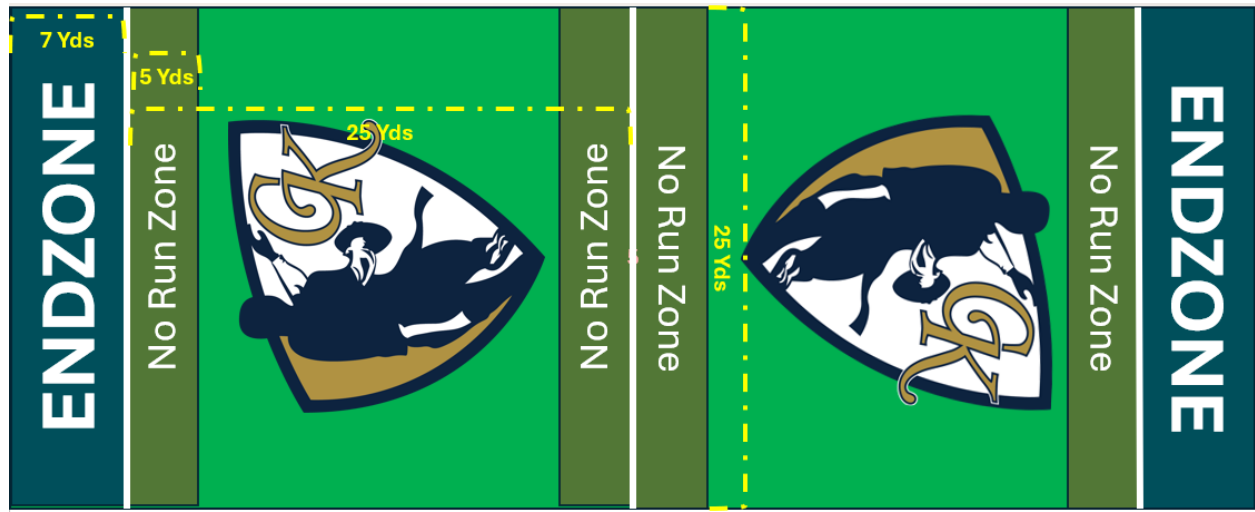




CKAA Flag Football Annual Catholic Middle School Tournament Rules

FIELD DIMENSIONS



ROSTER

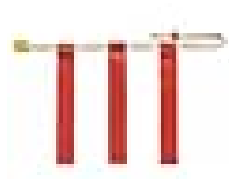
- The roster must consist of only 6th, 7th and/or 8th grade students at the schools of which they are allowed to participate in Middle School Sports. i.e. Morning Star plays for CTK.
- The roster may not exceed 12 players for each team.
- Each roster must contain two (2) girls.

EQUIPMENT

- Football Champro CT7 Junior



- Flags - Triple Threat Flag Belts



- Mouth guards are required and must be worn correctly and fully in the mouth
- Shorts or pants with NO POCKETS
- No metal spikes on cleats
- Shirts to be tucked in

GAME PLAY

- 5 v 5 format
- There must always be a girl on the field during the game

PLAYER UNIFORM & ATTIRE

- Teams are expected to dress in the same color shirts. Teams should be prepared with a primary team color and an alternate team color that is different from their primary.
- If teams match up to play and have the same primary color, Tournament officials will assign one team to wear their alternate color.
- Pants or shorts can be of any color, but that color must contrast with the color of the flags (Yellow) they wear and must not have any pockets. ***Players will not be allowed to play if their pants or shorts have pockets.***
- Shirts must be tucked into pants and must be worn under the flag belt.
- Flags must be positioned on the hips and both flags attached to the belt.
- All players must wear flags supplied by the tournament.
- Cleats may be worn but not comprised of metal or have metal tips.
- No pads can be worn.
- Only sweatshirts and shirts without hoods or pockets can be worn during gameplay.
- All players are expected to fix their equipment after every play and/or when asked by an official.
- Players may wear gloves
- Players may not bring a towel onto the game field

