

TABLE OF CONTENTS

- [Introduction](#)
- [Uniform Requirements](#)
- [Rulebook](#)
- [Periods/Time Factors](#)
- [Downs and Possession](#)
- [Game Play](#)
- [Kicking](#)
- [Contact](#)
- [Scoring](#)
- [Conduct](#)
- [Enforcement of Penalties](#)
- [Mechanics](#)
- [Conclusion](#)

Southern California Collegiate Football Officials Association Women's Flag

Orange Empire Women's Flag Conference Assignor

Todd Summers
Cell 949 244 7432
ocffoa@gmail.com

SCCFOA Women's Flag Instructional Chair

Kristi Willson
Cell 714 812 7822
kw4@cox.net

Official Uniform

Uniform to be provided by the Official

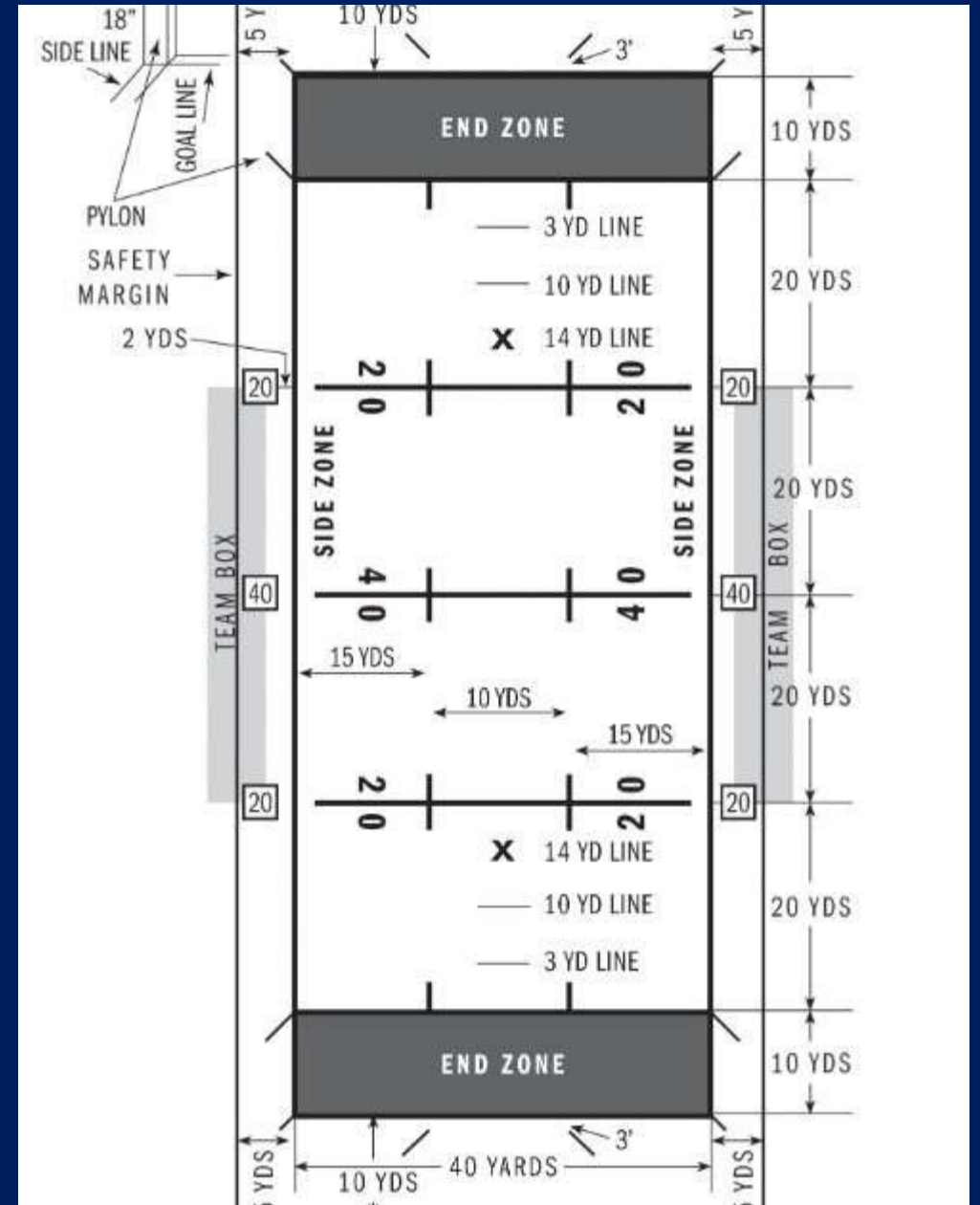
- Flank officials will wear plain black cap with white piping, Referee will wear a White Hat
- Lettering on the jersey will be the F, If you are a referee Then use the R
- 2 inch black and white striped shirt, short or long sleeves
- CFO logo on left sleeve
- USA flag above front pocket monogrammed / silk screen
- Predominantly black shoes/cleats with black socks
- Black shorts or black pants with white stripe down side of leg

