

CALGARY *Elite* **FLAG FOOTBALL**



RULE BOOK

Section 1: Introduction & Core Values

CEFFL Flag Football is committed to fostering a performance-based, high-integrity environment that supports skill development, competitive play, and the enjoyment of flag football. CEFFL upholds the values of fairness, competition, excellence, and fun.

Section 2: General Rules

Player Safety & Sportsmanship

- CEFFL is a non-contact league. Players must avoid bodily contact and use control to minimize risk.
- Intentional contact, tackling, taunting, or unsafe play will result in penalties or ejection.
- Players must return flags respectfully after a pull. Tossing flags is unsportsmanlike.
- Players with visible blood must leave the field immediately until cleaned and covered.

Ethical Play

- Fair play relies on the consistent effort of coaches, officials, and players.
- Rules exist to ensure fairness, but good sportsmanship is equally essential.

Code of Conduct

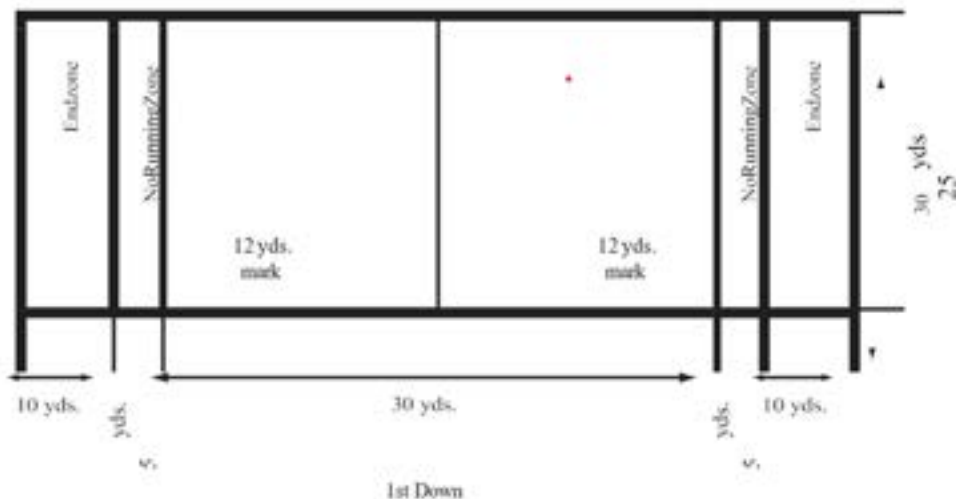
1. **Respect:** All players, coaches, referees, and parents must treat each other with respect. This includes refraining from name-calling, bullying, or abuse.
2. **Fair Play:** Adherence to the rules and honest competition is required. Cheating or unsportsmanlike conduct will not be tolerated.
3. **Safety:** Players must follow safety protocols and wear approved equipment. Injuries must be reported immediately.
4. **Inclusion:** Discrimination based on gender, race, religion, or ability is prohibited. All participants are welcome.
5. **Responsibility:** All participants must be punctual, follow league rules, and respect others and the facilities.
6. **Positive Attitude:** Encouragement of teammates and respectful competition is expected. Taunting or negativity is unacceptable.
7. **Parental Involvement:** Parents should support their child and model sportsmanship. Disruptive behavior will not be tolerated.
8. **Community Respect:** Participants must care for facilities, dispose of waste properly, and follow site rules.
9. **Officials:** All players and spectators must respect referees and accept their decisions. Abuse of officials will result in discipline.
10. **Substance Abuse:** Use of alcohol, drugs, or prohibited substances during league activities is strictly forbidden.
11. **Social Media Conduct:** Responsible use is expected. Negative or harmful posts about others are not acceptable.
12. **Conflict Resolution:** Disputes should follow the formal league process and be submitted to info@cyffl.ca.
13. **Accountability:** All participants are responsible for their actions and subject to consequences for violations.



Section 3: Field & Equipment

Field Dimensions & Markings

- Field: 60 yards long x 25 - 30 yards wide
- End Zones: 7–10 yards deep
- No-Run Zones: 5 yards from each end zone (U10/U8 exempt)



Team Benches & Spectators

- Benches should be on the same sideline between midfield and the no-run zone.
- All equipment must remain 3 yards back from sidelines.
- Spectator interference may result in ejection. Officials may award a touchdown or replay based on impact.

Game Ball

- Teams may use their own age-appropriate ball:
 - U8/U10: Wilson GST Junior
 - U12: Wilson GST Junior
 - U14: Wilson GST Youth
 - U16+: Wilson GST Youth or Official size
- Balls must not be altered. No adhesives or substances may be applied.

