

# Creeks Athletic Association (CAA)

## Flag Football

### Playing Rules and Definitions

#### All Youth Leagues

#### Effective 10/03/2021

The following CAA Flag Football Playing Rules and Definitions have been reviewed and approved by the CAA Flag Football Board of Directors. These Playing Rules and Definitions are maintained by the following CAA Flag Football League Board Members:

President	Frank Clark
1 <sup>st</sup> Vice President	Shanna Scott
2 <sup>nd</sup> Vice President	Joe Speed
Treasurer	Eric Carson
Head Commissioner	Mike Lanza
Secretary	Kelsey Campion
Supervisor of Officials	Chuck Propes
Administrator	Cheri Bridges
Scheduler	Lina Dixon

Any rule interpretations or future additions, changes or updates will be made and communicated directly from these individuals. Any rule not explicitly covered or discussed in these Playing Rules and Definitions will be made utilizing the rules governing NCAA College Football.

It is the responsibility of all Team Managers, Head Coaches, Assistant Coaches and Referees to understand these Playing Rules and Definitions. Individual Team Managers and coaches will be responsible for sharing these Playing Rules and Definitions with their respective team players for understanding. Assigned game referees have the responsibility to apply and interpret these rules throughout the course of an actual game. However, the game Head Referee (White Hat) has the final authority in their interpretation and application.

It is strongly encouraged that these Playing Rules and Definitions be shared for understanding with respective team parents and spectators. Please feel free to forward any comments or questions to either your CAA Flag Football League Commissioner or to your League President.

#### **GAME ADMINISTRATION, DEFINITIONS AND RULES**

##### ***EQUIPMENT:***

- Mouthpieces are required for all Youth League players during practices and games.

- Jewelry of any type (metallic, plastic or elastic) is not permitted. The only exceptions are Medical Alert tags, which must be taped to the body and cannot be exposed outside the uniform. Team coaches are responsible to notify the Head Referee that a player is wearing a Medical Alert tag.
- Shirts must be tucked inside the player's shorts at all times. Long sleeve shirts/sweatshirts may be worn during cold weather but they must remain under the team jersey. This includes hoodies.
- Flags must be worn and clearly visible at all time during game play.
- Flag Belts: The belt, worn around the waistline, must have flags that hang from each side of the player, and one in the middle of the player's back.
- Side-pockets on pants/shorts are strictly prohibited.
- Colors between flags and pants/shorts must be contrasting.
- Player gloves, hats (with brims pointed to the back) and head-wraps are permitted.
- Spikes or metal cleats of any kind are strictly prohibited.
- In the event that two teams have similar colored jersey tops, one team will be required to wear league provided Penney's. A coin toss will determine which team will wear the Penney's with the winner having their choice.
- The Head Referee has the option to remove any equipment, player apparel or request that a player cut their finger nails if, in his/her opinion, it presents an unsafe playing condition. The ruling made by the Head Referee is final.

### **PRE-GAME:**

#### **TEAM CAPTAINS MEETING:**

- At five (5) minutes prior to game time, the Head Referee will call the team captains to the center of the field for referee introductions, equipment and player flag review, rules review and the flip of the coin.

#### **FLIP OF THE COIN/CHOICE OF GOALS:**

- The Head Referee will designate which team is to call the coin flip. The winner of the coin flip will have the option to: (1) receive the ball; (2) defend a goal; or (3) defer their choice to the 2nd half. Regardless of the selection, teams will change goals ONLY at the end of the 1st and 3rd quarters. The choice to defer will not change result in a goal change after half-time.

#### **GAME BALL:**

- Each team will provide their own CAA approved ball for play. The following ball sizes must be used: PeeWee for 5u-8u; Junior for 9u-11u; Youth for 12u-14u; Official for 15u-17u. Subject to these rules, the Head Referee will make any determinations or rulings regarding any game balls used.

### **GAME RULES:**

#### **LENGTH OF PLAYING TIME:**

- 5U Division: Each game will have two (2) halves, each being 22 minutes in length.
- All Others: Each game will have four (4) quarters, each being fifteen (15) minutes in length.

