

Special Olympics Ohio Flag Football Rules



State Tournament Date:

November 10, 2018 at 510 Elm Street London, OH 43140

Number of Players:

7 Players start the game. 5 players are needed to avoid a forfeit. Maximum roster of 15 players.

Flag Belt:

Each player must wear a flag belt with 3 flags permanently attached, one flag on each side and one flag in the back. Clothing cannot cover the flag belt or flags. Legal flag belts will be available at the fields.

Player Equipment:

Players must wear a mouthpiece or guard. Cleats are allowed, but must be made of rubber.

Pants or shorts with belt loops, pockets or exposed drawstrings are not be permitted.

Hooded shirts or sweatshirts are not allowed. Headwear must be made of soft material (no billed hats). All jewelry must be removed prior to play. All leg, ankle or knee braces made of hard unyielding material must be covered.

Coin Toss:

The coin toss will be called by the visiting team. The Referee will ask the team winning the coin toss if they wish to defer or choose now. Their choices are offense, defense or goal to defend. The other team then chooses their choice of the remaining options.

Length of Game, Timing & Time-Outs:

Playing time shall be 40 minutes and consist of two 20 minute halves. Halftime shall be no longer than 10 minutes. A running clock will be used for the first 18 minutes of each half, except that the clock will be stopped for Charged Team Time-outs & Referee's Time-outs for unusual delays such as injuries. The officials will communicate a 2-minute warning and the clock will start on the snap. During the last 2 minutes of each half the clock will stop per NFHS Timing Rules. This includes incomplete passes; runner steps out of bounds; scoring plays; charged team time-outs; and first downs. When the clock is stopped for a first down it will start with the ready for play if the runner's flag was pulled inbounds. The clock does not run on the Try. Each team has two 60 second timeouts per half.

Overtime:

If the game is tied at the end of regulation, teams will have 3 minutes' intermission. The visiting team will call the coin toss. The winner of the coin toss will choose offense, defense, or goal to defend. Both teams will have 4 downs to score and convert a Try. If additional overtime periods are needed, teams shall then alternate possessions per OT until a winner is determined.

Special Olympics Ohio

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Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities

Field Dimensions:

Length- It will be 80 yards long with two 60 yard zones & two 10-yard end zones. Note: The length of each zone can be shortened equally based upon the facility site. The end zones must be 10 yards.



Width- It should be at least 30 yards.

Scoring:

Touchdown = 6 points; Try = 1 point if successful from the 5-yard line; Try = 2 points if successful from the 10-yard line; Safety = 2 points

General Rules:

SOOH Flag Football uses the basic fundamentals of football with the following modifications:

1. There are no kick-offs. All possessions, except following an interception, start at the offensive team's 5-yard line. The offense has four (4) plays to reach midfield. Once the offensive team crosses midfield, they have four (4) additional plays to score a touchdown.
2. Punts: The offensive team must declare that "they want to punt". There are no quick kicks. The kicking team can change their mind if a foul is called or they take a charged team time-out. The Referee will announce it. Neither team can cross their line of scrimmage until the ball is punted. If either team crosses their line of scrimmage before the ball is punted an encroachment foul will be called. The offensive team cannot move until after the punter kicks the ball.
3. The ball will be whistled dead when the flag belt falls off the ball carrier. The ball will be placed where the flag belt fell off the offensive player.
4. Snaps are dead when they hit the ground and belong to the offensive team.
5. Fumbles are dead when they hit the ground and belong to the fumbling team.
6. Punts & Interceptions may be advanced.
7. The offense has 30 seconds to snap the ball once the Referee marks it ready for play.
8. Passer must throw his/her forward pass from behind the line of scrimmages. Only one forward pass may be thrown per down.
9. A ball carrier cannot spin, dive, hurdle, stiff arm, or use either arm to shield a defender from grasping his/her flag. When the ball carrier's flag belt is "pulled" the ball is dead. The ball is dead when the ball carrier touches the ground with any part of his/her body other than foot or hand.
10. All players are eligible receivers. They must have one foot inbounds for a legal catch.
11. Quarterbacks can only run when flushed from their pocket by a rusher.
12. All defensive players may rush once the ball has been handed off.
13. Defenses can rush 1 player per down. They must be 7 yards off their line of scrimmage when the ball is snapped.
14. Defensive players may not grab, hold or obstruct the forward progress of a ball carrier.
15. Offense may have only one player in motion at the snap and that player cannot be moving toward the line of scrimmage when the ball is snapped.
16. Games cannot end on any accepted live ball foul except for a loss of down penalty.
17. Only the team captain may ask the Referee questions about rule clarifications/interpretations.
18. Two unsportsmanlike penalties on the same player is in game ejection. He/she will not be eligible to play in the team's next game. The Tournament Committee can decide upon further penalties based upon the players' action and/or behavior.

Sportsmanship:



Flag Football is a game where players have a lot of fun. Players, coaches and fans need to maintain this atmosphere by showing good sportsmanship and supportive behavior. Please keep in mind officials will not tolerate foul attitudes and will be monitoring the field at their own discretion. The following offenses will be considered UNSPORTSMANLIKE and subject to penalty and possible ejection:

- Trash talking, Taunting, and/or Foul Language
- Spitting
- Spiking the football
- Complaining to an official

Fouls and Penalties Summary:

Loss of 5 yards	Loss of 10 yards
<ul style="list-style-type: none">• Delay of Game• Encroachment• False start• Failure to Wear Proper Player Equipment• Illegal Forward Pass (Loss of Down by Offense)• Illegal Motion• Illegal Shift• Illegal Substitution• Intentional Grounding (Loss of Down)• Quick Kick• Snap Infraction	<ul style="list-style-type: none">• Ball Carrier Charging into an Opponent, Diving, or Hurdling• Flag Guarding• Fighting (Disqualification)• Illegal Contact• Illegal Participation• Illegal Pass Rush• Holding• Pass interference• Personal Foul• Roughing the Passer• Stiff Arm• Strip or Attempt to Strip the Ball from the Ball Carrier• Tackle the Runner• Unsportsmanlike conduct
<p><i>All 5 Yard Penalties Inside the 10 Yard Line will be marked half the distance to the goal.</i></p>	<p><i>All 10 Yard Penalties Inside the 20 Yard Line will be marked half the distance to the goal.</i></p>