ball is moved back 5 yards. The ball may be advanced by running from the 10 yard line.
- Each time the ball is spotted the offense has 30 seconds to snap the ball.
- There are **NO TIMEOUTS**.
- Officials may stop the clock at their discretion, i.e. during injuries.
- Teams will be warned when there are two minutes left to play in both halves. The official will make two whistle blows to signal two minutes.
- The game cannot end on a defensive penalty.
- There will be a halftime period of 2 minutes between the first and second half.

**NOTE:** All remaining plays at the end of the final half must be played out by taking a knee or grounding the ball.

## Sportsmanship/Roughing

- Once a flag is pulled the defensive player should stop stand and hold the flag in the air so the official can spot the location of the flag-pull.
- If the official witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike conduct, the game will be stopped and the player will be ejected from the game. FOUL PLAY IS NOT TOLERATED
- Trash talking is illegal. Officials have the right to determine if language is offensive. If trash talking, taunting, roughing or pushing occurs a warning will consist of removing the offending player(s) to the side-lines for three plays.
- More serious offenses (i.e., punching) – players will be ejected.
- Abuse of any officials by players or coaches will not be tolerated. 15 yard penalty, loss of down, possible ejection and follow up hearing.

## PRIOR TO PLAY:

- At the start of each play, the ball must be snapped between the legs of the snapper. Center may pick-up the ball to “set it”.
- The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct handoff back from the quarterback (no center sneak play).
- The quarterback is the player who receives the ball directly from the snap.

## IN PLAY RULES

### Running

- The quarterback cannot run the ball past the line of scrimmage. The play shall be blown dead with a loss of down no additional penalty.
- An offence may use multiple handoffs behind the line of scrimmage.
- Tosses or sweeps behind the line of scrimmage are allowed and are running plays. Downfield tosses or handoffs are not permitted. Once a player has possession of the ball beyond the line of scrimmage, any loss of possession will be blown dead by the official.
- “No running zones” are located 5 yards from each end zone. When the ball is on or inside the 5-yard line going towards the opponent’s end zone, the offense cannot use a running play to cross the line of scrimmage. A play-action fake is considered a hand-off within the 5-yard no run zones.
- If a run play occurs within the 5-yard no run zone, the play will be blown dead and a loss of down will occur.
- Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player. If a player leaves their feet, the play will be blown dead by the official and the ball will be placed from the spot the player left his feet or will result in a turnover on downs (if on 3<sup>rd</sup> down).
- If a player dives forward, jumps, or hurdles to evade a defender, the play will be blown dead by the official and the ball will be placed from the spot the player left his feet or will result in a turnover on downs (if on 3<sup>rd</sup> down).
- The ball is spotted where the ball carriers HIPS are when the flag is pulled, not at the spot of the ball.
- It is up to the ball carrier to avoid contact with the defender. Good defensive position will be rewarded to the defense by the officials. **(The onus is on the offense to avoid contact)**
- It is the ball carrier’s responsibility to keep the ball and their hands clear of his/her flags.
- There are **no** fumbles in flag football. Any fumble will be considered a dead ball and the end of the play.
- Any fumble by the offensive team after control in their own end-zone will result in a safety. (exception of snap of ball)
  - The play begins with the backward motion of the ball between the centers legs. (i.e., for the snap to be legal the ball must be snapped and transferred from the center to the quarterback)

## Passing

- If there is no rusher, the quarterback has seven seconds to throw the ball. If a pass is not thrown within the seven seconds, play will be blown dead, a loss of down will occur and the ball will be spotted at the previous line of scrimmage. – Referee should count the 7 seconds.
- Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the seven yard rule is no longer in effect and all defensive players may rush.
- Any player can receive a toss or handoff and be allowed to throw the ball downfield as long as they have not crossed the line of scrimmage.
- Forward passes must cross the line of scrimmage. If a forward pass does not cross the line of scrimmage, the offense will be penalized with an illegal forward pass.
- **Forward shovel passes are allowed but must go beyond the line of scrimmage.**
- Once a player catches the ball past the line of scrimmage, they are no longer allowed to lateral the ball. **Diving is not allowed to advance the ball.**
- There is no penalty for grounding the ball.

## Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Simultaneous catch is given to the offensive team.
- **Players may leave the ground to catch a ball, but once catch is made they may not leave the ground to evade a defender.**
- Player may be on knees to catch a pass however, ball is dead at that point.

