

NEW YORK FOOTBALL GIANTS SNOW BOWL TO BENEFIT SPECIAL OLYMPICS NEW JERSEY FLAG FOOTBALL TOURNAMENT RULES

WAIVER

- Every participant must sign a game day waiver prior to participation. It is the responsibility of the head coach/team captain to provide these signatures to the event coordinators.

HEAD COACH AND/OR TEAM CAPTAIN

- The head coach and/or team captain is responsible for making players aware of rules and regulations prior to participation in any game, or any portion of a game.
- **Captains are the only people allowed to respectfully discuss plays or other questions with Referees.**

TEAMS

- Teams consist of 6 players.
- Rosters may include up to 15 players per team.
- A team must have at least 4 players present to start a game.
- If a team is 10 minutes or more late for a game they forfeit the game.
- If late to report, coin toss is automatically deferred to the on-time team.
- Players may only be on one team roster each day.

EQUIPMENT

- Flags must be worn at the waistline with one flag on each side of the player's hip. No article of clothing may cover any part of a player's belt. **Shirts must be tucked in** so the entire flag is accessible.
- Player's may wear athletic shoes and plastic or rubber cleats. Metal cleats are prohibited.

TIME

- Games are 30 minutes in length. The clock will stop on injuries or at the referee's discretion.
- No Time outs; 25 second play clock; 10 second warning by referee with a 5,4,3,2,1 count down by Line Official.
- Playoffs (elimination rounds) there will be one TO per team, but all that will be is a 25 second play clock TO, so get back in huddle and get your play off before count down of play clock.

RULES AND REGULATIONS

- Game will begin with a coin toss. The winner of coin toss chooses to receive or defend a goal. If a team is more than 10 minutes late to report to the field, game is forfeited. If late to report, coin toss is automatically deferred to the on-time team. Winner of toss will have coin toss choice if OT is needed.
- To start the game, and after each score, the ball will be placed at the offensive team's 10-yard line. There are no kickoffs.
- No Punts. Offense will declare a punt and ball will be placed at other team's 10 yard line.

SCORING

- Based on National Federation of State High School Associations (NFHS) Rules, unless otherwise specified.
- Touchdowns are worth 6 points.

- Extra Points: choice of going for one or two points. One point attempt from the 5-yard line & the two-point attempt from the 10-yard line. Defense can intercept a pass & return for a score, they will be awarded one or two points depending upon the offensive team's extra point choice.

FIRST DOWNS

- There will be No first downs. The offensive team will have four downs to score a touchdown.

COUNT

- After the snap, there will be a slow three "Mississippi" count called out by the Defensive Lineman. After the count, defensive players can rush the quarterback using a count of Mississippi 1, Mississippi 2, Mississippi 3, and Rush.

BLITZ

- There can be 1 blitz per set of four downs. If the Defense comes across the LOS before the Mississippi count, then it is a blitz. There is no limit to the number of rushers. Once a snap hits the ground, touched or untouched by the QB, the status of the blitz will be determined by if DE has broken LOS at the time the ball hits the ground. The ball is considered dead at the spot. If there is a replay of a down on a blitz play, defense is given their blitz back.

LINE OF SCRIMMAGE (LOS)

- One offensive player is allowed to be in motion before the ball is snapped, after all players are set for one second. All other offensive players must remain stationary in position before the ball is snapped.
- No designated number of players on the LOS. All players are eligible to catch a pass, including the center.
- Defense must have all players within 10 yards of the LOS until the ball is snapped. If not- illegal formation (5 yd penalty- live ball foul)

HIKING THE BALL

- The ball must be hiked from the ground.
- The ball must be snapped to a "back" in the back field. No self-snaps are allowed.
- Side-saddle snaps are allowed.

TURNOVERS

- Interceptions – a ball that is intercepted by the defense may be returned for a score.
- Fumbles – if a player fumbles the ball and the ball hits the ground, the play is whistled dead and the offensive team regains possession at the point of the fumble

BLOCKING

- Offensive Blocking & Defensive defending , BOTH must be open-handed and thrust outward from the chest, with open hands, and not "loaded up" from the side. There is no blocking below the waist or above the shoulders. There will be no chop-blocks. Player cannot leave his/her feet to block. **No bull rushing by blockers or defenders (offensive or defensive players can not take a running start at other player – barreling over player).**

STIFF ARMS

- Stiff arms are not allowed by any player. This will be considered an illegal contact foul and a 15-yard penalty will be assessed and the down will count, as this is considered an "end-of-the-run" foul. Flag guarding is a form of Stiff Arming.

RECEIVER

- A receiver must have one foot in bounds to make a reception. A receiver cannot step out of bounds, on his own, and come back onto the field and touch the ball. This is considered a Spot Foul. The player may return to block or “tackle” the ball carrier.
- There is no ball stripping or deflagging a receiver before the ball arrives.

FORWARD PASS

- There is only one forward pass allowed per play. There is unlimited backward or lateral passes. Once a ball carrier crosses the LOS, he/she may not lateral back to someone behind the LOS and have that person throw a forward pass, nor can a ball carrier step over the LOS & then go back behind it & pass.

