CURTIN FLAG FOOTBALL RULES & REGULATIONS

PLEASE NOTE: The following are basic rules and regulations specific to the Curtin Evening Social Sport Flag Football Competition.

Official rules can found at http://www.gridironqld.asn.au

Nominations and fixtures:
• Please note that it is the team’s responsibility to find out their team’s fixtures. Teams will not be called regarding their games times. All fixtures and results are available on our website http://life.curtin.edu.au/curtin-stadium/social-sport.htm this link will be emailed to team captains and vice captains prior to the first week of competition. Fixtures and results will also be available on the ‘SportFix’ app by searching Curtin Stadium.
• Management reserves the right to add and change any game times where necessary.
• All teams can expect to get an even spread of game time slots over the season. Game times are between 5.30pm and 10:45pm although games could run early and/or later depending on team numbers.
• Special fixture requests will be considered. Requests should be submitted in writing at time of registration. Curtin Stadium will consider all requests but cannot guarantee requests can be accommodated depending on the structure of the competition and the effect it may have.
• Changes to playing grade must be made in the first three weeks of competition (if applicable). These changes will be made at the discretion of the Sports Program Officer. Changes will be made in the following instances:
  o A team requests a grade change. Any requests must be made to the Sports Program Officer on 9266 7052 or email stadiumsports@curtin.edu.au
  o The Sports Program Officer and/or Umpires believe that a team is not compatible with the grade that they are currently playing in.
• Teams can contact the Sports Program Officer on 9266 7052 for any general enquiries.

1. The Playing Area
- Curtin Stadium staff will mark an appropriate field on Edinburgh oval.
- Two “End Zones” and four “No Run Zone”
2. Players
- The maximum number of players on the field at any given time is five (5).
- The minimum number of players on the field without incurring a forfeit is four (4).
- The competition is open, allowing for any combination of males or females to be on the field.
- Players can only play for their registered teams. Players can only register for one team.

3. Player Equipment
- All players are required to wear a team uniform consisting of the same coloured tops. Teams who do not have a team uniform will be supplied with stadium bibs.
- All players must remove objects such as watches/jewellery (taping of facial jewellery is expected) that may be dangerous to other players. A wedding band or a medic alert bracelet may be worn, but must be appropriately taped.
- Nails must be cut.
- Appropriate covered footwear must be worn. Curtin Stadium staff have the right to check footwear prior to each match to ensure ‘studs’ are safe.

4. Substitution of players
- Substitutions may be made only when ball is dead.

5. To Play
- All weekly game fees must be paid prior to the start of scheduled games.
- Teams will receive a team sheet when they pay at reception players must initial the team sheet and hand to the umpire prior to the game.
- No Team sheet = No Game.
- Not only does it keep the other team waiting, late starts affect the whole evening’s fixtures times, therefore the clock will start running at the scheduled time. If a team is late, they will be penalised accordingly and the game will go on.
- **Penalties:**
  - 1 minutes late       2 points
  - 2 minutes late       4 points
3 minutes late                   6 points
4 minutes late                   10 points

- If a team does not take to the court within five (5) minutes of the scheduled start time an automatic forfeit will be awarded. The opposing team will be awarded the win 24-0. Forfeits are to be determined by the referee as mitigating circumstances may apply.

6. Length of the game
- All matches shall consist of 2 x 20 minute halves with three (3) minutes break at half time.

7. Competition points
Win = 3 points
Draw = 2 points
Loss = 1 point
Forfeit = 0 points (a 24 – nil score will be given to the winning team)
Bye = 0 points

8. Scoring
- A touchdown is awarded when an offensive player having possession of the football crosses over the team's attacking score line and within the boundaries of the Touchdown Zone. A touchdown is worth six (6) points. Only the ball is required to cross the goal line in order for it to count as a touchdown or extra point.
- Extra point is played from the midpoint of the either the 5-yard line for one (1) point or the 12-yard line for two (2) points. An Interception return to opponent’s end zone on any extra point play by the defence will result in the defence scoring two (2) points plus possession for next series at its 5-yard line.
- A Safety is awarded after removing the flag of the other team behind their own goal line with the ball and will result in two (2) points.

9. Start of Play
- A Rock Paper Scissors (RPS) will determine first possession. The winner of RPS has possession of the football. Losers of the RPS have choice of end zone to defend. If one team is late the other team has the choice of both possession and ends.
- To begin the second half, teams will flip ends and the team that started the game on offense will start on defence.