#### **GAME CLOCK:**

- 5U Division: each half will be a running clock, and will only be stopped on a coach or referee timeout.
- All other divisions: The 1st and 3rd quarter's time clock will only be stopped for penalties, injuries, or on a coach or referee timeout.
- In the last two (2) minutes of each half, the clock will be stopped as defined in NCAA College football. There will be one (1) minute between quarters and five (5) minutes between each half.

**TWENTY-FIVE SECOND CLOCK:**

- The offensive team will have twenty-five (25) seconds to put the ball in play once the referee has spotted the ball identifying offensive LOS. The Head Referee will clearly indicate to the offensive team that the clock has been started, as well as when the time has reached ten (10) and five (5) seconds remaining respectively.

**TIME-OUTS:**

- Each team is allotted two (2) time-outs the first half and two (2) time-outs the second half. Each time-out is thirty (30) seconds in length.

**NUMBER OF PLAYERS:**

- Each team will be permitted to field a maximum of seven (7) players at any one time.
- No game will start or proceed unless each team has a minimum of six (6) players.
- If one team has only six (6) players, the opposing team can field seven (7) players.
- If at any time a team cannot field the minimum players, the referee will end the game and the team that cannot field the minimum number of players will forfeit the contest.
- Coaches may not cancel games without board approval.

**TEAM BENCH:**

- Both teams will locate their respective Team Benches on the same side of the field-of-play.
- Each team will be permitted between the Mid-field line and the Kick-off line (15 yard line).
- Each team is allowed no more than three (3) badged coaches on their respective sideline.
- Any individual located within the designated Team Bench area must be authorized by the respective Team Manager, is to be identified to the Head Referee prior to the start of the game and, in the cases of any individual over 18 years of age, must have an Authorization Badge issued by the St. John's County Recreation Department.
- Spectators will only be permitted on the opposite side of the field-of-play. Only badged coaches and parents are permitted on the player's sideline.
- Sideline coaches are permitted to instruct their players during the course of a play provided they are located inside the designated Team Bench area only.
- Any violation of this rule will result in a delay of game penalty being assessed against the offending team and/or the ejection of the individual from the field.

**STARTING POSITION AND MINIMUM PLAY RULE:**

- Each player must be assigned at least one (1) starting position on offense or defense, per game. Players must play at least fifty (50) percent of all plays. There is no limit on the maximum number of plays that a player can play. Coaches will be held responsible for ensuring playing time for all players.
- If it has been determined that a team manager has violated this rule, the League President has the right to suspend the offending team manager from the field of play at his/her discretion. The length of the suspension will be determined by the CAA Flag Football Board after a review of the totality of circumstances.

**IN-BOUNDS AND OUT-OF-BOUNDS:**

- One foot of the ball carrier must be in the field of play (fair territory) for a catch to be ruled complete. This includes the end line at the back of the end zone.

**LINE OF SCRIMMAGE (LOS):**

- Neutral Zone: 5U-11U will be five (5) yards / 12U, 13U, and 14U, will be five (5) yards.
- Once the referee has spotted the ball identifying the offensive LOS, a neutral zone will be established.

- If the end of a play results in the line-of-scrimmage being less than the neutral zone distance from either the goal line or the first down marker, then the referee will re-spot the ball to allow for the neutral zone. A neutral zone will then be applied as in NCAA College football.

**BALL PLACEMENT:**

- Once the offensive LOS has been established, the referee will place the ball as close to the center of the field as possible. The center of the field is defined as being halfway between each of the opposing sidelines. In the event that field conditions prohibit this placement, the referee will determine the best location that will not give either team an advantage. The choice of ball placement by the referee is final and cannot be challenged.

**FIRST DOWNS:**

- A first down is gained when a team crosses the next closest forward yard line. If a team loses yardage, it must still cross the original yard line established. A team will have a series of four (4) consecutive downs in which to advance the ball across the next closest forward yard line to obtain a new first down.

