

# Union Mine High School

## Powderpuff Flag Football Rules

### GETTING STARTED

1. Seven players per team play on the field at any one time.
2. Players must wear closed toe shoes, an authorized uniform and flags. No metal cleats/spikes are allowed. Jerseys **MUST** be tucked in at all times. Pants with pockets, pants worn inside out with pockets exposed or taping pockets are **NOT** allowed. Violation to any attire rule will disqualify the player from playing in the game.
3. A Ro-Sham-Bo will determine choice of possession or direction. Possession and direction are reversed to begin the second half of the game.
4. Game length is four 15-minute running quarters.
5. Each team is allowed a one-minute time out per quarter. Unused time outs will not carry over to the second half. There may be an official time out to assist an injured player at the discretion of the referee.
6. The clock will stop during the fourth quarter with two minutes or less remaining in the game if the score is within 16 points or less when any of the following conditions occur: A) an incomplete pass, B) when a ball carrier steps out of bounds, C) on a penalty, D) point after attempt or E) change of possession. The next play must start within 30 seconds of the clock stopping or a penalty will be assessed.
7. In the event of a tie, a five minute overtime period will be played. A Ro-Sham-Bo will determine the first possession. Each team gets one possession. If the game is still tied after one possession each, it becomes a sudden death for the remainder of the five-minute overtime period. If the score is still tied at the end of the five-minute overtime, the game will end in a tie.

### OFFENSE

8. The offensive team takes possession of the ball at the 40 yard line and has four plays to advance 10 or more yards to earn a first down. If the offense fails to convert a first down or score, the ball changes possession and the opposing team takes over on the 40 yard line.
9. The ball must be snapped between the legs to start each play. The snap may go to any player in the backfield. Only one player is allowed in motion at a time.
10. Each time the ball is spotted offense has 30 seconds to snap the ball. Teams will receive one warning each before a delay-of-game penalty is enforced.
11. The center cannot lift the ball, touch it to the quarterback's hands then regain possession of the ball and run with it.
15. Direct handoffs or pitches behind the line of scrimmage are permitted. The offense may use multiple handoffs.
16. Once the ball crosses the line of scrimmage, offensive players without the ball must stop running to avoid shadow blocking or interfering with the defense. If in the judgement of the official a moving offensive player had no impact on the outcome of the play, a penalty may not be called.
17. All players are eligible to receive a pass.
18. For a pass to be complete the receiver must have both feet inbounds.

19. All passes must be forward and beyond the line of scrimmage. No overhand passes are allowed in the backfield.

20. Shovel passes are allowed but must be received beyond the line of scrimmage.

21. Offense has seven seconds to get the ball across the line of scrimmage. Failure to advance the ball beyond the line of scrimmage prior to the seven seconds elapsing results in a "sack" or dead ball and is spotted at the location where the ball was when time expired.

22. Spinning is allowed, but players cannot dive, jump, etc to avoid a defensive player or to score.

23. The ball is spotted by the forward motion of the ball when a flag is pulled.

24. A player who is free and clear from the defense and would have scored in the judgement of the official, but whose flag falls off on its own will be awarded the score.

25. The ball is considered fumbled when it touches the ground after it has been in possession and control of a player. Fumbles are ruled a dead ball with the team in possession keeping possession. When the ball is fumbled in the end zone a safety is awarded.

26. Play is ruled dead when:

- ball carrier's flag is pulled
- ball carrier's flag falls off and defender is within reach of the carrier
- ball carrier steps out of bounds
- ball carrier's knee hits the ground
- ball hits the ground
- ball carrier fails to cross the line of scrimmage in seven seconds

## **SCORING**

27. Touchdown = 6 points

28. Extra points = 1 point from the 5-yard line or 2 points from the 12-yard line. If an extra point is intercepted and run back the intercepting team is awarded whatever their opponent was attempting, 1 or 2 points.

29. Safety 2 points

## **DEFENSE**

30. All players who rush the quarterback must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback.

30. Once the ball is handed off the seven-yard rule is no longer in effect, any defender may rush the new ball carrier. A special marker will be used to indicate seven yards from the line of scrimmage.

31. Interceptions can be run back and possession begins where the flag is pulled or the 40 yard line. When a ball is intercepted, players on the intercepting team must stop running to avoid any type of blocking.

## **PENALTIES**

32. The referees will call all penalties. Games cannot end on defensive penalties.

### **Offensive:**

a. Offsides/Illegal Motion/False Start = dead ball (no play), 5 yards and repeat down

b. Illegal Forward Pass (forward pass received behind line of scrimmage or passer releasing ball beyond line of scrimmage) = 5 yards from the line of scrimmage and loss of down

- c. Offensive Pass Interference (pick play, pushing off defender) = 10 yards from the line of scrimmage and repeat down
- d. Illegal Contact (holding, blocking, or shadow blocking, etc) = 5 yards from spot of infraction and loss of down
- e. Flag Guarding = 5 yards from spot of infraction and loss of down
- f. Delay of Game = clock stops, 5 yards and loss of down
- g. Diving/Leaving Feet = 5 yards and loss of down from spot of infraction
- h. More than two runs per four down set = 5 yard penalty and loss of down
- i. Impeding the Rusher (direct path to QB is blocked) = 10 yards, repeat down

### **Defensive:**

- a. Offsides = 5 yards and repeat down
- b. Defensive Pass Interference = automatic first down from spot of infraction (if in the end zone ball spotted on the one-yard line and first down awarded)
- c. Illegal Contact (holding, blocking, etc) = 10 yards from sport of infraction and repeat down
- d. Illegal flag Pull (before receiver has ball) = play continues with receiver having only one flag
- e. Illegal Rushing (starting rush inside 7 yard marker) = 5 yards and repeat down
- f. Free and Clear Rule (ball carrier is tripped or tackled from behind with no other defender between ball carrier and the goal line) = touchdown is awarded if in the judgement of official the player would have scored
- g. Roughing Quarterback = 10 yards from the line of scrimmage and automatic first down

### **SPORTSMANSHIP**

- 33. If a referee witnesses an obvious act of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, the referee will assess a penalty for unsportsmanlike conduct and the player committing the act will be sat out for the remainder of that time period or ejected from the game.
- 34. Trash talking is illegal. Officials have the right to determine offensive language. If trash talking occurs the referee will assess a penalty for unsportsmanlike conduct and warn the offending player. If it continues the player will be sat out at minimum for the remainder of that quarter or at maximum ejected from the game.

### **EJECTIONS AND SUSPENSIONS**

- 35. Any player or coach ejected from a game will be suspended for the remainder of that game and must leave the school grounds immediately. Failure to comply with this rule will result in a forfeit for his/her team. Additional disciplinary action may be taken by the Assistant Principal's office.

### **BLEEDING AND EXPOSED BLOOD**

- 37. Any player with a bleeding wound and/or blood stained clothing must leave the game until all bleeding is stopped, all wounds are properly covered, and all exposed blood and blood stained clothing is removed.
- 38. Any player and/or coach failing to comply with the official's decision concerning the clean-up of a bleeding wound and/or the removal of blood stained clothing shall be ejected from the game.

### **FIELD RULES**

- 39. Food, colored beverages, sunflower seeds or animals are NOT allowed on the synthetic field. Failure to comply could result in forfeiture of that game by the offending team.