

RAMMS FLAG FOOTBALL RULES

Updated 9/15/11

1.0 PURPOSE

- 1.1 The intent of the program is to provide clean, wholesome recreation for a maximum number of youngsters. Adults who are involved have the opportunity, through their words and actions, to assist young people in learning to win, as well as lose, while preparing the youngsters for further football opportunities during their careers.

2.0 GAME RULES

- 2.1 Games are played according to the Official Rules of Football, except as modified below and the RAMMS Code of Conduct.

3.0 PLAYERS/PARTICIPATION

- 3.1 Minimum of 7 players per team. Maximum of 10 players per team.
- 3.2 In the 5 on 5 leagues, a team must have no less than 5 players at the start of a game through completion of the game or a forfeit will occur. In the 7 on 7 league, a team must have no less than 7 players at the start of a game through completion of the game or a forfeit will occur.
- 3.3 It is the policy of RAMMS that all players MUST play at least one-half of every game in the field, unless specifically authorized under these rules, see below. It is very important to attend all practices. Generally, players who do not attend practices and/or games may be subjected to less playing time than they would otherwise receive in both regular season and playoff games. Any coach who wishes to play a player less than one-half of a game must discuss the situation with the Director of Football Operations and receive permission. Violations of this Rule 3.3 shall result in a game forfeiture.
- 3.4 Playing time. No substitutions are allowed, unless by injury, during each Offensive or Defensive series. By way of example, the same players who start an Offensive or Defensive series will be the same players that end the series, unless by injury. No player shall sit out more than 2 series in succession, regardless of length. The first infraction will result in a 15-yard penalty and loss of down. The second and subsequent infractions will result in 6 points for the opposing team, plus a 15-yard penalty and loss of down.
- 3.5 The RAMMS approved Head and Assistant Coach MUST wear the RAMMS Flag Football coaching shirt during the game.
- 3.6 Coaches are responsible for their players AND fans conduct before, during and after games. Teams may be penalized with Personal Fouls/Unsportsmanlike Conduct for inappropriate behavior from their bench or fans (See Rule 9.8). Unsportsmanlike Conduct penalties are subject to review by the RAMMS D&R Committee for possible Code of Conduct violations and, if warranted, further disciplinary action (See Rule 15.4).

4.0 REGULATION SCORING

- 4.1 Touchdown = 6 pts.
- 4.2 Point After Touchdown attempted from 5yd. line = 1 pt.
- 4.3 Point After Touchdown attempted from 10 yd. line = 2 pts.
- 4.4 Safety = 2 pts.

5.0 GAME LENGTH/TIMING

- 5.1 Two-20 minute half's with a running clock. Half's will end when there is "no time" left on the game clock. Half's will not end on a defensive penalty, in which case the penalty yards will be assessed and another play will be run.
- 5.2 Five-minute halftime.
- 5.3 Each team has 3 timeouts per half.
- 5.4 Clock stops when:
 - 5.4.1 Time out is called.
 - 5.4.2 Last 2 minutes of half and ball carrier is called "out of bounds" or an incomplete pass.
 - 5.4.3 Injury.
 - 5.4.4 "Delay of Game" penalty. (See Offensive Penalties-Rule 9)
 - 5.4.5 Defensive Penalty.
- 5.5 Ball is spotted
 - 5.5.1 Offense has 30 seconds to snap ball once Referee has spotted ball (1 "Delay of Game" warning per half is allowed to each team). Any change of possession the clock will be stopped for 30 seconds to allow for the offensive and defensive teams to take the field, huddle, and call the next play.

5.6 Overtime-In O.T. "Regulation Scoring" for T.D., P.A.T. safety and interceptions apply.

- 5.6.1 Game ending in a tie.
- 5.6.2 Winner of a coin flip (Team 1) will choose Offense OR Defense.
- 5.6.3 Ball will be spotted on the 10-yard line, game clock will not be used in O.T.
- 5.6.4 Team 1 will then have 3 downs to score (1pt. OR 2pt. P.A.T. are allowed)
- 5.6.5 Team 2 will then have 3 downs to score (1pt. OR 2pt. P.A.T. are allowed)
- 5.6.6 Sequence (Starting at #1) will be repeated until tie is broken.
- 5.6.7 During Regular Season games, each Team will have only one Overtime possession in which to score. If still tied after the additional possession, the game shall end in a tie.
- 5.6.8. Interceptions can be returned for touchdowns in O.T.

