



**Coaches Tournament  
Guidelines & Rules Training**

# Tournament Details



- All teams must wear matching color shirts/jerseys
- Gates will open at 7:30am
- All teams will play a minimum of 3 pool play games
- (Note: If your division only has 2 teams you will play a best of 3 Series. If your division has 3 teams, you will play each team once and then the top two teams will move onto a Championship Game. If there is an odd division of 5 teams or higher, one randomly selected team will play a 4th pool play game, and yes, the game will count)
- All teams in each division will move onto single elimination
- All schedules are on the Zorts app
- Spectators will not be permitted on any of the playing field and must be outside the spectator boundary line

# Coaches



- Coaches are expected to adhere to O.F.F. policies, coaching guidelines and coaches code of conduct. You are responsible for your players and spectators.
- Only 2 Coaches per Team are allowed on the sidelines with the players. No filming of any kind is permitted inside the designated playing area. All team filming, photographers', managers, position coaches, team mom's, etc. **MUST** remain in the designated fan area. **NO EXCEPTIONS**
- All spectators for your Team **MUST** observe play from the designated areas
- Inappropriate, rude or confrontational behavior by a Coach or parents) may lead to a team's disqualification from the Tournament at the sole discretion of O.F.F..
- Misconduct by any individual may lead to removal from the premises at the sole discretion of Oceanside Flag Football.

## EQUIPMENT CHECK EVERY GAME **NO EXCEPTIONS**

- **Both teams must be checked prior to scheduled game time at the discretion of white hat on each field each game. white hat may conduct check earlier with permission from both coaches for that game. it is the coaches responsibility to have team at field on time**
- **Teams are to be ready for play at the designated game time and report to designated field in time for the equipment check**
- **If players are not ready for play due to equipment or uniform issues at game time that teams time outs will be taken equal to time delayed up to **all** for that game. teams may start with 4**
- **Forfeits will be recorded 5 minutes past game time unless team is playing on another field**

# Equipment



## FLAG BELT

Teams are allowed to wear their own flag belts. Shrooms are NOT ALLOWED.

The suction cup must face down and away from the body (as pictured to the right)

## MOUTHPIECE

All players on field must be wearing a mouthpiece

## APPAREL

Jerseys must be tucked in while on playing field

Wrist coaches are to be worn on player's arm only (Belt and flags only on the waist)

## HEAD GEAR

Soft shell helmets, loops, goggles and sunglasses are permitted.

**ALL PLAYERS MUST HAVE THEM SECURED TO PLAY**



# Coaches Challenge

- Coach must have and use a time out. Challenge must be made before the ball becomes live on the play following the play to be reviewed.
- Challenge **MUST** be a misapplication of a rule, **NOT** a judgement call.
- Officials lead will be called to the field. Coach will convey what specific rule application was not applied properly.
- Officials lead will then have a conference with all officials assigned to that field
- Once decision is made, officials lead will communicate outcome to both coaches.
- **Note:** All Officials must agree to change any call on the field
- If coach is found to be correct, they retain their time out. If incorrect, they lose their time out. In both instances, once the ball is signaled ready for play the game clock will start at the snap.



# Timing



- Games: 24 minutes running clock (12 minutes each half)
- Halftime: 1 minute long
- Each time ball is spotted, team has 25 seconds to snap the ball (Official must verbally count from 10-0 )
- Each team has (3) three 30-second timeouts per game
- Officials may stop the clock at their discretion
- In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play

# Scoring



Touchdown: 6 points

Extra point: 1 point from the 5 yard line / 2 points from the 10 yard line

Safety: 2 points

Interceptions Returned during regulation: 6 Points

Interceptions Returned for Conversions & Overtime: 2 Points

Overtime: Final score **Coaches are responsible for verifying score before leaving the field. Score is final once entered by the Tournament Director in the Tournament App**

Games are played to 24 minutes unless one team has at least a 28 point margin, the Game is over