## **Actions that constitute defensive pass interference include but are not limited to:**

- a) **Contact by a defender who is not playing the ball and such contact restricts the receiver's opportunity to make the catch.**
- b) **Playing through the back of a receiver in an attempt to make a play on the ball.**
- c) **Grabbing a receiver's arm(s) in such a manner that restricts his opportunity to catch a pass.**
- d) **Extending an arm across the body of a receiver making contact thus restricting his/her ability to catch a pass, regardless of whether the defender is playing the ball.**
- e) **Cutting off the path of a receiver by making contact with him without playing the ball.**
- f) **Hooking a receiver in an attempt to get to the ball in such a manner that it causes the receiver's body to turn prior to the ball arriving.**
- g) **Defensive players are not permitted to screen the receiver without playing the ball. (MUST look for the ball)**

## Dead Balls

- Play is ruled “dead” when:
  - Official blows the whistle
  - Ball carrier’s flag becomes illegal. (e.g., rotates off the hips)  
Note - Illegal meaning the flag is out a position and is difficult for the defense to pull i.e. falls off; accidentally tucks into shorts
  - Ball carrier steps out of bounds
  - Touchdown or safety is scored
  - When any part of the ball carrier’s body, other than a hand or foot, touches the ground
  - When the ball is fumbled  
Note – There are no fumbles. The ball will be spotted where the ball carrier’s feet were when the fumble was made. If a fumble occurs, it will result in a loss of down or a turnover on downs or a safety, if in the end zone.  
On a missed snap, the ball is returned to the line of scrimmage.
- If the ball carrier’s flag falls off, during play, the first touch will mark the end of the play. In addition if the defense accidentally pulls the flag prior to possession the defense must touch the player to end the play. **(Penalty Illegal Flag Pull)**
- Players whose flag have accidentally fallen off are eligible to catch a pass. First touch by a defensive player will end the play.
- Substitutions may be made on any dead ball.

## Defensive Rushing and Interceptions

- Only players starting from a minimum of 7 yards behind the line of scrimmage can cross the line of scrimmage. The quarterback can be rushed on all plays including converts.
- On all plays including converts. All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play-action fake or fake handoff.
- A bean bag designates the seven yards from the line of scrimmage.
- **Any number of players may rush the quarterback.**
- A rusher lined up **within** two yards (side to side) of the 7 yard marker is entitled to a free rush at the quarterback – the rusher may not be interfered with. If interfered, it will result in an offensive rusher interference penalty.
- **A rusher lined up outside the two yards (side to side) of the 7 yard marker is not entitled to a free lane to the quarterback.**  
(For example - a running back or receiver in motion or in a pattern who runs into the rusher)
- A rusher **may not** hit the quarterback’s arm or any other part of their body while the quarterback is throwing. (i.e., train players to go for the flags)
- The defense can return interceptions.
- Interceptions change the possession of the ball and the play.

- Should an interception occur in the end zone and the ball carrier leaves the end zone, the ball will belong to the intercepting team at the spot where the ball becomes dead. If the run ends short of the 5 yard line, the ball is placed at the 5 yard line.
- However, should the ball carrier intercept in the end zone, subsequently leaving the end zone, then return to the end zone and be de-flagged, or the ball be ruled dead, the result will be a safety for the other team.
- If the rusher “jumps” the snap they may return to the 7 yard marker and can rush again.

## **Penalties**

- All penalties may be declined - the official should check with the coach or captain after each penalty to determine if they accept or decline the penalty.
- Officials determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage except for flag guarding.
- Games cannot end on a defensive penalty, unless the offense declines the penalty.
- Roughing and unsportsmanlike conduct are not tolerated – 15 yd penalty.

## **Defensive Penalties**

### ➤ **5 yards down repeated**

- Offside – occurs when a player is passed the line of scrimmage at the snap of the ball.
- Physically forcing a player out of bounds.
- Illegal contact - holding or pushing.
- Illegal Flag Pull – occurs when a defensive player pulls an offensive player’s flag who does not have the ball with intention to cause a dead ball, 5 yards is added to the end of play.
- Illegal Rush - occurs when a rusher has passed the minimum 7 yard rushing length before the ball is snapped when attempting to rush the quarterback.  
Note – The rusher must pass the line of scrimmage to be considered an illegal rush.
- Disconcerting signals – Signals to distract opponents or simulate offensive signals prior to the snap.
- Interference with opponent of ball at the snap.
- Substitution fouls – i.e. 6 players on the field, players entering the field during the snap of the ball.

