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1.0 Overview of Game Structure

1.1 Number of Players: A team may have an unlimited number of players on their team roster. The maximum number of players on the field for one team will be **nine** players. The minimum number of players required on the field for one team is **seven** players. There can be a maximum of three non-Asians on the field for one team. If an individual is half Asian and can show proof of ethnicity, that individual counts as Asian.

1.1 A: Ethnicities that identify as Asian may include but are not limited to: East Asian, Southeast Asian, Middle Eastern, and Pacific Islander. Any questions on ethnicity will be determined by the host.

1.1 B: Should the offense have too many non-Asians on the field, the offense will be penalized 10 yards and repeat down***

1.1 C: Should the defense have too many non-Asians on the field, the offense will be automatically awarded 10 yards and a first down, **no free plays allowed** as this should be enforced before the snap of the ball

1.2 Field Dimensions: The playing field will be 100 yards in length. The playing field will be 80 yards long with two 10-yard end zones. The width of the field will be 45 yards. First downs will be 10 yards from the line of scrimmage assuming no penalty yards have been accumulated.

1.2 A: Opening drives will start at each team's own 20-yard line.

1.3 Substitution: Teams may substitute between downs only. There is no limit to the number of individuals involved in a **substitution**. There cannot be more than **9** players in the huddle. (All 9 players are not needed in a huddle if there has **NOT** been a substitution). **Substitution for both teams will not be allowed during a no-huddle offense.** See 4.13.

1.3 A: Players do not have to break the huddle together, but all players who participate in the huddle must remain on the field to avoid any sleeper play.

1.4 Blocking: All blocks must be between the waist and shoulders of an opponent. Blocking must be done with OPEN HANDS. Blocking while using **FOREARMS, ELBOWS, or SHOULDERS** will result in an unsportsmanlike/personal foul penalty. Contact must be applied to the player's front or side. Hands cannot be used to contact the neck, face, or head areas, or below the waistline. No player may leave their feet on a block. Players may not lock arms together to obstruct the opposition. It is **NOT** a block in the back if a player **intentionally** gives their back for an opponent to block. *For example:* It is **NOT** blocking in the back if a defensive player uses a 'spin' move and intentionally turns his back to an offensive player and gets blocked in the back.

1.4 A: Players can perform blocks on angles aiming at an opponent's shoulders or side at a 45- or 90-degree angle.

1.5 Charging/Excessive force: No player on offense, defense, or special teams may charge or tackle an opponent. Charging is when a player forcefully runs through an opponent. This may include but is not limited to tackling, lowering a shoulder, using forearms or elbows, running through an opponent who has established position, and other forms of excessive physical conduct. Official's discretion on if a player committed a charging foul.

1.6 Live ball: Once the ball is snapped, the ball is live until it hits the ground, results in a completed play and the ball carrier is downed, or the play is incomplete.

1.6 A: Should the ball be snapped and hit the ground behind the line of scrimmage, the ball will be spotted where it lands resulting in a loss of yards and the down is over.

1.6 B: When a player has possession of the ball, but the ball falls out of a player's hands past the line of scrimmage and is not downed yet, the ball will be spotted wherever the player last had possession of the ball.

1.6 C: Should a ball be batted, tipped, or muffed; any team may try to possess the ball while the ball is live. Should the ball fall on the ground, the play is over. **There are no**

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live-ball fumbles in HFF. A **fumble** occurs after a player maintains possession of the ball but drops the ball in which the ball hits the ground. The play is then over. A **muff** is when a player contacts the ball but does not have possession of the ball. The play is live until the ball hits the ground or until the play is blown dead.

1.7 One-hand-touch rule: Should a flag belt fall off an eligible offensive player (before or after receiving the ball) without being caused by a defender, defenders only must one hand touch the ball carrier to end the play.

1.8 Warm up time: Teams will be given **10** minutes to warm up after the previous game's final whistle has blown. Teams must be ready to play prior to the end of the current game. If a team is not present during the initial coin toss, they will lose one timeout for every three minutes they are late. If a team is not present after 10 minutes of the scheduled game time, they will **FORFEIT** the game.

1.8 A: The officiating crew and downs marker crew will need to have a proper number of individuals present to officiate and help with down markers. Failure to do so will result in the team losing their deposit or timeouts for future games. The two playing teams may bring this attention to the host.

1.9 Coin Toss: Lower seed will have the opportunity to call the coin toss. The team that wins the coin toss can choose 1) start on offense for the first half, 2) start on defense for the first half or 3) defer. If a team chooses offense, the team who started the first defensive series will have the ball to start the second half. The team who starts on defense will determine which side they want to defend. If a team chooses defense first, they will start the second half with offense. When a team defers, they allow the other team to make the decision on starting with possession or defending to start the first half. The team that defers, will start the second half based on the opposite decision of the opposing team.

