



FLAG FOOTBALL TOURNAMENT





Game Day: February 5, 2012

This is the first year that the HSM Hope Bowl is being done. Hope Community Church has figured out the most effective way for all to participate from both genders to play flag football in a way that is safe, fun, and really competitive. Total of 7 players on the field in which 3 of them must be female, you can see the official rules for all the details. We are excited to play first time in Grace Fields off of Buck Jones Road . Check-in time at Crossroads Campus will be at 1:00 pm. Games will be between 1:30pm-5pm.

DO YOU NEED A TEAM?

Email Ben Wilson at (benw@gethope.net) before January 29 .We will do our best to put you together with a team. However, the **BEST** thing to do is form your own team with your **FRIENDS** or **SMALL GROUP**. However, know the rules.

If you have any questions or clarifications of the rules, please contact Ben Wilson via email benw@gethope.net



THE RULES: Are not just made up rules, but has been created through other Official Flag Football organizations across the country. If you look at any major University's, that has intramural sports with a flag football, you will see that rules are somewhat similar, but the HSM rules best fit this tournament.

1.) Players

- Maximum # of Players on the field-7 (3 must be female)
- Maximum # of Players on the Field - 5(1 must be a female)
- Maximum # of Male Players on the field- 4 and the Maximum # of ladies, you can fill the field with ladies

NOTE: Opponents of teams playing with less than the maximum players allowed DO NOT have to reduce the number of players on the field.

2.) Scoring

- When Male scores a touchdown it equates to 7 points
- When a Female scores a touchdown it equates to 10 points
- 2 points for a safety and defense gets the ball on the 5 from midfield on their territory.
- When scoring a touchdown, only the ball must cross the plane of the goal line.
- The Captains of the winning and losing teams should report the score of the game to the head official immediately following the end of the game. (give score + team name + game number)

NOTE: There will be an additional 15 points added to the winning team and the difference in the score will be added as well. If we are 2/3-bracket tournaments the teams with the 2/3 best records, most points, and points for the difference will advance to the championship game and play one another. Including a wildcard team. However, if the tournament is not in a 2 bracket system each team will play each other once. Then the two best records and scores will advance for the championship game and play again. It all depends on how many teams there are participating.



3.) First Downs

- Crossing the midfield at any point constitutes a first down. For example: If a play is exchanged within 1 yard of the first down, before the next 30 yards to the touchdown, the first down is 1 yard away, ***(with this rule only one first down can be obtained per series, unless there is a serious penalty infraction such as a pass interference call or unnecessary roughness- automatic first down)***
- When going for the first down only the ball must cross the plain of midfield before flag is pulled



4.) Time

- 30---35 minute games NO half times. Except for the Championship game (Time of games will also depend on how many teams play)
- 20 seconds to get your play ready and hiked
- The referee will count down from 10 seconds as a warning.
- **Offensive team is responsible for retrieving the ball**
- One 20 second time out per game is allotted to each team
- The sound of the foghorn or whistle constitutes the end of the game



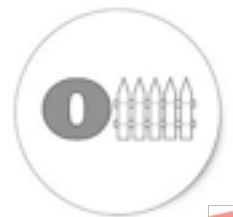
However, if in the middle of a play, the play continues and is considered the last play of the game. If there is a penalty that favors the offense at the sound of the foghorn or whistle another down will be played to the end of the game (Referee discretion).

Helpful Tips:

1.) Practice with your team, 2.) Know the rules, 3.) Have matching uniforms, 4.) Have creative plays, and Most importantly **HAVE FUN!!**

5.) Offensive Contact And Blocking (This is for safety)

- Offensive line **SCREEN BLOCKING** hand must be at sides or behind or in front to protect body



- No willful charging at players. If charging occurs, the penalty will be a loss of down and the line of scrimmage will remain the same as that of the previous play
- Screen blocking ONLY (Running with a receiver is not allowed, screen blocking only)
- **NO:** open hand blocking, elbow blocking, forearm blocking, crack blocking, power sweeps, blocking from behind, clipping, tripping, cut blocking, dropping of the shoulder
- NO teammates may precede the ball carrier as he runs. However, any # of teammates may position themselves ahead of the ball carrier's intended route and "screen" opponents as the ball carrier arrives in that area.

**At no time is anyone allowed to pull on clothes or it will be considered a HOLD. If there is a hold of any kind, there will be a loss of down

- The official shall call unnecessary roughness when any player, offensive or defensive, uses rough tactics considered by the official unnecessary in the accomplishment of his legitimate purpose

NOTE: This flag football tournament is about creativity and fitness. If any team member becomes rough and decides they want to live some crazy high school dream, when this is only flag football, we will warn the person once; however, the penalty affects the whole team. So the next person who can not get over their ego and decides to initiate hard contact will be thrown out of the game. this is up to the referee's discretion

KNOW THE RULES!!!