**CROSSING THE GOAL LINE OR FIRST DOWN LINE:**

- A touchdown or first down will be awarded only when the football is clearly over the respective line in the field of play (fair territory) and the ball carriers flag has not been pulled.

**PUNTING:**

- No Punting – if a team declares a punt, the opposing team will take over offense on their 15 yard line.

**KICK-OFF:**

- No Kick-Off – teams will start at their own 15 yard line at the start of each half or after the opposing team scores or declares a punt.

**BLOCKING:**

- The only legal block that is permitted is a stationary screen.

**NUMBER OF PLAYERS ON THE LINE OF SCRIMMAGE (LOS): See Below****Offense:**

- Minimum of three (3) players on the offensive LOS. One of those players must be the center.
- Maximum number of players permitted on the offensive LOS is one (1) less than the number of offensive players playing at that time.

**Defense**

- There is no minimum number of defensive players that must be on the defensive LOS.
- Maximum of four (4) players on the defensive LOS.
- Any and all defensive players can rush but cannot do so until the ball has been snapped.

**THE CENTER:**

- The center must pass the ball back from its position on the ground between his/her legs with a quick and continuous motion of the hand(s) to another player. (clearly snapped)
- The center cannot place the ball on his/her back or to suspend it in mid-air for another player to come and take.
- The center cannot carry the ball from the line of scrimmage until after the ball has been clearly snapped from between the center's legs.
- The ball cannot be handed back to the center between his/her legs.
- Once the ball has been clearly snapped, then the center becomes eligible for all other offensive options.

**RIGHT-OF-WAY FOR THE CENTER POSITION:**

- Once the ball has been clearly snapped, the center will have a Right-of-Way that is perpendicular to the offensive LOS for a distance not to exceed the neutral zone. (puck to puck)

- The center is NOT permitted to leave the offensive LOS except when running in the Right-of-Way or when all initial rushers have crossed the neutral zone.
- No defensive player is permitted to enter into the center's Right-of-Way unless the center is beyond the neutral zone.

#### **PASSING THE BALL:**

- All players currently in the field of play are eligible to receive passes.
- The offensive team is permitted to throw one (1) forward pass per play and it must occur from behind the offensive LOS.
- If a player passes the ball to himself/herself, the play is immediately dead from the spot where the player passed the ball from.
- A forward hand-off behind the line of scrimmage is not considered a forward pass.

#### **BALL CARRIER DOWN:**

A ball carrier is considered down and the ball is declared dead under any of the following conditions:

- When an opposing player secures possession of the ball carriers flag.
- In the event of a flag dropping without being pulled by an opposing player or a flag being pulled inadvertently, the ball carrier is considered to be down when the opposing player has touched the ball carrier with one hand on any part of the ball carriers body.
- If a referee determines that a flag is being pulled intentionally from a player who is not in possession of the ball, an un-sportsmanlike penalty can be called.
- When any part of the ball carriers body, except for the feet or either hand, comes in direct contact with the ground.
- When the ball comes in contact with the ground and the ball carrier has control of the ball.

#### **FUMBLE:**

- Any fumble is immediately declared dead as soon as the ball hits the ground. The ball belongs to the last player that had possession and will be spotted where it first hit the ground or where the player lost possession, whichever is less. If the ball is fumbled forward, then the ball will be spotted where the ball carrier last had possession of the ball.

#### **STRIPPING OR KNOCKING THE BALL FROM A BALL CARRIER:**

- Stripping or knocking the ball from a ball carrier is not permitted. Once this occurs, the play is declared dead at the point where the ball was either stripped or knocked away from the ball carrier and an Un-Sportsmanlike Conduct penalty will be assessed against the offending team. Please refer to the "FUMBLE" rule for ball placement. If it is determined that the defender intentionally stripped or knocked the ball out, and in the referee's judgement, the offensive player had a clear path to the end zone, a touchdown can be awarded to the offensive team.

