

Oahu Flag Football League Rules

1. Rosters
 - a. A team may carry up to 20 people on their roster.
 - b. Players may be added up to the 5th game.
 - c. A player must play in two regular season games in order to play in the playoffs.
 - d. No player is allowed to play on two rosters.
2. Playing Field
 - a. The field will be 35 yards wide and 80 yards long (not including endzones)
 - b. End zones are 10 yards long
3. First Downs
 - a. First downs will be placed at each 20 yard line and mid-field (40 yard line)
 - b. Once a first down is gained, you cannot regain that same first down for the duration of that possession.
4. Time
 - a. Games will start at designated time. We highly recommend to have your team arrive 10 minutes prior to start time. Please have your team ready to play at your scheduled game time.
 - b. There will be a 5 minute grace period.
 - i. If teams do not show up within the 5 minute grace period, the game clock WILL start.
 - ii. Present team will be awarded a TD and the recorded score will be 7 – 0 once the five minutes has elapsed. Every five minutes that passes after that, the team will be rewarded another 7 points.
 - iii. You can start with 5 players.
 - c. Game consists of 2 halves, 20 minutes per half.
 - d. Half time will be 2 minutes long.
 - e. Clock is running time. It will only stop for timeouts or injuries. Exceptions being the final 2 minutes of the 2nd half. Those 2 minutes will be played with college football clock rules
 - f. If a timeout is taken after a score (during running time period), the clock will remained stopped until the first play of the next drive.
 - g. The following are the only reasons the clock will stop during final two minutes of play:
 - i. Incomplete Pass
 - ii. Time out
 - iii. Ball carrier runs out of bounds
 - iv. Touchdown or Safety
 - v. Some Penalties (college rules)
 - g. Play Clock will be 20 seconds from when the markers are set
 - h. Each team has 3 Timeouts per half
 - i. Any player on the field may call a timeout
5. Players
 - a. Each team will play with 6 players on the field
 - b. Offense must line up with 4 players on and 2 players off line of scrimmage
 - c. A team is allowed to start and play with 5 players.
 - d. A team is allowed to borrow players from another team only if they have less than 6 players and the other team consents. However, they may only borrow as many as are needed to put 6 players on the field.
6. Eligible Equipment
 - a. No pads on the upper torso are allowed
 - b. No Hanging towels during play.

- c. Must tuck in shirt.
- d. Bandages and tape are allowed for injuries to extremities
- e. Mouthpiece and eye protection are encouraged
- f. Knee braces with hard surfaces must be covered
- g. No excessively large hats, head gear
- h. No casts may be worn while playing
- i. No metal cleats are allowed
- j. Players on one team must have same color uniform. Have a spare color available in case both teams playing have the same color.
- k. Team must provide their own football (collegiate or NFL size and weight)

7. Kickoff/Punts

- a. There are no kickoffs, ball is placed at teams own 20 yard line to start possession
- b. A team can elect to punt on any down. If a team chooses to punt, possession will go to the opposing team and the ball will be placed at their own 10 yard line. They will have 3 first downs to gain from that point (own 20, mid field, opposing 20)

8. Scoring

- a. Touchdowns = 6 points
- b. One point conversion = Ball placed on the 5 yard line
- c. Two point conversion = Ball placed on 10 yard line
- d. QB **CANNOT** run on PAT.
- e. On Extra point attempts, defense may score via intercepted pass. This will result in 2 points and the ball.
- f. Safety – Teams scoring safety results in 2 points. Scoring team regains possession on their 20 yard line.

9. Fumbles

- a. If a ball is fumbled and touches the ground, it will be ruled a dead ball. If it is fumbled forward, the ball will be spotted back where the ball carrier first lost the ball. If it is fumbled backwards, the ball will be spotted where it hit the ground.
- b. If a fumble occurs (when possession has or has not been made) and the ball is recovered before it touches the ground, possession will go to the recovering team.

