

CHICAGO SPORT AND SOCIAL CLUB
OFFICIAL MEN'S FLAG FOOTBALL RULES
Turkey Bowl
(Yardage for 1st down and paid referees)

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OVERVIEW

7 players on the field
Two 15-minute halves
A first down will be achieved each time the ball reaches the 2nd cone from where the ball was originally spotted on first down
6 point touchdowns
Choice of 1 or 2 extra points on PAT's (*3 paces/yards for 1 Pt., 10 paces/yards for 2 pts.)*
Quarterbacks cannot snap the ball to themselves
Running clock except for final minute of 2nd half
2-Point conversion attempts may be intercepted and returned for 2 points
Laterals may be intercepted and run back for a touchdown or yardage.
All fumbles will be ruled dead balls with the offense retaining possession at the spot of the fumble
Four-Downs-and-Out format applies for ties in the playoffs. Ties will remain in pool play
Receivers need only one foot in-bounds with possession of the ball to be considered a catch
Rule Clarification - The clock does not stop for a 1 minute warning unless there is a dead ball situation when the clock hits 1 minute.
Rule Clarification- Offsides on the defense will be a free play for the offense.

COIN FLIP/BEGINNING OF GAME

- The beginning of the game will start with the CSSC staff using an "odd/even", or coin flip. The winning team will then have one of three options: 1) offense; 2) defense; or 3) direction. Teams flip flop direction, at the start of the second half. The team that started the game on defense will start the second half on offense. There are no kick-offs. Play starts 10 paces/yards from the designated goal-line.

PAID REFEREES

- CSSC will provide referee(s) for each game**.**

TEAM SIZE

- Each team shall field 7 players on the field at one time. CSSC rules allow a team to play a legal game shorthanded with 5 players. Teams may have as many players on their roster as they want.

FORFEITS

- Teams will have until 5 minutes past the designated start time to field a legal team. Shorthanded teams may play a legal game with a minimum of 5 players. Teams fielding less than 5 players will receive a forfeit. *Exception: Teams may play a "legal game" with less than 5 players with the opposing teams consent. Teams who agree to play under these conditions will loose the option of receiving a forfeit win.*





SUBSTITUTIONS

If a team substitutes players during the game, they must do so from the same sideline the entire game. Eligible receivers must be on the playing field *before* the cadence is started.

TIME

- Play will be divided into (2) 15-minute halves. Teams flip flop direction at the start of the second half. The team that started the game on defense will start the second half on offense. Teams will have 1 time-outs (30 seconds each) per game that may be used at any time. There will be a running clock until the final minute of the second half maintained by a referee. During the first 29 minutes, the clock runs continuously with the exception of time-outs and serious injury. If a team calls a timeout after a touchdown the clock will not start again until the defensive team takes possession and snaps the ball on offense. **During the final one minute of the game, the referee shall stop the game clock if:**
    - an incomplete pass is thrown
    - a player ends a play by going out of bounds
    - either team scores (clock will remain off until the opposing team snaps the ball after the PAT attempt; the clock does not run during extra points)
    - change of possession
    - a penalty which must be marked off occurs
    - A team calls a time out.
    - **The clock will not stop for a "1 minute warning" unless there is a dead ball situation when the clock hits 1 minute.**

*****THE CLOCK DOES NOT STOP ON FIRST DOWNS OR FUMBLES**.

** If a team is up by 17 points or more, the clock runs continuously during the last one minute of play.

For the entire game, the offensive team has **30** seconds to snap the ball once the ball has been spotted. If the referee feels that this is being taking advantage of the referee will then stop the clock, and penalize the offense 5 paces/yards.

GENERAL RULES

- **TIE GAMES/SCORING** - Games ending in a tie score will be recorded as tie games during pool play. Please refer to the OVERTIME section for ties during the playoffs. Touchdowns are awarded 6 pts. Extra points: 3 paces/yards off the goal line = 1 pt., 10 paces/yards = 2pts. ***New rule: 2-point conversion attempts may be intercepted and returned for 2 points with the defense retaining possession at their 10 pace/yard line. One-point conversion attempts CANNOT be returned.***

- **FIRST DOWNS** - Each team shall have 4 downs to either score or earn another first down. First downs are earned each time the ball reaches the 2nd cone from where the ball was originally spotted on the first down. If a team fails to score or earn a first down, possession will go to the other team. Offensive teams may elect to punt on fourth downs.

