

** while captains are being trained in the rules their role is not to challenge calls but to help the officials have control over the game*

CFL Rules

1. Game time is forfeit time. Teams must have a minimum of 5 players to start the game.
2. NO METAL CLEATS ARE ALLOWED.
3. Shirts or jerseys must be tucked in.
4. The game will consist of two 20 minute halves. Clock runs continuously.
5. 25 second clock between plays.
6. During the last minute of the game, the clock will stop for incomplete passes, penalties, out-of-bounds, change of possession, score, etc. The clock will also be stopped for first downs, but will resume after the ball has been placed.
7. There will be 5 minutes between halves.
8. Each team is allowed two 30 second time-outs per half. Time-outs do not carry over.
9. First Down: Each team has 4 downs to reach the next zone. If yardage is lost and the team is moved backwards over the previous zone, crossing the same line again will not result in a first down. The original first down line will need to be crossed in order to get a first down.
10. Kickoff: There will be a kick-off to start each half, the ball will be ruled dead if it hits an offensive player and then falls to the ground.
11. Line of Scrimmage: The offensive team must have a minimum of 4 players on the line of scrimmage.
12. There will be a 2 yard zone separating the offense from the defensive players. Once the ball is snapped the defense can then rush.
13. QB must take snap in the shotgun. Center must snap the ball between his legs.
14. Only one offensive player may go in motion at a time, and must be running parallel to or away from the line of scrimmage.
15. Flag Guarding: A runner may not jump over a defensive player or dive to advance the ball. No stiff arms or keeping someone away from their flags with their hands.
16. Other than on kickoffs and punts, once ball touches the ground it is dead; no fumbles.
17. Every member of the offense if eligible to receive a pass.
18. Receivers only need one foot in bounds to be a legal catch.
19. Blocking: Offensive line and defensive line contact will be called much like basketball calls "charging." Screen blocking will be the designed legal form of blocking and is defined as: Obstructing an opponent without any physical contact between the offensive or defensive players' bodies.
20. Offensive line and defensive line must keep their arms within their body.
21. NO CHUCKING receivers or any offensive players.
22. Down the field blocking is not allowed; only in the form of screen blocking.
23. Defensive players must go around the offensive lineman.

24. Pass Interference: Offensive and defensive players are not allowed to make contact with the other team while the ball is in the air.
25. Double possession goes to the offensive player.
26. The ball may not be stripped from any offensive player. Remember NO FUMBLES.
27. Punts are considered “free kicks.” All punts must be announced; no fake punts. All offensive players except for the punter must be on the line of scrimmage. Four defensive players must be on the line of scrimmage until ball is kicked. Only two offensive players are allowed to move when the ball is snapped. Once ball has been kicked all players can then move.
28. If kick is “muffed” by the receiving team and the ball falls to the ground it is considered a dead ball.
29. Points: Touchdown is worth 6 points. PAT from 3 yd line is worth 1 point. PAT from 10 yd line is worth 2 points. Safety is worth 2 points.
30. Receivers may not go out of bounds and come back in to touch the ball first.
31. Overtime: Each team will get 4 downs from the 20 yd line. PAT from the 10 yd line. Puck toss will determine who is given ball first. Only one possession per team during regular season.
32. A puck toss will be conducted between head ref and captains prior to each game to determine possession.
33. Conduct: Unsportsmanlike conduct will not be tolerated. Verbal abuse to officials, teammates, or the other team is subject to ejection at the head refs discretion.
34. Being a co-ed league you must have at least one girl on the field at all times. If no girls show up a team may play with only 6 men on the field.
35. Penalties inside the 10 yd line will result in half the distance of the goal.

Remember:

Flag Football is not a rough sport!!