10. General Rules
- Play starts with the offensive team taking possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. An automatic first down by penalty will overrule the other requirements regarding four (4) plays to make either a first down or score.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Each time the ball is spotted the offense has 30 seconds to snap the ball.
• NO DIVING TO ADVANCE THE BALL IS ALLOWED.
• There are no timeouts (except for injuries)

11. Running

• To start the play, the ball must be snapped between the legs of the Snapper.
• The Centre is the player who gives the ball to the Quarterback via a snap.
• The Centre cannot take a direct hand off back from the Quarterback (no centre sneak play).
• The Quarterback is the player who receives the ball directly from the snap.
• The Quarterback cannot run with the ball past the line of scrimmage, unless he has handed the ball off, tossed or pitched, and it has been returned to him.
• An Offense may use multiple handoffs behind the line of scrimmage. Only backward & lateral handoffs are allowed during the down.
• Tosses or sweeps behind the line of scrimmage are allowed and are running plays.
• Once the ball carrier has crossed the line of scrimmage the ball cannot be handed off, tossed, pitched or passed in any way.
• "No-running zones," are located 5 yards in front of each end zone and before each midline. When the ball is on or inside the 5-yard line going towards the opponent’s end zone, the offense cannot run.
• The player who takes the handoff, toss or pitch can throw the ball from behind the line of scrimmage.
• All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play action fake or fake handoff.
• Spinning is allowed, but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage (no diving).
• The ball is spotted where the ball carrier's feet are placed when the flag is pulled, not where the ball is.
• At each fourth down, the offensive team must state whether it plans to punt or not

12. Passing

• Only players starting 7 yards from the line of scrimmage can rush the passer.
• The quarterback has seven seconds to throw the ball. If a pass is not thrown within seven seconds, the play is dead, with a loss of down and the ball is spotted at the previous line of scrimmage.
• Only one forward pass thrown from behind the line of scrimmage is allowed in a down.
• Interceptions change the possession of the ball.
• Interceptions can be returned by the defence.
• On Interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 5-yard line.
• Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be de-flagged or the ball become dead the result would be a safety for the other team.

13. Receiving

• All players are eligible to receive passes (including the quarterback if the ball has been handed off or tossed behind the line of scrimmage).
• As in the NFL, one player may be in motion, but not in motion towards the opponent’s end zone at the snap.
• A catch is made when the receiver has BOTH feet in bounds where the ball is controlled.
• No part of the body touches the area out of bounds. Any player who goes out of bounds can come back in but cannot be the first person to touch the ball this will be deemed an incomplete pass. However if it is tipped and the receiver has established both feet in bounds it is a legal reception.

14. Fumbles
• If a player fumbles the ball, the play is dead when the ball first touched the ground. The ball will be spotted where the ball left the ball carrier’s hand(s). If the ball is fumbled during the snap, the ball will be placed at the line of scrimmage
• The play is live if any player on either team takes possession of the ball before it hits the ground. Possession goes to that team and that player may attempt to advance the ball towards his/her own end zone.
• Stripping to cause the fumble is prohibited. A 5 yard penalty and automatic 1st down will be assessed.

15. Dead Balls
• Play is ruled "dead" when:
  o An official blows their whistle.
  o Ball carrier’s flag is pulled or becomes illegal.
  o Points are scored.
  o When any part of the ball carrier’s body, other than his hand or foot touches the ground.
  o when the ball goes out of bounds
  o an incomplete pass
  o a fumble

16. Tackling (Flags)
• If a ball carrier’s flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off.
• Play is dead where they take possession or where the flag falls off if they already have possession.
• If flag illegally removed before possession, the ball is spotted at that point and the defensive foul is applied from the spot OR offense may elect to replay the down plus penalty yards applied.
• If a flag is removed by a defensive player prior to full possession (as determined by referee), the offense is not considered tackled and play continues with no infraction charged until another member of the opposing team touches the advancing player.

17. Rushing the Quarterback
• All players who rush the passer 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. Players not rushing the quarterback may defend on the line of scrimmage.
• Once the ball is handed off or tossed, or there is a play action fake or fake handoff, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
• A special marker, or a game official, will designate seven yards from the line of scrimmage.
• A player rushing the Quarterback must try to de-flag the thrower and may not leave his feet to block the ball.
18. Penalties

