



# NFL X SUMMER SMASH FLAG FOOTBALL TOURNAMENT



## CHICAGO SPORT AND SOCIAL CLUB OFFICIAL FLAG FOOTBALL RULES NFL X SUMMER SMASH FLAG FOOTBALL TOURNAMENT (Yardage for 1<sup>st</sup> down and paid referees)

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### OVERVIEW

- 3 players on the field
- 10 minute running clock (or if a team gets down 2 scores game over)
- 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 can snap the ball to themselves
- Running clock at all times
- 2-Point conversion attempts may be intercepted and returned for 2 points
- Laterals may be intercepted and run back for a touchdown.
- All fumbles will be ruled dead balls with the offense retaining possession at the spot of the fumble
- Four-Downs-and-Out format applies – no first downs
- Overtime will include one play from the 2-pt. conversion line
- Receivers need only one foot in-bounds with possession of the ball to be considered a catch
- Defensive players may rush the Quarterback after the Referee's 5-count and the word GO
- 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 two options: 1) offense; 2) defense. There are no kick-offs. Play starts 28 yards from the goal-line.

### PAID REFEREES

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

### TEAM SIZE

- Each team shall field 3 players on the field at one time. CSSC rules allow a team to play a legal game shorthanded with 2 players. Teams may only have three (3) players on their roster.

### 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 2 players. Teams fielding less than 2 players will receive a forfeit.

### TIME

- Each game will consist of 10 minutes with a running clock at all times.

**\*\*\*THE CLOCK DOES NOT STOP FOR ANY REASON UNLESS THERE IS AN INJURY.**

**\*\*** If a team goes up by 2 touchdowns at any time, the game will be over. 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 go into OVERTIME. OVERTIME will consist of each team getting one play to score from the 2-point conversion line. This will continue until one team scores and the other team does not. 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*



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*intercepted and returned for 2 points with the defense retaining possession at their 10 pace/yard line. One-point conversion attempts CANNOT be returned.*

### 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** – No Blocking is allowed. 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. Any blocking will result in an UNNECESSARY ROUGHNESS penalty.
  - **RUSH**  
Players may rush the quarterback after a 5 count and the word GO by the referee.

### 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*



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

As a result, the team on defense, receives 2 points, and the ball. 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 1<sup>st</sup> down during the penalty, it is now 2<sup>nd</sup> 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 and removal from the grounds 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.**



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- 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.

### MISCELLANEOUS

- One person must call the cadence and begin the play with the ball – 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 to begin the play – 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 1<sup>st</sup> down during the penalty, it is now 2<sup>nd</sup> down).
- Loss of down penalties which occur on 4<sup>th</sup> 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



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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 yard penalty from point of infraction
- Any player who attempts to knock the ball out of the quarterback's 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.



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