

Classic City Center – Crush Flag Football Rules

Gameplay Rules:

- Each game will feature two 15 minute halves (running clock) with a 2 minute halftime. Teams will be allowed 5 minutes for warm up and getting belts on.
- No cleats allowed!
- Each team will get one (2min) time out per half.
- Each team will have seven players on the field. Twelve total on the team.
- All drives will start at the ten yard line, unless coming off a turnover. First down will be at midfield and the opposing ten yard line. Once inside the ten, offensive team cannot run the football unless quarterback is blitzed.
- Each touchdown will be worth six (6) points. Teams will have the option to go for a one point conversion (5 yards out) or a two point conversion (10 yards out).
- NO running plays on a conversion, unless the quarterback is blitzed.
- **FIGHTING WILL NOT BE TOLERATED!!!** Any player kicked out of a game, THEIR team is assessed a \$50 team fine. Must be paid before the next game. Or the team does not play. Any further incidents are increased by \$50 to that team. Then ejection from the league. All determined by the CCC.
- All Flags and belts are supplied by the CCC.
- Game Balls supplied by the CCC. No others allowed for games. Teams may bring their own for warm ups.
- Teams are required to wear the same color shirts. Numbers on back preferred. When two teams wear the same/similar color of shirts. The team under the visitor side of the score board will wear pennies.
- Coin flip to determine who gets the ball first. Coin flip winner may defer.
- First downs are achieved by getting to the yellow lines in 3 plays. Mid-field and opponents. Each team will begin on their yellow line. Unless there is a turnover. IE: downs or interception.
- **5 penalty rule-** if during a half a team receives five (5) penalties of the flagrant 10 yard type. Their opponent will get the ball on the penalized team 7 yard line, with a full set of downs. No matter prior field location. Unless more advantageous to the team. Referees decision.
- Walls cannot be used for advantage during play by either team. IE: offensive runner cannot intentionally use the wall, sliding down, to evade defensive player. Defensive player cannot use the wall as an additional defender to hinder the runner.
- **ALL REFEREE DECISIONS ARE FINAL!!**

Pre-Snap Procedures:

- All receivers must be set at the snap- one player may go in motion side to side. But we will not allow "arena league" running starts.
- Quarterbacks must be snapped the ball. The ball can be tossed from the side or actually snapped under center. The QB cannot run unless blitzed.

- The center can run routes and catch passes after snapping the ball.
- The defense can blitz, but they must start two yards off the line. Any player not lined up on the two yard blitz line cannot blitz. Blitzing players must make a "football move" when going towards an offensive blocker...NO bull rushing!
- Offensive Blockers must keep arms extended and cannot "PUSH" the defender. They can guide defenders away from the QB. Pushing or other attempts block the defenders to the ground will be penalized.
- Three players may blitz at one time. But must be set at the two yard line off the line of scrimmage before the snap.

In-Play Procedures:

- Loss of flag or belt without having it pulled by a defender, he will be down after one hand touch.
- Placement of the football after a play is determined where the flag is pulled by the defender. Defender needs to drop the flag immediately where it occurred. Referees have the final undisputed say as to ball placement. A delay of game penalty can be assessed.
- Any pass that hits the wall or the building substructure is an incomplete pass.
- Interceptions are live and can be returned.
- Fumbles are dead at the spot of the fumble. Defensive players may not attempt to strip the ball. Any attempt is a personal foul penalty.
- Corners may redirect a player with extended arms. Like a lineman, they may not drive the opponent. NO contact after five yards by either player.
- **Five yard penalties:** False start, Off-sides, Delay of Game, Illegal motion, Illegal Blitz...keeps down unless it goes past first down marker.
- **Ten yard penalties:** Holding, Bull Rushing, Illegal Block, Flag Guarding, Illegal belt or flag tying. Pass Interference, Personal Foul (Excessive Taunting, Cursing, Intentionally Pushing a person into the walls or ground, ANY Un-Sportsman like Conduct)