Officials should coordinate uniform pairing with partners on gameday; long sleeves should not be worn underneath short-sleeved shirts; all officials either in pants or shorts

Rulebook

Field

- Size: 40 yds by 100 yds
- Cones/markers for one sideline
- Ball placed at 14 yd line to start
- Teams have 4 downs per zone
- Gain 1st down at 20/40/20



General Rules

Rules

- Two teams of no more than 7 players each; fewer than 7 allowed
- Game played under supervision of 3-5 officials
- Opposing teams should wear contrasting-colored jerseys
- Flag belts must be worn at waistline with two flags worn at the hips, no less than 14 inches long; excess belt at connection point must be tucked, wrapped, or taped

Equipment

- Official ball - tan colored, pebble-grained leather/cowhide, 12-13 psi
- Players may wear gloves consisting of soft, pliable, non-abrasive material
- Players may wear soft shell football helmets/equivalent, knit stocking caps, or elastic headbands; no baseball hats
- All players are required to wear mouthguards during gameplay
- Players must wear one piece, size appropriate flag belts with two permanently attached standard pop flag holsters, accompanied by two standard pop flags

Illegal Equipment

Rules

- Players wearing illegal equipment shall not be permitted to play
- This applies to any equipment, which, in the opinion of the Referee, is dangerous or confusing
- Players will be sent off field during next dead ball to permit prompt repair of equipment which becomes illegal/defective through use
- Foul for Unsportsmanlike Conduct (Illegal Equipment) will be assessed

Illegal Equipment

Equipment

- Headwear containing any hard, unyielding, stiff material, including billed hats
- Any and all Jewelry (exception for medical devices - i.e. insulin pumps/medical bracelets)
- Casts/braces worn above the waist
- Shoes with metal cleats
- Exposed metal on uniform/clothing
- Shirts/jerseys which do not remain tucked in
- Hoods/coats/sweatshirts which do not remain tucked in
- Pants/shorts with any belts/belt loops/pockets/zippers/exposed drawstrings; must be different color than flags
- Towels, wrist coaches, and/or hand warmers attached at the players waist

Periods/Time Factors

- Coin Toss: visiting team choices before toss – heads/tails; winning team options – defer/offense/defense; no more than 4 captains
- Length of Game: Four (12) minute periods, total time 48 minutes; one-minute intermissions between quarters; halftime 10 minutes
- Shortened Periods: before start of game, playing time may be shortened by mutual agreement of coaches/Referee; any time during game, playing time of any remaining period(s) may be shortened by mutual agreement
- Extended Periods: half may be extended by untimed down for fouls where penalty is accepted, double fouls, inadvertent whistle, XP if needed
- Continuous Clock: clock starts when ball is legally snapped, runs continuously for first 22 minutes unless stopped for a team/official's time out, penalty enforcement, scoring plays, period ends
- Time Outs: each team entitled to 3 charged team timeouts each half, 60 seconds in length

Under 2 Minutes in the 2 & 4 Quarters

- Under 2 minutes in each half the clock will stop on referee's signal and start on snap for each of the following:
 - Incomplete Pass
 - Legal kick down ends
 - Period ends
 - Player, fumble, backward pass ruled out of bounds
 - Safety
 - Touchback
 - Change of Possession
 - Team timeout
 - Touchdown

Under 2 Minutes (cont.)

