



Baltimore Ravens
HIGH SCHOOL GIRLS FLAG
Officials Clinic

INTRODUCTION

2

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- Involved with NFL FLAG for 26 years
- Coached 5 Teams to Nationals including Girls 14U 3 times
- Assisted NFL, NFL Europe and NFL China in football development projects including Officials training and certifications
- Collaborated with Bill Lemmonier on 'Fundamentals of Youth Officiating' for USA Football/ Created NFL FLAG officials certification training
- Wrote the rulebook for Pro Bowl Games/ NAIA, NJCAA & D3 women's Flag



Girls High School Flag Football

3

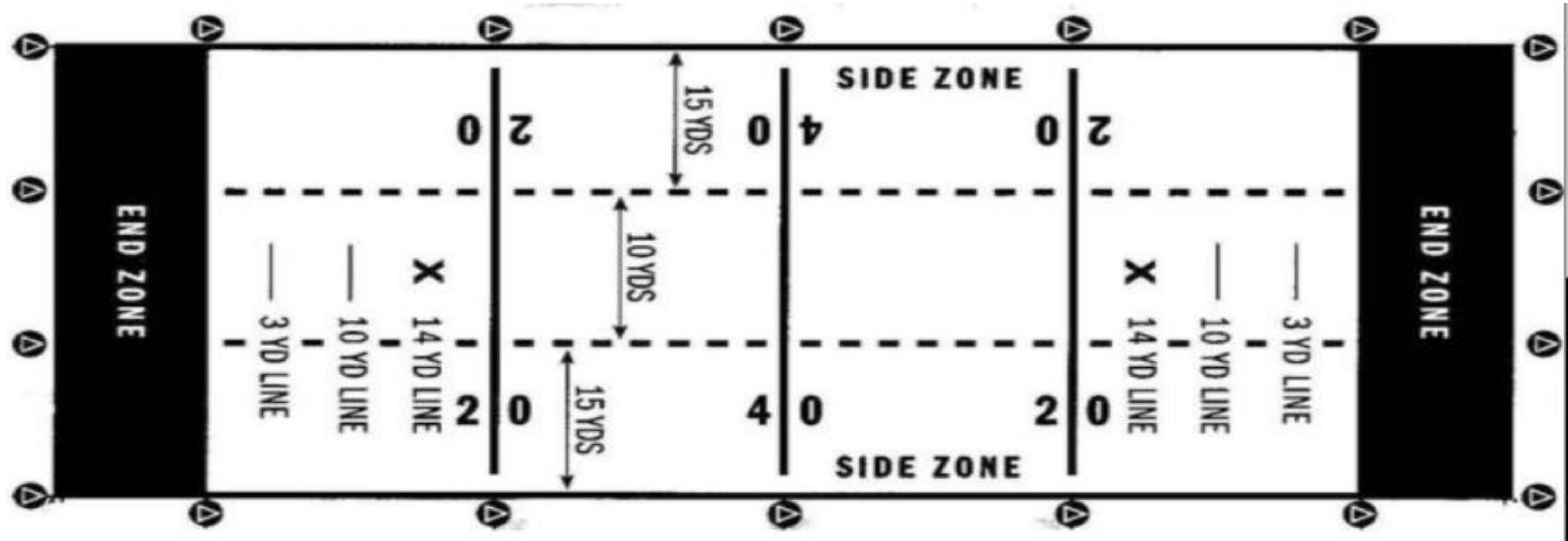


Rulebook



5

- **Field Size 40 yds by 100 yds**
- **Start @ 20 – 4 downs – 1st down @ 40&20 Coaches box to the 20's**



Timing

- Games are 40 minutes/ 2-20 minute halves, running clock till last 2 minutes of half/game (2 minute intermission if overtime is required)
- Referee will stop the clock @ 2-minutes each half. BJ will announce time left each play
- During final 2-minutes of each half the clock will stop and not start until the next snap for the following:
 - 2-minute warning
 - incomplete pass
 - out of bounds
 - score and PAT
 - timeouts
 - penalty enforcement
 - touchback and/or change of possession



- # Scoring

- **Touchdown: 6 points**
- **Safety: 2 points**
- **Extra point: 1 point from the 3 / 2 points from the 10**
- **Score kept on the field unless clock operator present**



Equipment: Dead Ball enforcement

- Pre-game equipment checks should be done every game
- Each player to wear issued flag belt and 2 flags, with flags positioned on each hip, with no excess belt exposed at the connection point
- Players must wear shorts or pants with no pockets
- Jersey's are to be tucked in and/or not over the flags obstructing the defender
- All players must wear a mouthpiece.
- No hard billed caps or jewelry. Soft shell helmets, halo's stocking caps and headbands are fine, secured
- Hair shall be controlled so it does not interfere with the flag belt or waist area



