

High Desert Fitness Challenge 2011
Corporate Challenge

Men's Flag Football

Event Coordinator: Lou Delvalle
Venue: Sunset Ridge Park

PARTICIPANTS:

Teams play with six (6) players on the field. Each team will have a maximum of twelve (12) players on the roster. Teams must report to the site a minimum of 15 minutes before their scheduled check in time. Max of 3 spouses permitted.

CAPTAIN

Each team will have 1 designated captain. The team captain will have the ability to communicate with the referee. No other player on the roster will be able to make any decision or communicate with the officials.

GENERAL OVERVIEW

High Desert Fitness Challenge - Corporate Challenge flag football is designed to bring individuals and teams together in a solid team building environment. The rules set forth in this document are designed to increase a team's level of enjoyment and safety within the event. At all times these rules are to be adhered to and shall govern all players, coaches, trainers and person in the team area.

FIELD

40 x 40 yards

EQUIPMENT

- Jerseys will not be provided by the HDFC. Please coordinate team shirt colors.
- Triple threat flag LES belt is the only acceptable flag belt. (Provided)
- Footballs will be provided by the HDFC
- No metal cleats allowed
- No hard football pads may be worn
- All hats must be worn backwards
- Mouthpieces are suggested

COIN TOSS

The team winning the coin toss can:

- 1 Receive or
- 2 Defend

Start of the Game

Teams will start at the first 5-yard line.

EXTRA POINT

1 point attempt: 5 yards

2 point attempt: 7 yards

Intercepted point attempts can be returned for points equal to attempted amount

GAME CLOCK

Each game will consist of two twenty minutes halves with running clock.

PLAY CLOCK

When the ball is placed on the line of scrimmage the official will call out the down and blow the whistle.

OVERTIME

Each team will have equal opportunity to score from 20 yards. The team winning the overtime coin toss will elect to go first or second.

TIME OUT

Each team will receive two time outs per half. (IF IN OVERTIME – 1 TIME OUT ALLOWED FOR EACH TEAM)

LINE OF SCRIMMAGE

Once the center has handled the ball no offensive movements or substitution are allowed.

MOTION

Only one player allowed in motion at the time of the snap.

ELIGIBLE RECEIVER

All players are eligible to receive

LEGAL RECEPTIONS

The receiver must have one foot in bounds for a legal reception. If a player steps out of bounds on his own he cannot re-enter play

FIRST DOWN

Offense has four downs to obtain a first down at the 50 yard line.

CHARGING

It is the offense's responsibility to avoid a defender having position to de-flag the runner. Penalty for charging: 5 yards and loss of down

NO BLOCKING – (10 yards and loss of down)**FUMBLE**

All fumbles or muffed snaps are dead at the spot of the foul

FLAG FALLS OFF INADVERTANTLY

When the flag falls off of the player in possession of the ball on hand touch from the shoulders to the knees will apply.

FLAG GUARDING

Illegal use of hands or arms to protect flag from deflagging will result in 5 yard penalty and loss of down.

FORWARD PASS

One forward pass per down

DIVING

Offense – Diving to advance the ball is legal

Offense – Diving to catch the ball is legal

Defense – Diving to de flag the offensive player is legal

KNEE DOWN

Once a player's knee or any other part of the offensive body other than the hand and/or foot touches the ground the play is considered dead.

PASS INTERFERENCE

Pass Interference is defined as an act that significantly hinders a player's (either an eligible offensive receiver or a defender) ability to attempt to reach a catchable forward pass.

Offensive Pass Interference: 10 yards from previous spot and loss of down

Defensive Pass Interference: 10 yard penalty from previous spot and automatic first down

INADVERTANT WHISTLE

The team in possession of the ball has the option of replaying the down or yardage gained at the time of the inadvertent whistle.

UNSPORTSMANLIKE CONDUCT

Zero tolerance for unsportsmanlike conduct including rough play. Warnings and penalties will be as follows:

1. Out for one possession
2. Out for game

REFEREES

Referees will be provided by High Desert Fitness Challenge.

PROTESTS

There are no protests to a play. The referee's judgment is final. There will be a complaint book with form. All complaint/recommendations are welcome and will be reviewed at the end of each season and ruled upon. All changes/additions to rules will take affect the following season.

These policies are designed to make the tournament run as smoothly and safely as possible, and provide continuity for its participants. Each player in the league is responsible for this information: please advise your team of these rules and thanks for playing.

AWARDS: Medals will be awarded the (1st) gold, (2nd) silver and (3rd) bronze medals.

FORFEITS:

- A forfeit will be declared if a team arrives more than 10 minutes after the event start time without notification

OVERALL TEAM POINT ASSIGNMENT

❖ First Place	10 Points
❖ Second Place	8 Points
❖ Third Place	6 Points
❖ Fourth Place	3 Points