

MILTON MENS FLAG RULES
Revised February 2019

Games will be governed by the Canadian Rule Book for Flag Football (7 on 7) available at <http://footballcanada.com/fcofficials/rules/> unless specifically covered in the following rules.

1. Games will consist of four 20-minute quarters. At the 3-minute warning in the second and fourth quarters, five plays will remain. Of these five, a kick-off count as one play, but a convert attempt does not. With the exception of the last play of the five, penalty applications will not result in the addition of another play.
2. Half time will be five minutes.
3. Each team is allowed two 1-minute time outs per game.
4. A regulation team has eight on-field players, but games may start with six on-field players. A team may choose to loan players to the opposing team in order to make a playable game.
5. A team is allowed 15 minutes after the official starting time to field the required number of players (6) for the game. Nevertheless, a delay-of-game penalty of 20 yards will be applied on the opening kick-off against the offending team. The non-offending team will also have the choice both halves.
6. The offensive team has three downs to advance the ball twenty yards in order to maintain possession.
7. The rusher must start from 10 yards away, and must not line up directly in line with the center.
8. The defending team may also cross the line of scrimmage once the ball leaves the hands of the quarterback.
9. **Flags must be conspicuous and must be worn at the sides. All flags must be worn with the pop it connection facing outward to ensure flags are sticking out not into the players body.** Any attempt at hiding a flag, or fastening it in any manner other than the intended method, will incur a 20-yard "Objectionable Conduct" penalty. All jerseys must be tucked into shorts/pants, which must have no pockets, or the opening must be taped shut
10. Play stops where a flag is pulled.
11. If a ball carrier has dropped a flag, play continues, but a one-hand touch by the opposition is sufficient to terminate that play.
12. **Jumping by the ball carrier to avoid a defender getting the flag will be whistled dead. No penalty applied. However should the ball carrier contact the defender in an unsafe manner; unnecessary roughness penalty application will be applied accordingly.**
13. **Spinning by the ball carrier is allowed. (Must have at least one foot on ground)**
14. Guarding a flag in any manner will result in a whistle-stopping the play at the point of infraction, with a 10-yard penalty applied from that point. ***Straight arming an opponent is considered guarding unless deemed unnecessary roughness by official.***
15. A player who falls, or touches the ground with one or both knees, while in possession of the ball, may not get up and continue, unless he is in the act of receiving a punt or kick-off.
16. Once a player has possession of the ball, it may not be intentionally slapped at, or in any other way taken away by a defender. These actions will receive a penalty of 10 yards from the spot of the infraction.

17. In the event that a whistle is accidentally blown before the ball carrier's flag has been pulled, the team in possession shall have the following options:
 - Accept the play outcome as if the inadvertent whistle had not been blown;
 - Return to the line of scrimmage and replay the down.
18. Fumbles are DEAD upon contact with the ground, unless on a punt or kickoff.
19. A snap fumbled by the quarterback is in play to the quarterback only.
20. A snap that goes over the quarterback's head is in play.
21. A legal lateral in the offensive backfield that is fumbled by the halfback is live to the halfback, if first touched by halfback and DEAD if not. If dead the ball will be placed at the spot where it touched the ground.
22. From the opponent's 10-yard line in, the quarterback is not allowed to run with the ball and cross the line of scrimmage. He may lateral to a player who may run, or may lateral and become a pass receiver.
23. There is no onside punts or kick offs or players (including the punter/kicker)
24. Field goals attempts are allowed but require the holder's knee down upon receiving the snap of the ball.
25. When Team B downs the ball in the end zone as a result of a missed field goal or a punt, Team A is awarded 1 point and Team B scrimmages from its own 35-yard line.
26. After Team A's successful field goal, Team B has the option of scrimmaging from its own 35-yard line, or having Team A kick off from A's 45-yard line.
27. If Team B intercepts in its end zone and downs the ball, no point is awarded, and B scrimmages from its own 20-yard line.

Scoring:

- Touchdown 6 points
- Convert (kick) 1 point
- Convert (run/pass) 2 points
- Field goal 3 points
- Safety touch 2 points
- Rouge 1 point

Note: Interceptions on a convert cannot be run back by the defense for points.

Penalties:

1. Pass interference is ruled as: Target area (5 yard radius of intended receiver) by defense- Point of foul-automatic first down. Target area by offense- change of possession
2. Remote area inference (any area in field of play) – Penalty 20 yards from line of scrimmage and repeat the down.
3. Blocking incurs a 20-yard penalty from point of last scrimmage, and loss of down.
4. Running interference will be considered blocking. A pick is legal only if the player creating the pick is stationary.
5. Intentional tackling results in a 20-yard penalty from the spot of the infraction, and an automatic first down.

6. Unnecessary roughness/personal fouls will be a 20-yard penalty. *Contact with the QB throwing arm or above the shoulders during a pass is not permitted.*
7. Fighting incurs automatic ejection of the participants, and a minimum suspension of the following game. Any player determined to be an instigator in a fight is subject to expulsion from the league, if he does it more than once in a season. (League President's decision)
8. Anyone verbally abusing a referee will be ejected from that game, with a 20-yard penalty applied.
9. **Foul language or anti-ethnic remarks will not be tolerated.** Such infractions will incur a penalty of 20 yards and **ejection of the offending player**, at the Referee's discretion. Any disciplinary action after the game will be the decision of the League Convener.
10. In the case of ties in the standings, the following criteria will be applied to determine order:
 - Defaulted games- the team with more defaults loses;
 - Head-to-head record during the regular season;
 - Point differential... points scored minus points allowed, and the team with the greater differential wins;
 - Coin toss

Note: Canadian Flag 7 vs 7 Rule 3.6 will not apply. (Kick off team forward pass on return)

Excerpt from Canadian Flag Rulebook:

The Referee is responsible for the adherence to the rules and regulations by both teams and all officials. The Referee will make the final decision on any on-field situation not covered by the rules and regulations. All officials should strive to maintain a safe environment for the players.

At any time during the game, if a referee feels that continuing to play the game at hand may jeopardize a player's safety, the official may remove that player from the game immediately. An explanation should be included on the game sheet as to the reason why the player was removed. A referee's decision in this matter is final and cannot be challenged by the player affected or his/her teammates. Teams/players wishing to protest an official's decision must do so in writing to the League Executive within 48 hours of the conclusion of the game.

A participant (player or official), suffering from a wound or laceration, where oozing or bleeding occurs, must leave the playing field until appropriate medical treatment is administered. The participant may return to the playing field only after the bleeding has stopped and the affected area or the open wound has been completely and securely covered. The referee must approve the participant's return to the playing field.

If a player or official has any part of his/her uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. "Saturated" being defined as the amount of blood being sufficient to soak through the garment and onto the skin or such that the blood would easily be transferred to another participant.