Game Rules

9

- Game to played by 2 Teams of 7 players. Offense is responsible for the ball
- Center is only player required to be on the line of scrimmage
- Center must snap the ball between the legs and in a continuous motion
- Player who receives the snap must be at least 2-yards from the LOS
- Referee sets the pucks/disc's for the neutral zone



Passing

- Passes allowed behind the LOS and anyone is eligible to touch or receive a pass
 - Motion by 1 player @ snap permitted and teams may shift formations but set for 1 count
 - Shovel passes are permitted and only 1 forward pass per play
 - Backward passes permitted behind the LOS
 - Illegal if,..QB's entire foot is beyond the LOS, if intentionally thrown to the ground before 2 minute warning or out of bounds to avoid a sack and if more than 1 per down
 - QB may receive the snap and immediately ground the ball to stop the clock **under 2-minutes**
 - It is pass interference if eligible receiver is deflagged prior to touching a legal forward pass
- All other applications of PI apply



Blocking

All players are charged with avoiding contact

- Screen blocking allowed when stationary or moving behind the LOS, provided player has arms/hands inside their framework (Shoulders/hips/knees) Offensive players may come set at a spot downfield but must have their hands and arms within their body's framework. The runner can then use player or players as a legal standing screen. **NO** moving screens downfield
- Defense can rush at all times from 2 yards off LOS. Defenders should **NOT** initiate contact with blockers and go around the blockers

Receiving

- All players are eligible to receive a pass
- Possession with (1) foot or body part other than the hand contacting the ground 1st in bounds
- If defenders contact takes them out of bounds, in officials judgement, ruled complete
- Ball may be tipped/ batted forward by a player while in the air who has not touched the ground yet



Running

- Handoffs and pitches can be made behind the line of scrimmage only
- Diving with the ball is **NOT** permitted. Kill the play and mark where the ball was @ spot when they left the ground. **Alert** Penalty can be enforced for Illegal contact if warranted
- Runners may leave the ground for jump cuts, spinning and safety issue
- When the flag is taken from the runner by the defender the play is dead at that spot. If a player has 1 or no flags when possession is made, the play is dead at that spot of possession
- If flag falls off the runner inadvertently, the play is dead at the spot where the flag is on the ground
- Illegal to pull flags off a player that does not have possession



Fumbles

- **A backward pass or fumble that touches the ground between the goal lines is dead at that spot and belongs to the team last in possession**
- **A backward pass or fumble that hits the ground out of play belongs to the team last in possession at the spot it went out of play.**
- **A backward pass or fumble that hits the ground 1st behind the goal line, in bounds, is a safety**
- **If fumble occurs before the runner reaches the end zone the offense retains possession and the ball is spotted where possession was lost**

Muffled snap

- **A muffed snap that contacts the ground in bounds will be dead at that spot and the down consumed. If that spot is in the end zone, it is a safety**



Game Rules

13

4th down

- Prior to the ‘Ready for Play’ on 4th down offensive Team must declare Punt or Play
- Referee will make that announcement of Punt or Play that was declared
- If Punt is declared, then opposing team takes over at their 14-yard line. **No PUNTING**
- If Play is declared and the offense does not get a 1st down, the opposing team takes over at the succeeding spot. Coach can use a charged timeout to change their declaration

