

Summer Iowa Games Flag Football Rules

I. GENERAL RULES

- A. Only teams that agree to abide by these rules and regulations, established by the Iowa Games and the Football Committee, will be eligible to participate in the tournament.

II. ELIGIBILITY

- A. All athletes must be eighteen (18) years of age or older prior to July 23, 2010.
- B. No person who is currently or in the last year is/was a member of a professional football team is allowed to participate.
- C. No more than two (2) student athletes from a current NCAA Division I or Division II institution may participate on a team.
- D. All players must be prepared to provide proof of Iowa residence at the tournament.

III. ROSTERS

- A. Each team must submit a completed roster/team entry form.
- B. It is the responsibility of the team manager/representative to determine that rosters are completed accurately and submitted to the Iowa Games.
- C. At no time will a roster contain fewer than seven (7) or more than 20 players.

IV. CONDUCT

- A. Players, coaches and fans are expected to conduct themselves in a proper manner. Please display good sportsmanship at all times. The Iowa Games Football Committee has the authority to suspend any player, manager, representative or team for violations of tournament rules. A person may be ejected for any action not addressed in the rules that is determined to be detrimental to the good conduct of the tournament.
- B. The game officials will be in charge during play, and their decisions will be final. Matters of protest will be submitted to the Football Committee and/or Commissioner. Steps must follow those outlined in section XV.
- C. Alcohol and tobacco are not allowed at any time on the tournament premises by athletes or spectators.
- D. Game officials have the authority to eject any person from a game for serious misconduct. This includes unsportsmanlike conduct and offensive language. An ejected athlete will leave the playing field and the sideline area (out of sight and sound) immediately or the game will be forfeited.
- E. Prior to the game, each team must designate a team captain or captains for the opening coin toss. The captains are the only game participants allowed to communicate with the game officials. A coin toss will determine opening possession of the ball.

V. UNIFORMS

- A. Opposing teams must wear jerseys of contrasting colors. Team members all must wear jerseys of the same color.
- B. Athletes may wear any type of pants. Pants cannot be the same color as the flags used (The Iowa Games flags are red and yellow.)
- C. Protective equipment other than knee braces, mouth guards, and ankle braces will not be allowed. No hip, thigh, forearm or hand pads are allowed.
- D. Molded rubber cleats may be worn. **No steel cleats will be allowed.** Any athlete wearing steel cleats during competition are subject to immediate ejection from the tournament and a one-year suspension from the Iowa Games.
- E. Flags will be provided by the Iowa Games. Two flags must be worn on the hips at all times.
- F. Wrapping, tying or securing the flag to the pants or belt is unsportsmanlike conduct and will be penalized accordingly.
- G. All shirts must be tucked in to allow complete access to the entire flag.
- H. Each team must provide a football of high school, college or professional regulation size.

VI. PLAYING REGULATIONS - Iowa High School Athletic Association Rules, except the following:

- A. Putting the ball in play:
 - 1. There is no kick-off. Play begins at the 20-yard line.
 - 2. The team that wins the coin toss may elect to have possession of the ball, choice of end zone, or defer their decision to the second half. Teams will change direction at the beginning of each quarter.
- B. First downs shall be attained by advancing from one 20-yard zone in four downs.
- C. Fumbles: Any time the ball is fumbled, the ball is dead at that spot.
- D. No stripping or attacking the ball will be allowed.