6.0 FIELD DIMENSIONS

- 6.1 The 5 of 5 field dimensions will be approximately 53 yards by 30 yards (end zone to end zone, sideline to sideline). The 7 on 7 field dimensions will be approximately 63 yards by 43 yards (end zone to end zone, sideline to sideline).
- 6.2 The 5 on 5 Mid-Field Line will be at 25 yards and the 7 on 7 Mid-Field Line will be at 30 yards.
- 6.3 NO RUN ZONE marked on either side of Mid-Field, also applicable at the 5-yard line of both end zones.

7.0 GAME START

- 7.1 Coin toss
- 7.2 Winner will choose to start on offense at the beginning of the 1st half or defer to the 2nd half.
- 7.3 Ball will be spotted at offense's 7-yard line
- 7.4 Offense then has 3 downs to cross midfield. (If offense fails to cross midfield in 3 downs, change of possession will occur, with ball being spotted for opposing offense at their own 7-yard line.)
- 7.5 If offense crosses midfield it then has 3 downs to score. If offense fails to score in 3 downs, change of possession will occur, with ball being spotted for opposing offense at their own 7-yard line.
- 7.6 All possession changes, except interceptions, start on the offensive 7-yard line.
- 7.7 Communication with Referees. Prior to the game starting, each Team shall designate ONE Coach who will be authorized to speak to the Referees. No other individuals, coaches, players, parents, siblings, fans, etc. shall speak to the Referees. Each Team will be given one warning. Subsequent violations will be penalized pursuant to Rule 9.9.

8.0 OFFENSIVE TEAM

- 8.1 Center/Quarterback Exchange
 - 8.1.1 Ball must be snapped between legs, not off to one side, to start play.
- 8.2 Player Motion/Formations
 - 8.2.1 Only 1 player is allowed in motion at a time.
 - 8.2.2 Any number of players are allowed on or off the "Line of Scrimmage" but all players except one motion player must be set when ball is snapped.
- 8.3 Running
 - 8.3.1 Runs are not allowed in "NO RUN ZONES" which are located 5 yards from First Downs and 5 yards from End Zones. This rule is designed to avoid "short yardage" or "power running" collisions.
 - 8.3.2 The Quarterback is not eligible to run the ball past the "Line of Scrimmage".
 - 8.3.3 Only direct handoffs behind the "Line of Scrimmage" are allowed. Multiple handoffs behind the "Line of Scrimmage" are allowed. Lateral OR pitches are not allowed anywhere on the playing field.
 - 8.3.4 A player that receives a direct handoff can throw the ball from behind the "Line of Scrimmage".
 - 8.3.5 Spinning is allowed.
 - 8.3.6 Flag guarding is not allowed.
 - 8.3.7 Blocking is not allowed.
 - 8.3.8 Straight arming is not allowed
- 8.4 Passing
 - 8.4.1 All passes must be forward and received beyond the "Line of Scrimmage". (Shovel or Screen passes must be beyond the "Line of Scrimmage".)

8.4.2 **Senior Division-The Quarterback has a 5 second “PASS CLOCK”**. If the Quarterback has not thrown the ball within 5 seconds, play is dead at the spot Q.B. last possessed the ball. Once the ball has been handed off the 5 second rule does not apply.

8.4.3 **Junior Division-The Quarterback has a 5 second “PASS CLOCK”**. If the Quarterback has not thrown the ball within 5 seconds, play is dead at the spot Q.B. last possessed the ball. Once the ball has been handed off the 5 second rule does not apply.

8.4.4 **Sophomore Division-The Quarterback has a 7 second “PASS CLOCK”**. If the Quarterback has not thrown the ball within 7 seconds, play is dead at the spot Q.B. last possessed the ball. Once the ball has been handed off the 7 second rule does not apply.