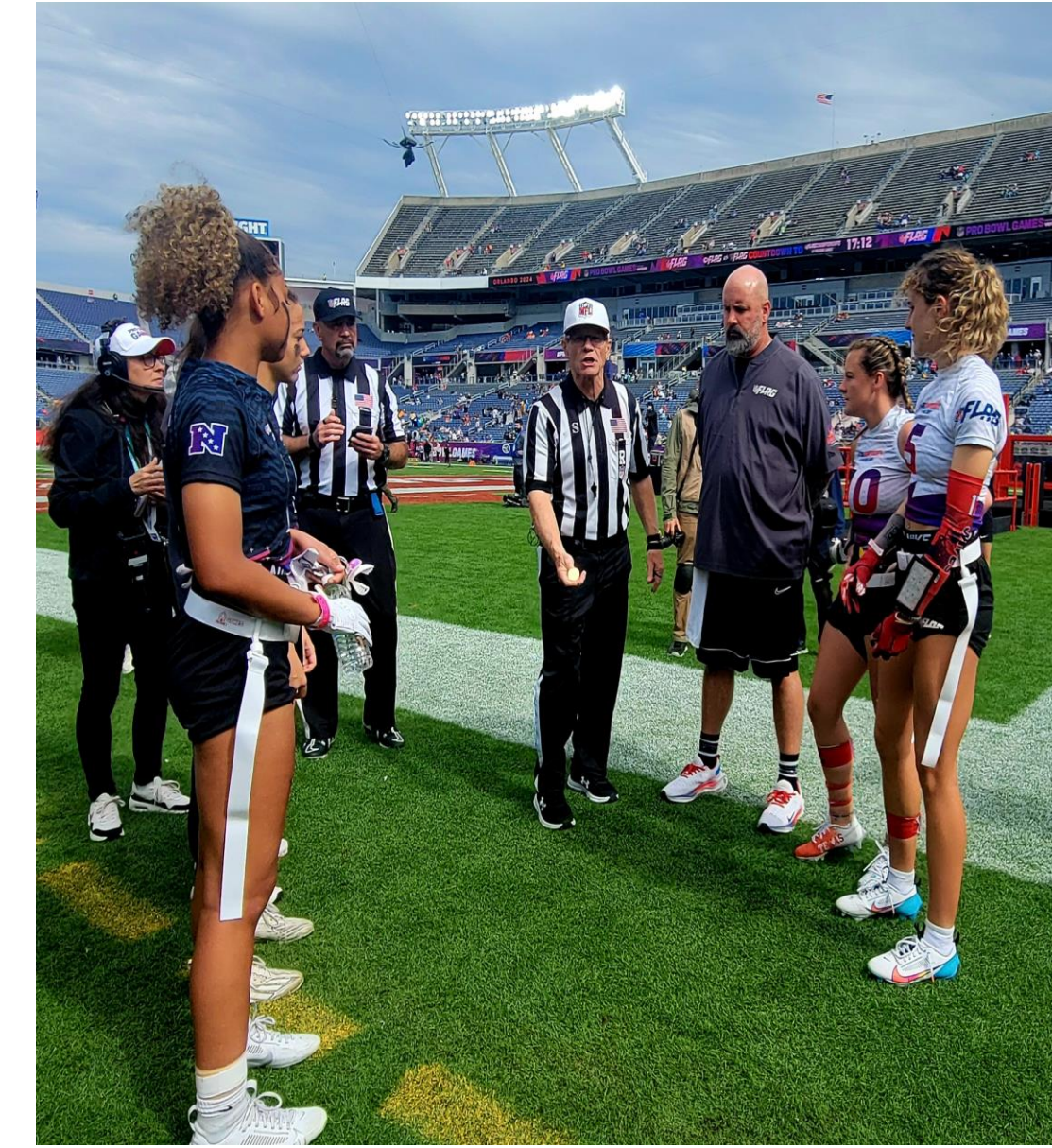
Dead Ball Spot (**Ball not where the player is when flag was pulled**)

- Ball hits the ground
- Flag is pulled or player is tagged after ball has fallen off
- Player on the ground (Hand live)
- Dual possession
- Out of bounds



Overtime:

- Coin flip to determine who will start the 1st period on offense or defense. Teams will switch for each additional period
- The home team gets to call the toss
- There are no team timeouts in overtime
- Each Team gets (1) play from the 3-yard line for (1) or 10-yard line for (2)
- If the game is still tied, teams will move to a 2nd and 3rd period, if needed. Both teams will get (1) play from the 3-yard line for (1) or 10-yard line for (2)
- If the game is still tied, teams will move to a 4th period. The ball will be placed on the 5-yard line toward the field side end zone, and each team will be given 1 play. The Team that gains the most yards will win the game. They awarded 1 additional point



Questions




Officiating Philosophies

- Always box in the play. When in doubt take a position wider and deeper **‘Outside In look’**
- Signal and verify the down with other officials. Check the down box for accuracy
- Communicate the clock status as necessary, especially under 2 minutes
- Be familiar with the concept of player, zone, ball
- Use preventative officiating when possible and avoid game interrupter calls
- Make the call when it involves player safety



Pre-Snap Referee:

17

- Set the ball spotters to create the neutral zone  Spot ball in middle of field **Recommended**
- Announce down/distance/ LTG, mark the ball 'Ready for Play' by blowing it in with signal
- 'Ready for Play' procedure should not prevent a Team from snapping the ball quickly
- Start the timing of the play clock (Take or delegate to LJ)
- Initial position should be approximately 7 yards wide and 7 yards deep from the deepest offensive back and on the opposite side of the field as the Line Judge and same side as the Back Judge
- Positioning should be able to see the center, players near the center and backs in your sightlines. Alert to false starts and illegal shifts
- Communicate to the offense when play clock gets to 15 & 10 seconds with singular and verbal countdown from 5,4,3,2,1 **Optional or mandatory with 2-man**



Pre-Snap Line judge:

- Finishing previous play. Mark forward progress spot with downfield foot and signal next down. Upon giving the R the spot communicate down and distance to the down box
- Take initial position between the neutral zone on the boundary opposite the R and BJ. Widen position as players press the boundary in their pre-snap alignment
- Communicate to the offense when play clock gets to 15 & 10 seconds with singular and verbal countdown from 5,4,3,2,1 **Optional**
- Sightlines: neutral zone, players on both sides of the LOS. Alert for players entering and exiting
- Alerts: encroachment, false starts, illegal snaps, illegal formations, illegal shifts, illegal motions. Take responsibility for players in motion