#### **DEAD BALL:**

- Any snap from the center, lateral, fumble or incomplete backward pass that makes contact with the ground is a dead ball. The ball is spotted where the ball first made contact with the ground.

#### **INADVERTENT WHISTLE:**

If the whistle blows inadvertently:

- Before the ball or ball carrier crosses the LOS, the down will be replayed.
- When the ball is beyond the LOS, the offensive team will have the option of accepting the play at the time of the whistle or replaying the down.
- If in the judgment of the referee, a ball carrier would have scored a touchdown, then a touchdown can be awarded.

#### **OFFENSIVE ON-FIELD COACH:**

- One (1) offensive coach is permitted on the field at any one time for 6U-17U. See 5U below:

- 5U Division: Two (2) offensive coaches are permitted on the field at any one time provided there is at least one (1) additional bench coach.
- Prior to the snap of the ball, each coach must be positioned at least five (5) yards from the deepest offensive player and must maintain this distance throughout the play.
- After the snap, on-field coaches cannot verbalize any instructions during the play.
- Offensive on-field coaches are not permitted forward of the LOS until the play has ended.

**DEFENSIVE ON-FIELD COACH:**

- One (1) defensive coach is permitted on field at any one time for age's 6U-11U. No defensive coach is allowed on the field for 12U and older divisions. See 5U below:
- 5U Division: Two (2) defensive coaches are permitted on the field at any one time provided there is at least one (1) additional bench coach.
- Prior to the snap, each coach must be at least ten (10) yards behind the deepest defensive player
- 5U Division: at least five (5) yards
- After the snap, On the field coaches cannot verbalize any instructions during the play.
- Defensive field coaches are not permitted forward of the LOS until the play has ended.
- The defensive field coach must maintain his/her position until after the play has ended.
- If the offensive team is within 15 yards of the goal line, the defensive coach must position himself/herself out of the end zone.

**SCORING**

**TOUCHDOWN**

- Six (6) points

**EXTRA POINT:**

- Offensive teams can either go for One (1) or two (2) point conversions.
- The offensive team must declare whether they are going for a one (1) or two (2) point conversions. Once declared, the offensive team cannot change their decision unless an offensive team time-out is granted.
- If the defensive team intercepts the ball during the extra point try, the defensive team will be awarded two (2) points if they are able to cross their respective goal line without being downed.
- Going for one (1) age's 5U-11U: the ball will be placed on the five (5) yard line for the extra point try.
- Going for two (2) age's 5U-11U: the ball will be placed on the seven (7) yard line for the extra point try.
- Going for one (1) age's 12U-17U: the ball will be placed on the five (5) yard line for the extra point try.
- Going for two (2) age': the ball will be placed on the ten (10) yard line for the extra point try.

**SAFETY: two (2) points**

- After the defensive team has made a safety, the defensive team will take over on offense from their 15 yard line.

**MERCY RULE:**

- If any team has at least 28 points more than its opponent, the game clock will not stop unless a player injury occurs, at halftime or between quarters. This rule will apply at any time during the game and will not be revoked regardless of score.

**TIEBREAKERS:**

- Regular season games can end in a tie. Playoff games that end in a tie will use the “Kansas City Tie Breaker Format” to determine the winner. A copy of this format will be reviewed prior to the start of all playoff games. All other playing rules and definitions will apply.
- The following tiebreakers will be applied to determine League Standings prior to any league-sanctioned playoffs:
  - If two teams are tied for first place in a division or sub-division:
    - The overall record within your division or sub-division (NOTE: if a Division is split between multiple sub-divisions, then the sub-division record will be used to determine a team’s ‘overall record’).
    - Head-to-head competition
    - Flip of a coin conducted by the CAA Board and Head of Officials

***If three or more teams are tied for first place in a division or sub-division:***

- The overall record within your division or sub-division (NOTE: if a Division is split between multiple sub-divisions, then the sub-division record will be used to determine a team’s ‘overall record’).
- Head-to-head competition (will only apply if one team has beaten all other teams in the tie-breaker)
- Drawing of playing cards where the highest card determines the first place finisher.