- All penalties are 5 yards. The down will be repeated unless otherwise noted, and will be assessed from the line of scrimmage.
  - Flag guarding.
  - Delay of game.
  - Substitution fouls.
  - Illegal motion (more than one person moving, etc.)
  - False start (cannot be declined).
  - Illegal snap.
  - Illegal shift or failure to pause for 1 second.
  - Offensive holding.
  - Diving/Jumping.
  - Player out of bounds (if player goes out of bounds, player cannot return to the field and catch ball until its touched by someone else)
  - Excessive Contact.
  - Illegal Blitz.
  - Leaving Feet when Blitzing.
  - Offside.
  - Blocking path of player.
  - Interference with opponent or ball at the snap — 5 yards.
  - Illegal rushing — 5 yards. (starting rush from inside 7-yard marker)
  - Illegal contact — 5 yards and automatic first down. (holding, blocking, etc)
  - Illegal flag pull — 5 yards and automatic first down. (before receiver has ball
  - Substitution fouls — (player enters field after ball is blown ready for play, or 6 players on field)
  - Illegal forward pass — 5 yards and loss of down (a second forward pass or after ball has crossed the line of scrimmage)
  - Offensive pass interference — 5 yards and loss of down. (illegal pick play, pushing off/away defender)
  - Running inside a no running zone is a loss of down at the previous spot.
- All penalties may be declined, except a false start (dead ball foul).
- Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.
- Game officials determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.
- Penalties after an interception shall be assessed after the return is over and/or the play is blown dead.

Blocking

- Blocking is considered the movement, whether deliberate or unintentional, that impedes a defensive player's pursuit of the ball carrier, unless movement is to avoid personal injury (as interpreted by the referee). This also includes the deliberate or unintentional movement of limbs by a stationary player. More leeway may be given to players moving at the time of a reception, but this is up to the referee's discretion.
- A violation of this rule will result in the ball being spotted at the point of the infraction, or the ball carriers position at the time of the infraction, whichever is in favour of the defensive team. Which is a 5 yard penalty
Infractions against the Centre/Rusher

- If the Centre takes one step in any direction and contact occurs, the penalty is on the Centre. If the Centre moves straight downfield after snapping the ball and there is a contact then the penalty is assessed to the rusher. A 5yd penalty will be marked against the guilty party. This will be a judgment call by the official. Impeding the rush the defence can refuse the penalty and take the result of the play. Penalty on rusher the offense can refuse penalty and take result of the play.

19. Suspensions and Ejections

- Incidents of a dangerous or unsportsmanlike nature that are reported by the referee or an opposing team will be taken seriously.
- All information regarding the incident will be taken into account and a decision on an appropriate resulting action will be made by the Sports Program Officer in consultation with senior staff members.
- Actions may include being removed from the game or venue when the incident occurs, an official warning or a suspension of at least 1 game.
- Any played that receives two technical fouls in one game will be ejected from the match. If this results in the team not having enough numbers to play on then that team will forfeit the match.

20. Forfeits and Withdrawals

- Teams must attend every fixtured game for the season or notify the Sports Program Officer on 9266 7052 or stadiumsports@curtin.edu.au if they cannot attend a fixtured game and a forfeit will result.
- A game will be declared a forfeit when:
  - A team is not ready to play within (10) ten minutes of the scheduled start time;
  - A team fails to honour their fixtured game (this includes finals).
- Any team forfeiting will incur the following fine’s:
- Any team that has notified the Sports Program Officer by 4.00pm the day of the fixture: Normal game fee for that chosen sport.
- Any team that does not show up to a fixture game without notifying the Sports Program Officer prior to 4.00pm the day of their fixture will be charged twice (2x) the Normal Game fee for that chosen sport. This is referred to as a ‘NO SHOW FEE’
- Should a team forfeit their game the forfeit fee must be paid the week proceeding a forfeit. Unfinancial teams will not receive competition points. Teams whose payments are up to date prior to their last game will receive their last game free as part of the fee paid at the time of registration.
- Teams with outstanding forfeit fees from previous season will not be eligible for the next season until all fees are paid.
- If a team forfeits their match, the opposing team will be awarded a win 24 – 0 and their game fee will be held over to the following week.

Any team that withdraws from the competition throughout the season will be issued with a $200 withdrawal fee.
21. Finals procedures

- In the event of a tied game, in finals only, overtime will be played. The period between the end of the game and the start of the overtime period will be 1 minute. Rock Paper Scissors determines first possession of overtime. The team winning the Rock Paper scissors starts with the ball on its own 5-yard line. Extra time will be 5 minutes regulation or until one team scores.
- In the event that scores are still tied at the end of the extra time, the team that ranked higher at the end of the group matches will be declared the winner.

Players are only eligible to play finals if they have played at least 1 game during the regular season fixtures.

22. Have Fun!

The referees and competition organiser have the right to review any rule stated above at any time prior to or during the competition. If a situation arises which is not mentioned above the referees and/or competition organiser will use their discretion in making a decision.