1.10 Overtime: The lower seed will have the choice on the coin toss selection. Possessions will start from the opponent's own 20-yard line. First down will be on the 10-yard line indicating first and goal. Each team will be allowed one possession to score the ball along with one conversion attempt. Should the game be tied after each team's possession, the teams will have another coin toss and engage in a one possession sudden death. Lower seed will have the option to call the coin toss again.

1.10 A: Should the first team on defense intercept the ball and return it for a touchdown, the game is over, and the team on defense wins. Should the team who plays defense first, prevent the other team from scoring and then score on the next ensuing series, the game is over.

1.10 B: Should the first team on offense score a touchdown and stop the other team from scoring on the ensuing series, the game is over.

1.10 C: Teams will be awarded one timeout for the initial over time series.

1.10 D: Teams will be given one timeout during the sudden-death overtime series.

2.0 The Game Clock

2.1 Game length: Two 20 minutes halves constitute a game. Half-time will be five minutes in length.

2.2 Game Clock: First half will have a running clock of 20 minutes. The game clock will only be stopped during a team time out or an official timeout. Game clock stops whenever a team scores a touchdown, and they are attempting an extra point. Game clock resumes at the snap of the next team's possession. During the second half, the game clock will continue to run until the two-minute warning. Game clock will stop under the two-minute warning *see 2.4*.

2.3 Play Clock: Teams have 30 seconds to snap the ball, not including a zero count. The play clock starts once the referee spots the ball.

2.3 A Delay of Game: A delay of game occurs when a ball is not snapped within the 30 second play clock. If a delay of game occurs during the second half under the 2-minute warning, a 5-yard penalty will be assessed, and the clock will stop. *See 2.5 for more clock stoppage rules.* The game clock will resume on the next ball snap.

2.4 Two-minute warning: A two-minute warning is announced for both halves. However, a two-minute warning only is enforced during the **second half** of the game.

2.5 Stopping the game clock: First half, clock only stops on team time-outs, injuries, during conversion attempts, and officials time outs. Time stoppage is enforced during the 2-minute warning of the second half by:

- Incomplete passes
- A dead ball behind the line of scrimmage/QB spike
- A ball carrier running out of bounds before being downed
- Team Timeouts/Injuries
- Official's Timeouts
- Conversion attempts/ Touchdowns
- Change of possessions

2.5 A: Only the Quarterback can intentionally spike the ball to stop the game clock. This will result in a loss of down. An eligible offensive player cannot intentionally spike the ball after a catch or during a run, in an attempt to stop the clock in a two-minute situation.

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This will result in an unsportsmanlike penalty. A player who fumbles the ball during the two-minute mark in bounds will be considered down as the player has given themselves up, and the game clock will continue to run.

2.6 Time outs: Three timeouts per half. Timeouts are one minute in duration.

2.6 A: Each team can only call **one** timeout per down. If a team calls back-to-back timeouts without a down being played, a 10-yard unsportsmanlike penalty will be assessed.

2.6 B: A team who calls a timeout when they do not have any left will result in an unsportsmanlike penalty and 15-yards will be assessed.

2.7 Injury time out: The team will be charged a time out if the injured player cannot get off the field within a one-minute duration. A team is immediately charged with a timeout under the 2-minute mark of the second half in event of an injury.

2.7 A: Referees may stop the game clock should a serious injury occur, and if the team has used all three of their timeouts. This will also result in a **delay of game-- 5-yard penalty along with 10 second runoff for the offense.**

2.7 B: The game clock will start based on the completion or incompleteness of the previous play. If the previous play was completed, the game clock and play clock starts as the official sets the ball. If the previous play was incomplete, the game clock starts on the snap.

3.0 Scoring

3.1 Points: Each touchdown is six points. A player scores a touchdown by having possession of the ball and crossing the goal line without being downed. A player's hips must cross the goal line to score a touchdown. A player breaking the goal line plane with the tip of the football, limb, or extending the football across the goal line does not result in a touchdown.

3.2 Extra Points: Only one attempt is given to score an extra point conversion.

3.2 A: 1-point conversion from the 3-yard line.

3.2 B: 2-point conversions are from the 8-yard line.

3.2 C: Should offense be called for a penalty prior to the snap, the conversion attempt is over, and the other team will be awarded possession for the next series.

3.2 D: Should an offensive penalty occur during the play, the play will continue but it will not be counted; if a point was scored, the point will not count, and the conversion attempt is over.