## **FOULS AND PENALTIES**

### **SPECIAL NOTES:**

- On 4th down, if any minor or major infraction is assessed against the defensive team, the penalty yardage will be marked off against the defense and the 4th down will be played over. If the assessment of the penalty results in a first down, then the first down takes precedence.
- If any major infraction occurs by the defensive team and the original offensive LOS is or was in the red zone, then the ball will be placed half the distance between the existing LOS and the goal line and a first down is awarded to the offensive team.
- If any major infraction occurs by the defensive team and the result of the play was an offensive touchdown, then the touchdown is awarded and the penalty is assessed on the kick-off.
- The Head Coach of either team can request an “official time-out” to discuss a potential violation of the CAA Flag Football Playing Rules and Regulations. The coach must call a team time-out and then approach the Head Referee for the discussion. The coach may then ask the Head Referee for the “official time-out”. This “official time out” will not be granted for the purpose of discussing judgment calls made or not made by on-field referees. The primary objective of granting an “official time-out” is to help clarify a rules violation. The Head Referee, in conversation with both Head Coaches and the other referees in the game, will assess the rules violation and has the right to consult with other league officials present or not present to help determine an appropriate ruling. The ruling of the Head Referee is final.
- If it is determined that an error has been made regarding the application of the rules as a result of the “official time out” request, the coach will have his time awarded back to him/her and not be charged for the time out.

### **MINOR INFRACTIONS:**

#### **OFFSIDES, FALSE START, ILLEGAL SHIFT PENALTY: 5 Yards from LOS**

- Dead ball foul if committed by the offensive team.

- Note: The defensive man can enter into the neutral zone and return to his/her side of the line prior to the snap and no penalty will be called provided that no contact has been made on the part of the defensive player.

**DELAY OF GAME PENALTY: 5 YARDS FROM LOS**

- This is a violation of the twenty-five (25) second clock.

**SUBSTITUTIONS PENALTY: 5 YARDS FROM LOS**

- All substitutions must be legally in the field of play prior to the snap. Any players leaving the field must have fully removed themselves from the field of play prior to the snap of the ball. If any team has more than 7 players on the field at the snap of the ball, this will constitute a substitution penalty.

**GUARDING FLAGS/STIFF ARMING PENALTY: 5 YARDS**

- Ball is down at the point of the infraction. No defensive options and loss of down occurs.

**HURDLING/DIVING PENALTY: 5 YARDS**

- Hurdling or diving over any player is illegal unless the player is trying to avoid injury with another player who is lying on the ground. If a ball carrier violates this rule, then the ball is down at the point of the infraction and the penalty is assessed. No defensive options and loss of down occurs. If a defensive player violates this rule, then the penalty will be assessed at the end of the play.
- The Head Referee will make any and all final determinations as to if a ball carrier committed an act of hurdling/diving or if it was considered inadvertent to avoid another player.
- Jumping (e.g., to avoid a flag pull or to catch, block or defend a pass) IS allowed.

**IMPEDING THE CENTER'S RIGHT OF WAY PENALTY: 5 YARDS FROM LOS**

- If the defensive player interferes with the offensive center's right of way while in the neutral zone. The offensive team can accept the penalty and replay down, or decline and take the yards gained from the play.

**IMPEDING THE RUSH PENALTY: 5 YARDS FROM LOS**

- Any offensive players who are not in a stationary screen may not block the path of an incoming rusher (intentional or not) while at the LOS and within the tackle box. When the ball is snapped, any offensive player at the LOS within the tackle box may not move within the path of a rusher (intentional or not). No defensive options and loss of down occurs.

**DIVING PENALTY: 5 YARDS**

- When an offensive player, while in possession of the ball, dives forward in an attempt to gain additional yardage, a first down, or touchdown, that act is considered illegal. The ball is down at the point of the infraction and the penalty is assessed. No Defensive options and a loss of down will occur.