10. Offense

- a. All players are eligible to receive passes, hand offs and laterals.
- b. There is a 5 second count for the quarterback to throw the ball or run. This is verbalized by the head ref. the ball must leave the hand of the quarterback before 5 seconds. The QB must commit to running (in the discretion of the ref) before 5 seconds and does not necessarily need to cross the line of scrimmage before 5 seconds.
- c. There must be 4 players on the line scrimmage (including the center)
- d. Offensive shifts are allowed
- e. Ball needs to be snapped from the ground. Center may snap it from the side, it does not need to be between the legs. Ball must be snapped directly perpendicular to line of scrimmage.
- f. One player in motion is allowed, but must retreat 2 yards from the line of scrimmage before motioning.
- g. One run is allowed per set of first downs, except inside other teams red zone
 - h. A run is any of the following
 - 1 Quarterback runs past the line of scrimmage with the ball
 - 2 Quarterback hands off ball to another player who passes line of scrimmage with the ball
 - 3 Quarterback laterals ball backwards to another player who passes line of scrimmage with the ball

4 Any combination of the runs stated above is also considered a run. (Multiple laterals, handoffs, etc.)

- h. Runner may not guard flags, stiff arm, or charge into a defender
- i. No blocking downfield is allowed

11. Defense

- a. Any formation is allowed
- b. Rushers must line up behind rush line (5 yards) in order to rush
- c. NO bull rushing is allowed. Rusher must make an attempt to avoid pass blocker. Swimming, rips, spin moves are okay.
- d. Defense may use hands but not hold players
- e. Press coverage is allowed, you are to jam a receiver for up to 3 yards at the line of scrimmage
 - h. Jamming is considered open palms to the chest/shoulder area of the receiver. Excessive contact will result in a penalty.
- f. Defense may not hold, tackle, or push runner out of bounds.

12. Addendum

- a. No Hurdling or Diving
- b. Run Rules- any hand off to the running back counts as a run.
- c. If a player loses their flag, player will be down on a touch by an opposing player.
- d. Shirts must be tucked in before game and players will not be allowed to use a towel while the game is in play.
- e. Run rule - only one run is allowed per set of first downs. No running allowed in the red zone.
- f. A forward toss that is received behind the line of scrimmage is not counted as a run.
- g. A handoff to a player that results in the player advancing towards or past the line of scrimmage is counted as a run.
- h. A quarterback run is counted as a run.
- i. A lateral behind the line of scrimmage that results in the ball being advanced to or beyond the line of scrimmage is counted as a run.
- j. If a penalty takes you behind a first down marker (ex. Midfield) that first down is not valid for rest of possession

13. Overtime

- a. Coin toss - Winner will pick O or D
- b. Regular Season Overtime
 - h. Teams will get 1 play from either 5 or 10 yard line, same as an extra point
 - i. Offense chooses whether they want to go for one point or two
 - j. If score is tied after both teams possess ball, the team that started on defense now goes first on offense and we repeat the process until we have a winner
- c. Playoffs Overtime
- d. Each team will start at the 20 yard line closest to the opposing team's endzone and gets 4 plays.
- e. If the first team does not score, the second team must score to win the game.
- f. If the first team scores, they elect to go for 1 or 2 points on the conversion. The second team must match the score. If the Second Team beats the score, the game is over. If both teams score and match PAT's, there will be a second overtime, in which the case the opposite team starts with the ball.
- g. Game will play until a team wins.
- h. Normal penalties are enforced.

14. Conduct

- a. No misconduct is tolerated.

b. **Fights will not be tolerated.**

- i. Fighting will result in **ejection** of the player(s) and a **\$50 fine**.
- ii. If fine is not paid by next game, your team will not be allowed to play until that fine is paid.
- iii. If a player is ejected twice during the season, the player is disqualified for the season.

c. **Forfeits**

- i. Will result in a **\$50 fine**, and team will not be allowed to play until fine is paid.

d. Rough play will not be tolerated.