3.2 E: Should a defensive penalty occur before the play; the offense will be awarded another attempt with the ball spotted half the distance to the goal line. Should a defensive penalty occur during the play, the ball will be spotted half the distance to the goal line after the play is over, and the offense will have another attempt unless the conversion attempt was successful.

3.2 F: Should the defense intercept the ball and return it to the opponent's end zone, the team who was on defense will be awarded the number of points per the conversion attempt. If the interception was not returned to another end zone, the extra point attempt is over, and a change of possession will occur.

3.3 Safeties = 2 points. A safety will occur when an offensive player is downed in their own endzone. A safety will also occur when the offense drops the ball in their own endzone which may include but is not limited to when an offensive player fumbles the ball behind the goal line, an offensive player muffs the ball behind the goal line, or the ball is dropped behind the goal line.

3.3 A: If an offensive player has the ball on the playing field and crosses back into their own endzone, and is downed inside their own endzone, this results in a safety.

3.4 Mercy rules: If a team is behind by 42 points or more at halftime (6 possessions), that team is automatically forfeited. If a team is behind by 18 points or more at the two-minute warning of the second half, that team is automatically forfeited.

3.5 Forfeit score: In the event of a team forfeiting, the team who wins will be awarded 12 points and a victory.

4.0 Offense

4.1 Moving the ball: The team on offense will have four downs to get a first down. Each first down will be a minimum requirement of 10 yards. If a team can get a first down, another four downs will be awarded until that team scores or turns the ball over.

4.2 Formations: Offense must have exactly three ineligible players (the offensive line), with one guard on each side of the center. The other **6 eligible players are identified by wearing a flag** to be eligible to participate in the play as a ball carrier. If the flag comes off by itself during or before play, the one hand rule applies. If a player can't put the flag on in time—assuming that there has not been a substitution, the one hand touch rule will apply. The offense must have one eligible player on the line of scrimmage per each side of the center. All other eligible players must line up at least a yard behind the line of scrimmage.

** When it is under the two-minute mark in the second half, and the offense is in a no huddle offense and **does not substitute**, if the player does not put on the flag in time before the play, that player is still eligible.

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4.3 Shifts: A team can shift multiple players in a formation change using any verbiage or body signal before the play clock expires and before the snap of the ball. All players must be set after a shift for a second before the ball is snapped.

4.4 Motion: A player moving laterally or backwards before or during the snap. Only one player is allowed to be in motion.

4.4 A: A player on the line of scrimmage cannot be motioned, this will result in illegal procedure.

4.4 B: After a shift, only one player may be allowed to motion. If two players are in motion before or during the snap, this will result in a false start penalty.

4.5 Offensive line: Offensive line are ineligible ball carriers and will be identified by not having any flags. If the ball is tipped by any player, an o-line may catch the ball and will be downed after one-hand-touch. An eligible offensive ball carrier may lateral to an offensive lineman.

4.5 A: Offensive line: Offensive line will be identified by not having any flags. **There are NO “guard eligible” plays.** If the ball is tipped by any player, the o-line may catch the ball and will be downed after one-hand-touch. --Offensive line can line up in a two-point, three-point, or four-point stance as long as their knees are not on the ground as to be in a position to block defenders below the waist.

4.5 B: Offensive lines may advance up field on running plays.

4.5 C: Offensive line **cannot** be up field *more than 3 yards up field before* a pass is caught. Offensive lines may not engage a second level defender until the ball is caught.

4.5 D: There are no tackle over or unbalanced formations in HFF.

4.5 E Center's Exchange: The ball must be snapped through the center's legs. Failure to do so will result in an illegal procedure. At the snap, possession of the ball must be transferred from the center to another eligible player. The ball can be picked up and wiped off before it is snapped. The ball must be on the ground when snapped.

4.5 F: If a team brings in an extra lineman for “big personnel” that player will have to declare themselves eligible in which the referee will also identify **to both teams** that player is eligible. The player must also wear a flag when declaring eligibility.

4.6: Neutral Zone: The space between the two teams on the line of scrimmage indicated by the nose of the football. Both teams must remain behind their end of the ball except for the center who can line up parallel to the ball.

4.7 Carrying the ball: The ball carrier cannot shield the flag or stiff arm while carrying the ball. Ball carriers cannot extend the ball to gain more yards. Ball carriers may not dive to advance the ball. Ball carriers may not hurdle defenders.

4.7 A No assist with forward progression: no player(s) may push or assist the ball carrier in a forward progression to advance the ball.

4.8 Downing the ball carrier: A ball carrier who has possession of the ball and falls on ground is considered down. This includes but is not limited to when the ball carrier's elbows, back, side, or lower body touches the ground. Officials will spot the ball according to where the flag was pulled or where the player was downed.

