

D.I.C.S. Inc. Official Flag Football Rules (Mini Games)

Field: The field shall be a rectangular area divided into four quarters or “zones” with the addition of two end zones, one on each end of the field. Each zone will represent the location a team must advance the ball to be awarded a first down.

When the field is played on a smaller field, or with a limited number of players, the field may be divided into half instead of quarters and will be played with traditional 5v5 rules (YMCA Flag Football Rules).

Equipment:

Ball: The ball used during game play should be the official D.I.C.S. league football which is an NCAA regulation sized football.

Flag Belts: The flag belts worn during the game will be provided by D.I.C.S.. Each player must wear a one piece belt that is free of any knots, clipped at the waist line, with three flags permanently attached (one flag on each side and one at the center of the back). Shirts must be tucked in and flag belts must be worn on the outside of all clothing!

Shirts: Each player must wear their official D.I.C.S. jersey or bring one black shirt and one white shirt with them to the field. Once the teams are decided the player will wear the corresponding shirt to the team they have been selected to play on.

Length of Play: The play clock is set to 1 hour and 30 minutes at the beginning of the first game. The clock is continuous and will not be stopped during the course of play. Each mini game will be played up to 5 points. Once a team has scored 5 points they win the game. After a game two new team captains will be assigned and new teams will be picked. Playing will continue in this fashion until the play clock has stopped.

Coin Toss: The team captains shall have a coin toss to decide who gets first pick. The losing team in the coin toss can choose their team color, will receive ball first, and decide which end of the field they would like to start on. If there is an uneven amount of players the team which won first pick will get the extra player, unless the captains decide to have an All Time QB.

Kickoff: Kickoffs will occur from the defending team’s zone (quarter) line. If the ball travels past the half field line then it is eligible for recovery by either team. If the ball travels any distance and is touched by the opposing team, but not secured, then the defensive team is eligible to recover. If the ball never lands inbounds then the receiving team gets the ball at the next “line to gain” on the section of the field where the ball traveled out of bounds in the air. If the ball lands in bounds but is not secured before traveling out of bounds along a sideline then the receiving team starts with the ball at the furthest point on the field in which the ball was last inbounds. If the ball travels out of the back of the end zone the receiving team will start with the ball at their quarter line.

Number of Downs: The team in possession of the ball shall have four consecutive downs to advance to the next zone line-to-gain. A new series of downs shall be awarded when a team moves the ball into the next zone.

Line to Gain: The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain.

Decision to Punt: On a fourth down the offense has the decision to “go for it” or punt the ball. If the offense decides to punt, then ball must be kicked. Punts are only eligible for recovery by the receiving team. If the receiving team touches the ball but does not secure it then it becomes a live ball.

Defending: Each team is allowed a rusher when the teams have an even number of players and there is not a full time QB. The rusher can stand at the line of scrimmage and must count allowed to 5 (using 1-1,000 or Mississippi) prior to crossing the line of scrimmage. A defensive team is allowed one rush per every set of downs. Rushing is not allowed if

the opposing team declares they are going to punt the ball.

If there is an All Time QB then the defensive team can decide to use a rusher, or the team can use a 7 count (using 1-1,000 or Mississippi) then yell "dead". If the 7 count method is used and the QB is still in possession of the ball when the counter yells "dead" then the play is dead and a loss of down results.

Contact: All efforts must be made to reduce heavy contact. Tackling a player involves a motion to de-flag only. Any other motion to obstruct a player's motion is illegal. Any contact other than de-flagging against a passer in a passing motion is a penalty. Charging, running through an opposing player who has position on the field, on either offense or defense is illegal.

Tackle: A tackle occurs when the flag belt being worn by the ball carrier is pulled by a defensive player. If a flag belt falls off inadvertently, play is still live until the player with the ball whose flags fell off inadvertently (or was pulled prior to possession) is "tackled" by one hand touch from an opposing player.

Interfering with the Tackle (Flag-Guarding): A ball carrier may not in any way interfere with a defender's attempt to grab their flag, and in particular they may not "swat" at the hand that is attempting to get their flag. Interfering with a tackle (flag-guarding) will result in a down at the location where the violation occurred. Only the player which the interference was against may call the penalty.

Dead Ball: A live ball becomes dead in the following situations:

1. The ball goes out of bounds or the ball carrier steps out of bounds.
2. Any part of the runner's person other than hand or foot touches the ground. Ball in possession is considered part of the hand.
3. A touchdown, touchback, or safety.
4. A forward pass strikes the ground.
5. A backward pass, lateral, or fumble by a player strikes the ground.
6. A ball snapped from scrimmage, or other backward pass, that hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.
7. A runner has a flag belt removed legally by a defensive player.
8. A runner is legally touched with one hand after their flags inadvertently fell off.
9. A passer is de-flagged before releasing the ball.
10. A muff of a protected punt strikes the ground.

Passing: A legal forward pass requires that both feet of the throwing player are behind the line of scrimmage. Any individual down may not have more than one forward pass in its execution.

Reception: One foot in bounds for legal reception.

Run Plays: A QB may only run the ball if a player from the defensive team crosses the line of scrimmage.

Scoring: One point will be awarded per touchdown. To score a touchdown a player must be in possession of the football with his/her hips (body) inside the end zone.

Calls - Penalties, Fouls, and Infractions: All calls must be made by the opposing player on the field closest to the play, or the player from the opposing team which the negative action was against. The two players involved will then briefly discuss the call and come to a resolution. If the two players from the opposing teams cannot come to an agreement on the call then the team captains will discuss the call and come to a resolution. In the event when a resolution cannot be reached the play will be replayed.