



Salem Women's Football Association

8v8 Adult 17+ Flag Football Rules

OVERVIEW

1. **FORFEITS:** Games are played with 8 players per side, less than 6 would result in a forfeit. You may start with 6 players.
2. **FIELD:** The game shall be played on a rectangular field 100 yards in length. First down markers are positioned at the 20, 40, 40 and 20 yard lines. First downs are achieved by crossing these markers.
3. **TEAM AREA:** All coaches and players must position themselves between the two 20 yard lines when not on the playing field.
4. **COACHES:** Coaches are allowed on the field and in the huddle. Coaches can call and show plays. **HOWEVER**, coaches cannot use chalk/dry erase boards or any other written means of drawing up plays. On Offense the coach must stay 10yards behind deepest player and cannot communicate with players in a manner that they could not do from the sideline. On Defense coaches may be on the field and communicate with defense in the same manner as the offense, However, defensive coaches must exit the field when offense is on the Line of Scrimmage. Only 1 coach is allowed on the field at any time. No electronic communication is not allowed between players or players and coaches
5. **THE BALL:** Each team will provide their own Standard Youth regulation football and it is required to be inflated to the recommended psi(no flat balls).

ROSTER

1. All participants must be at least 17 years of age prior to the first season game.
2. All Participants must register through the Salem Women's Football Association (2) two weeks prior to the start of the season. No player may play until he has been officially placed on the roster. **NO NEW PLAYERS MAY BE ADDED AFTER** the 3rd week. Rosters must have a minimum of ten (10) players and a maximum of fifteen (15) players.
3. In the event that a player's eligibility is questioned, the player(s) must provide proof of Identification. A valid state issued identification card with picture (Driver's License, Military ID, Passport or State ID card) will be accepted as proof. Players must carry proof of ID to every game. Failure to provide identification upon request will result in player not participating in the game.
4. All teams must provide the name, email and phone number and role of each coach.

EQUIPMENT

1. **UNIFORM:** All teams are required to wear matching shirts or jerseys. Shirts must be long enough to be tucked into your shorts. **NO** sunglasses, jewelry, caps with extended bills are to be worn during play. Any cleats are allowed to be worn, **EXCEPT** metal!.
2. **FLAGS:** Only SWFA Flags are allowed to be used in games. Any player having altered flags will be removed from the game. Players **MAY NOT** wear any shorts or sweats that conflict with the visibility of the flags. Any hanging objects such as a towel shall be considered a flag if they are pulled during an attempted de-flagging. During play if a flag inadvertently falls off, then the ball carrier will be ruled down by a single hand touching.