- Under 2 minutes in each half the clock will stop on referee's signal and start when ball is marked ready for play for each of the following:
 - First Down for Team A (Status of the clocks)
 - Head coach conference
 - Illegally conserving time
 - Inadvertent whistle
 - Injury timeout
 - Official's timeout
 - Team A forward fumble out of bounds
 - Penalty and enforcement

No 10 Second Runoff

Coach-Referee Conference

- If head coach believes rule has been enforced improperly, they may request conference with Referee - if rule enforcement is not changed, team will be charged timeout or delay penalty if all timeouts have been used
 - Only referee may stop clock for head coach's conference
 - Request for conference must be made before ball is next snapped
 - After conference, full team timeout is granted if charged by Referee

Injury Timeout

- In event of injured player, official will declare timeout and player must leave game for at least one down
- Following timeout for injured defensive player play clock shall be set at 40 seconds, 25 seconds for injured offensive player
- Ten Second Runoff – if player injury is only reason for stopping clock with less than one minute in half, opponent has option of 10 second runoff

Overtime

- If game is tied after four periods, officials shall conduct another coin toss – only one coin toss prior to start of overtime
- If additional overtime periods are played, captains shall alternate choices
- Toss winner choices:
 - Start on offense or defense
 - Which goal to advance towards for entirety of overtime
- Loser of toss shall exercise remaining option for first extra period and shall have first choice of the two options for subsequent even-numbered extra periods
- Unless moved by penalty, each team will start 1st and Goal from opponent's 10 yd line; OT period consists of one possession by each team; if score is still tied after one period, second period occurs or as many needed to determine winner
- Beginning with third extra period, team possession will be one play for a one point try from three-yard line, unless moved by penalty
- Each team is allowed one timeout for the entirety of overtime

Questions



Downs and Possession

- Each team has four (4) downs to pass zone line-to-gain or endzone
- Zone line-to-gain in any series is zone in advance of ball, unless distance has been lost due to penalty or failure to gain; in such cases, original zone in advance of ball at beginning of series of downs is zone line-to-gain; most forward point of ball, when declared dead between goal lines, is determining factor
- To start game, 2nd half, and following scores – ball shall be placed on 14-yard line
- If offsetting fouls occur during down, down shall be repeated
- New series of downs is awarded when:
 - Team moves ball into next zone on a play free from penalty
 - Penalty against opponent moves ball into next zone
 - Accepted penalty against opponent involves automatic 1st down
 - Either team has obtained legal possession of ball as a result of a penalty, protected scrimmage kick, touchback, interception
 - Failure to gain the zone in advance of ball

Down Box

- Down box shall be used to indicate number of down; will be placed at the line of Scrimmage
- Down box should be operated on side of field opposite press box

Game Play

Offense at Snap

- Snapper is only player required to be ON line of scrimmage
- Snap must be received at least 2 yards behind line of scrimmage Quarterback can take a direct snap from the center.
- Snap can be between legs or standing sideways - as long as snapping motion is fluid
- Snapper may not move to different position or have any part of their body beyond neutral zone
- Snapper may not lift ball, move it beyond neutral zone, or simulate start of play
- Snapper may remove hand from ball but only if this does not simulate start of play
- One back may be in motion, but may not be moving toward opponent's goal line
- In a snap preceded by a huddle/shift, all offensive players must come to complete stop and remain stationary in legal position without movement for at least one full second before snap