OVERVIEW

- All games will begin at their scheduled time or immediately after the preceding game.
- Teams should be ready to play 15-30 minutes prior to their start time.
 - Once the tournament starts, times are subject to change during the tournament. Teams can get updates from tournament officials.
 - Each team will be assigned a sideline from which to substitute.
 - Players on the sideline may not interfere with game officials working the sidelines.
 - The tournament will provide game balls.
 - It is the team's responsibility to return the ball to the line of scrimmage or get the ball to an official at the end of plays and during a change of possession. The game's official responsibility is to mark the spot and to start the play clock. Officials will not chase down loose balls, and the play clock will start at the conclusion of the preceding play.
 - Teams must have a designated captain.
- An offensive coach may be on the field to call plays but must not interfere at all when the play occurs.
- ONLY the head coach may address a referee. No players, fans, or assistants may approach a VOLUNTEER referee.

Timing & Overtime

Games consist of two 12 minute 30 second halves. Game clock runs continuously in each half.

Play Clock

- A 30-second play clock will start at every change of possession. The 30-second play clock will start immediately after the conclusion of every play. Offensive teams have the responsibility to retrieve their ball and hand it to an official.
- The offense cannot start a play until after the play clock has started.
- It is a delay of game penalty to not start play before the play clock expires.
- Game officials will give a 10-second and 5-second warning.
- 2 consecutive delays of game penalties by the offense results in a turnover.

Timeouts

Each team will have *ONE*: 30-second timeout per half. The play clock will stop, and the game clock will continue to run.

Halftime

Halftime will be a 5-minute break at conclusion of the first half. Teams must be ready for play at conclusion of the 5-minute break. Game officials will start the play clock immediately following the break.

Overtime

If the score is tied teams will move immediately to a college football-style overtime. The team with possession of the ball at the conclusion of regulation will retain possession. The team on offense will have 3 plays to score from the 25-yard line. If the team scores they must go for a 2-point conversion. Offense and defense will switch to allow each team equal possessions. If the defense forces a turnover and returns it for a touchdown, that team wins immediately.

Mercy Rule

- If a team is up by 28 points at any time in the 2nd half the game is over.
- If a team is up by 20 points at the 1-minute warning in the 2nd half, the game is over.

Scoring

- Touchdown: 6 points
- Extra Points:
 - 1-point conversion: score (pass only) from extra point marker – 1 offensive play
 - 2-point conversion: score from quarter field marker – 1 offensive play
 - A defensive penalty on an unsuccessful attempt will result in a replay of an extra-point attempt with an appropriate penalty marked off.
 - Teams must declare if they are going for 1- or 2-point conversions. They can change if a defensive penalty warrants a replay of the down with an appropriate penalty marked off the appropriate conversion line.
- Safety
 - 2 points for the defensive team if they down an offensive player in their respective endzone or if the offense commits a penalty in their endzone.
 - The team earning the safety will also get the ball at their normal drive start location (extra point line).
- Extra Point Defensive Turnover Return

- 2 points are awarded to the defense if a turnover on an offensive extra point play is returned to their respective endzone. Any penalty on the defense during the return will nullify any points earned. The defense will take over possession following the return.

Game Play

- The higher seed will determine first possession
- Teams must be on the field and ready, when officials call for captains and the coin toss
- The lower seed team chooses field direction. The field direction and possession will alternate in the 2nd half. There are no deferrals of ball possession to select in the 2nd half.
- The offense will have up to 3 plays to cross mid-field to earn a first down. After crossing mid-field, the team will have up to 3 additional plays to score.
- Only penalties can allow a team to have more than 3 plays to cross midfield or the end zone.
- The offense after gaining a first down, cannot regain the first down line if they lose yardage to gameplay or penalties that push them behind the mid-field line.

Flag Pulls

- If an offensive player starts the play without both flags positioned correctly, play is dead when they touch the ball, and an illegal flag penalty will be assessed. This includes the quarterback.
- If the defense pulls a flag prematurely before the offensive player has possession of the ball, the defense must pull the other flag. If the defense prematurely pulls both flags and that player gains possession the offensive player will automatically be awarded a touchdown.
- If an offensive player legally starts a play and a flag falls out before possession the defense only needs to touch the player to down the player.
- If a flag falls out while a player has possession of the ball, they are down at the spot where the flag falls out.