BASIC RULES

1. **GAME LENGTH:** 23 minute timed halves (no stoppage), 5-minute half-time. Last 2 minutes of the **SECOND HALF**, clocks stops for 2 minute warning, time-outs, incomplete passes and out of bounds.
2. **TIME-OUTS:** Each team will have the option to utilize 2 time-outs per half. Time-outs **ARE NOT** allowed to be carried over.
3. **OVERTIME:** Each team will get 4 plays from their opponents' 20 yard line to score a touchdown and conversion. If the defense intercepts the ball for a touchdown, they win the game. Coin toss will determine possession. One time-out per team, unused time-outs from regulation play **CANNOT** be carried over.
4. **SCORING:** Touchdowns = 6pts, Safety = 2 pts, Extra point = 1 pass/run from the 5 yard line after a team has scored a touchdown. Extra point = 2 pass/run from the 10 yard line after a team has scored a touchdown. Interception returned on extra point is worth 2 pts.
5. **CAPTAINS:** Each team must designate one (1) offensive player and one (1) defensive player as captains. Captains act as the sole representative of their team with all communications being directed at the officials.
6. **COIN TOSS:** The winner of the toss has 3 options. 1) Take the ball at own 20 yard line. 2) Defend their goal of choice. 3) Defer to the second half.
7. **PLAY CLOCK:** 30 seconds (5yd Penalty).
8. **MOTION:** No player can be in motion at the snap (5yd Penalty).
9. **FORMATION:** Three linemen in the box for both the offense and defense at the snap is required (5yd Penalty).
10. **BLOCKING:** Open hand blocking is legal. Chop, Cut or High-Low blocking is illegal (10yd Penalty).
11. **ROUGHING THE PASSER:** Jumping to block a pass is legal. Hitting a Quarterbacks arm is illegal (15yd Penalty). This includes contact by pushing or shoving quarterback after the ball is away!
12. **INTENTIONAL GROUNDING:** Quarterback must be outside the tackles to throw the ball away (Loss of Down, Ball placed at spot).
13. **BALL CARRIER:** Ball carrier must avoid all contact. Stiff arms, lowering of the shoulder and running directly into a defender are illegal (15yd Penalty).
14. **FLAG GUARDING:** Obstructing the defender access to your flags while running with the ball is a 15 yard penalty and loss of down. (Spot foul)
15. **DIVING:** Diving to advance the ball is illegal (10yd Penalty from the spot).
16. **ELIGIBLE RECEIVERS:** Everyone is eligible.
17. **CENTER:** Center sneaks are legal.
18. **KICKING:** There are no kickoffs, PATs or field goals.
19. **PUNTING:** All punts are declared; this is a free kick with no fakes. There has to be (5) five players on the line of scrimmage (Punting and Receiving). At the snap any (2) two of the five may release down field, the remaining may release once the ball is kicked.
20. **Take care of the playing fields:** All teams are responsible for cleaning up playing area after the game. Any team who does not adhere to this will be removed from the league.
21. **Contact to the head or neck area of another player is not allowed.** (Unnecessary roughness 15yds, LOD)

SPECIAL RULES

1. Head Referee can overturn calls by the other officials. Verbal abuse of the officials will not be tolerated. The player will be ejected from the game and suspended from the league. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well.
2. Fighting will not be tolerated. If one player from your team is involved in a skirmish, he will be immediately ejected from the rest of the game. If 2 or more players get into a shoving/wrestling match, THE ENTIRE TEAM will be ejected and suspended from the rest of the game, and all monies are forfeited. If any player/coach bumps or assaults a referee, his team will forfeit all remaining games and all money will be forfeited. This applies to players/coaches at all times and at any location on the game venue property.
3. Trash talking, racial or religious remarks will not be tolerated. Players will be ejected immediately.

OFFENSIVE RULES

1. Offense must have 5 players on the line of scrimmage.
2. Offensive line must be balanced and include Tackle-Center-Tackle, they should be at least one foot apart.
3. The ball is dead when it hits the ground. No fumbles. However, during a QB/Center exchange if the QB receives the ball cleanly the ball can touch the ground and the play can continue
4. Receivers must have 1 foot in bounds and cannot advance the ball after a diving catch.
5. Inadvertent whistles-play is blown dead. Ball is spotted where belt is, not the ball (players cannot roll into the end zone).
6. OFFENSIVE PLAYERS MUST KEEP THEIR SHIRTS TUCKED IN THEIR SHORTS, OR THE REFEREE CAN RULE YOU DOWN.

DEFENSIVE RULES

1. Blocking OPEN HANDS ONLY. Open means open hands extended from the elbow, not loaded-up from the sides. No grabbing of jerseys is allowed (Grabbing jersey := Holding, 10yds, Striking with a closed hand = Unnecessary roughness. Open hand is enforced on punts or any scrimmage play.
2. No slapping at the ball, when it is the ball carrier's hands.(10yds)
3. The defender cannot use contact to break up a pass (Unnecessary roughness 15yds, LOD).
4. Only one bump/chuck is allowed and it must be within 5 yards of the line of scrimmage.
5. No tackling (Unnecessary roughness). Any tackle within 10 yards of the end zone or in a "last defender" situation, officials can judge the play a touchdown.
6. No pushing ball carrier out of bounds. (Unnecessary roughness 15yds, LOD)
7. Defensive line needs to have at least 3 in the box. The defensive players may have their inside shoulder aligned on the outside shoulder of the offensive tackle.
8. NO SWIM MOVES, rip or bull rush is okay.

We reserve the right to suspend any player or team for unsportsmanlike conduct.

All monies will be forfeited.