Passing and Receiving

- All players are eligible to catch a pass
- No diving while RUNNING with ball; receiver may dive to catch ball; defensive player may dive to attempt flag removal
- Backward pass/fumble that touches ground between goal lines is dead at spot it touches ground and belongs to last team in possession, unless lost on downs
- Backward pass/fumble that goes out of bounds between goal lines belongs to team last in possession at out of bounds spot; if out of bounds behind goal line, it is a touchback or safety
- Backward passes (laterals/pitches) downfield are LEGAL
- If offensive player fumbles ball prior to reaching endzone and ball lands in endzone, offensive team retains possession at spot of fumble
- Forward fumble out of bounds between goal lines comes back to spot where team last in possession lost ball
- Forward pass is considered illegal if passer's entire body is beyond line of scrimmage when ball is released; is second forward pass during same down; is thrown from in or behind offensive scrimmage line after ball carrier's entire body and ball have been beyond offensive line of scrimmage; passer catches their untouched forward pass; passer throws ball into area without eligible Team A receiver

Passing and Receiving (cont.)

- No offensive receiver who goes out of bounds and returns inbounds during down shall touch a legal forward pass until it has been touched by an opponent or official; if player touches pass before returning inbounds, it is an incomplete pass and not a foul for illegal touching
- Player attempting to catch/intercept while in air must contact ground with one foot inbounds with ball in possession prior to touching out of bounds, unless opponent's contact causes them to first touch out of bounds
- If one foot first lands in bounds and receiver has possession/control, it is a catch or interception although a subsequent step/fall takes receiver out of bounds
- Loss of ball simultaneously with returning to ground is not a catch or interception
- You must survive the ground
- While jumping in air to attempt catch, player may pass or tip ball forward, provided player has not yet touched ground

Pass Interference

Offensive Pass Interference

- 10-yard penalty from the previous spot

Defensive Pass Interference

- Team A ball at spot of foul, automatic 1st down
- If foul occurs less than 10 yards beyond previous spot, Team A ball, 1st down, 10 yards from previous spot
- If ball is spotted inside 10-yard line, penalty will be half the distance to goal
- If foul occurs in endzone, ball will be placed at 3-yard line
- No foul can take the ball more than half the distance to the goal

Flag Removal

- Once flag is clearly taken from runner in possession of ball - down ends and ball is declared dead
- Player who removes flag from runner should either hold flag above head or drop flag at spot, players should not throw flag
- Once player loses flag/flag belt, whether inadvertently or purposely, play is dead; if player in possession of ball has one or no flags, play is dead at spot
- Defensive players intentionally pulling flag from offensive player not in possession of ball is illegal
- If eligible receiver is deflagged prior to touching ball on pass thrown beyond line scrimmage, it is a foul for Early Flag Pull
- Tampering with flag belt – including tying/using foreign substance – is illegal
- Defensive players may leave feet when trying to remove flag

General Play

Contact

- Defensive players may contact body/shoulders of runner when attempting flag pull, but not head/neck area
- Defensive players may not hold, push, or knock runner down while attempting flag pull

Roughing the Passer

- Defensive players must make definitive effort to avoid charging into passer after ball is thrown; there should also be no attempts to hit passer's arm during throwing motion

Helping the Runner

- Player shall not grasp, pull, push, or aid any teammate runner

Flag Guarding

- Runner shall not flag guard by using their hands, arms, or ball to deny opponent's opportunity to pull flags; player may use spins, jump cuts, or dips – however – must keep arms away from their flags

Kicking

Protected Scrimmage Kick

- Prior to making ball ready for play on 4th down, ask coach if they want a protected kick (punt); referee must communicate this decision to defense/opposing coach
- Offensive team must declare intentions on 4th down – Punt or Play – within reasonable timeframe; timeout must be called to switch declaration; also applies to XPs
- Neither Team A nor Team B may enter neutral zone until ball is kicked
- Kicker must punt ball within 4 seconds in continuous motion after receiving snap
- Any kick caught by kicking team behind neutral zone can be advanced
- Punts can be blocked; if blocked punt hits ground, it is dead at spot
- Punt returner is awarded one chance to possess either airborne or grounded kick
- Muffed punts are dead at spot
- Only returner possessing ball is allowed to move, all other offensive players must remain motionless
- Punt team may pursue returner after ball is kicked