# Game Rules



- Team captains will meet at mid-field for the coin toss (Visiting Team calls toss)
- Winner of the coin toss has choice of offense or defense (No option to defer )
- Loser of toss chooses end zone it will defend (Teams will change end zones to start the 2nd half)
- Possession to start the 2nd half goes to the Team that started the game on defense
- Offensive team starts possession on its 5 yard line
- Offense has up to 4 downs to cross midfield. Normal 'Ready for Play' mechanics are to be used. (Teams MUST declare 4th down intent when asked by the Official, "PUNT or PLAY". If **no** response, declaration defaults to PLAY. Timeout may be used prior to the expiration of the play clock to **change** declaration of PLAY only. If "PUNT" ball is moved to the oppositions 5-yard line and possession starts from there
- If unsuccessful on 4th down opposing team takes over at spot / Punt opposing team takes over at its 5 yard line
- Once Team crosses midfield it has 3 plays to score a touchdown
- All possession changes except failed 4th down conversions or interceptions start on the offenses 5 yard line

# Game Management



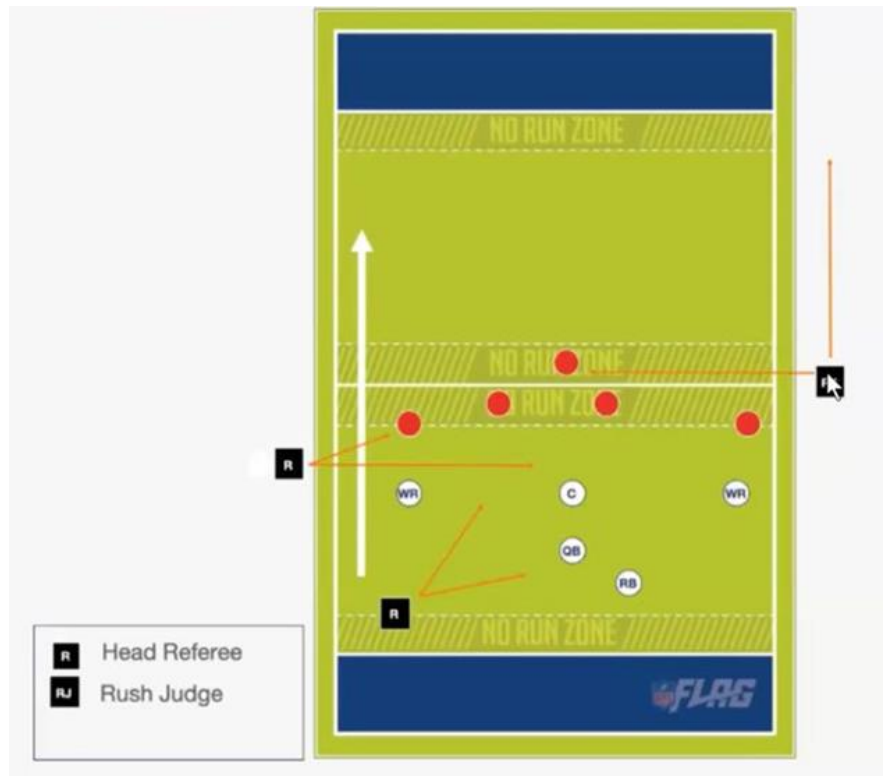
Communication is both visual and verbal between officials, coaches and players

**Pre-Game:**  
Expectations, who is the lead voice on penalties, conversions, timeouts, challenges

**In-Game:**  
Officials must focus on the Game

**Post-Game:**  
Share additional questions or concerns if time allows

# Crew of 3: Pre-Snap Positions



- Coaches are not permitted on the field unless to attend to an injured player.
- Coaches and players box is between the 5-yard lines.
- No one is permitted inside the 5-yard line
- Please allow Officials the ability to move up and down the boundary without obstruction
- Please keep the sideline area clear of trash