Uniform & Equipment Standards

- Jerseys must be tucked in and clearly numbered.
- Shorts must be solid in color, **pocket-free**, and not match flag color.
- Two flags per player (8" white insert, 12.75" colored tail), worn on each hip.
- Flags must be visible — covering or altering them results in a penalty.
- Prohibited: **No Pockets**, metal cleats, jewelry (unless padded), sunglasses (unless prescribed), hats with brims, taped shorts.
- Optional: soft-shell helmets, braces (fully covered), finger splints (padded), wristbands.
- Players with improper gear must leave for one play. Repeat infractions = ejection.

RULE BOOK

Structure, gameplay mechanics, and code of conduct required for CEFFL 5v5 play.



Section 4: Teams & Substitutions

Team Composition

- Roster: 5–14 players.
- Co-ed play is allowed. Female players may "play down" one division by age.

Substitutions

- Allowed only when the ball is dead.
- Must enter/exit from the bench area.
- A player who enters to deliver a play must remain for the next snap.

Rotations (does not apply to Quarterback)

- Players who are not playing both offense and defense must either follow a four-play rotation or alternate by playing offense in one game and defense in the next.

Coaches & Captains

- Captains are designated pre-game and are the only players permitted to speak with officials.
- Coaches must remain in the team bench area unless permitted by an official.

Section 5: Game Format & Flow

Timing & Game Length

- Game Duration: 30 minutes (running time).
- One time out is permitted per team, per game. Officials may stop play for injuries or safety concerns.

Play Clock

- Teams have 30 seconds to snap the ball after the referee whistle.
- If team goes over 35 seconds this will result in a loss of down.

Start of Game

- Coin toss or rock-paper-scissors determines possession or side.
- Ball starts on the team's 5-yard line.

Downs & Possession

- 3 downs to cross midfield; 3 more to score.
- Failure to advance results in a turnover at the team's 5-yard line.
- Possession after interception begins where the play ends.

No-Run Zone

- When inside 5 yards of the end zone, the offense must pass.
- Rule remains in effect until a touchdown or change of possession.

Scoring

- Touchdown: 6 points
- 1-pt Convert (5-yard line): pass only
- 2-pt Convert (12-yard line)
- Safety: 2 points (ball dead in own end zone)
- Interception on convert returned = 2 pts + possession



Section 6: Offensive Rules

Snap & Formation

- Center must snap the ball through the legs in one motion.
- QB must receive the ball behind the line of scrimmage.
- All players (except center) must be behind the line at snap.

Running & Handoffs

- Multiple handoffs or laterals behind the line are allowed.
- QB cannot run unless ball is handed/pitched and returned.
- Spinning is legal; diving/jumping to advance is not.

Passing

- Only 1 forward pass allowed per play.
- Must be thrown from behind line of scrimmage.
- QB has 7 seconds to pass unless ball is handed off.
- Shovel passes permitted behind the line.
- No laterals beyond the line of scrimmage.

Receiving

- All players are eligible.
- Players out of bounds may not re-enter unless forced out.

Section 7: Defensive Rules

Rushing the QB

- Must begin at the designated yardage for that stage of the season — starting at 10 yards and reduced to 7 or 8 yards by playoffs.
- Only players lined up within 2 yards of rush marker have "protected rush."
- All defenders may cross the line on handoffs/fakes.

Flagging

- Play ends when a flag is pulled.
- Defenders must return flags to the runner respectfully.
- Flag guarding (covering or stiff-arming) is illegal.
- Cannot pull flag until ball is in carrier's hands.

Section 8: Dead Ball Situations

A play is ruled dead when:

- Ball carrier's flag is pulled or falls off
- Ball carrier steps out, dives, or is down by contact (hand/knee/hip)
- Incomplete pass or dropped ball
- Ball hits the ground, goal post, or an official
- QB fails to field the snap cleanly (loss of down)
- Illegal motion or delay of game

No fumbles — once the ball hits the ground, play is dead.



Section 9: Penalties

All standard penalties = 5 yards unless otherwise noted.

Offensive Penalties

- False Start (cannot be declined)
- Delay of Game
- Illegal Motion or Snap
- Illegal Forward Pass = 5 yards + loss of down
- Offensive Pass Interference = 5 yards + loss of down
- Running in No-Run Zone = loss of down
- Flag Guarding, Diving, Holding

Defensive Penalties

- Offside
- Illegal Rush
- Illegal Contact, Holding, or Interference = 5 yards + automatic first down
- Roughing the Passer = 10 yards

Section 10: Conduct & Ejections

Unsportsmanlike Conduct

- Trash talking, intimidation, showboating or taunting = 15-yard penalty + potential ejection
- Repeated flag disrespect = warning, then misconduct penalty

Objectionable Conduct

- Swearing, threatening behavior, faking injury = penalty or ejection
- Coaches and fans must adhere to conduct standards

Ejections

- Ejected players must leave the bench.
- If not compliant within 3 minutes, the game may be awarded to the opponent.

Section 11: Tie Games

- Regular Season - Games will be recorded as a TIE.
- Playoffs - Games will go into overtime.
 - Team that did not start with the ball has 1st choice of offence or defense
 - Teams can choose between a 1 or 2 point convert