4.8 A: A ball carrier is downed when a player's flag is pulled, steps out of bounds, or is tagged. The ball will be spotted where the ball carrier was downed.

4.8 B: A player is downed with emphasis on where the player's hips are as the flag is pulled.

4.8 C: If an offensive ball carrier has possession of the ball but loses control of the ball resulting in the ball falling onto the ground into the opponent's end zone or out of bounds in the opponent's end zone, the defending team receives a touchback.

4.9 Passing: The offense is allowed ONE forward pass which must be thrown behind the line of scrimmage. If a forward pass is batted, a player on offense may catch the ball but not attempt to throw it forward a second time. A quarterback's front foot must be behind the line of scrimmage as the quarterback throws a forward pass. A quarterback is not considered down during a pass attempt if their arm is in motion releasing the Football. All other passes must be lateral which must be parallel or behind to another teammate. A team may lateral as many times as they want to before a ball carrier is downed. An opposing player may attempt to bat or intercept the forward pass or the lateral.

4.9 A: The offense is allowed to throw a backwards pass behind the line of scrimmage prior to throwing a forward pass (double pass). The lateral must be thrown parallel or behind whichever player throws the initial lateral.

4.9 B: A lateral behind the line of scrimmage that hits the ground will result in a loss of yards and completed down.

4.9 C: A lateral past the line of scrimmage that hits the ground will result with the down completed and the ball spotted where the ball landed.

4.9 D: Laterals can be thrown during special teams.

4.8 E: A ball is live until the ball carrier is downed prior to the ball carrier throwing a lateral to another player. The player lateralling is not downed should their arm be in motion when throwing the lateral while an opponent attempts or pulls their flag.

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4.8 F: During a screen pass, eligible players are not allowed to block until the ball is passed. Eligible players may fight off contact should they get jammed.

4.10 Eligible receivers: All receivers must wear a flag to indicate eligibility. If the flag falls off before or during play, the one-hand-touch rule will apply.

4.10 A: Eligible receivers who step out of bounds and come back into play may not be the first individual to catch or contact the ball. Doing so will result in illegal touching.

4.10 B: An eligible player who steps out of bounds and does not immediately try and establish position back to get back on the field will result in an unsportsmanlike penalty. This is at the official's discretion.

4.11 Illegal Picks: Offensive players are not allowed to "pick" a defender in hopes of freeing up one of their own teammates. A pick is contacting a defender and stopping them from covering another receiver.

4.11 A: Should the play result in positive yards, the 10-yard penalty will be added from the spot of the foul and repeat down.

4.11 B: Should the play be incomplete; a 10-yard penalty will be added from the line of scrimmage and a replay down or the defense has the option to decline which will result in a loss of down.

4.12 Catching: A player who catches the ball must maintain possession throughout the duration of the catch and establish one foot inbound. A player must catch the ball inside the sidelines; a catch on the sideline is not considered a catch (white line is considered out of bounds). An offensive player may not be pushed out of bounds by the opposition while in midair. This will result in a pass interference.

4.12 A: An eligible receiver may jump to make a play on the ball.

4.12 B: An offensive player may not push a defender to catch the ball.

4.13 Substitution: To be eligible to participate in each offensive play, all nine players must have been in the huddle prior to lining up (no sleeper plays).

4.13 A: If there was NO substitution, all players are not required to huddle.

4.13 B: Should an offense not huddle, both teams **are not** allowed to substitute as this is a hurry up offense. However, if the previous play was an incompleting, dead ball, or completion that resulted in the ball carrier stepping out of bounds, the offense may hurry up; but both teams are allowed to substitute at their discretion.

4.13 C: Should the defensive team commit an illegal substitution; the offense may snap the ball for a potential free play. *See penalty enforcement for offense/defense illegal substitution.*

4.13 D Sleeper Rule: an offensive player who is off the field may not participate in an ongoing play either in the backfield or up field.

4.14 Holding: An offensive player may not grasp the defender's clothing or limb to control the defender. Teammates may not lock arms to prevent the opposition from progressing.

4.15: Cadence: Offensive teams can use any words to call their cadence, conduct an audible, shift players, or motion a player. However, the offense must be set for one second prior to the snap of the ball except for a player in motion. Once the quarterback calls a set, the offense can reset if an audible is called.

