

Special Olympics Ohio Flag Football Rules

(derived from the Mid-Ohio Flag Football League
For People with disABILITIES)

State Tournament date:

November 4, 2017 at Madison County Special Olympics in London, Ohio

Number of Players:

Each team should start the game with at least 7 players. A minimum of 5 players are needed to avoid a forfeit.

Length of Game:

Playing time shall be 40 minutes and consist of two 20-minute halves. Half-time shall be no longer than 10 minutes. A running clock will be used for most of the game. The exception will be during the last 2 minutes of each half when the clock will stop for all dead balls. A coin toss will determine choice of possession and/or side at the beginning of each game. *If only one team is ready at game time, they will automatically have the choice.*

OVERTIME:

In the event a game is tied at the end of regulation, teams will have 3 minutes to prepare for overtime. A coin toss will once again determine possession and side. After possession is established both teams will have four downs to score and convert an extra point from the 10-yard line. If additional overtime periods are needed, teams shall then alternate possessions per OT until a winner is determined.

Field Dimensions:

Length- shall be a minimum of 60 or maximum of 80 yards long.

Width- should be at least 30 yards.

End Zones- maximum 10 yards deep, minimum 5 yards deep.

Equipment and Attire:

- * Athletes are required to wear a mouthpiece or guard.
- * Cleats are allowed, but must be made of rubber.
- * No pants or shorts with belt loops, pockets or exposed drawstrings shall be permitted.
- * Players should wear tight fitting jerseys to help avoid injuries (broken fingers,etc.).
- * No hooded shirts or shirts with front pockets are allowed.
- * Shirts or jerseys must not hang below the flag belt.
- * Headwear must be made of soft material (no billed hats.)
- * All jewelry must be removed prior to play.
- * All leg, ankle or knee braces made of hard unyielding material must be covered.

Scoring:

Touchdowns = 6 points

Extra Points = 1 point if successful from the 3 yard line

Extra Points = 2 points if successful from the 5 yard line

Safety = 2 points

Defensive interception return on extra point attempt = 2 points

Dead Balls:

Play is ruled “dead” when:

- The ball carrier’s flag is pulled
- The ball carrier’s flag falls out
- The ball carrier steps out of bounds
- The ball hits the ground
- The ball carrier fumbles
- The ball carrier slips to the ground
- An incomplete pass
- A touchdown or safety is scored
- An official’s whistle blows

GENERAL RULES:

Flag Football uses the basic fundamentals of football with a few modifications.

1. There are no kick-offs, only punting.
2. No punt rush allowed.
3. Players on a punting team cannot release until the ball is punted.
4. Players who release early will be penalized for false start.
5. Each offensive team takes possession of the ball on their own 5- yard line.
6. Each team has four downs to cross midfield.
7. Once a team crosses midfield they receive 4 new downs in which to score.
8. When a team is confronted with a forth down they must declare their choice, (punt or go for it).
9. The only way an offense can change their decision is to call time out or by penalty.
10. Each team has one 60-second and one 30-second timeout per half.
11. Punts and interceptions may be advanced.
12. Fumbles that hit the ground behind the line of scrimmage are considered dead balls.
13. Play will resume from the spot of the dead ball with a loss of down.
14. Bad snaps are considered dead ball fumbles and cannot be recovered.
15. Fumbles beyond the line of scrimmage are considered instant turnovers.
16. Fumbles, which occur past the line of scrimmage, will be awarded to the non-fumbling team.
17. Players should never dive after fumbles as they are dead balls and cannot be advanced.
18. Offensive centers must snap the ball between their legs.
19. Each time the ball is spotted, a team has 30 seconds to snap the ball.
20. Officials can stop the clock at their discretion.
21. All players are eligible receivers.
22. Receivers must have at least one foot inbounds for a legal catch.
23. Quarterbacks can only run when flushed from the pocket (rushed).
24. Once in possession of the ball, a ball carrier cannot leave his/her feet (no diving or hurdling).
25. There is no stiff-arming.

26. Defenses can rush 2 players per down.
27. Pass rushers must be a minimum 7 yards off the line of scrimmage on pass plays.
28. All defensive players may rush once the ball has been handed off.
29. No flag shielding.
30. No aiding the runner.
31. Defensive players may not grab, hold or obstruct the forward progress of a ball carrier.
32. Offense may have only one man in motion.
33. Receivers who have lost their flags are considered ineligible.
34. Only the team captain may ask the referee questions about rule clarification/interpretations.
35. Games cannot end on a defensive penalty.
36. Two unsportmanlike penalties on the same player will result in game ejection.

SPORTSMANSHIP:

Flag Football is a game where individuals should be having fun. Players, coaches and fans need to maintain this atmosphere by showing good sportsmanship and supportive behavior. Please keep in mind officials will not tolerate foul attitudes and will be monitoring the field at their own discretion. That being said, the following offenses will be considered UNSPORTSMANLIKE and subject to severe penalty and possible ejection:

- Trash talking will not be tolerated (official's decision).
- Tackling, elbowing, kicking, tripping, chop blocks, cheap shots or slaps to the head.
- Foul language
- Spitting
- Biting
- Jumping on a player who is down
- Fighting
- Throwing or pushing people down

Penalties:

All penalties shall be enforced by the referees and respected by the players, coaches and fans.

OFFENSIVE

Infraction	Penalty
False start	5 yards
Delay of game	5 yards
Illegal motion	5 yards
Illegal forward pass	5 yards
Substitution fouls	5 yards
Holding	5 yards
Illegal snap	5 yards
Forward lateral	5 yards
Illegal punt/quick kick	5 yards and loss of down
Hurdling & Diving	10 yards
Aiding the runner	10 yards
Flag shielding	10 yards

Chop block	10 yards
Stiff-arm	10 yards
Pass interference	10 yards
Failure to wear required equipment	10 yards
Unsportsmanlike conduct	15 yards, 1 st down & possible ejection

DEFENSIVE

Infraction	Penalty
Offside	5 yards
Encroachment	5 yards
Delay of game	5 yards
Illegal flag pull	5 yards
Substitution fouls	5 yards
Illegal contact	5 yards & 1 st down
Punt rush infraction	10 yards & 1 st down
Pass interference	10 yards & 1 st down
Holding	10 yards
Illegal pass rusher	10 yards
Flag shielding	10 yards
Roughing the passer	10 yards & 1 st down
Unsportsmanlike conduct	15 yards, 1 st down & possible ejection

ALL PENALTIES INSIDE THE 10 YARD LINE will be marked half the distance to the goal.

Revised 9/02/16