- **PUNTS** - A punt must be declared and cannot be faked. All punts are "free" punts. A team need not snap the ball during a punt, a dropped snap during a punt is not a fumble. **Punts must be kicked**. Punts cannot be thrown. There is no minimum number of players required on the line of scrimmage during a punt. NO DOWNFIELD BLOCKING or BLOCKING AT THE LINE OF SCRIMMAGE. The kicking team may not cross the line of scrimmage until the ball is kicked. The receiving team may not raise hands or jump to block a punt. If a punt is "shanked" and caught it is a live ball and is returnable. If the ball comes into contact with the ground after it has been punted it is a dead ball, spotted at the point where it hit the ground, and may not be returned. A punt through the endzone comes back to 10





paces/yards off the goal line. If a player drops the ball in the endzone, the ball is again spotted 10 paces/yards out from the goal line and is **not** counted as a safety.

CONTINUANCE OF PLAY:

Play shall continue until:

- Ball-carrier has at least one flag pulled by an opponent (see flag specifics for the few exceptions/additions concerning flag pulling)
- Ball-carrier leaves the field of play
- Ball-carrier scores
- Ball touches the ground as a result of a fumble, punt or incomplete pass (the ball is not an extension of the arm. If the ball is pinned between the ground and the ball-carrier's hand, the play is dead)
- Ball-Carrier's knee touches the ground

- **SPOT OF THE BALL -** The ball will be spotted where the ball is at the time the ball carrier's flag has been pulled. If the ball crosses the plane of the goal line before the ball carrier is touched, it will result in a touchdown (ball extension)

- **TURNOVERS** - A change of possession can only occur on an interception of a forward pass or a lateral. A fumble is not a turnover. The ball is dead at the point of the fumble and the offense retains possession. **NEW RULE:** A lateral is not a forward pass and can be picked off in mid-air. A picked off lateral will result in a change of possession, and can be returned for a touchdown. **EXCEPTION. A lateral intercepted in an overtime period of a playoff game cannot be returned for points, this is simply a turnover.**

- **BLOCKING** – Blocking is allowed at or behind the line of scrimmage. Blocking on or behind the line of scrimmage must be done with open hands between the shoulders and the waste of the defensive player and done in a "pass protection manner". CUT BLOCKS, DRIVE BLOCKS, BLOCKIN IN THE BACK, PILING ON A PLAYER ON THE GROUND and CRACK - BACK BLOCKS are illegal and will result in an UNNECESSARY ROUGHNESS PENALTY.

  NO downfield blocking! A player may shadow block for his teammate, but no contact is allowed. PICKING off a defensive player by initiating contact is considered downfield blocking, this is not allowed. Due to the danger of picking, a player may be ejected if such an action persists. See Penalties section of rules. If a defensive player is on the ground all blocking rules above still apply. Offensive players may not "pile on" or "lay on" the defensive player to keep him on the ground. They may still block him as stated above. This will result in an UNNECESSARY ROUGHNESS penalty.

  Defenders rushing the quarterback may not grab an offensive player by the jersey to move them. This will result in an UNNECESSARY ROUGHNESS penalty.

- **RUSH**
  There will be an immediate rush**.**

PENALTIES

Normal rules and penalties of the NCAA apply unless exceptions have been made herein.

Some Common Examples of Penalties:





- **Illegal Contact - Down Field:** If the illegal contact occurs during play when the offense is advancing the ball the penalty will be a mark off of 5 paces/yards from the point where the ball carrier is at the time of the infraction. If this occurs during a pass play when the pass is incomplete, the penalty will be a mark off of 5 paces/yards from the line of scrimmage.
- **Offsides/Illegal or Early Rush (Defensive):** Play will be a free play and will NOT BE BLOWN DEAD. If the penalty is accepted by the offense, there is a five pace/yard mark-off from the line of scrimmage against the defense and the down is repeated. If the penalty is accepted any yardage gained on the play will be nullified. If the penalty is declined, the play will stand and it will be the next down.
- **Offsides/Illegal or Early Rush (Offensive):** 5 paces/yards, play is ruled dead immediately, no option to decline, down is replayed.
- **Illegal Motion:** Players may not be in motion **towards the line of scrimmage** when the ball is snapped. This will result in a dead ball, 5-yd penalty on the offense and repeat of the down.
- **Offensive Picking/Interference:** The offensive team may not initiate a pick/block while in motion. The penalty for this is a 5 pace/yard penalty from the line of scrimmage. If a catch is made after a clear pick, it will be ruled no catch, 5 pace/yard penalty from line of scrimmage. *Remember: Some acceptable incidental contact will occur while running routes and within the normal course of play, and will not be called.*
- **Offensive Holding:** It is illegal to grab any part of a defensive player when blocking on offense. Holding will result in a 10-yard penalty from the spot of the foul, which the defense can accept or decline. Replay the down. Offensive holding in the end zone will result in a safety.
- **Unnecessary Roughness (Offense):** Unnecessary roughness on the offense will result in a 10 pace/yard mark off from the line of scrimmage and a loss of down if the penalty occurs during a play. If the penalty occurs after the play the penalty will result in a 10 pace/yard mark off at the end of the play. **Extreme roughness will result in ejection from the game and or tournament if deemed necessary by the referee and league staff.**
- **Unnecessary Roughness (Defense):** This includes any illegal tag such as grabbing jerseys or excessive pushing etc. If the play is "dead" at the time the penalty is committed and the offense has not advanced the ball the penalty will be 10 pace/yard marked off from the line of scrimmage and an automatic first down will be awarded. If the play is on going or the offense has advanced the ball at the time the penalty is committed the penalty will be 10 paces/yards added on to the end of the play and an automatic first down will be awarded. **Extreme roughness will result in ejection from the game and or tournament if deemed necessary by the referee and league staff.**
- **Defensive Pass Interference:** Ball is spotted at the point of the infraction and offense is awarded an automatic first down. If the pass interference is in the endzone, the ball comes out to the 1 pace/yard line and it will be 1st down.
- **Defensive Holding:** 10 pace/yard penalty from line of scrimmage, replay down. Offense can accept or decline the penalty.
- **Defensive Checking:** One open hand bump within 5 paces/yards of the line of scrimmage is allowable (at the discretion of the ref). Riding the offensive player for the first five yards will not be tolerated. Any obvious repeated contact within the first 5 yards will result in a 5 pace/yard penalty from line of scrimmage, replay down, offense can accept or decline the penalty.
- **Safeties:** A safety will be scored if a player is:
    1. - tagged down in their own endzone (not on a punt return)
    2. -runs out of bounds in their own endzone
    3. -snaps the ball out of the endzone

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4. -if the offense fumbles the ball in their own endzone

As a result, the team on defense, receives 2 points, and the team on offense must now punt a "free" kick from their own 10 paces/yard line. Also, a player having intercepted a pass or received a punt in the endzone, cannot be tagged in the endzone for a safety unless he has previously crossed the plane of the endzone with the ball.

- **Intentional Grounding:** This penalty will be called when a passer facing an imminent loss of yardage because of pressure from the defense, throws a forward pass, without a realistic chance of completion. This will result a loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down). And the ball being spotted at the point of infraction (QB's point of release).
- **Fighting –** Fighting is not allowed and will **NOT** be tolerated. All parties involved in fighting will be subject to ejection from the game at the referees discretion and subject to ejection from the tournament at CSSC staff discretion.

FLAG SPECIFICS PENALTIES

1) No flag guarding *** **Flag Guarding will result in a 5 paces/yard penalty from the spot of infraction. Defensive player returning an interception, who flag guards, will be penalized 5 paces/yards from the spot of infraction.**
2) Shirt must be tucked in and flags must be securely attached. Loose hanging articles (i.e. sweatshirts, long T-shirts, etc.) that are held/ripped will not result in a holding penalty, unless in ref's eyes player was not attempting to go for flag.
3) Any ball-carrier whose flags are (in ref's opinion) not accessible to be pulled will be down at 1st point of contact with the defense.
4) Any ball-carrier who has a flag or both flags missing for whatever reason (falls out, accidentally pulled before reception, not noticed before snap, etc.) will be down at the first point of contact.
5) Players may leave their feet to pull flag.
6) Spin moves will be allowed.
7) Belt grabbing will result in a 5 paces/yard penalty from end of play.

