

Teen Harvest Rally | harvestrally.org

6 v 6 Guys Flag Football Tournament Rules & Regulations

Miscellaneous:

- 🍌 Teams must have 6 players. One sponsor is allowed to join a team. There will not be substitutions allowed. All players are an eligible receiver.
- 🍌 This is a single elimination tournament.
- 🍌 Only 1 running back is allowed in the back field at a time. Only 1 player may go in motion at a time.
- 🍌 Games will last 15 minutes. The clock only stops during the last minute using regulation timing. No timeouts are allowed. A 1 minute break will be given at the 7 minute mark.
- 🍌 There will be a 30 second play clock starting immediately at the end of the previous play. Failure to snap the ball in time results in a 5 yard penalty.
- 🍌 The field will be 30 yards wide and 60 yards long (plus 2—10 yard end zones). Each team will start each possession at their own 20 yard line (except when the ball is intercepted, fumbled, or returned punt). A first down may be achieved by crossing the next closest 20 yard line.
- 🍌 Fumbles are allowed to be recovered by either team and the ball is still considered live. Stripping of the football is illegal. If a fumble occurs that is not forced by the opposing team the ball is still considered live.
- 🍌 There will be a 5 yard no run zone 5 yards before the goal line. The QB must pass the ball beyond this point unless the other team rushes you, but you still may not hand or pitch the ball to another player.
- 🍌 The quarterback is not allowed to run with the football unless a defensive player crosses the offensive line of scrimmage.
- 🍌 If the quarterback does not get rid of the ball in 10 “Mississippi” then the play will be blown dead and there will be a loss of downs.
- 🍌 Defensive players may not contact any eligible receiver even within 5 yards. This will result in an illegal contact penalty.

Kicking:

- 🍌 When a team reaches their 4th down they must decide to either punt or go for it. If a team decides to punt they will be awarded a protected scrimmage kick.
- 🍌 Neither team may leave the scrimmage line until the ball has been kicked except the player returning the kick. No rushing allowed. Defensive players may jump in the air to attempt to block the punt once it is kicked.

Blocking:

- 🍌 All blocking must be done with both feet on the ground and contact made above the waist and between the shoulders. The player may not leave his feet to block. Any blocks in the back or from the side will result in a penalty.
- 🍌 Blocking or pushing a ball carrier that is running near the sideline for the purpose of knocking him out-of-bounds and stopping his progress is a foul (15 yard penalty)

Deflagging:

- 🍌 Players must start the play with their flags in place. If an offensive player loses his flag in a play, the play (for that player only) becomes a two hand touch (between shoulders and knees).
- 🍌 Intentionally deflagging a player without the ball, or intentionally throwing the flags away from a player will result in an unsportsmanlike conduct penalty.
- 🍌 If a ball carrier falls on the ground his flag must be pulled OR two hand touched.
- 🍌 After a player's flag is pulled the flag is to be held above the defensive player's head that pulled it at the spot in which it was removed to help the referees spot the ball.
- 🍌 No grabbing of clothing is allowed. Failure to release another's clothes will result in a 5 yard penalty.

The ball-carrier may not:

- 🍌 Jump, dive, lunge, or use a stiff arm to ward off an opponent
- 🍌 Knock the hands of the defense away (flag guarding)
- 🍌 Deliberately charge a defensive player. There is no charging allowed. Charging is when an offensive player runs through a defensive player who has an established position.
- 🍌 Be helped, pushed, or pulled by his teammates