- E. Blocking:
1. In all instances, a blocker must be on his feet before and during contact with his opponent.
 2. Blocking can only be done with the hands, and contact may only be made against an opponent's torso, arms or hands.
 3. Under no condition shall a high-low block be permitted. (Approved ruling: In the event a blocker makes legal contact then loses footing or balance and in the process of falling makes contact below the hips, this will not be interpreted as a penalty unless the blocker continues to drive forward.)
 4. All blocking must be behind the line of scrimmage. NO DOWN FIELD BLOCKING ALLOWED. A blocker may not drive the opponent down field.
 5. Any member of the offensive team moving ahead of the ball carrier will be considered downfield blocking.
- F. The ball is downed and becomes dead when:
1. An opposing player pulls one of the flags from the ball carrier's belt. The player who removed the flag from the ball carrier should immediately hold the flag above his head at the spot where the flag was taken.
 2. The player who removes the flag should remain at the spot where he downed the ball carrier and then hand the flag back to the ball carrier. Failure to do so will result in an unsportsmanlike conduct penalty.
 3. Any fumbled ball is dead at the spot of the fumble.
 4. No offensive player may dive. Doing so results in the ball becoming dead at the spot of the dive. Exception: jump to pass behind the line of scrimmage or jump to avoid collision.
 5. Inadvertent whistle, the team in possession of the ball may choose one of the following:
 - a) Down replayed or
 - b) Maintain possession of the ball at the spot of the inadvertent whistleException: Ball carrier unabated to the end zone or when the ball is in the air at the time of the inadvertent whistle.
- G. Fourth down only:
1. The offensive team captain must notify the defensive team and officials if they are going to punt.
 2. If the ball is to be punted, the offensive team must remain stationary until the ball is punted. The punter may walk up to the line of scrimmage to take the ball before retreating a minimum of 3-yards behind the line of scrimmage.
 3. The ball must be punted within 25-seconds of the snap. It is a 15-yard penalty for the team captain to change his mind.
 4. Upon notification of a punt, the defensive team must have a minimum of three men on the line of scrimmage until the ball is touched. They are given a 2-yard zone behind themselves to block.
- H. Receivers must have one foot in bounds and control of the ball for a reception.
- I. Once a player goes out of bounds, he is out of that particular play.
- J. If the ball is in the air and the defensive player pulls the flag too soon, it becomes an automatic two hand touch from the shoulder to the knees.
- K. No ball carrier may try to run over a defensive player.
- L. If an offensive player with the ball loses his belt without the other team touching it, the defender must touch the offensive player with one hand to down the ball.
- M. Any run play no team member may advance to block.
- N. Only the team captains are allowed to communicate with the game officials. Players violating this rule will be assessed a 15-yard unsportsmanlike conduct penalty.
- O. Multiple forward passes may be used as long as they originate from behind the line of scrimmage.
- P. Backward passes (Lateral) may be used beyond the line of scrimmage.

VII. TIME - OUT

- A. Each team is entitled to two 30-second time-outs during each half. First half time-outs will not carry over to the second half.
- B. The clock will stop during all time-outs.
- C. A two-minute warning will be issued at the end of each half. The clock will stop for the notification; Clock will resume when the ball is spotted.

VIII. PLAYERS AND SUBSTITUTION

- A. Players: A team will consist of at least seven (7) players.
- B. Substitutions: Unlimited substitutions may be made, except when the ball is in play.
- C. Teams must have seven (7) players to start and continue play. Failure to have the minimum number of seven (7) players will result in a forfeit.

IX. LENGTH OF GAME

- A. The game will be played in four 10-minute quarters, with one minute between halves and quarters. The last two minutes of the second half will be a regulation clock if the point differential is eight points or less.

X. PLAYING FIELD

- A. The official size of the football field will be a minimum of 80 yards by 40 yards. (Regulation fields are used if available).
- B. Field lines will be marked every 20 yards.
- C. The in-bounds (hash marks) will be 15 yards from the sidelines on restricted fields. Iowa High School regulations will apply on other fields.

XI. SCORING

- A. Touchdowns
 1. Teams scoring a touchdown will be awarded six (6) points.
- B. Extra Points
 1. There will be no kicks for extra point attempts, only runs or passes.
 2. Conversion options:
 - a. One-point conversions from the three-yard line.
 - b. Two-point conversions from the 10-yard line.
 - c. Three-point conversion from the 20-yard line.
 3. The defensive team is allowed to return intercepted passes for points. Extra points intercepted and returned to the end zone are worth one point regardless of the type of conversion the offense was attempting.
- C. Safety
 1. After a safety, the ball is placed on the opposite 20-yard line.
 2. All players are eligible receivers. However, players may not block downfield.
 3. A safety is worth two points.