8.4.5 **Freshman Division-The Quarterback has a 7 second “PASS CLOCK”**. If the Quarterback has not thrown the ball within 7 seconds, play is dead at the spot Q.B. last possessed the ball. Once the ball has been handed off the 7 second rule does not apply.

8.5 Receiving

8.5.1 All players are eligible to receive a pass (including the Quarterback if the ball has been handed off).

8.5.2 A player must have one foot in bounds when making a reception.

8.6 Coaches on field of play

8.6.1 One Coach from each Team is allowed on the field of play during the entire game and/or in the huddle, but only on their team’s side or huddle, and may not interfere with the play on the field in anyway.

8.7 Fumbles

8.7.1 If the ball is fumbled, anywhere on the field, the play is whistled dead, and the ball is marked at the spot the ball was fumbled, and the team that fumbled retains possession.

9.0 OFFENSIVE PENALTIES (All offensive penalties are 5 yards, unless otherwise noted)

* denotes Spot Foul (ball will be spotted 5 yards from spot of the foul)

9.1 Illegal motion (more than one person moving)

9.2 False start

9.3 Illegal forward pass (pass received behind “Line of Scrimmage”)

9.4 Offensive pass interference (illegal pick, pushing off defender)

9.5 Flag guarding*

9.6 Delay of game

9.7 Straight arming*

9.8 Personal Foul (taunting, tackling, tripping, kicking, contact to head, elbowing, blocking, "jamming" receivers, etc.) shall result in a 15-yard penalty and a loss of down. TWO in game from same player results in ejection;

9.9 Unsportsmanlike Conduct shall result in a 15-yard penalty and a loss of down. Unsportsmanlike Conduct penalties are subject to review by the RAMMS D&R Committee for possible Code of Conduct violations and, if warranted, further disciplinary action (See Rule 15.4).

9.10 Ball not snapped between legs of Center.

9.11 Penalties shall be enforced on PAT (extra point) attempts. If a Team attempting a 1-point PAT from the 5-yard line (See Rule 4.2) is penalized, the ball shall be spotted at the 10-yard line. If successfully converted from the 10-yard line, the PAT attempt shall only be awarded 1 point. (See Rule 4.3).

9.12 Penalties within the 5-yard line shall be half the distance to the goal line.

9.13 Penalties may be declined.

10.0 DEFENSIVE TEAM

10.1 Rushing the Quarterback.

10.1.1 Any number of players can rush the Quarterback. All players who rush the passer must be a minimum of 10 yards as marked by the Referee with a cone, from the “Line of Scrimmage” when the ball is snapped. Players not rushing the passer may defend on the “Line of Scrimmage”.

10.2 Rushing Ball Carrier. If the ball is handed off to a running back or wide receiver behind the line of scrimmage ALL defenders are eligible to rush the ball carrier, regardless of the line of scrimmage.

10.3 Zone, man to man or any combination of defenses are allowed.

10.4 “Jamming” receivers or intentional contact is not allowed.

10.5 Interceptions.

10.5.1 If the ball is intercepted by the Defensive team, the Defensive team becomes the Offensive team and play continues until the player with possession of the ball has his flag removed.

10.6 Coaches on field of play

10.6.1 Coaches are allowed on the field of play during the entire game and/or in the huddle, but only on their team’s side or huddle. Coaches must exit the playing field before the snap of the ball, and any violations, after allowing for one warning per half, will result in a 5 yard automatic first down penalty being assessed. Coaches may not interfere with the play on the field in anyway.

11.0 DEFENSIVE PENALTIES (Defensive penalties 11.1 and 11.4 are 5 yards; Defensive penalties 11.2, 11.3 are 5 yards and automatic first down; and Defensive penalties 11.5, 11.6 and 11.7 are 15-yard penalties and an automatic first down)

11.1 Offside/Encroachment

11.2 Pass Interference

11.3 Illegal flag pull (before receiver has ball)

11.4 Illegal rushing (starting rush from inside marker)

11.5 Making contact with the Quarterback’s Arm, while the Quarterback is attempting to throw a forward pass. To avoid injury, defenders who are within arms reach of the Quarterback should be trying to pull the Quarterback’s flag.