BALL CARRIER

- The “spot” of the ball is always the **torso** of the ball carrier at the time of flag removal or the flag falling to the ground (ball is dead at the spot).
- The defense cannot push a ball carrier out of bounds. The defense cannot use contact to break up a pass play. You cannot hold the jersey to pull the flag or tackle a ball carrier. You cannot “stand up” a ball carrier to pull the flag. This is considered holding -10 yard penalty & repeats the down.
- If the ball carrier’s flag inadvertently falls off **during** a play, the play is dead at spot of possession. If any other player starts a play without one or two flags and subsequently becomes a ball carrier/receiver, the play ends at the spot of possession.
- Should a defender deflag a receiver early, the play is dead at the spot of a one hand touch. A 10-yard penalty will be assessed from the end of the run & repeat the down

OFFENSIVE LINEMAN

- All players, including the center are eligible receivers.

REMOVING THE FLAG

- A player is considered tackled when at least one flag is removed from the ball carrier’s belt.
- No chucking is allowed (no contact on receivers or defense on passing plays). If receivers block on a passing play, Offensive Pass Interference, if illegal contact by defense 5 yards & repeat the down.
- Tackling is strictly prohibited.
- A defensive player may not pull the receiver’s flag before the ball is caught; the play is dead at the spot of a one hand touch. Doing so will result in a 10-yard penalty & will be assessed from the end of the run & repeat the down
- A defensive player may not grab and hold on to the offensive player in order to pull the flag.
- If the ball carrier’s flag inadvertently falls off during a play, the play is dead at the spot.

OVERTIME

- **Round Robin games** with a tie. One play will be made to determine the Winner. Winner of coin toss to start the game gets to call toss for OT. Choices will be: Offense or Defense. Ball is placed at the 5 yard line. If you score you win, if you choose defense and you stop the offense you win. Winning team is awarded one point added to their score.
- **In PLAYOFF Rounds** – Winner of Coin Toss decides either offense or goal to defend. Each team starts from the 20 yard line. If one team scores they go for the extra point. The next team has the same opportunity to get a score with the extra point. If both teams score the exact points, they go again. If neither team scores the team that gains more yards wins. If we play a second series or more, each must go for two on the extra point.

PENALTIES

- 5-yard penalties: False Start, encroachment (illegal 2nd blitz) Live ball, Illegal contact (chuck), illegal procedure, substitution, motion, shift, delay of game, defensive holding (receiver) - Repeat the Down (RTD).
- 10-yard penalties: illegal participation, offensive holding, offensive pass interference (OPI) & down counts, defensive holding on an offensive blocker. Deflagging/early flag removal (from spot of strip & repeat the down – **(RTD)**), ball stripping (from spot of strip & RTD), hold of runner (from end of run & RTD), tackle (pull down) of runner (from end of run and RTD), Note: if in the judgment of the referee, a touchdown was prevented, the referee can award a touchdown (Baggy shorts being grabbed doesn't automatically result in holding, use discretion).
- 15-yard penalties: Stiff arm/Flag Guard (Spot foul & down counts), illegal block, pushing out of bounds, illegally tied flag belt, unsportsmanlike conduct. Charging/lowering of head and/or shoulders by runner (spot minus 15 yds & down counts).
- 15-yard penalties also resulting in automatic first down or loss of down: personal fouls/unnecessary roughness of any kind, i.e., barreling a player over when blocking, rough tackle/flag pull, contact with potential receiver, fighting of any kind whether there is contact or not, contact used to break up a pass play, and roughing the passer (15 yards added on to the end of run if completed or from previous spot if incomplete Defensive Pass Interference spot foul or if in end zone ball placed at one yard line).
- Conduct/Contact with Officials will not be tolerated (See Conduct).

DEFINITION OF PERSONAL FOUL/UNNECESSARY ROUGHNESS

- No player may roughly contact or shove any player in order to prevent a reception or interception after any player touches the ball in hopes of jostling the ball free. This is treated as a live ball unnecessary roughness foul. Play the ball and then pull the flag! Especially in the end zone.
- Note: No contact or chucking of receivers/defenders (OPI / illegal contact).

DEFINITION OF ROUGHING THE PASSER

- Roughing the passer is defined as making contact while the passer is in the act of throwing a forward pass; any contact made with the passer's throwing hand, arm, shoulders including an attempt to make a tackle; any physical contact made to the passer including pushing, shoving, lowering of the shoulder to knock the passer over while attempting to make the flag pull, whether the ball is touched or not.

CONDUCT

- **There will be absolutely zero tolerance for unsportsmanlike conduct. Anyone who engages in unsportsmanlike conduct will severely impact his/her team and his/her chances for resuming play. If a player receives two unsportsmanlike penalties, he/she will be ejected for the rest of the game and possibly the next game(s) as well. A player who throws punch/kick/knees will be ejected for the rest of the tournament. If a player is ejected from the game, he/she has one minute to completely leave the field. If the player does not comply, the referee can declare a forfeit and the other team will be awarded the victory. If a team comes off its sideline onto the field or to the other sideline during an altercation, the game is over and a forfeit victory is awarded to the other team. Cursing at a referee will result in immediate ejection from the game. Captains are the only people allowed to respectfully discuss plays and other questions permitted within reason with Referees.**

(Rev. 10/12/11)