4.16 Intentional grounding: When the Quarterback throws the ball to an area where there is no receiver while the QB is still in the pocket. The pocket will be determined by an area created by the outside shoulder of the left guard and the outside shoulder of the right guard and behind the line of scrimmage. Intentional grounding also occurs when the quarterback steps out of the pocket and throws but does not complete a throw that gets to the depth of the line of scrimmage. **This will result in a 10-yard penalty and loss of down.**

5.0 Defense

5.1 Formations: Defense may choose any alignment but must have at least TWO players within a yard of the line of scrimmage pre-snap. The two defenders (D-Line/NT) on the line of scrimmage may not try to draw the offense to false start. This may include but is not limited to stutter-stepping, roaming the neutral zone, or sudden movements that may cause an offensive player to false start. Doing so will result in neutral zone infraction. Any other personnel on defense (Corner, Safety, Linebackers) may stunt and move around freely.

5.1 A. Neutral zone infraction: When a player lines up in the neutral zone. From the top of the football the bottom of the football (5-yard penalty)

5.1 B: Offsides: When a player crosses or is lined up past the line of scrimmage before the ball is snapped. (Potential free play for the offense if the center snaps the ball within one second should a defender be offside). A defender other than defensive ends and the nose tackles who crosses the line of scrimmage may reestablish themselves behind the line of scrimmage before the snap.

5.1 C: Encroachment: When a defender contacts an offensive player before the ball is snapped. (5-yard penalty)

5.2 Defense may automatically engage the offense at the snap.

5.3 Defensive Holding: A defender is not allowed to hold the clothing or limb of an offensive player to maneuver the offensive player.

5.3 A: When de-flagging the ball carrier, a defender CANNOT hold the ball carrier cloths, hair, arm, or any type of form to gain advantage in de-flagging the offensive player. This will result in a 5-yard penalty and automatic 1st down.

5.4 Bumping receivers/Jam: A defender is allowed unlimited chucks on a receiver within five yards of the line of scrimmage. A legal chuck/bump is with open hands between the waist and shoulders. The hands must be withdrawn after the initial contact.

5.4 A: Defenders are allowed to jam eligible players who line up in the backfield an unlimited number of times and must release them after they go up field past five yards.

5.5 Imitating offensive calls: Defense is not allowed to imitate offensive calls and cadence. This includes, but is not limited to, saying such things as "hut-hut" or "go-go". **This will result in a 10-yard penalty, automatic 1st down.**

5.6 General defense: Tackling is strictly prohibited. Defenders cannot lead with elbows or shoulders when rushing the offense. Defenders cannot force a fumble. A defender may not attempt to strip the ball from the ball carrier or pop the ball out of the ball carrier's hands once the ball carrier has established possession of the football.

5.6 A Roughing the Passer: Any contact on the QB arm results in a roughing the passer. Also, a defender may not intentionally run into the QB.

5.7 Pass interference: Pass interference may include but is not limited to 15-yard penalty.

5.7 A: When a defender obstructs an offensive player through excessive physical contact and not allowing the offensive player to make a play on the ball. This may include but is not limited to holding, hitting, pushing, shoving, smacking, and other forms of excessive physical contact on a receiver as the ball is thrown.

5.7 B: When a defender engages contact with an offensive player with no intention of playing the ball regardless of if the ball is thrown in the general direction of that specific defender and initial receiver.

5.7 C: A defender may not push a receiver who is in mid-air out of bounds as the receiver is trying to catch the ball (the defender has no intention of making a play on the ball or swatting the ball). A defender may hold their position but may not intentionally undercut and deny a receiver a space to land.

6.0 Special Teams

6.1 Kickoffs: No kickoffs. Teams will start possession at their own 20-yard line.

6.2 Onside kick: No onside kicks.

6.3 Safeties Punt: The punting team must kick it inbounds otherwise the ball will be awarded on the 50-yard line.

6.3 A: The punting team must line up on their own 20-yard line. The return team may line up as close as the opponent's 30-yard line.

6.3 B: If the ball is muffed or dropped and it hits the ground, the play is over, and the ball is spotted where it landed. The kicking team may recover a muff before it hits the ground.

6.3 C: If the ball is kicked outside of or falls into the endzone, it is a touchback.

6.4 Punt Formations: Announcing punt, a team may line up in any legal offensive formation. A dropped snap ends the play, and the ball is spotted where it hits the ground. The center is protected**, and Receivers/Gunners are allowed to be jammed past the 5-yard line. FAKES ARE ALLOWED.

**Should the team choose to line up in any formation that is not a traditional punt formation the defense is allowed to rush and engage with the center.

6.4 A: A traditional punt formation may include but is not limited to; a double tight end formation with two outside gunners/receivers.

6.4 B: A nontraditional punt formation; the offense can line up in a typical offensive formation, but only the most outside player is allowed to gun and go up field prior to the punt of the football.

6.4 C: The receiving team can down the kicker/initial ball carrier if the kicker has not punted the ball. The receiving team must allow the kicker space to land. Contact **after** the kick **or** not allowing the kicker to land safely will result in roughing the kicker. 10 yards and an automatic 1st down will be awarded to the punting team.