XII. FOULS AND PENALTIES

- A. Illegal blocking: A 15-yard penalty will be assessed to anyone who leaves their feet or blocks below the hips in an attempt to impede an opponent.
- B. No down field blocking: It shall be a 15-yard penalty for the offensive or defensive team to block downfield. Once the ball is across the line of scrimmage, offensive players must avoid contact. The offensive center only may be hit when fully upright and moving to a blocking position, never struck when down field.
- C. Tackling: It will be a 15-yard penalty to tackle, hold or rough another player.
- D. Stiff-arming: It will be a 15-yard penalty to stiff-arm a defensive player.
- E. Blocking out of bounds: It will be a 15-yard penalty for the defensive team to block or push a player out of bounds.
- F. Blocking in the back, 15-yard penalty.
- G. Hands to the face/head, 15-yard penalty.
- H. Roughing the QB any bodily contact other than incidental, 15-yard penalty.
- I. No protecting the flag: It will be a 15-yard penalty for the ball carrier to brush away an opponent's hand when grasping for the flag.
- J. Wrapping, tying or securing a flag to pants or a belt will result in a 15-yard penalty.
- K. Personal Fouls (or unsportsmanlike conduct) will be assessed a 15-yard penalty.
- L. The foul will be measured from the most severe spot on running plays.
- M. If the foul occurs behind the ball, the penalty will be enforced from the spot of the foul.
- N. On all running plays, fouls by the defense will be penalized from where the run ends.
- O. Offensive Holding, grabbing any player to stop movement to the ball. 15-yard penalty.
- P. On kicks, passes, etc., the penalty will be enforced from the previous spot.
- Q. Fouls by an offensive player behind the line of scrimmage are enforced at the spot of the foul.
- R. Cross body blocks will result in a 15-yard penalty.
- S. If an offensive player with the ball loses his belt without the other team touching it, the defender must touch the offensive player with one hand to down the ball.
- T. Failure by the defense to allow a 1-yard halo over the center will result in a 15-yard penalty.
- U. Only team captains may communicate with game officials. Violation of this rule will result in an unsportsmanlike penalty.
- V. Failing to punt the ball when the team indicates it will do so will result in a 15-yard penalty.
- W. Illegal Forward pass. 15-yard penalty loss of down. From spot of foul. The down is not repeated.
- X. Forward lateral, 5-yard penalty loss of down. From spot of foul.

XIII. UNSPORTSMANLIKE CONDUCT

A. There are three steps to the ejection process:

1. 1st Infraction – 15-yard penalty.
2. 2nd Infraction – 15-yard penalty and ejection from the particular game in which the athlete is participating (out of sight and sound of the game).
3. 3rd Infraction – 15-yard penalty, ejection from the game, ejection from the tournament and immediate evacuation from the premises.
4. **Depending on severity of the infraction the athlete may be ejected from the tournament immediately.**

XIV. EJECTION PROCESS

An athlete may be ejected for any of the following reasons:

- A. Serious misconduct of any kind.
- B. Commission of fraud, such as playing under an assumed name, falsifying information on rosters or giving false information to program and game officials.
- C. Physical violence by any person, involving officials, other participants or spectators proceeding, during or following a game.
- D. The Football Commissioner will conduct a hearing on all ejections. The accused party must appear before the Football Commissioner and may be represented by no more than two representatives of his choice.

XV. PROTESTS

- A. Protests relating to rule interpretations must be made directly to the game officials and the opposing manager at the time of the violation and before play resumes.
- B. An official protest must be submitted to the Commissioner directly following the game and accompanied by a \$10.00 protest fee. The fee will be returned if the protest is upheld. **Judgment calls by the official cannot be protested.**
- C. A decision will be made on the protest before any subsequent tournament games will be allowed to begin. If a game must be replayed as a result of the decision, the Commissioner will notify all related parties.
- D. Eligibility complaints will not be regarded as protests. These complaints may be made at any time to game officials, opposing managers and the Football Committee for investigation and possible suspension, ejection or disqualification of the athlete. Violation of entry rules will result in forfeiture of any games in which the athlete has participated. The athlete is ejected from the tournament, but the team is allowed to compete in the next game if the format of the tournament allows for losing teams to continue playing.
- E. Video tape will not be used in determining the outcome of protests or officials rulings.

XVI. TIE BREAKING PROCEDURES

- A. Overtime coin toss:
 1. The referee will toss a coin in the presence of the two captains.
 2. The visiting team will make the call in the coin toss.
 3. The captain winning the coin toss will have the choice of having the ball offensively or determining the direction of the overtime period.
- B. Tied Games
 1. In the case of a tied game, each team will be given one series of downs in which to score.
 2. Both teams will start at the same 20-yard line.
 3. The teams will move back 10 yards if the score remains tied after the first overtime period.
 4. If a tie remains after two overtimes, teams will repeat step 3 until the tie is broken.
- C. Play for the overtime period will start one minute after the end of the fourth quarter.
- D. A series interrupted by change of possession, intercepted pass or score will be considered a complete series.
- E. No yardage or points will be awarded to the defensive team by a pass interception, recovery of a fumble or a kick. If this occurs, the ball is dead.
- F. Penalties will be interpreted according to the regular rules under which the first four quarters were played.
- G. Any time-outs left at the end of regulation will carry over into the overtime period. Teams will be given one 30-second time-out for the entire overtime period.