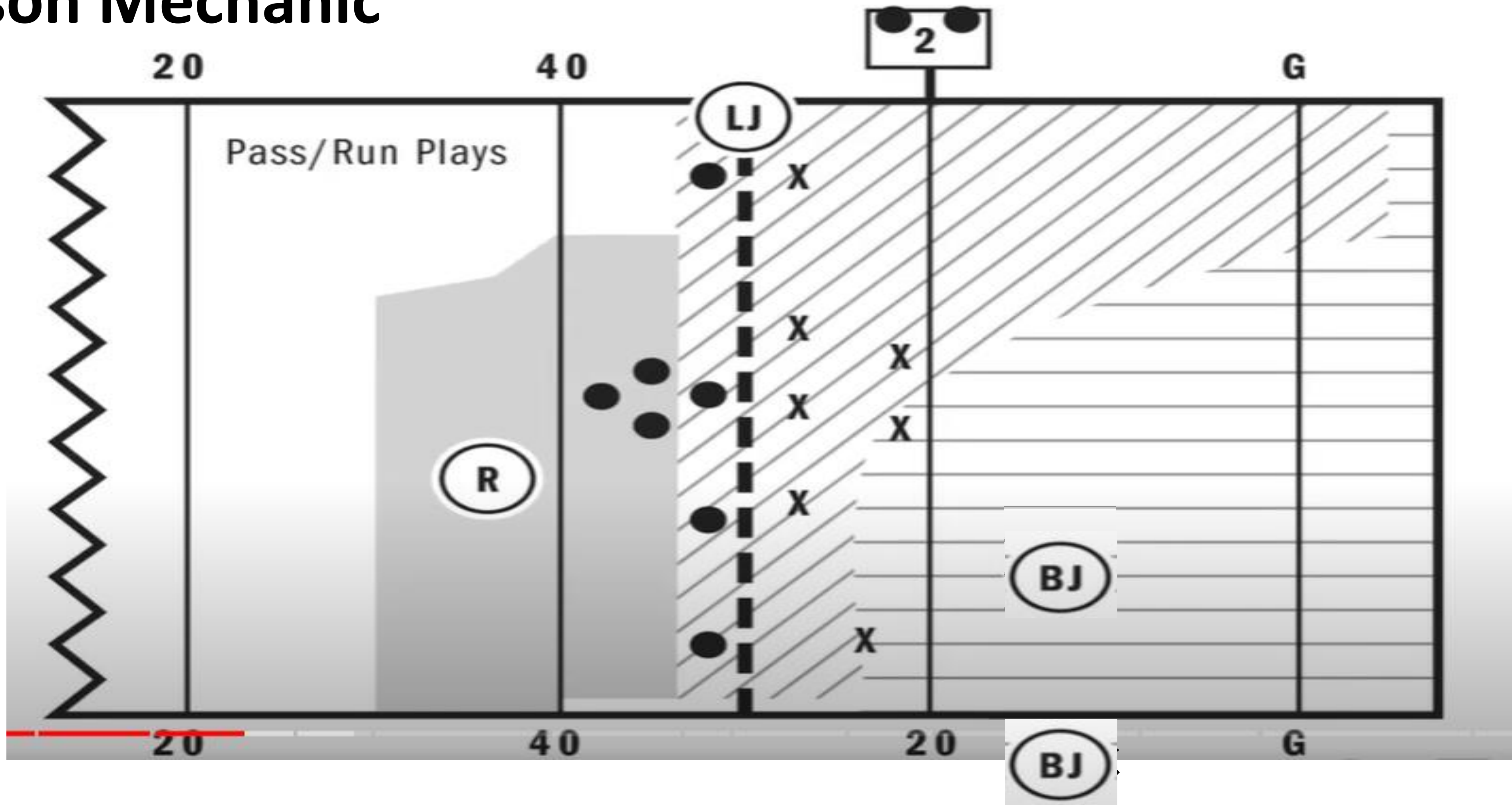


Pre-Snap Back Judge:

- Upon conclusion of the previous play, if necessary, mark the forward progress spot and pass on to the LJ for the next LOS
- Initial position is opposite boundary of the LJ at least 20 yards downfield and 5 yards deeper than the deepest defender.
- On the boundary NOT 5 yards on the field of play unless 'Regulation' field
Wider is better and can press the play as it dictates following your reads
- Be aware of substitutes and communicate the clock status when needed