**INCIDENTAL TRIPPING PENALTY: 5 YARDS**

- Inadvertent crossing of feet, determined to be accidental in nature.

**ON-FIELD COACH INTERFERENCE PENALTY: 5 YARDS**

- If the offensive or defensive on-field coach interferes with the flow of the play or verbalizes any instructions to his/her players after the ball is in play, an On-Field Coach Interference penalty will be called.
- If a subsequent On-Field Coach Interference penalty is assessed to the same team, the referee has the option of issuing an Un-Sportsmanlike Conduct penalty on the offending team.
- The On-Field Coach Interference penalty can also result in a Pass Interference penalty being called on the offending team if the On-Field Coach is determined by the referee to have physically been in the path of the play. In such cases, the referee is the final authority on awarding a Pass Interference penalty.



Offensive Interference: the penalty will be marked off from the original LOS and a loss of down.

Defensive Interferences: the penalty will be added onto the end of the play.

**MAJOR INFRACTIONS:**

**TACKLING/TRIPPING/HOLDING PENALTY: 9 YARDS \*(see note)**

- It is illegal for any player to tackle, trip or hold any other player regardless of the situation.
- Defensive Penalty: the penalty will be added onto the end of the play.
- Offensive Penalty: the penalty will be assessed from the spot of the foul and a loss of down occurs.
- If the referee rules that an offensive player has a clear path to the goal line and is intentionally tackled, the white hat, after confirming with his crew, can award a touchdown.

**BLOCKING PENALTY: 9 YARDS**

• There is no legal block in this league. You are permitted to use a stationary screen. A moving screen is illegal. The screening player(s) must remain still as the defenders approach the ball carrier. The screener must set his/her screen at least three (3) yards or approximately two (2) running strides from a defender. The screener must keep his/her arms and hands straight down by his/her sides. No part of the screener's body, except the feet, shall be in contact with the ground throughout the screen. Sticking a knee, hip, foot, elbow, or other body part out to make contact is an illegal block.

Defensive Blocking: the penalty will be added onto the end of the play.

Offensive Blocking: the penalty will be assessed from the spot of the foul and a loss of down.

**ROUGHING THE PASSER PENALTY: 9 YARDS**

- Under no circumstances is the offensive passer to be touched above the waist, regardless of whether or not the defender has actually touched or battered down the ball. The intent of this rule is to avoid injuries to the passer. The defender's objective is to down the passer by pulling the passer's flag.
- When this penalty occurs, the offensive team is given the choice of accepting the play or replaying the down. Under all circumstances, nine (9) yards will be awarded to the offensive team from either the LOS or from the end of the play, AND an automatic first down.

**PUSHING/ROUGHING PENALTY: 9 YARDS**

• It is illegal for any player to push or rough any other player regardless of the situation.

Defensive Penalty: the penalty will be added onto the end of the play.

Offensive Penalty: the penalty will be assessed from the spot of the foul and a loss of down.

**RUNNING OVER A PLAYER/CHARGING PENALTY: 9 YARDS**

• It will be the decision of the referee as to whether a player is intentionally trying to run over and charge another player. The offensive player is considered at fault if the defensive player has clearly established and maintained a position. The ball carrier must run to evade 'tacklers'. Defensive players should not set up to purposefully draw a charge. 'Brushing' and unavoidable contact is not charging and no penalty will be called.

Defensive Penalty: the penalty will be added onto the end of the play.

Offensive Penalty: the penalty will be assessed from the spot of the foul and a loss of down.

**DEFENSIVE PASS INTERFERENCE PENALTY: 9 YDS FROM LOS**

- If the penalty is accepted on behalf of the offensive team, then the nine (9) yards are marked off from the offensive LOS and a first down is awarded.

**OFFENSIVE PASS INTERFERENCE PENALTY: 9 YDS FROM LOS**

- If the penalty is accepted on behalf of the defensive team, then the nine (9) yards are marked off from the offensive LOS and a loss of down occurs. If the penalty occurs on the fourth down,

then the penalty is marked off from the offensive LOS and the ball is awarded to the defensive team.