Change of Possession

- The play clock will start when the Officials have the line of scrimmage marked with a field marker. They will not wait for teams to get ready.

Punt Rules - Change of Possession

- On 4th down, a team may choose to turn the ball over at the 5-yard line which is considered a punt, OR they may choose to use their 4th down to go for it. If the offensive team is unsuccessful then the change of possession occurs at the spot of the failed 4th down conversion.
- The offense must declare they want to turn the ball over before taking the huddle.

Offensive Formation

- All offensive formations must start the play with a snap from the center between the center legs.
- The offensive must start their formation with a quarterback in the offensive backfield.
- Offensive backfield is defined as 2 yards behind the line of scrimmage and 5 yards on either side of the center. Once lined up, teams can motion out to any formation.
- Teams can shift (moving no more than one player at a time), but all players must be set (stopped moving) prior to the snap.

- Teams can put players in motion, but only one player can be moving at a time, and they cannot be moving toward the line of scrimmage at the snap.
- Receivers can line up on or off the line of scrimmage.
- Players cannot line up over the line of scrimmage

Defensive Formation

- Defenders lined up within 5 yards on either side of the center, must be 1 yard off the line of scrimmage.
- Defense can align in any formation
- The defense cannot cross the line of scrimmage unless they line up 7 yards off the line of scrimmage. or the ball is handed off behind the line of scrimmage.

Game Play Rules

- The quarterback is the first person to touch the ball after a snap from the center
- If the Snap hits the ground the play is dead where the ball hits the ground.
- If the snap touches the quarterback and then hits the ground, it is a dead ball at that spot.
- The quarterback has a 7-second clock to throw the ball from the snap.
- On a hand-off the 7-second clock is still in effect, the Running Back can continue to run but cannot throw a pass after 7 seconds.
- A 7-second violation is a 5-yard penalty and loss of down
- Quarterbacks cannot run the ball, unless the ball is handed off and back to them with a clear handoff.
- The quarterback must throw the ball across the line of scrimmage and around a receiver to avoid intentional grounding if they are in the pocket (area 5 yards on either side of Center). This is a judgment call by Officials.
- The defense can cross the line of scrimmage if there is a handoff.
- There are no running/ no hand-off zones from the extra-point line going in and on all extra-point plays.
- Any player receiving a hand-off can throw the ball from behind the line of scrimmage. A 7-second pass clock is in effect.
- **No laterals beyond the Line of Scrimmage.** Must be backward if it is behind the line of scrimmage.
- A player must throw from behind the line of scrimmage. The whole body must be across the line to be a foul.
- There are no fumbles, a fumbled ball or lateral is down at the spot.
- The defense cannot strip or swat at a ball in an offensive player's hand.
- Swatting and stripping are considered a penalty. This includes pass defenders attempting to break up a pass. Once a receiver has their hands on the ball, a defender cannot swat it out of their hands. The defense must attempt to pull flags only.
- Offensive players cannot jump or dive to gain yardage. Players can spin to avoid contact.
 - It is the responsibility of the player with the ball to pull up and avoid contact with a defender.
 - Offensive players cannot run through or over defenders.