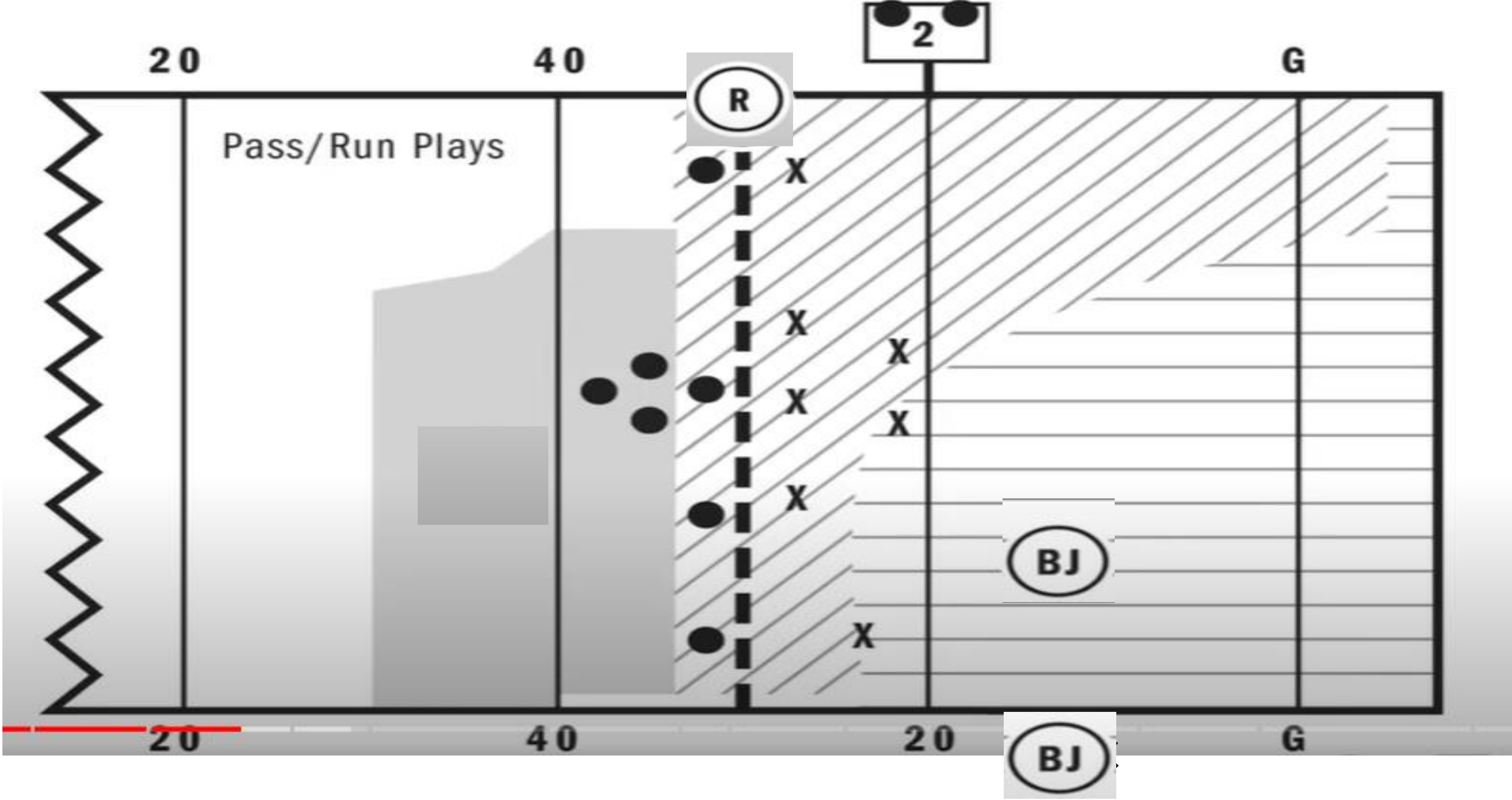
3 Person Mechanic



21



2 Person Mechanic / Allow players to spot ball off your mark



Questions



Reading and understanding initial keys:

Referee:

- QB, players and blockers in the backfield

Line judge:

- Snapper, all players lined up on their respective LOS and receivers on your boundary

Back Judge:

- Receivers on your boundary and field side of the snapper



Passing and Running Plays Referee:

- Ready to rule on snap if it strikes the ground. After the snap observe action behind the neutral zone eyes on the QB and blockers around the QB/ runner
- Mark forward progress if play ends behind the LOS
- Assist the BJ with runners going out of bounds on your boundary
- Once ball is advanced beyond the LOS remain near the neutral zone to rule on plays from trailing position behind the ball
- Remain wider and deeper than the QB aware of potential backward passes to another passer. If pass is not thrown immediately, responsible for ruling on all passes behind the LOS. If in doubt, the pass is backward
- When forward pass is thrown announce “Balls Away” with eyes on the passer until no threat of a foul
- Primarily responsible for roughing the passer and intentional grounding
- Press the LOS with the passer to rule on the legality of the pass. If in doubt, the pass is legal



Passing and Running Plays Line Judge:

26

- Post snap, hold your position for 1 count to observe initial charge of the line players to rule on contact created by either team.
- Run read: Hold at the neutral zone and observe blockers and defenders around the ball. If pass is thrown immediately rule on the direction.
- Pass read: Move downfield 3-5 yards with eyes on the middle of the field and receivers pressing your boundary
- Once the forward pass is thrown work to position between the receiver and defender keeping 'outside in' look of the play
- As the runner crosses the LOS stay parallel with the runner to rule on all backward passes beyond the LOS. Mark forward progress past the neutral zone and responsible for your sideline from end line to end line



Passing and Running Plays Back Judge:

- After the snap hold your position for a 1 count to observe movement of initial keys
- Run read: Observe blockers around runner and retreat to boundary as the ball presses your sideline **Note: Refer to your chosen mechanic recommended or otherwise**
- Pass Read: Retreat as receivers establish patterns. Don't allow players to get behind you. Once the pass is thrown work to get in position between the receiver and the defender

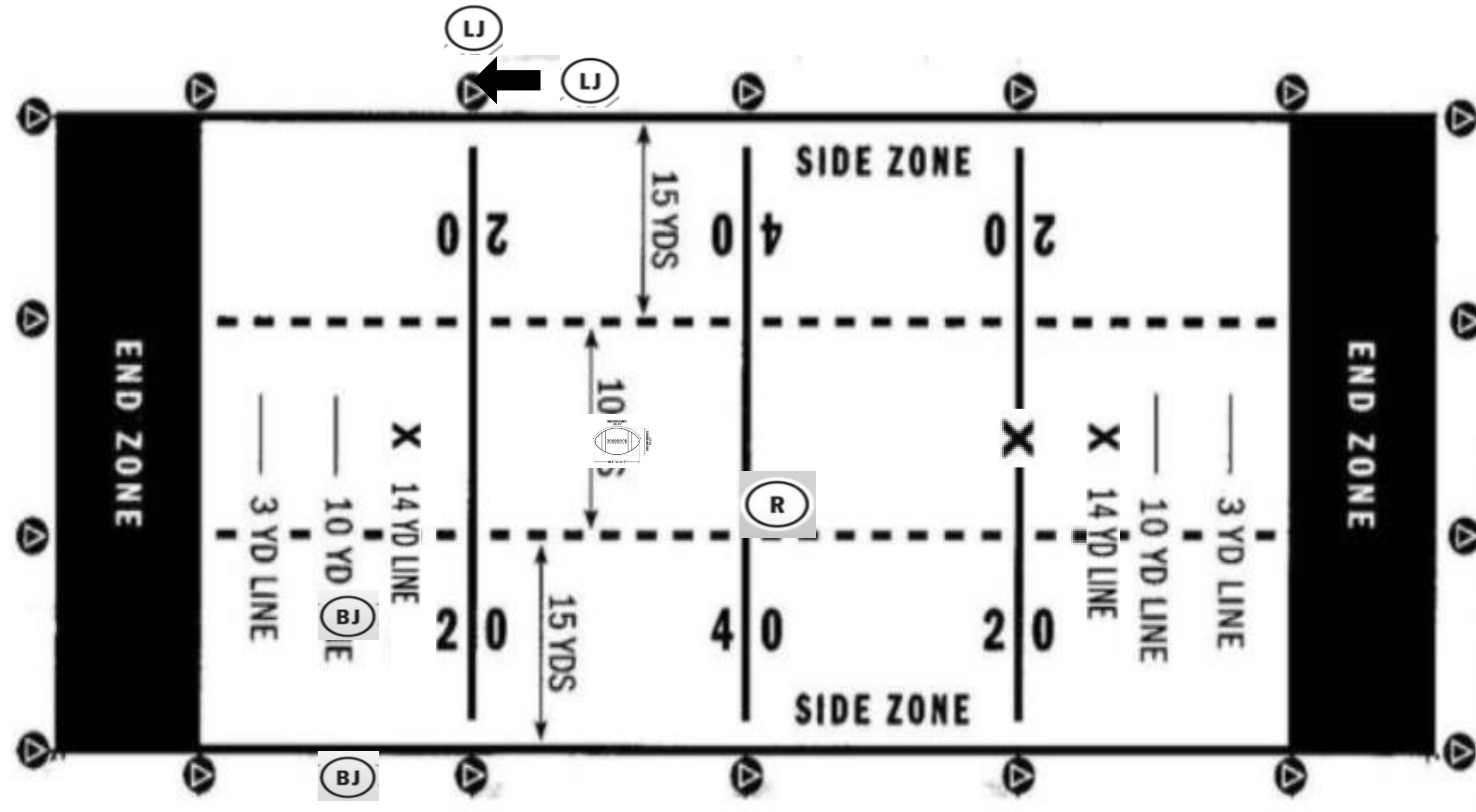


3rd and 4th Down Line to gain coverage:

- **Referee: Position, coverage and responsibilities are the same as other scrimmage plays**
- **Line Judge: Pre-snap position and keys remain the same. If the ball is snapped 10 yards or less from the line-to-gain move quickly to LTG. Hold there to rule of 1st down or forward progress short. Travel as the runner travels beyond the LTG to dead ball.**
- **Back Judge: Position, coverage and responsibilities are the same as other scrimmage plays**



Line to Gain

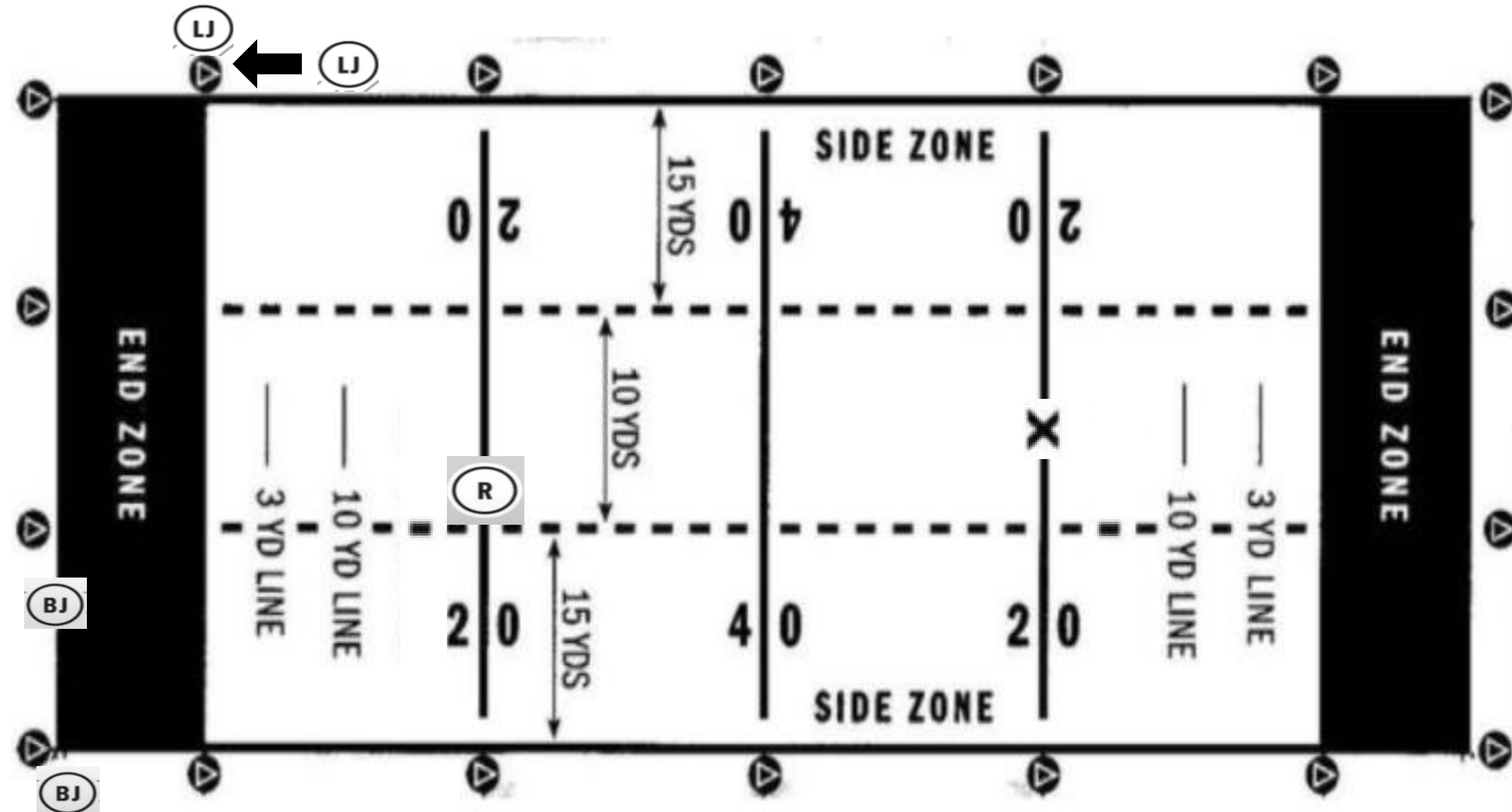


Goal line and conversion coverage:

- **Referee:** Pre-snap position, keys and coverage responsibilities are the same
- **Line Judge:** Pre-snap position and keys remain the same. If the ball is snapped on the 10 yard-line or inside move to the goal line immediately to rule on plays from there.
- **Back Judge:** Pre-snap position remains the same. If the ball is snapped on the 10 yard-line or in position on the end line and off the boundary. Hold position until dead ball or change of possession.



