



Scrim Division Rule Book

August, 2019

SCRIM is a fast-moving, contact game designed as an introduction to flag football. These rules supersede those rules set forth in the Junior / Senior Division Rule Book

Field: 40 yards long x 30 yards wide with two 5-yard end zones
Mid-field is the 20yd line.

Field Preparation: The HOME team of the first game of the day, as noted on the official schedule, shall be responsible for the set-up of the field. This shall include placement of end zone markers, yard markers, 1st down marker, trash cans and lining the field. Failure to do so will result in a **5-yard penalty**. If they are the kicking team, the ball will be placed at the 5-yard line for the kick-off. If they are the receiving team, the ball will be placed at the 15-yard line for the kick-off. The same penalty will be repeated at the start of the 2nd half.

At the end of every game, each team shall be responsible for picking up trash on their sideline. The **HOME** team as noted on the official schedule for the last game of the day shall also be responsible for returning all field equipment to the CYFFA trailer. Failure to do so will result in the **5-yard Field Preparation penalty** assessed at the next game.

Coaches, players, and spectators are permitted along the sidelines as long as they retain decorum and do not yell at players to disrupt play. There is a “**restricted zone**” on the sidelines from the goal line to the 5 yard line

where only the officiating crew or Board members are allowed to stand during play.

Time: Two 30-minute halves with a 10-minute half-time intermission. A running clock is kept except during time outs, conferences, in jury time-out **and the last TWO minutes of each half**. The clock will stop as set forth in the rules for the Upper Divisions. Each team is permitted 3 time outs per half and 2 conferences per game.

If the game is tied at the end of regulation time, there shall be a maximum of a one-possession/team “shoot-out”. Rules will follow those rules set forth in the Upper Divisions except for the following:

- 1) Ball will be placed at the 10-yard line
- 2) Each offensive possession will consist of 4 plays to score, barring any penalties.

Offensive Set: Five players must be on the line of scrimmage and 3 in the backfield at the time of the snap. In the case where teams play with 7 players, 4 players must be on the line of scrimmage and 3 in the backfield at the time of the snap. In the case where teams play with 6 players, 3 must be on the line of scrimmage and 3 in the backfield at the time of the snap.

All players are eligible to receive and carry the ball. The 3 and 4-point stances are prohibited on either side of the line of scrimmage. Once the quarterback says, “Set”, all offensive players must remain in their set position.

The quarterback takes the snap from center and retreats immediately to the GO LINE, marked by a beanbag, 5 feet behind the line of scrimmage. The referee will blow the whistle to indicate the start of play when the quarterback reaches the Go Line. No offensive player may move, and no defensive player may penetrate beyond the line of scrimmage until the referee blows the whistle. The quarterback must then hand-off, pitch or pass the ball to another player before penetrating back across the Go Line.

Upon a snap, if the ball is dropped during the exchange of the ball between Center and Quarterback, the Quarterback may pick-up the ball without penalty; i.e. until the Quarterback has **full** possession of the ball and is not to the GO LINE, the ball is **not** dead if dropped. However, if the Quarterback **has full** possession of the ball and drops the ball or trips and falls before reaching the GO LINE, the ball is considered dead at the point where the Ball touches the ground or the Quarterback’s knee hits the ground in the case of the Quarterback falling (tripping).

After the ball has been given its initial forward movement, it may be passed laterally or backwards without limitation. The ball may be given one additional forward movement, pass or pitch, during the play of each

down, any place on the field. The rule where the ball can be forward passed anywhere on the field does not apply for kickoffs or punts. Forward passes are not allowed by the receiving team on kickoffs or punt plays. The penalty is stoppage of play and the ball will be spotted where the forward pass was attempted.

- Down Ends:**
- 1) a defender pulls the flag from the player with the ball
 - 2) the ball is dropped and becomes dead at the spot it hits the ground
 - 3) an illegal forward pass occurs, in which case the ball is dead at the spot where the pass was made
 - 4) the player with the ball runs out of bounds
 - 5) an incomplete pass, in which case the ball is returned to the original line of scrimmage

Interceptions: When a ball is intercepted by a defender, the defense becomes the offense on the play. The ball may be passed forward one time or laterally and backwards without limitations.

Stripping the Ball: Intentionally stripping or grabbing the ball from an offensive player is illegal and penalized by an *unsportsmanlike conduct* penalty.

Downs: Each team has 4 downs to reach the 20-yard line (mid-field). Once the ball crosses mid-field, the offensive team receives a first down and has 4 more downs to cross the goal line. The offensive team may earn only one first down per offensive series. If the offensive team reaches the 20-yard line, receives a first down and then on a subsequent play loses yardage behind the 20-yard line, the team may not earn another first down when it crosses mid-field again.

Touchdown: 6 points are awarded once the player's flag has broken the plane of the goal line.

Extra Point: After a touchdown, an extra point try is made from the 2-yard line. 1 point is awarded if the player's flag breaks the plane of the goal line. 2-point conversions are **not** permitted in Scrim.

Safeties: If the ball becomes dead behind the goal line while in possession of the offense, the defensive team is awarded 2 points (safety). The offensive team must then put the ball in play by punting or passing from its own 10-yard line.