# Passing



- All passes must be forward and must be received beyond the line of scrimmage (LOS)
- Only one (1) forward pass per play
- The QB must release the ball with one (1) hand intentionally transferring the ball to the receiver
- Absolutely NO laterals, pitches or screen passes of any kind are allowed behind or beyond the LOS
- Shovel passes are allowed if received beyond LOS and are underhanded, backhanded or pushed forward
- Ball must be 'out of hand' prior to any part of the QB breaching the LOS
- Interceptions may be returned. (Defense awarded 6 points if returned for score during regulation)
- This also includes conversions and overtime (Defense awarded 2 points if returned for score)

# Passing



- The Quarterback has 7 seconds to throw the ball.
- If a pass is not thrown within 7 seconds, play is whistled dead and it's a loss of down. It is treated like an incomplete pass.
- The Referee will be verbally counting out the 7 seconds for the QB.
- Once there is a legal hand-off (**must be direct and total loss of possession between players**) executed in the backfield, the 7 second pass clock is eliminated and any defender, regardless of alignment, may now cross the LOS legally and press the ball.
- ANY offensive player after taking a direct handoff behind the LOS is eligible to run or pass
- If the QB throws and then catches the ball either after it being tipped or not, the play is dead. It is treated like an incomplete pass
- If the QB's flag is pulled before the ball leaves his or her hand, the play is ruled dead and the ball will be spotted where that took place per the rules of play.
- If the QB leaves the ground to pass the ball the play shall continue without Dead Ball enforcement. However if, in the Officials judgement, they did so to avoid a defender attempting to pull his/her flag it is Flag Guarding with live ball enforcement

# Receiving



- All players are eligible to receive a pass (including the QB if the ball has been handed off behind the LOS)
- QB can receive a snap, hand off to another player, then receive the ball back to run or pass
- Only one (1) player is allowed in motion at a time and must be at least 1 yard behind the LOS. Teams may shift formations but must be set for count of 1 prior to snap
- A player must have at least one foot or body part other than the hand inbounds contacting the ground first with possession for pass to be complete
- A player, while in the air attempting to catch a pass, may tip/bat the ball forward as long as they have not contacted the ground yet





# Receiving/Running

- Once the ball is advanced beyond the LOS, the current ball carrier is the only player allowed to have possession of the ball until the play is dead.
- Once the ball is advanced beyond the LOS, the remaining offensive players may not impede the defense from attempting to pull the ball carrier's flag.
- Offensive players in **close proximity** of the ball carrier must freeze once the ball advances beyond the LOS.
- No screening, blocking or running next to the ball-carrier is permitted by rule.
- Spinning, jump cuts, the QB's passing progression and jumping to avoid a player on the ground is permitted.
- If ball-carrier leaves their feet other than spinning, jump cuts, the QB's passing progression or to avoid a player down on the field, the play is dead, and the ball will be marked per the rules of play.

