



FLAG FOOTBALL *Cheat Sheet*

ROSTERS

- A full team on the field consists of 5 players with a minimum of 2 females
- The minimum amount of players required in order to not default is 4 total players including at least 1 female

GAME PLAY

- All players should check the website for [Weather Updates](#) before heading to their game each night
- Games consist of two 40 minute halves, with a 10 minute half time
- Players are expected to arrive 15 min prior to the scheduled game time for warm-up
- A kick-off is used to start a half or after a touchdown and will take place from the kicking team's 10 yard line
- At the end of each half, there will be a '5 minute warning' where each team will get another possession before the half ends
- Mercy will be called if one team gains a lead of 28 points. The score freezes and teams are encouraged to keep playing for fun
- On a non-kick scrimmage play, if the ball touches the ground, it is immediately dead
- The offence must put the ball into play within 30 SECONDS of starting their huddle
- The quarterback/offence has only 10 "STEAMBOATS" to make a play
- There are two methods of scoring points: a touchdown or converting a touchdown:
 - Touchdown: When the offensive team advances the ball (in bounds) into the opposition's end zone via a running or passing play, they have scored a touchdown and are awarded 6 points. A touchdown is immediately followed by one additional scrimmage play where the offence attempts to 'convert' the touchdown for additional points.
 - Convert: The convert play is always a running/passing scrimmage play. The object of the convert is to advance the ball into the opposition's end zone for extra points. 1 point is awarded for a play originating from the 5 yard line, and 2 points are awarded for a play originating from the 10 yard line
- The offence has 4 'downs' or scrimmage plays in which to score a touchdown
- A FEMALE player must be an integral player in at least 1 play of the 4 downs if they use all 4 downs
- A player is considered 'down' when:
 - One or more flags is missing from his/her belt
 - The player's body touches the ground anywhere from the knee up (hands are excluded)
 - The player goes out of bounds. A player is out of bounds when any part of the player's body touches the ground on the out of bounds line or beyond

PENALTIES AND VIOLATIONS

- 'Pick Plays' are illegal by the offensive team
- Blocking and physical contact (includes pushing out of bounds) MUST be avoided at all times
- A ball carrier cannot guard his/her flag with his/her hands. Furthermore, they cannot jump in any fashion to avoid having their flag pulled. Jumping consists of one or both feet leaving the ground
- If there is a defensive foul on a 4th down play, the offensive team will choose to either place the ball at the spot of the foul or replay at the line of scrimmage, and the offensive team will get to replay the 4th down
- If a team does not use a female player in their 4 downs, the defence gets the ball from where the last play occurred and if the offence scored points, they do not count
- A defender is not allowed to prematurely take the flags off of an offensive player's belt or slow a player down by grabbing onto the body or clothing