6.4 D: Should the punter pass the line of scrimmage and then kick the ball; the play is dead, and it is a turnover. A penalty of five yards will be enforced on the change of possession in favor of the receiving team.

6.4 E: Should a punt reach the opponent's back of the endzone or land directly in the endzone, this will result in a touchback and the return team will be awarded possession on their own 20-yard line.

6.4 F: No contact is allowed on the long snapper until they assume a blocking position. This only applies on punt formations. Should a defender contact the long snapper who has not yet engaged in a blocking position, it is a 15-yard penalty and automatic first down.

6.5 Punt out of bounds: Officials will spot the ball based on where the ball went out of bounds.

6.6 Blocked punt: If a punt is blocked, the ball is live BEFORE hitting the ground and the receiving team can attempt to catch the ball. If the ball hits the ground, it is dead, and the defending team gets possession where the ball hits ground.

6.6 A: If the ball is blocked on a punt and the kicking team recovers prior to the ball hitting the ground, they need to get to or past the down marker to get a first down if they don't; it is a turnover and it is the opposing team's ball from where the play ended.

6.6 B: The kicking team may only punt once. If the first punt gets blocked and a player on the kicking team catches it, they may not punt the ball a second time.

6.7 Fair catch: A legal fair catch signal when a player fully extends their arm above the head and waves it from side to side.

6.7 A: The kicking team must give a one-yard cushion for the receiver to catch. Invading a catcher's space or creating contact before the catch or after the fair catch signal will result in an illegal touching penalty.

7.0 Miscellaneous Game Rules

7.1 Equipment: Game balls are provided by each team. Tackle football equipment such as shoulder pads, football helmet, or solid metal cleats are strictly prohibited. Protective gear such as padded shirts or padded girdles are acceptable. An official or host can make the decision to not allow an individual to play should they wear prohibited equipment.

7.1 A: Teams are strictly prohibited from using stick-em on their gloves or ball or anti-wet substances should weather concerns be an issue.

7.2 Jerseys: Players on the same team must wear similar colored jerseys. Teams must also bring an alternate color jersey in the case another team wears the same color. If numbers are worn, numbers must be different for all players.

7.3 Flags: Type of flags being used will be Triple Threat Heavy-Duty Flags (the entire belt comes off when pulled). The flag belt must be worn at the waist and be in plain sight. Anyone tying the flag belt will be ejected from the game. All flags must be worn OVER shirts/jerseys. Failure to do so may result in an unsportsmanlike penalty or the player being ejected from the game. Officials have the right to check a player for tying their flag.

7.4 Team area: All players and team personnel must stay one yard from the marked sidelines. Players and team personnel cannot pass the 20-yard marker in the red-zone. Players on each sideline are responsible for keeping a clear sideline for the officiating and chain crew. Teams will be assessed an unsportsmanlike penalty if not upheld. Officiating crew will give one warning before doing so. Teams who fail to give a visible sideline will be penalized five yards.

7.5 Forfeits: If the team or at least minimum of seven players are not present after five minutes of the scheduled start time, the team will lose one timeout for every three minutes they are late. After 10 minutes and a team has less than seven players, the team will be forfeited. A team may forfeit at any time in the game if they notify the officials of their decision.

7.5 A: If your team FORFEITS **two games** on the first day/seeding day, your team will **NOT** make it to the second day and the team also forfeits their deposit.

7.6 Recruitment: Players cannot play for more than one team. Any team caught with a player playing for more than one team will result in the player and both teams getting disqualified from the tournament. Both teams will also forfeit their security deposit. Whoever you enter the tournament with, you must stay with that team. No team hopping even if you didn't play a single snap for that team.

8.0 Officials

8.1 Officiating team: There will be a need for a minimum of four officials per game. The four game-officials will be one head referee, one back field referee, and two sideline referees. The chains team will comprise of three individuals: two for holding the chains and one for holding the down marker.

8.1 A: In the event of a semi-finals or finals game, two additional field judges can be added totaling two field referees and two back referees.

8.2 Official's jurisdiction: Any visible area of field. All calls are final unless challenged by the lead official. The play is over when the whistles blow. Team can only challenge rule interpretations, not the official's ruling/call on the field. All challenges must be done by team captains or coaches.

8.2 A: Field Referee (stands behind offense): looks for any player within the box and in the backfield, makes sure the offense is in a LEGAL offensive formation, has the proper number of players, and that defenders are not crossing the line of scrimmage.

8.2 B: Back Referee (behind defense) focuses on the secondary, skill players who are moving up field, and addresses any penalties as needed.