Contact

Offensive Blocking

- Blocker shall have hands/arms behind back, at side, or against chest when screen blocking
- Blockers shall not take position closer than a normal step when behind stationary opponent, make contact when assuming position at side or in front of stationary opponent, take position so close to moving opponent that opponent cannot avoid contact, after assuming legal screening position – move to maintain it
- Any use of hands/arms/elbows/legs/body to initiate contact during screen block is illegal

Defensive Rush and Use of Hands

- Defense must rush from at least one yard off line of scrimmage, except during punts; no limit to number of rushers
- Defensive rushers must attempt to go around offensive blocker
- Defensive rushers are not permitted to use any part of hands/arms/elbows or any part of body to contact offensive blocker

Hurdling

- Ball carrier may hurdle opponent; any contact made during hurdle attempt is a charging foul on the offense

Scoring

Touchdown

- Each worth 6 points
- Touchdown: legal forward pass completed in endzone, fumble/backward pass caught behind opponent's goal line, player with legal possession of ball penetrates vertical plane of opponent's goal line
- Ball scores, not player's hips/flags

Safety

- Runner carries ball to/across own goal line and it becomes dead in own team's possession.
(Exception – Momentum Rule)
- Offensive player commits foul, penalty is accepted, and measurement is from spot of foul in endzone
- After safety ball belongs to defending team at 14-yard line

Extra Point Try

- 1 point from 3-yard line or 2 points from 10-yard line
- Officials must ask coach where they would like try from; upon making choice, coach can only change decision by taking charged team time out
- Double foul during down – replay down; offensive penalty, if accepted – replay down; if offensive penalty carries loss of down (under 2 minutes) – try is ended.
- XP can be returned by defense for 2 points

Conduct

Unsportsmanlike Conduct

- Non-contact acts: unfair play, disconcerting acts/words, intentionally kicking/swinging at opposing player, dead ball fouls, intentionally kicking ball, spiking ball, throwing ball high into air

Personal Fouls

- Punch/strike/strip/steal/attempt to steal ball from player in possession, tripping, contact opponent who is on ground, throw runner to ground, contact opponent either before or after ball is declared dead, make any contact deemed unnecessary, deliberately drive/run into player, clip, tackle

Prohibited Acts

- There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others; examples include attempting to influence decisions by officials, disrespectfully addressing officials, indicating objections to official's decision, holding unauthorized conference/being on field illegally, using profanity/insults/vulgar language/gestures, intentionally contacting officials physically

Enforcement of Penalties

FOUL	YARDAGE	PENALTY	RESULT
False Start	5	Succeeding Spot	Replay Down
Encroachment	5	Previous Spot	Replay Down
Delay of Game	5	Succeeding Spot	Replay Down
Illegal Motion/Shift	5	Previous Spot	Replay Down
Illegal Formation	5	Previous Spot	Replay Down
Illegal Forward Pass	5	Previous Spot	Loss of Down
Illegal Rush	5	Previous Spot	Replay Down
Early Flag Pull	5	Spot Foul	Replay Down
Helping the Runner	5	Spot Foul	Replay Down
Stripping	5	Spot Foul	Automatic 1st Down
Illegal Blocking	5	Spot Foul or Previous Spot if Behind LOS	Loss of Down
Offensive Holding	5	Spot Foul or Previous Spot if Behind LOS	Replay Down
Defensive Holding	5	Spot Foul	Replay Down
Charging	5	Spot Foul	Loss of Down
Flag Guarding	5	Spot Foul	Loss of Down
Offensive Pass Interference	10	Previous Spot	Loss of Down
Defensive Pass Interference	10	Previous or Succeeding Spot	Automatic 1st Down
Unsportsmanlike Conduct	10	Previous or Succeeding Spot	Loss of Down (Offense) Automatic 1st Down (Defense)
Unnecessary Roughness	10	Previous or Succeeding Spot	Loss of Down (Offense) Automatic 1st Down (Defense)
Roughing	10	Previous Spot	Automatic 1st Down