11.6 Personal Foul (See Rule 9.8)

11.7 Unsportsmanlike Conduct (See Rule 9.9)

12.0 SUBSTITUTIONS

12.1 It is the intent of RAMMS to avoid loss of play caused by lack of players.

- 12.2 A Senior Division team may fill their roster with substitute players from the Junior Division for regular season games. A Junior Division team may fill their roster with substitute players from the Sophomore Division for regular season games. A Sophomore Division team may fill their roster with substitute players from the Freshman Division. Freshmen Division teams are not eligible for substitute players. The Director of Football Operations must approve all substitute players. A substitute player may be called up by a particular team only once per season.
- 12.3 A Senior Division team can use substitute players to have a game day roster of 8 players. All other Divisions may use substitute players to have a game day roster of 6 players.
- 12.4 If a roster player appears so that a team now has more than the minimum number of players as discussed in 12.3, the substitute player will be replaced by the roster player and the substitute player will no longer be eligible to play in the game.

13.0 TEAMS AND EQUIPMENT

- 13.1 The first team listed in the schedule will be the Visiting Team. The Visiting Team is responsible for placing the cones on the field.
- 13.2 The second team listed on the schedule will be the Home Team. The Home Team will maintain the official scoreboard.
- 13.3 Each coach must maintain a copy of the rules at every game. The Home Team will report the final score to the League Commissioner within forty-eight (48) hours.
- 13.4 The Freshmen and Sophomore Divisions shall use a "Pee Wee" football for all games.
- 13.5 The Junior Division shall use a "Junior" football for all games.
- 13.6 The Varsity Division shall use a "Youth" football for all games.
- 13.7 All non-Ramms provided football must be approved by the Director of Football Operations, prior to being used in a game.
- 13.8 Flags:
- 13.6.1 Each player must have a set of flags on at all times. Flags will be supplied by RAMMS. Failure to wear a flag belt will result in a dead ball, and a player not wearing flags will be called down at the point he gained possession of the ball.
- 13.6.2 Tampering with the flag belt in any way to gain an advantage including tying, wrapping, knotting or using foreign materials, or other such acts is prohibited. The first infraction will result in a 15-yard penalty and loss of down. The second infraction will result in 6 points for the opposing team, plus a 15-yard Unsportsmanlike penalty and loss of down. The player penalized for the second infraction will be disqualified for the remainder of the game. And the Coach 's conduct will be subject to review by the RAMMS D&R Committee for possible Code of Conduct violations and, if warranted, further disciplinary action (See Rule 15.4). A third infraction will result in a forfeit.
- 13.7 Jewelry shall not be worn. Religious and medical alert medals are not considered jewelry, but must be taped to the player's chest and worn under the uniform.
- 13.8 NO HATS shall be worn. Beanies and Heat Gear are permitted.
- 13.9 Shorts and football pants are permitted, however, NO POCKETS are allowed.
- 13.10 Jersey must be tucked into shorts/pants at all times.
- 13.11 Rubber football cleats are permitted, no metal spikes.

14.0 PLAYOFFS

14.01 Playoffs will be conducted pursuant to RAMMS Board Policy.

15.0 RAMMS BOARD POLICY:

15.1 A child shall only play in one league.

15.2 A player may play up or down in the next higher or lower league. In order for a player to play down outside of his grade, the player must obtain the approval of the Director of Football Operations.

15.3 Ejections. Any player, coach, or spectator ejected from the game by the referee for whatever reason must immediately leave the field area. Any player, coach, or spectator that has been ejected will automatically be suspended for the next game, regardless of whether it is the regular season or post season. All ejections will be reviewed by the RAMMS D&R Committee for possible Code of Conduct violations and, if warranted, further disciplinary action.

15.4 Practices. The RAMMS approved Head or Assistant Coach for each team **MUST** be at every **PRACTICE, GAME or TEAM EVENT. NO EXCEPTIONS. NO PRACTICES, GAMES or TEAM EVENTS** may be conducted without the presence of either the RAMMS approved Head or Assistant Coach.