Goal Line and Conversion



Questions



Communication Reminders:

- Be respectful and speak in an even tone
- Make eye contact and be aware of poor body language
- In game, you must focus on the game.
- Answer questions, not statements.
- If you don't know the answer, tell them so.
- Provide answers as game allows
- When conflict arises, stay calm and maintain professionalism.
- If complaints continue, alert coaches and players of possible penalty or even ejection.



Penalties

- A runner shall not charge into nor contact an opponent in their path or attempt to run between 2 opponents **Stay in front of rough play don't chase it**
- It is illegal to pull flags from an offensive player who does not have possession of the ball
- All fouls committed by the defense are automatic first downs
- All fouls committed by the offense are loss of down
- No 15 yard penalties
- All personal fouls are 10 yards

Disqualification

- Flagrant unsportsmanlike conduct: Fighting, leaving the box to enter the field during fight, intentionally contacting an official
- Flagrant personal foul: tackling a ballcarrier, fighting an opponent, leaving the sideline to participate while the play is live (Nonplayer)



PENALTIES

Section 1: Penalty Chart

35

PENALTY	Yardage	Where is the Penalty Assessed?	Result
Flag Guarding	10	Spot of foul	Loss of Down
Illegal Forward Pass	5	Previous spot	Loss of Down
Offensive Pass Interference	10	Previous spot	Loss of Down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st Down
Personal Foul/Unnecessary Roughness	10	End of the play or previous spot	By the Offense: Loss of Down
			By the Defense: Automatic 1st Down
Unsportsmanlike Conduct	10	End of the play or previous spot	By the Offense: Loss of Down
			By the Defense: Automatic 1st Down
Roughing the Passer	10	Previous spot	Automatic 1st Down



Delay of Game	5	Previous spot	Replay Down ** LOD, if 2 min or less
False Start	5	Previous spot	Replay Down **LOD, if 2 min or less
Encroachment	5	Previous spot	Automatic 1st Down
Illegal Shift or Illegal Motion	5	Previous spot	Replay Down – live ball penalty
Stripping or Attempted Stripping	10	Spot of the foul	Automatic 1st Down
Illegal Contact	5	Previous spot or spot of the foul	By the Offense: Loss of Down
			By the Defense: Automatic 1st Down
Early Flag Pull	5	Previous spot	Automatic 1st Down
Illegal Participation	5	Previous spot	Loss of Down
Illegal Rush	5	Previous spot	Replay Down
Illegal Blocking	10	Spot foul or from previous spot if behind LOS	Loss of Down
Holding	10	Spot of the foul	Automatic 1st Down
Charging	10	Spot of the foul	Loss of Down



Penalty Signal Chart

37

<p>S 1</p> <p>Ready for play</p>	<p>S 3</p> <p>Stop the clock</p>	<p>S 5</p> <p>Touchdown</p>	<p>S 6</p> <p>Safety</p>	<p>S 8</p> <p>First Down</p>
<p>S 9</p> <p>Charging</p>	<p>S 10</p> <p>Incomplete pass</p>	<p>S 11</p> <p>Stripping</p>	<p>S 14</p> <p>End of period</p>	<p>S 18</p> <p>Offside Defense</p>
<p>S 19</p> <p>False start</p>	<p>S 20</p> <p>Illegal procedure</p>	<p>S 21</p> <p>Impeding the rusher</p>	<p>S 22</p> <p>Illegal participation</p>	<p>S 27</p> <p>Illegal substitution</p>
<p>S 31</p> <p>Unsportsmanlike conduct</p>	<p>S 33</p> <p>Illegal shift (2 hands)</p>	<p>S 34</p> <p>Illegal motion (1 hand)</p>	<p>S 35</p> <p>Delay of game</p>	<p>S 38</p> <p>Delay of pass</p>
<p>S 42</p> <p>Illegal batting/kicking (Followed by pointing toward toe for kicking)</p>	<p>S 43</p> <p>Pass Interference</p>	<p>S 47</p> <p>Roughing passer</p>	<p>S 51</p> <p>Illegal forward pass</p>	<p>S 52</p> <p>Illegal backward pass</p>
<p>S 42</p> <p>Holding/obstruction</p>	<p>S 43</p> <p>Illegal use of</p>	<p>S 47</p> <p>Disqualification</p>	<p>S 51</p> <p>Jumping</p>	<p>S 52</p> <p>Diving</p>
	<p>S 43</p> <p>Illegal block</p>	<p>S 47</p> <p>Disqualification</p>	<p>S 51</p> <p>Jumping</p>	<p>S 52</p> <p>Diving</p>
		<p>S 47</p> <p>Disqualification</p>	<p>S 51</p> <p>Jumping</p>	<p>S 52</p> <p>Diving</p>
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Questions

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BIGGER. BOLDER. BETTER THAN EVER.

THANK YOU!