8.2 C: Side referees: Makes sure players from their sides of the field are lined up properly on/off the line of scrimmage and monitoring contact that is allowed within the first five yards; also making judgment on plays or penalties downfield towards the sideline.

8.3 Officials disagreeing: In the event of an official's disagreement, officials may meet to judge the ruling of a particular foul, rule interpretation, ball spot, or outcome of play. The official who was closest to the play will have the most influence on determining the ruling of play. Host may have a say based on the description of ruling and play.

8.4 Inadvertent whistles: If a whistle is blown prematurely, the team with possession will get a replay down with the clock stopping. The game clock and the play clock will start as the ball is set.

8.4 A: If the whistle was blown prematurely during an active play while a ball carrier was running, the play is not over until a defender downs the ball carrier via pulling the ball carrier's flag or one hand touch. The ensuing play will result in the ball spotted where the ball carrier was downed.

8.5 Official's Calls: Officials are not guaranteed to see EVERYTHING or make the correct call. Any decision made will be final. Any verbal attack or assault on the officiating crew will result in a penalty and the player(s) may be ejected from the game per the referee's discretion. Officials can, at any time, eject a player or coach at their discretion **with reasonable cause**. The host can determine if an act is reasonable or unreasonable for an ejection.

8.5 A: Treatment of officials: Players that threaten the health or safety either verbally or through physical confrontation of an official may be ejected at official's discretion.

8.5 B: Should both teams agree that a particular referee doesn't have knowledge of the rules, does not call the game fairly, or does not make any calls in general, **the two playing teams can ask for a referee to substitute but only for reasonable cause**. The host, team captains, or personnel will step in and serve as the alternate referee if approved.

8.6 Miscellaneous rules: **If there are any rules NOT covered by the rulebook which arise, Officials and Hosts will meet to discuss and decide. Decision will be final!

9.0 Team Rights and Responsibilities

9.1 Safety and health issues: All teams and players will sign a team waiver before playing acknowledging that they release the host, event organizer, referees, teammates, opponents, and spectators of any responsibility should they experience an injury while playing. Teams must provide their own treatment for any injuries.

9.2 Team Captains' Responsibilities: All team captains are responsible for the conduct of their players. If a member of your team is not following the rules, this may result in an ejection of that player and up to the whole team. Captains are responsible to let your team **KNOW ALL** the rules.

10. Personal Behavior

10.1 Treatment of other players: Shoving and verbal challenges during a game will result in a personal foul penalty. Two personal fouls by the same player will result in an automatic ejection from the game.

10.2 A: If both teams leave the sidelines and come onto the field in an aggressive manner, both teams will be disqualified.

10.2 Fights: Should a physical fight develop; team captains are expected to react in the following manner:

- Secure your sideline to avoid an all-out brawl, remove your involved player(s) from the field and see that they are off the field.
- All players involved in a physical fight will be **ejected!**
- If both teams fight, both teams will be disqualified.

10.3 Celebrations: Celebrations are acceptable if they are sportsmanlike. A team celebrating in an unsportsmanlike manner will be penalized for unsportsmanlike conduct.

10.4 General: If the officials see any acts of tackling, elbowing, cheap shots, or any unsportsmanlike conduct, the game will be stopped, and the player(s) will be ejected from the game and/or a penalty will be assessed at the officiating crew's discretion. Should police enforcement be present on scene and a physical altercation occurs, the police may intervene. Should a physical altercation occur that is not football like, the police may intervene as needed and individuals involved in the altercation will be subject to consequences of the law.

11.0 Penalties

11.1 Enforcement Notes: When penalty yardage exceeds remaining yardage to the goal line, the ball is spotted half the distance to the goal line.

- For a defensive penalty before a score, enforcement is half the distance and replay extra point should the offense want a second attempt.
- If both teams commit a penalty on the same play, the down is replayed as the penalties are off setting.
- If one team commits multiple fouls on the same play, the other team has the choice of which to enforce.

***See penalty enforcements on the next few pages.

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11.2 Penalty assessments: Note: LOS = Line Of Scrimmage