Kickoffs: The ball is kicked or passed in any manners desired from the kicking team's 10-yard line. Penalty for kicking or passing the ball out-of-bounds is **3 yards** and a re-kick. (Coaches may not elect to take the ball at the spot the ball went out-of-bounds)

Punts:

A team may kick on any down provided the ball has not penetrated the line of scrimmage. The Coach of the offensive team must inform the referee of their intention to punt. The referee will then inform the defensive team. Quick-kicks are not allowed. Once a team announces a punt, they must punt. Offensive players must remain in their set position once the punter has said "set". The punter will kick from anywhere behind the GO LINE. The defensive team may not penetrate beyond the line of scrimmage until after the kick. The referee will blow the whistle when the punter kicks/passes the ball signaling the start of the play.

A team may substitute a pass in place of a kick for a kickoff or punt providing it announces that beforehand.

Receiving:

A defensive player may not interfere with an offensive player attempting to catch a punt or kickoff, and no member of the kicking team may come closer than 3 feet of the receiver until he has full possession of the ball. The receiver may pick the ball up from the ground even if he has touched it previously, providing he has not given a forward motion to the ball. (see placement of the ball on punts and kickoffs) The receiver is not deemed to have full possession until he returns to his normal standing or running position with the ball in his hands.

The receiver, after gaining full possession, is not allowed to pass or pitch the ball forward. Lateral and backward movement of the ball is unlimited.

If the kicking team interferes with the receiver's right to catch or pick up the ball, a **5-yard penalty** is assessed from the previous spot of the ball and the kicking team must kick over. The receiving team may elect to refuse the penalty and take the ball at the point the player attempted to take possession of the ball.

Placement of the Ball on Punts and Kickoffs: A kicked ball, which lands or rolls into the end zone is dead and will be brought out to the 10-yard line.

A ball fielded and dropped (muffed) may be advanced.

Coaches:

Only two coaches may be on the playing field for each team.

A coach must station himself at least 10 yards behind the line of scrimmage.

A coach may not converse with an opposing coach (except in friendly banter) or players and sideline of an opposing team except through an official during the course of the game.

Violation of any of the above rules regarding coaches is subject to an *unsportsmanlike conduct* penalty.

Delay of Game: Penalty will be suspended during the regular season and will be activated during the playoff games. Refs will inform coaches when the Delay Of Game occurs.

A team has 45 seconds to put the ball in play from the time it's spotted. Failure to do so is a delay of game. (**3 yd penalty**)

After a delay of game penalty, a team is not permitted to rehuddle, but must immediately run the previously called play. If a team is still in the huddle, when delay of game is called, it must break the huddle within 5 seconds and run the play within another 10 seconds. Failure of a coach to adhere to delay of game procedures or deliberate delay of game is *unsportsmanlike conduct*. The referees may grant the offended team additional compensatory time should the delay occur immediately prior to the end of the half or the game.

Ball Carrier: No offensive ball carrier may intentionally run into or hurdle over a defensive player. Avoidance of contact is the responsibility of the offensive player. No ball carrier may spin and run (multiple spins) with no intent to run in a straight line. A ball carrier may not place his hand over a flag or push the defender's hand away to prevent the defender from flagging him (flag guarding). **5 yd penalty and loss of down** for any of these infractions listed under ball carrier.

Blocking: Blocking is permitted between the waist and shoulders. Offensive players may not block with arms or elbows extended. No offensive or defensive player may block another player from behind (clipping). Penalty for clipping and illegal blocking is *unsportsmanlike conduct*.

A defensive player may use his hands to deflect a block from an offensive player. The defensive player may not use his hands above the shoulders or below the waist of the offensive player. Penalty is *unsportsmanlike conduct*.

Penalties: A team may not rehuddle after a penalty if the play on the penalty has not yet been run.

All penalties within the 5-yard line shall be half the distance to the goal.

Illegal Penetration of the Line of Scrimmage – illegal motion or offsides will result in a **3-yard penalty** and the down repeats.

Failure of the quarterback to put the ball in play with a handoff, pitch or pass; illegal forward pass; forward penetration of the GO LINE by the quarterback before putting the ball in play – ball is dead at the spot where the illegal play occurred and the down counts.

Pass Interference (except in receiving a kick) – each player has an equal right to try and catch the ball, but if one player acts to interfere with another's catch, the pass shall be deemed to have been completed and the offended team will be awarded an extra down. Offensive pass interference is a **3-yard penalty** from the original spot of the ball and loss of down.

Flag Guarding – **5-yard penalty from the spot of the foul.** Loss of down.

Contact Fouls: Pushing, Tripping, Hitting, Deliberately Running into an Opposing Player, Illegal Spins, Hurdling: – **5-yard penalty** from the previous spot of the ball or from the spot of the foul if committed behind the line of scrimmage by the offensive team; 5-yard penalty from the previous spot of the ball or from the furthest advancement of the ball, whichever is greater, and loss of down. If committed by the defensive team, 5-yard penalty from the previous spot of the ball or from the furthest advancement down field. Down is repeated. Any player committing a flagrant or repeated contact fouls may be ejected for one or any number of plays by the referee. Hurdling will not be penalized if in the eyes of the referee the player was trying to avoid contact with another player.

Unsportsmanlike Conduct – **5-yard penalty** for first offense in a game by a team or player. **A 10-yard penalty will be assessed for subsequent offenses.** Included under unsportsmanlike conduct penalties are clipping, stripping and tackling.

Ejected Players – A team may substitute for an ejected player. If the team has no substitutions, the team must play short. No player on the non-offending team will be required to leave the field to balance the teams.