**UN-SPORTSMANLIKE CONDUCT PENALTY: 9 YDS FROM END OF PLAY**

- Un-Sportsmanlike conduct of any kind including “stripping or knocking the ball from a ball carrier”, flagrant fouls, cursing, yelling at officials, spectators or opponents, fighting or behaving in any manner deemed inappropriate by the referee, will result in the assessment of this penalty against the offending party. If an individual is assessed two Un-sportsmanlike Conduct penalties during the course of a game, then that individual will be ejected from the field of play. See Individual Ejection Rule for clarification.
- If the act committed by a coach or player is considered egregious by the On Field Referee, CAA Head of Officials, or CAA Flag Football Commissioners at the field, that player or coach can/will be ejected immediately for safety reasons.

**ILLEGAL ON-FIELD PRESENCE PENALTY: see Un-sportsmanlike Conduct**

- Team Managers, Coaches, Players and Referees are the only individuals permitted on the field-of-play during the actual Game Event. The Game Event is defined as being 5 minutes prior to scheduled game time through the point when the referee indicates that game time is over. Any individuals not identified above must receive specific permission from the Head Referee to come onto the field-of-play. Any violation of this rule will result in the assessment of an Un-sportsmanlike penalty and the referee has the additional option of assessing the Individual Ejection Rule.

**INDIVIDUAL EJECTION RULE**

- The Team Manager has the ultimate responsibility for the behavior of his/her team players, coaches and spectators before, during and immediately after games. If an individual associated with a team is ejected *FOR ANY REASON*, then that individual must leave the field of play and park grounds immediately or the game will be forfeited. Any pre-game, game or post-game behavior deemed inappropriate by any one of the game referees or observed by any CAA Flag Football league official, coach, player or parent can result in the assessment of this penalty.
- The ejected individual is placed on immediate suspension from the league pending the completion of a Petition for Re-Instatement. The Petition for Re-Instatement, which must be in done in writing, must be filed with the CAA Flag Football League President, the appropriate CAA Flag Football League Commissioner or the CAA Flag Football League Head Referee within 48 hours from the time of the ejection.
- After consultation with the CAA Flag Football President, the appropriate CAA Flag Football League Commissioner and the CAA Flag Football League Head Referee, the individual will be notified as to the particular event in question, the assessment of this penalty and the appropriate steps that the individual needs to take in order to re-instate their position within the league. A minimum of a one (1) game suspension will be issued to any ejected individual. Ejected individuals will not be permitted to participate or observe subsequent games or practices until the Petition for Re-instatement is completed and approval is granted.
- Any violation of this rule or its intent will result in banning the individual from future participation in the CAA Flag Football League. This rule and its application are at the sole discretion of the CAA Flag Football President, CAA Flag Football League Commissioner’s and the League’s Head Referees. Any imposed penalties resulting from this rule can be carried over from season to season.

**MISCELLANEOUS NOTES:**

- Each Team Manager will be held responsible for the appropriate behavior of his or her players, coaches and spectators. In the event that a controversy or conflict should arise, then the Head Referee will instruct all coaches and players to return to their respective benches. The Head Referee will then discuss the controversy or conflict with other game referees for resolution. The Head Referee also has the option of asking for help from other league officials present.
- Once the Head Referee makes a ruling, then he will meet with both Team Managers at the center of the field to communicate his/her ruling. Under any and all circumstances, the decision made by the Head Referee is final and play will resume. There are no protests.
- Any rule or definition not explicitly covered or discussed in the above will be made utilizing the rules governing NCAA College Football.

### ***FIELD DIMENSIONS***

Our Flag Football fields are 40 yards wide and 60 yards in length (excluding end zones)

- Goal line to 1st down 15 yards
- 1st down to Midfield 15 yards
- Midfield/1st down 15 yards
- Goal line to 1st down 15 yards
- End zones are 40 yards wide and 10 yards deep