Penalty Type	Yards Gained/Lost	Down Situation
Blocking/Attacking Below the Waist	15 yards from LOS	Offensive penalty: Loss of 15 yards – replay down. Defense: Offense gains 15 yards and automatic 1 st down awarded for the offense.
Charging into player/Using Shoulders or elbows	10 yards from LOS (Subject to be ejected)	Offense: Replay down Defense: automatic first
Clipping/Cut block	15 yards from LOS	Offense: Replay down – warning and potential ejection of player Defense after interception: 15-yards loss from spot foul, change of possession
Defense drawing offense to false start	5 yards from LOS	Automatic first down
Defense mimicking offensive cadence	10 yards from LOS	Automatic first down
Defensive Pass Interference	15 yards from LOS	Automatic first down If play is completed, offense may decline penalty for completion of catch and yardage gained.
Defensive Offsides	5 yards from LOS	Replay down – potential free play
Delay of Game for Offense	5 yards from LOS	Replay down
Double forward pass	5 yards from LOS	Replay down
Encroachment	5 yards from LOS	Replay down
False Start Offense	5 yards from LOS	Replay down
Flag Guard /Stiff Arm	10 yards spot foul	Offense: Replay down Defense after interception: 10-yard loss from spot foul, change of possession
Holding on Defense	5 yards from LOS	Automatic first down
Holding on Offense	10 yards from LOS	Replay Down
Hurdling Defensive Player	5 yards from spot foul	Tack on penalty, the down counts
Illegal assistance of ball carrier	10 yards from spot foul	Offense: loss of down Defense after interception: 10-yards loss from spout foul, change of possession

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Illegal block in the back	10 yards from LOS	Offense: replay down Defense (in the event of an interception) spot of foul, 10 yards – awarded possession
Illegal double punt	5 yards from LOS	Penalty is enforced after change of possession once ball is spotted.
Illegal hands to face or below the waist	10 yards from LOS *subject to player ejection	Offense: replay down Defense: automatic first down
Illegal Jam/Contact After 5 yards	5 yards from LOS	Replay down
Illegal Formation	5 yards from LOS	Replay down
Illegal Forward Pass	10 yards from LOS	Replay Down Defense: per result of interception -5 yards from spot foul. Change of possession.
Illegal Participation (no flag on)	10 yards from LOS	Replay Down
Illegal Substitution	5 yards from LOS	Offense – replay down Defense – replay down or potential free play
Ineligible Receiver Down Field	10 yards from LOS	Replay down
Ineligible Receiver Catching the Ball	10 yards from LOS	Replay down
Illegal touching of ball by ineligible player (an eligible player stepping out of bounds)	5 yards from line of scrimmage	Replay down
Instigating a Fight	15 yards from LOS *subject to player ejection	Offense – replay down Defense – automatic first
Intentional Grounding	10 yards from LOS	Offense – loss of down
Offensive Pass interference	10 yards from LOS	Offense – replay down
Punter Fall Cushion	10 yards from LOS	Offense: automatic first down
Punt Returner Cushion	5 yards from LOS	Assessed after the catch – change of possession. If the punt is muffed and the kicking team receives, the

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		kicking team will move back 5 yards from line of scrimmage and re-kick.
Roughing the Passer/Punter /Center during punt formations	15 yards from LOS	Automatic First down
Safety Punt out of bounds	Awarded at 50-yard line	Change of possession no re-kick
Stripping ball carrier	5 yards from spot	Offense: automatic first down from spot foul. Defense after interception – awarded 5 yards after player is downed unless returned for a touchdown
Tackle	15 yards from spot *subject to player ejection	Offense: replay down Defense: automatic first down Potential player ejection
Too many players on the field	5 yards from LOS	Offense: replay down Defense: replay down and potential free play
Too many non-Asians	10 yards from LOS	Offense: replay down Defense: automatic first down
Toss to Self	10 yards LOS	Offense: Loss of yards or defense can decline for loss of downs
Tripping	10 yards from LOS	Offense: replay down Defense: automatic first down
Unsportsmanlike Conduct	15 yards from line of scrimmage	Offense: loss of yards, replay down Defense: automatic first down
Hurdle	10 Yard from spot of foul	From spot of foul where the play ended

12.0 See Also

1. The word "Play" in the "Assess from" column denotes that yardage is added to the end of the play, or the original line of scrimmage on an incomplete pass.
2. "Counts" in the "Down" column means the down just played counts and is not replayed. This is the same as "loss of down".
3. The play is blown dead before it is run on Delay of game, encroachment, false start, illegal participation, illegal procedure/motion, defense drawing offense to false start, and imitating offensive calls.
4. Holding a ball carrier or getting in their way to prevent progress or grab their flag is obstruction of the ball carrier and not defensive holding. Any holding of clothing or limbs when pulling a ball carrier's flag will be penalized as holding.
5. One receiver/player running a pick for another before a pass is touched is an illegal pick.
6. Illegal Participation is a violation of rule 4.13.
7. Anything exceeding incidental contact with quarterback/punter/long snapper will be judged as "roughing the passer, punter, and long-snapper."
8. "Toss to self" is tossing the ball in the air with the primary target being oneself, to avoid having the ball while the flag is pulled or to avoid a defender.