- A player can jump to avoid contact with defenders on the ground
- A player is marked down where their feet are when a flag is pulled. **Where the ball is positioned is inconsequential.** Players cannot reach a line to gain by extending the ball.
 - A player attempting to score or gain a first down must have their entire body over the line to gain prior to the flag being pulled.
 - Stiff arms and flag guarding are prohibited.
- All offensive players are eligible to receive a pass.
- A player must have possession and 1-foot fully inbounds to be a catch.
- If a player without the ball goes out of bounds, they must reestablish in bounds with both feet.
- A player must try to immediately return to the field of play if they go out of bounds
- A player cannot run onto the field of play from the sideline after play has started, including any situation where a team may not have 5 players on the field to start a play.
- Any contact with a quarterback in the head, neck, shoulder, or arm area is roughing the passer.
- Defenders must try to pull flags and not hit the ball.
- There is no contact allowed! No blocking, tackling, or any other kind, other than incidental as a play progresses.
- Offensive players may not block but may set a pick with both feet completely stopped (like a basketball pick) and in place to divert a defensive player. **NO contact is allowed!**
- When the ball is in the air, the defender can only make a play on the ball. The defensive player may not disrupt the offensive player with contact before or after possession of the ball.
- Incidental contact while defenders and receivers are positioning for a play on the ball is legal, but contact can't be substantial enough to force either player out of their respective space on the field.
- No tackling is allowed. An offensive player taken to the ground is an automatic penalty, regardless of intent.
- If an offensive player is taken to the ground, tripped, or held with a clear path to the endzone, the player will be awarded a touchdown. The defensive player is assessed as an unsportsmanlike penalty.
- A defender cannot pull on the pants, shorts, or flag belt to slow a defender down to allow flags to be pulled.
 - Defenders must attempt to pull flags at the player's hips
 - If a player's shirt becomes untucked and is pulled while the player is attempting to pull flags, it is not a penalty
 - If a player grabs a portion of pants in the act of pulling flags it is not a penalty.
 - If a player misses grabbing the flag and holds a shirt, pants, or belt it is a penalty.

Sportsmanship & Roughing

- If game Officials witness any acts of swearing, tackling, elbowing, cheap shots, or fighting, the team, coach and/or player(s) will be penalized with an unsportsmanlike foul.
- A 2nd unsportsmanlike foul in the same game will result in the coach and/or player's ejection from that game and ejection from the next game.
- A coach and/or player who receives 2 unsportsmanlike fouls is ejected from the tournament; these will be accumulated from the start of play and carried over from game to game. A coach

and/or player receiving an unsportsmanlike foul must provide their name to Officials or receive an additional unsportsmanlike foul against them and their team.

- Any act of taunting an opponent or Official will result in an unsportsmanlike foul, this includes arguing swearing and threatening any player or official.
- Any physical fighting will result in immediate ejection from the tournament.
- Tournament Officials have the right to dismiss any coach and/or player from the tournament, without refund, for any acts deemed egregious enough by Officials.

Penalties

- Game Officials will assess all penalties.
- Game Officials determine incidental contact that may result from a normal run-of-play contact that can be penalized.
- Only team Head Coaches may ask Game Officials for call clarification and interpretations.
- Players cannot question judgment calls by Officials.
- The half or game cannot end on a defensive penalty unless declined by the offense.
- On plays with penalties by both sides, the penalties will offset, and the down will be replayed at the original spot.
 - The only exception is if a team commits a penalty, and the other team commits a personal foul or unsportsmanlike penalty. In this instance, the penalty during the play will be assessed before the personal foul or unsportsmanlike penalty is assessed.
 - If a team commits 2 penalties, the other team can choose 1 to enforce, unless the 2nd penalty is a personal foul or unsportsmanlike, then both penalties are assessed.

Defense		
Clear Path	Touchdown	If a player commits a hold or tackle on a player with clear path to 1st down or Touchdown
Unsportsmanlike	15 yards, 1st Down from end of play	• Unsportsmanlike Acts • Forceful Tackling - Wrap up tackle, no attempt to pull flags • Unnecessary and forceful contact - outside normal game play • Swearing / Taunting directed toward players or Officials • Fighting - Immediate ejection • Belligerent arguing
Tackle	15 yards, 1st Down from spot of foul	• Contact resulting in player being tackled to the ground within normal play Partial wrap up, no attempt to pull flags • Not forceful enough in Officials eyes to warrant unsportsmanlike