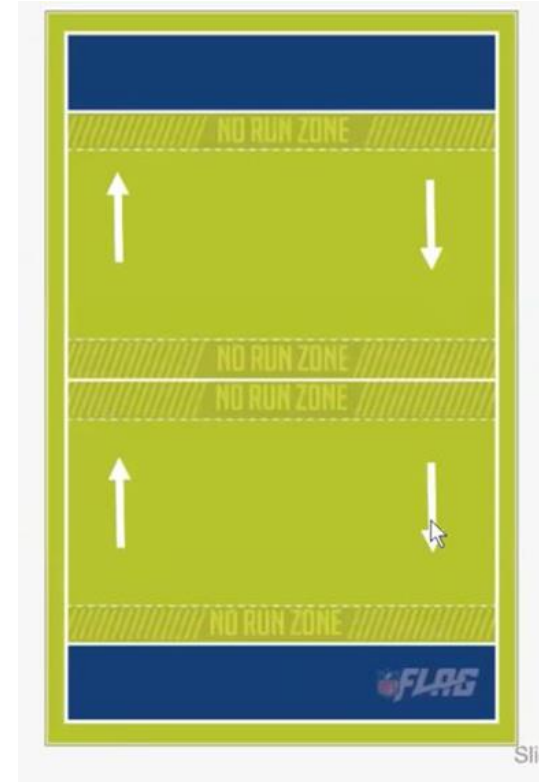
# Running



- The ball must be snapped between the legs to start the play
- The QB may not run beyond the LOS (QB may receive the snap, handoff to another player and receive the ball back to run)
- Only direct handoffs behind the LOS are permitted, multiple handoffs are permitted ('Legal handoff' is total loss of possession directly from 1 offensive player to another)
- Player who receives the handoff may throw the ball as long as he or she remains behind the LOS before the ball is out of hand
- By rule, the ball will be spotted where **BALL** is when flag is pulled
- Special note: 'Center Sneak' play is not allowed
- By rule, the center is not permitted to be the 1st offensive player to receive a direct handoff from the QB behind the LOS

# No Run Zone

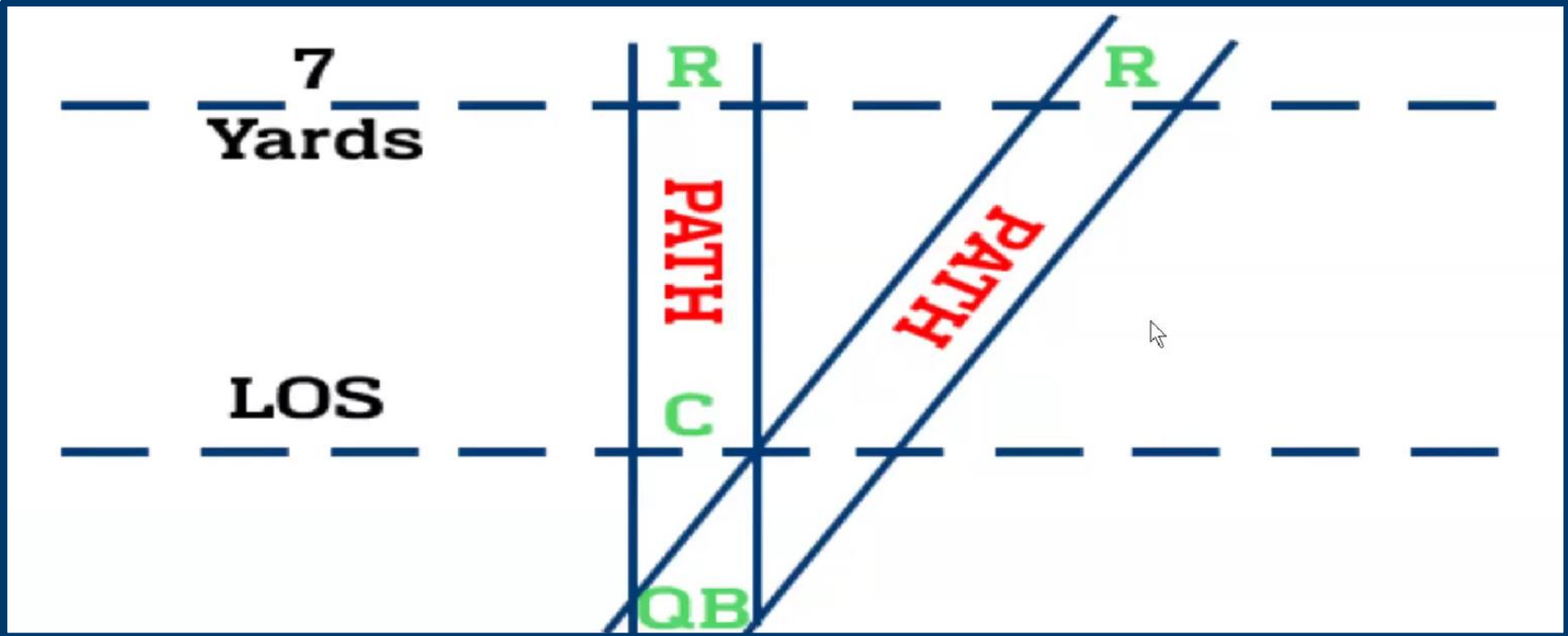
- "No Run Zones" are located 5 yards before midfield and 5 yards before the goal line in each offensive direction
- Offensive teams approach 2 "No Run" Zones each possession
- If the ball is spotted on or in the "No Run" Zone the offense MUST use a pass play to advance the ball or score
- Teams may execute handoffs but may not breach the LOS running the football