- *Any belt grabbing at the end of a half or game will result in a 5 paces/yard penalty from point of infraction and replay of down. If this penalty occurs within 5 paces/yard of the endzone, the ball will be spotted at the one yard line and the offense will receive one play.

OVERTIME

If two teams are tied after regulation in pool play it will remain a tie. During playoffs, all ties will be broken by using the Four-Downs and Out format. Things will start with a coin toss with the winning team deciding on first or second possession. Teams will attempt to score in the same end zone. Each team will then have 4 downs to score from 10 paces/yards from the goal line. If a team scores, they will have the opportunity to go for one or two on the PAT. An interception will result in a team losing its possession. The game will be decided when one team scores more points in the rotation. No first downs will be awarded in overtime except in the case of a penalty. Interceptions will result in a turnover and may not be returned for any points. If the tie has not been broken after both teams have gone through the Four-Downs and Out format two full cycles, both teams will be forced to go for two points after all touchdowns until a winner is decided.

MISCELLANEOUS





- If the player calling the cadence does not receive the snap, the play will not stand and will result in a 5 pace/yard penalty and repeat of the down
- One person must call the cadence and receive the snap – violation of this will result in a 5 pace/yard penalty and repeat of down.
- Silent snaps will not be allowed – violation of this will result in a 5 pace/yard penalty and repeat of down.
- The QB may not be in motion and then receive the snap – this will result in a 5 pace/yard penalty and repeat of down.
- If the QB crosses the line of scrimmage and then throws a forward pass the defense can either decline the penalty or it will be a 5 pace/yard penalty from the line of scrimmage and loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down).
- If the ball hits the ground on the snap for either a pass or running play, the play is "dead", the ball is spotted where it hit the ground, and it is a loss of down (i.e. if it was 1st down during the bad snap, it is now 2nd down).
- The QB may NOT snap the ball to himself. If the QB does snap to himself, play will stop immediately and it will result in a 5-yd penalty and repeat the down.
- Loss of down penalties which occur on 4th down will result in change of possession.
- Receivers need only one foot in bounds for a reception. If in the referees eyes a receiver would be able to legally catch a pass but, was pushed out of bounds by a defender while in the air a catch will be awarded.
- Players will not be allowed to intentionally push players out of bounds. Some incidental contact will be allowed at the ref's discretion but any intentional push in the referee's eyes will result in a 5 pace/yard penalty from the spot of the infraction.
- Receivers intentionally leaving the field of play are ineligible to receive a pass if they are the first person to touch the ball. This includes the back of the endzone.
- **Diving is allowed**. Offensive players may dive to further advance the ball as long as they do not initiate contact. When this occurs the ball will be spotted where it is whenever the ball carrier is touched with two hands his/her knee touches the ground, or when the ball touches the ground. Diving into or over a defensive player, will result in the player being down at the point of takeoff and there will be a 5 pace/yard mark-off against the Offense and loss of down.
- A player who catches the ball and lands with 1 or 2 feet across the goal-line, but has his flag pulled after possession and before he puts the ball across the plane of the goal will not be awarded a touchdown. The ball will be spotted at the point of where the ball was at the time he was called "down".
- Only the ball needs to cross the plane of the goal-line in order for a touchdown to be awarded.





- Ball-carrier who initiates excessive contact (i.e. dipping shoulders, using elbows, kicking) will result in 5 pace/ yard penalty from point of infraction
- Any player who attempts to knock the ball out of the quarterbacks arm or hits the arm of the quarterback while in delivery will receive an Unnecessary Roughness penalty. If contact is made on the quarterback's follow through it will be up to the referee's discretion to determine if a penalty was committed. TOUCHING THE QUARTERBACK'S ARM, SHOULDER, or UPPER BODY DURING OR IMMEDIATELY AFTER AN ATTEMPTED PASS WILL MOST LIKELY RESULT IN A PENALTY.
- Any player attempting to strip the ball from an offensive player will receive a 5 yard/pace penalty from the spot of the ball at the end of the play.

PLAYOFF CRITERIA

The top two teams out of each pool advance to a single elimination playoff. Ties will be decided by the following criteria:

1) **Overall Record**
2) **Head-to-head competition between teams that are tied.**
3) **Point differential between teams that are tied.**
4) **Overall point differential through pool play.**

If a team drops out/forfeits during pool play, all games involving that team will not be counted!

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