6.) Defensive Contact And Rush



- Straight Rush
- No defensive push off the line on receivers
- Defensive Rush **MAY NOT BULL RUSH OR COME THROUGH AN OFFENSIVE WHO IS SCREEN BLOCKING**, he or she must go around the screen. Any forceful contact will be a penalty and free play for the offense
- Defenders may not touch the screen blocker at anytime



- If a defender pulls on clothing or tackles a player purposefully, or pushes them out of bounds then the penalty will be an automatic first down with advance of play
- STRAIGHT RUSH begins 1 yard behind the neutral zone. A bean bag or cone will indicate this
- Defense must be behind the 1 yard neutral zone. If a defender is in the neutral zone, it is considered off---sides, free play for the offense
- If the defense is off---sides it is a free play for the offense or a repeat of down after play has stopped
- The official shall call unnecessary roughness when any player, offensive or defensive, uses rough tactics considered by the official unnecessary in the accomplishment of his legitimate purpose

REMEMBER!!

Teams Make Sure You Completely Fill Out Rooster, All Medical Forms, Train With Team, And Read/Know All The Rules!!!

7.) Holding

- If there is an offensive hold, the ball comes back to the original line of scrimmage in that play and there is an automatic 5 yard loss and automatic loss of down
- If there is a defensive hold, once the ball has stopped, the last down is played over with the advancement of the defensive penalty or a 5 yard penalty



REMEMBER:

THIS IS NOT CIF CHAMPIONSHIPS. CAPTAINS REMIND YOURS PLAYERS THIS IS ABOUT FUN, SPEED, and SAFETY. THIS IS FLAG FOOTBALL NOTE TACKLE.





8.) Flags





- No Flag guarding
- If flag guarding occurs the ball will be down where this occurred
- NO STIFF---ARMING or SWATTING away defender
- Illegal tying of flags will result in automatic penalty, which is a loss of down.
- Straight across clipping, only on the vinyl
- If a runner loses his/her flag during the action play continues. The play ends when a defensive player touches the runner with one hand
- A player is only down if flags are pulled or if one knee has touch the ground or ball
- Pulling or removing flag belt from an offensive player without the ball is a personal foul. the penalty will be where the player was downed by touch and an extra down will be rewarded to the offense
- No willful charging at players. If charging occurs, the penalty will be a loss of down and the line of scrimmage will remain the same as that of the pervious play
- If a defender pulls on clothing or tackles a player purposefully, or pushes them out of bounds then the penalty will be an automatic first down with advance play
- Flags are provided. You can purchase your own flags for your team. If you purchase your own flags there must be 3 flags on the belt
- ***Flags cannot match the color of your shorts***

9.) Punts

- NO FAKES---You must announce that you are going to punt
- If the receiving team does not catch the ball in the air, the ball is downed where it hits the ground
- If the ball lands out of bounds in the air, the ball is placed 5 yards from the midfield first down
- If the ball lands on the ground of the opposite teams end-zone the ball is automatically placed on the 5 yard line
- The punter must catch and kick the ball immediately in on continuous motion
- No stalling of time allowed
- No rush is allowed by the defense



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- Defense is allowed to stand at the line of scrimmage and block the punt beyond the 1 yard neutral zone
 - No one from the punting team is allowed to pass the line of scrimmage until the ball is kicked. If this infraction occurs, the receiving team has the choice of either starting at the half way mark (midfield) or having it punted again

10.) Equipment



- NO METAL SPIKES
- Shorts or pants must have nothing hanging
- NO Jewelry may be worn
- Footballs are provided but you may bring your own football(Only High School, Collegiate, or Pro will be accepted)
- You should bring your own ball to use. If not, a ball will be provided for you
- No Junior Balls
- No excess equipment (i.e. pads, helmets, etc), however, creative attire is acceptable as long as it's not harmful to anyone in play)
- Jerseys or shirts must be tucked in

NOTE: If you are caught playing with metal cleats you will be ejected from the game

11.) Ball in Play



- Ball starts on the 5 yard line
- Any time the ball hits the ground it is a dead ball and is spotted where it landed
- Once the ball hits the ground it is automatically down
- Once the ball is snapped, it is in play
- Must be snapped through the centers legs
- Fumbles are dead plays where the ball hits the ground

NOTE: If it is a bad snap from the center and the ball hits the ground, the ball is downed where the ball hit the ground. If its in the end zone it is an automatic safety



12.) Offside Penalties

- * If the offense is offside, play stops and there is an automatic lost of down.
- * If the defense is in the 1 yard neutral zone, flag is thrown, play continues, offense can either repeat down with a 5 yard gain or decline it and advance if the ball was advanced.