# Rushing the Passer

- **8U Division: Is now eligible to rush the passer from 7-yards at the snap**
- Before each play, an official will mark off 7 yards from the LOS.
- The rusher/s must be lined up behind the referee's 7-yard mark when the ball is snapped
- If a rusher leaves the rush line early (breaks the 7-yard area, the rusher may NOT return to the rush line, reset and legally rush the passer
- Any interference by the offense to impede his or her path will be considered impeding
- Players not rushing the passer may defend on the line of scrimmage but may not enter the backfield unless the ball is handed off
- Players rushing the passer may attempt to block the pass, however NO contact can be made with the QB in any way, unless ruled incidental by the officials
- If offensive player or players hold their position post-snap until rusher makes the line of scrimmage, rusher must go around player/s to QB
- PATH is set pre-snap from rusher or rushers directly to the QB (Rusher has right of way)
- PATH does not move once QB rolls out of stance

# Impeding the Rusher Path



# Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball
- Defenders may not pull flags off a player that does not have possession of the ball
- Defenders may dive to pull a ball carriers flag but may not tackle, hold or run through the ball carrier to pull their flags
- It is illegal to strip or pull the ball from the ball carrier
- Rough play will not be tolerated. All players must give free releases off the line of scrimmage. 1 warning will be given, unsportsmanlike penalty after that
- ❖ **2 Unsportsmanlike penalties on player or coach is disqualification**





# Live Ball / Dead Ball

- Substitutions may be made on any dead ball. You must always substitute and exit the field of play from the same side of the field
- A team must have a minimum of four (4) players but no more than five (5) on the field at a time
- **The play is ruled "dead" when:**
  - Ball-carrier's flag is pulled
  - Ball-carrier steps of out bounds
  - Incomplete pass
  - Ball hits the ground
  - Touchdown, PAT or safety is scored
  - Ball-carrier's knee or arm touches the ground
    - Hand may be used to keep balance from falling
  - Ball-carrier's flag falls out (ball is spotted where the flag is on the ground)
  - Any player who has one (1) or no flags when receiving the ball (ball is spotted where the player took possession of the ball)
  - Ball-carrier leaves their feet other than spinning, jump cuts, the QB's passing progression or to avoid downed player on the field of play



# Rules of Note

- There are NO fumbles! Ball will be spotted where the ball carrier loses possession of the ball per rules of play regardless of whether it hits the ground
- Center/QB exchange without possession: 1) QB muffed snap 2) Ball contacting ground
- In case of inadvertent whistle, the offense has 2 options:
- Possession at spot of ball when the whistle blew
- Replay the down from the original LOS
- If inadvertent whistle occurs on the last play of the half or the game, the offense will be given both options with 1 untimed down

**Note:** All age divisions are permitted to huddle on the sideline with their coach as long as only 5 players and 1 coach are in that huddle. Coaches are NOT permitted on the field except for injury or inside the 5-yard line

# Overtime



- A coin flip will determine the team that chooses to be on offense or defense first. Home Team calls the toss.