Penalty Enforcements

Fouls During or After TD/XP

Establish zone line-to-gain

- Live ball fouls - mark off penalty yardage first then establish zone line-to-gain
- Dead ball fouls - establish zone line-to-gain first then mark off penalty yardage

Foul on a Score











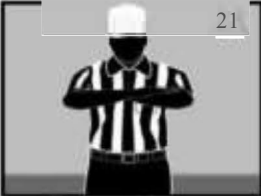









- Player fouls by defensive team during down resulting in touchdown/try - penalty enforced on try or succeeding spot in extra period

Foul Prior to Try

- When foul occurs after touchdown and before ball is ready for play for try, enforcement is succeeding spot where ball will next be snapped for try – 3 or 10-yard line

Questions

Mechanics

<p>S 1</p>  <p>1</p> <p>Ready for play</p>	<p>S 3</p>  <p>3</p> <p>Stop the clock</p>	<p>S 5</p>  <p>5</p> <p>Touchdown</p>	<p>S 6</p>  <p>6</p> <p>Safety</p>
<p>S 8</p>  <p>8</p> <p>First Down</p>	<p>S 9</p>  <p>9</p> <p>Loss of down</p>	<p>S 10</p>  <p>10</p> <p>Incomplete pass</p>	<p>S 14</p>  <p>14</p> <p>End of period</p>
<p>S 18</p>  <p>18</p> <p>Offside Defense Illegal Blitz</p>	<p>S 19</p>  <p>19</p> <p>False start Illegal procedure</p>	<p>S 21</p>  <p>21</p> <p>Delay of game Delay of pass</p>	<p>S 22</p>  <p>22</p> <p>Illegal participation Illegal substitution</p>
<p>S 27</p>  <p>27</p> <p>Unsportsmanlike conduct</p>	<p>S 33</p>  <p>33</p> <p>Pass Interference</p>	<p>S 35</p>  <p>35</p> <p>Illegal forward pass Illegal backward pass</p>	<p>S 38</p>  <p>38</p> <p>Illegal contact</p>
<p>S 43</p>  <p>43</p> <p>Illegal block</p>	<p>S 47</p>  <p>47</p> <p>Disqualification</p>	<p>S 51</p>  <p>51</p> <p>Jumping Diving</p>	<p>S 52</p>  <p>52</p> <p>Flag guarding Illegal Flag pull</p>

Pre-Game

Flag Check

- Line up all players and check flags before kickoff
- Connectors must be flush against hip – flags will hang straight down
- If connector is inverted, flag will stick out away from hip; remove belt and fix
- “Pro” tip – always have “teeth” part of belt in right hand, wrap around back, connect in front
- Excess belt strap should be tucked/taped, cannot hang free
- Nothing on flag belt (gloves/towels/playcards)
- Flag belt must be visible at all times; shirts must be tucked in
- Mouthpieces are required

Spots

- Spot ball where BALL is when flag is pulled, not where body is
- Players have tendency to hold ball out in front of body while running in order to gain more yardage/reach for goal line
- Spot is the ball, not necessarily where flag was pulled

Referee

Pre Snap

- Announce down/distance, mark ball 'Ready for Play' by blowing in with signal
- 'Ready for Play' procedure should not prevent a team from snapping ball quickly
- Position so you are able to see snapper, players near snapper, and backs in your sightlines; alert to false start/illegal shift
- Count 7 players each side, both offense/defense

Line Judge

Pre Snap

- Set defensive line of scrimmage one yard away from offensive line of scrimmage on EVERY play
- Count 7 players each side, both offense/defense
- Maintain backup 25 second play clock
- Take initial position on defensive rush line; communicate to rushers where defensive line of scrimmage is if necessary; assist offensive players with offensive line of scrimmage if necessary
- Sightlines: neutral zone, players on both sides of line of scrimmage; alert for players entering and exiting
- Alerts: encroachment/false start/illegal snap/illegal formation/illegal shift/illegal motion