IF You Need Clarification Of These RULES PLEASE EMAIL benw@gethope.net. If You Think These Rules Are Lame Do Not Play. Will Not Hurt Our Feelings, But This Is About FUN, SPEED, And SAFETY.

13.) Offense

- During play only one person is allowed in motion, left to right only
- All snaps from the center must be between the legs
- No side snapping
- This includes punting the ball
- The center cannot carry the ball from scrimmage, but can receive a pass



14.) Passing and Receiving

- If the passer's foot is beyond the line of scrimmage when the ball leaves the hand (illegal) there is a dead ball. Passes made beyond line of scrimmage will result in a 5 yard penalty and loss of down. Unless it is the 4th down ball goes to other team
- If more than one forward pass is made, even though the completion of the first forward pass may have been behind the line of scrimmage. It is illegal and the result is a dead ball.
- One foot must land in---bounds before any part of the body lands in the out ---of---bounds area for a legal pass reception



- One knee is equivalent
- All players are eligible receivers. All forward passes must be thrown from behind line scrimmage.

NOTE: Pass interference is at the Referee's discretion.

15.) Change Possession

- If at anytime there is a change of possession the defense is allowed time to get their players on the field
- Rush huddle is allowed unless there is a change of possession. Defense gets time to get their players on the field



16.) Substitutions

- You may have many substitutions as you want, but if offense substitutes the defense has equal time to substitute
- During dead ball only-NO sneaking in from sidelines

17.) Quarterback Run

- WHENEVER YOU WANT

18.) Unintentional Whistle

- If on an offensive play, the offensive team can take the ball where the whistle was blown and the down counts, or take the down over from the original line of scrimmage
- IF on a defensive play (i.e. punt return, interception), the ball is declared dead at the spot where the ball was when the whistle was blown



19.) Generalities

- Jumping is allowed. If you initiate contact, it will be a 10 yard penalty from the spot of the foul
- YOU CAN SPIN IN HSM AS MANY TIMES AS YOU WANT!!
- Toss of coin or bean bag will determine who gets the ball first
- Field---50 yards long, consisting of two 7 yard end zones and 1 midfield 1st down



NOTE: In case of a tie at the end of the tournament, the tying teams will play a sudden death tie breaker. Start at the midfield and will have the opportunity to score. The opposing team will have an equal chance. First one with the higher score with the equal chance, wins.



20.) Ejections

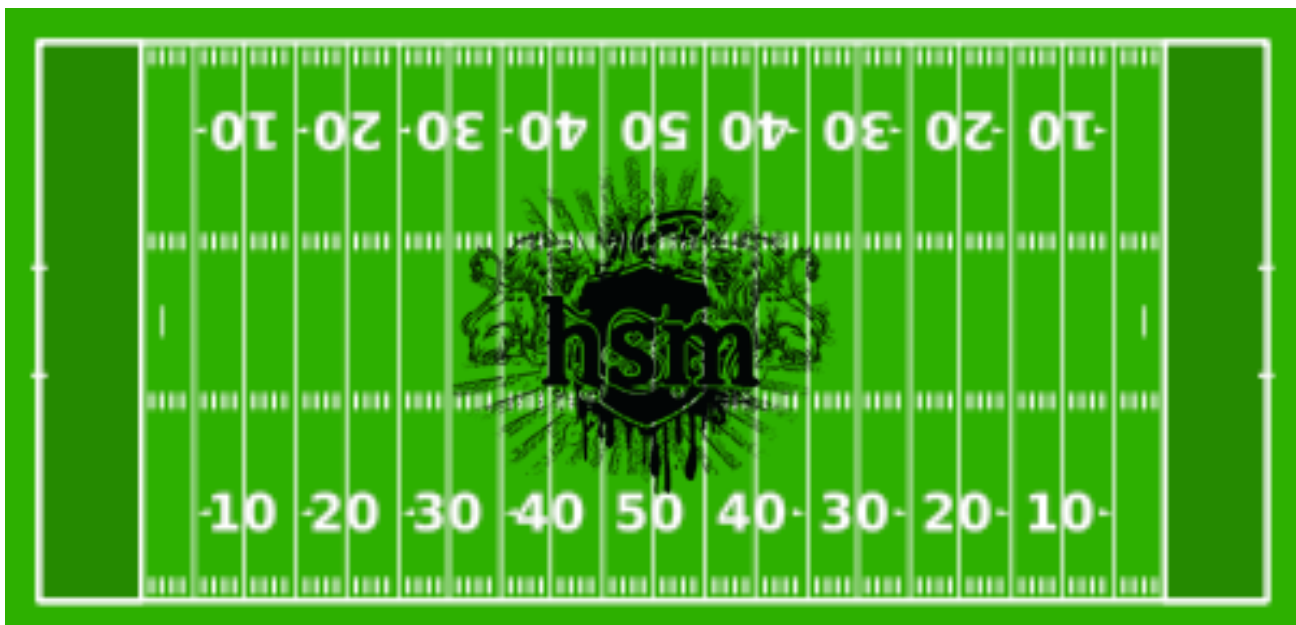
- You will be ejected from the game for the following: Cursing, Fighting, Illegal Equipment, Unsportsmanlike Conduct