### ➤ **15 yards and automatic first down**

- Pass interference – interference cannot be called on a ball judged uncatchable.
- Quarterback release interference – Hitting the quarterbacks arm when rushing the passer.



## Offensive Penalties

### ➤ **5 yards and loss of down**

- Illegal forward pass – pass received behind the line of scrimmage.
- Offensive pass interference.
- Charging - it is up to the ball carrier to avoid contact with the defender. Good defensive position will be rewarded to the defense by the officials. Intentional contact is an unsportsmanlike penalty.
- Illegal pick play, receiver push offs.  
Note – Offenses may not run plays where players are placed into a stalemated position to act as stand-still blockers downfield. If a pick play or wall is intentionally run it will result in a 5 yard penalty and a loss of down. (i.e., other offensive players must avoid the play)
- Substitution fouls – i.e. six players on the field, player(s) enters field during the snap of the ball.
- Delay of game – inability to snap the ball before the 30 second play clock expires.
- **False Start** - play is considered live once the center snaps the ball.
- Illegal Snap – snap must occur between the legs of the snapper to the quarterback.
- Offensive holding.
- Illegal Contact holding or blocking.
- Player out of bounds – if a player goes out of bounds, without interference, the player may not return to the field or catch the ball.
- Rusher interference – It is illegal for a receiver, running back or center to run a pattern that interferes with a rusher who is at a minimum of 7 yards from the line of scrimmage and who is 2 yards (side to side) of the 7 yard rushing marker.

### ➤ **5 yards from the point of foul and loss of down**

- Flag guarding – using hands, arms, elbows or the football to block the defender from pulling the flag.  
Note – Stiff arming a defender is a form of flag guarding and will result in a roughing penalty.

***For any other rulings, we shall refer to the Canadian Rule Book for 5 vs 5 Flag Football Rule Book.***

<http://www.footballcanada.com/LinkClick.aspx?fileticket=4hSDRDF1Uhw%3D&tabid=88&language=en-CA>

# FLAG FOOTBALL KIT

Please contact your Skyline Representative or Mike Allison at [mallison@skylineathletics.com](mailto:mallison@skylineathletics.com) (403) 253-4911 for ordering.

CSSD FLAG FOOTBALL KIT PRICING				
ITEM	DESCRIPTION	QTY	PRICE	EXT
SD1348	DBL DELUXE FLAG BELT WITH 2 FLAGS School to choose 3 colors (12 ea/color) (RED.GREEN.YELLOW.BLUE)	36	\$4.00	\$144.00
SD1360	DELUXE FLAG FOOTBALL REPLACEMENT FLAGS ( <b>EACH FLAG</b> ) School to choose 3 colors (4 ea/color) (RED.GREEN.YELLOW.BLUE)	12	\$2.25	\$27.00
FB1111D	WILSON COMPOSITE TDJ FOOTBALL SIZE 6	8	\$22.25	\$178.00
FB1111D	WILSON COMPOSITE TDY FOOTBALL SIZE 7	4	\$22.25	\$89.00
FB1111	WILSON LEATHER TDJ FOOTBALL SIZE 6	2	\$53.98	\$107.96
FB1111	WILSON LEATHER TDY FOOTBALL SIZE 7	1	\$53.98	\$53.98
SD1326	CM7 DOME MARKERS 7"	45	\$0.50	\$22.50
SD1327	DOMER MARKER STACKER	1	\$3.35	\$3.35
XIM175	EQUIPMENT BAG 42" (RED.GREY.BLACK.NAVY BLUE.ROYAL BLUE -school to choose color)	1	\$29.75	\$29.75
SD1176	BEAN BAG RED	6	\$1.00	\$6.00
	SAME PRICES APPLY FOR ANY QUANTITY OF ANY ITEM			
	<b>NO CHARGE SHIPPING TO SCHOOL</b>			
	<b>SCH BOARD PRICES APPLIED</b>			
				\$661.54
			<b>G.S.T.</b>	\$33.08
			<b>TOTAL</b>	<b>\$694.62</b>