- i. We are here for friendly competition and encourage sportsmanlike conduct.

e. Due to the area surrounding us, profanity will be monitored. Excessive profanity will result in a warning. Continued violation will result in Unsportsmanlike Penalty and cost 15 yards.

15. Blood Rule

- a. If a player is bleeding or has blood on their jersey, they will not be allowed to play until appropriate treatment has been administered. Once corrected, consult with ref to continue playing. Player must replace jersey with a clean jersey (doesn't have to be team jersey, only color)
- b. It is at the referees discretion to allow continuation of play.

16. Alcohol

- a. Alcoholic beverages are not allowed on the playing field or to be consumed during play. Inebriated players will not be allowed to play.

17. Children and Families

- a. Children must be supervised at all times.
- b. Families and children must be kept 10 yards from the sideline.

18. Penalty Guide

a. Offensive Penalties

- h. False start- 5 yard loss, replay down
- i. Illegal snap- 5 yard loss, replay down
- j. Illegal formation- 5 yard loss, replay down
- k. Illegal shift – 5 yard loss, replay down
- l. Illegal run – 5 yard loss, loss of down
- m. Illegal forward pass – 5 yard loss, loss of down
- n. Illegal forward lateral – 5 yards from spot of foul, loss of down
- o. Holding – 5 yards from spot of foul, replay down
- p. Illegal hands to the face – 5 yards from spot of foul, replay down
- q. Flag guarding- 5 yards from spot of foul, loss of down
- r. Illegal hurdle- 5 yards from spot of foul, loss of down
- s. Illegal dive- 5 yards from spot of foul, loss of down
- t. Blocking down field- 5 yards from spot of foul – loss of down
- u. Intentional Grounding- 5 yards – loss of down
- v. Offensive pass interference- 15 yard loss – replay down
- w. Unnecessary roughness – 15 yard loss – replay down
- x. Unsportsmanlike conduct – 15 yard loss – replay down

b. Defensive Penalties

- h. Offsides – 5 yards, replay down
- i. Rush line infraction – 5 yards, replay down
- j. Illegal bull rush – 5 yards, automatic first down
- k. Illegal hands to the face- 5 yards, automatic first down
- l. Holding (receiver) – 5 yards, automatic first down

- m. Holding (ball carrier) – 5 yards from spot of foul, automatic first down
- n. Unnecessary roughness – 15 yards from spot of foul, automatic first down
- o. Defensive pass interference – 15 yards, automatic first down
- p. Unsportsmanlike conduct – 15 yards, automatic first down
- c. Penalty explanations
 - h. Unnecessary roughness includes excessive physical contact, pushing a player down, pushing a player out of bounds, hitting a ball carrier, tackling
 - i. Unsportsmanlike conduct includes taunting, arguing with a ref, physical contact with a ref, excessive cursing, or any behavior deemed unsuitable for the league by a ref.
 - j. Face guarding is allowed, but will be monitored much more closely and has a higher chance of resulting in a pass interference call for safety reasons. Any contact when face guarding will result in pass interference
 - k. Stiff arms by carrier will be enforced as flag guarding, or unnecessary roughness if it is excessive
 - l. When attempting to pull a ball carriers flag, the defender must make an effort to avoid excessive contact with ball carrier. Grabbing the shirt/ shorts of the ball carrier while trying to pull their flag will result in a defensive holding penalty.
 - m. Ball carriers must make an effort to not runover defenders if they are already occupying the space. This will result in an unnecessary roughness penalty.
 - n. There is no tackle box in our league. Intentional Grounding will be called only if the ball is clearly not thrown to a receiver and does not reach the line of scrimmage
 - o. THIS SET OF RULES IS SUBJECT TO CHANGE. IF YOU HAVE ANY QUESTIONS, ASK A REFEREE!