**\* There are no timeouts. Coaches have 1 challenge Rule issue only**

- Each team will take turns getting 1 play from the 5-yard line for (1) point or from the 10-yard line for (2) points in the 1st Overtime period

By rule:

1st OT: Teams will have option to go for (1) or (2)

2na OT: Teams must go for (2)

3rd OT: Teams will have 1 play from own 5-Yard Line (Most Yards Wins the Game) (1)

- **Interceptions are returnable and worth (2) points for score**
  1. If returned for score in 1st or 2nd Overtime the Game is over
  2. If advanced in 3rd Overtime the Game is over
- **Special Note:** Both teams must have a possession

# Penalties



- The referee will call all penalties
- Referees determine incidental contact that may result from normal run of play
- This is considered a judgment call
- Players or coaches may not question judgment calls
- Only the team captain or the head coach may ask the referee questions about rule clarification and rule interpretations
- All penalties will be assessed from the line of scrimmage, except for SPOT FOULS
- Games or the half may not end on a defensive penalty unless the offense declines
- If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal
- Loss of down means that down is consumed Any loss of down on third/fourth down results in a turnover on downs and the other team taking possession ( Conversions and overtime possessions are included)
- Penalties are assessed live ball dead ball. Live ball penalties must be assessed before play is considered complete

# Defensive Spot Fouls



<b>Defensive Pass Interference</b>	<b>Automatic First Down</b>
<b>Holding</b>	<b>+ 5 Yards &amp; Automatic First Down</b>
<b>Stripping</b>	<b>+ 5 Yards &amp; Automatic First Down</b>
<b>Defensive unnecessary roughness</b>	<b>+ 10 Yards &amp; Automatic First Down</b>

# Offensive Spot Fouls



<b>Screening, blocking, or running with the ball carrier</b>	<b>- 5 Yards &amp; Loss of Down</b>
<b>Charging</b>	<b>- 5 Yards &amp; Loss Down</b>
<b>Flag guarding</b>	<b>- 5 Yards &amp; Loss Down</b>
<b>Offensive unnecessary roughness</b>	<b>- 10 Yards &amp; Loss Down</b>



# Defensive Penalties



<b>Defensive unnecessary roughness</b>	<b>+ 10 Yards &amp; Automatic First Down</b>
<b>Defensive unsportsmanlike conduct</b>	<b>+ 10 Yards &amp; Automatic First Down</b>
<b>Offside / illegal substitution</b>	<b>+ 5 Yards from LOS &amp; Automatic First Down</b>
<b>Illegal rush (Starting rush from inside 7-yard marker)</b>	<b>+ 5 Yards from LOS &amp; Automatic First Down</b>
<b>Illegal flag pull (Before the receiver has the ball)</b>	<b>+ 5 Yards from LOS &amp; Automatic First Down</b>
<b>Roughing the passer</b>	<b>+ 5 Yards from LOS &amp; Automatic First Down</b>
<b>Taunting</b>	<b>+ 5 Yards from LOS &amp; Automatic First Down</b>

LOS: Line Of Scrimmage



# Offensive penalties

<b>Offensive unnecessary roughness</b>	<b>- 10 Yards &amp; Loss Of Down</b>
<b>Offensive unsportsmanlike conduct</b>	<b>- 10 Yards &amp; Loss Of Down</b>
<b>Offside / false start / illegal substitution</b>	<b>- 5 Yards from LOS &amp; Loss Of Down</b>
<b>Illegal forward pass</b> (Any pass received or lands behind the LOS or throwing a pass after crossing the line of scrimmage)	<b>- 5 Yards from LOS &amp; Loss Of Down</b>
<b>Offensive pass interference</b>	<b>- 5 Yards from LOS &amp; Loss Of Down</b>
<b>Illegal motion</b> (More than one person moving)	<b>- 5 Yards from LOS &amp; Loss Of Down</b>
<b>Delay of game</b>	<b>- 5 Yards from LOS &amp; Loss Of Down</b>
<b>Impeding the rusher</b>	<b>- 5 Yards from LOS &amp; Loss Of Down</b>
<b>Illegal Procedure</b>	<b>- 5 Yards from LOS &amp; Loss Of Down</b>

LOS: Line Of Scrimmage

# Inside Look at most Frequent Penalties

- Impeding the rusher
- False Start
- Delay of Game
- Flag Guarding
- Contact to the QB
- Illegal Forward Pass
- Defensive Holding
- Blocking/Screening