Back Judge

Pre Snap

- Responsible for back up game clock
- Take initial position opposite boundary of LJ, at least 20 yards downfield, and 5 yards deeper than deepest defender; stay on sideline, not on field; do not get beat to goal line
- Count 7 players each side, both offense/defense
- Be aware of substitutes and communicate clock status when needed
- Upon conclusion of previous play, if necessary, mark forward progress spot and notify LJ for next line of scrimmage

Referee

Pass/Run Plays

- Ready to rule on snap if it hits ground; after snap - observe action behind neutral zone with eyes on QB and blockers/rushers around QB/runner; be alert for Impeding the Rusher/Illegal Blocking
- Mark forward progress if play ends behind line of scrimmage
- Once ball is advanced beyond line of scrimmage - position to help rule on plays from trailing position; assist with flag guarding
- Remain wider and deeper than QB, aware of potential backwards passes to another passer; responsible for ruling on all passes behind line of scrimmage
- When forward pass is thrown, announce “Ball is Away”, with eyes on passer until no threat of a foul
- Primarily responsible for roughing the passer and intentional grounding
- Press the line of scrimmage with passer to rule on legality of pass; if in doubt, the pass is a legal forward pass

Line Judge

Pass/Run Plays

- Post snap, hold position for 1 count to observe initial charge of line players in order to rule on contact created by either team
- Run read: Hold at neutral zone and observe blockers/defenders around ball; if pass is thrown be alert to rule on direction; alert to flag guarding, charging, and/or unnecessary roughness
- Pass read: Move downfield with eyes on middle of field and receivers pressing your boundary; alert for holding/pass interference
- Mark forward progress past neutral zone
- Responsible for your sideline from end line to end line

Back Judge

Pass/Run Plays

- After snap, hold position for 1 count to observe movement of initial keys
- Run read: Observe blockers around runner; alert to illegal block, flag guarding, charging, and/or holding/unnecessary roughness
- Pass Read: Retreat as receivers establish patterns; do not allow players to get behind you; alert for holding/pass interference
- Assist with end of run spot
- Responsible for your sideline from end line to end line

Goal Line and Conversion Coverage

Referee

- Pre-snap position, keys and coverage responsibilities are same

Line Judge

- Pre-snap position and keys remain same; if ball is snapped on/inside 10 yard-line - move to goal line immediately - rule on plays from there

Back Judge

- Pre-snap position remains same; if ball is snapped on/inside 10 yard-line - position on end line and off boundary; if ball is snapped outside 10 yard-line – position on goal line and off boundary

Referee

Punts

- 4th down plays - ask coach “Punt or Play”? Communicate decision to players, mark/signal ball ready for play; notify all players to stay stationary until ball is punted; only punter can move before ball is punted away
- Coach should make punt/play decision within reasonable timeframe (no more than 5 seconds)
- Initial position and keys remain same
- Watch for snap hitting ground (dead ball) and punter kicking ball
- Once punt is caught - use reverse mechanics

Line Judge

Punts

- Initial position and keys remain same
- Post snap - hold position to rule on play with eyes on neutral zone infraction before kick
- Rule on if kick crosses line of scrimmage
- If kick is short and no return is attempted, mark spot where kick ends
- Assist with spot if ball goes out of bounds
- Once kick crosses neutral zone - move downfield and observe runner/blockers
- Once ball is caught - use reverse mechanics

Back Judge

Punts

- Initial position same but move at least 3-5 yards behind deepest receiver
- After snap - keep angle with receiver; once ball is caught - mark end of spot with bean bag; observe blockers; responsible for goal line to rule on touchbacks
- Allow returner one opportunity to possess airborne/grounded kick
- Muffed punt is dead where it contacts ground
- Balls out of bounds - on the ground or in flight - mark spot
- Once ball is caught use reverse mechanics

Conclusion