Personal Foul	15 Yards, 1st Down from spot of foul	- Lowering shoulder initiating contact, driving player into the ground Tripping, elbowing - Swearing on the field - Initiating contact with head/neck area - Roughing the Passer - contact with head, neck, shoulder, arm, hand of QB (passing)
Block (pick)	10 Yards added to end of play, down counts	Player steps in front of offensive player and doesn't establish position Feet should be set and not moving
Offsides	5yds, replay down	Player lines up on or across line of scrimmage
Pass interference	Spot Foul, 1st Down	- Defender makes contact and interferes with Offense ability to catch ball - Foul when ball is in the air - Defender must play on the ball and not go through the Receiver - Defender pulling, turning, holding Receiver while ball is in air
Illegal Contact	10 yards, 1st Down	Defender makes contact to reroute receiver, turns receiver off route Holds receiver - after 5 yards and before ball is thrown
Swatting/Stripping	5 yards from end of play	Defender swats or strips balls from Offensive player
Illegal Blitz	5 yards replay down	When a blitzer crosses the line of scrimmage before a handoff and was not behind the 7-yard marker at the snap of the ball. Edited v2.1
Holding, Shirt/Pant Pull	5 yards from end of play or 5 yds from LOS and replay down	Defense pulls on shirts, pants, or flag belt to slow player and aid in pulling flags. ***If the hold is purposeful to prevent a 1st down or touchdown - it is clear path call

Delay of Game	5 Yards from end of play	• Throwing ball or opponents flags • Any act to delay opponent from lining up to run a play. • Crossing line of scrimmage to enter opponent's huddle. • Not correctly lining up for a punt • Holding a player down
Offense		
Unsportsmanlike	15 yards, from end of play	• Unsportsmanlike Acts • Blind Side Block, chop block • unnecessary and forceful contact - outside normal game play • Swearing / Taunting directed toward players or Officials. • Fighting - Immediate ejection • Belligerent arguing
Personal Foul	15 Yards, from spot of foul	• Lowering shoulder initiating contact, driving player into the ground Tripping, elbowing • Swearing on the field • Initiating contact with head/neck area • Pancake block
Delay of Game	5 Yards replay down	• Throwing ball or opponents flags • Any act to delay opponent from lining up to run a play. • Crossing line of scrimmage to enter opponent's huddle. • Not declaring punt on time • Not snapping ball before play clock expires • 2 consecutive "delay of game" penalties is a turnover by Offense
False Start	5 yards replay down	Flinch or movement from offense prior to snap, player not set - blow play dead
Illegal Procedure	5 yards replay down	Illegal motion - 2 men in motion, moving toward line of scrimmage at snap No Running Back in backfield
Offsides	5yds, replay down	Player lines up on or across line of scrimmage

Illegal Forward Pass	5yds, loss of down	• 2 forward passes on 1 play. • 7-second pass clock violation • Forward pass after ball has crossed line of scrimmage. • Forward lateral
Offensive Pass Interference	10 Yards Replay down.	• Push off by receiver. • Pick move by Receiver to allow another receiver to get open
Flag Guarding/ Stiff Arm	5 yards, loss of down	• Offensive players use arms to prevent flag pulling. • Player swipes at hands, arms of defender - doesn't have to make contact Player stiff arms defender anywhere on their body
Illegal Flag Belt	10 Yards Replay down	• The player starts play without both flags on hips and touches ball. • Flags are not positioned on the hips - give warning. • Shirt is hanging over flags and player gets ball. • Belt not tight enough to hold flags in position. • Any modification to make flags harder to pull. • Not wearing tournament approved flags • ***Player must fix flags before he can return to field
Charging	5 yards, from spot, down counts	• Players run over defenders, and don't attempt to avoid contact. • Player jumps to gain yardage (only allowed in avoiding contact)
Illegal Block	10 Yards, from spot, down counts	• Downfield blocking: • Holding, block in back, using shoulder • Screen Pass - Receivers can only block 1 yd down the field before the play crosses LOS
Holding	10 yards replay down	• Behind line of Scrimmage • Holding, blocking in the back, using shoulder
Intentional Grounding	5 yards, loss of down	• QB pass doesn't go past the line of Scrimmage. • Pass isn't around a Receiver (15 yards)