NOTE: At the Referee's discretion

21.) Some rules may be given on the day of the game to enforce safety for the Hope Bowl.

Remember this is not TACKLE football but its about FUN, SPEED, and Safety (more FUN!!). If you are trying to live a HIGH SCHOOL CIF Championship do not play or coach, because this is suppose to be for FUN!!! Be competitive, but do not be a Jerk!!!

What Would Jesus Do!!



HOPE BOWL 2012



TEAM NAME:

PLEASE turn in the MEDICAL FORMS in alphabetical(a,b,c,d.....z)
order. This is for an emergency case, we can find the Medical
Form faster

First Name Last Name Circle

TEAM CAPTAIN is Number #1

- | | | |
|-----------|-------|-------------|
| 1) _____ | _____ | MALE FEMALE |
| 2) _____ | _____ | MALE FEMALE |
| 3) _____ | _____ | MALE FEMALE |
| 4) _____ | _____ | MALE FEMALE |
| 5) _____ | _____ | MALE FEMALE |
| 6) _____ | _____ | MALE FEMALE |
| 7) _____ | _____ | MALE FEMALE |
| 8) _____ | _____ | MALE FEMALE |
| 9) _____ | _____ | MALE FEMALE |
| 10) _____ | _____ | MALE FEMALE |
| 11) _____ | _____ | MALE FEMALE |
| 12) _____ | _____ | MALE FEMALE |
| 13) _____ | _____ | MALE FEMALE |
| 14) _____ | _____ | MALE FEMALE |
| 15) _____ | _____ | MALE FEMALE |

If you have more players put it on the back of this paper!

MEDICAL RELEASE

I give my Student

permission to take part in

HSM HOPE BOWL on February 5, 2012

In the event that he or she is injured while participating, I do hereby authorize and consent to any x-ray, examination, anesthetic, medical, or surgical diagnosis rendered under general or special supervision of any licensed medical staff member under the provisions of the Medicine Practice Act. It is understood that this authorization is given in advance of any specific diagnosis or treatment being required, but is given to provide authority and power to render care which the aforementioned physician, in his or her best judgment, may deem advisable. It is understood that effort shall be made to contact me, the undersigned, prior to rendering treatment to my child, but that any of the above treatment will not be withheld if I cannot be reached. This authorization is given pursuant to the provisions of section 25.8 of the Civil Code of North Carolina. I understand the nature of this event and do hereby release Hope Community Church, or any of its representatives, from any liability for accidents or injury sustained by my child in conjunction with this event.

***Parent or Guardian over
the age of 18 signature:***

Signature

Print Name

_____/_____/_____
Date:

First Name: _____ ***Last Name:*** _____

HSM Flag Football Tournament Hope Community Church February 5, 2012

STUDENT INFORMATION

Students Full Name: _____

Student's Email: _____@_____

Phone Number: (_____) _____ - _____

Age: _____ Birth Date: ____/____/____ Sex: Male/Female

School: _____

Grade: _____

Street Address: _____

City: _____ State: _____ Zip: _____

IN CASE OF EMERGENCY, NOTIFY:

Full Name: _____

Relationship to Student: _____

Phone #1 Number: (_____) _____ - _____

Phone #2 Number: (_____) _____ - _____

MEDICAL INFORMATION

Does your child have any special physical or mental problems of which we should be aware? If so, please describe on the back of this paper.

Does your child take any medications on a regular basis? If so, please list them on the back of this paper, and be sure to include the amounts

Family Doctor: _____

Phone Number: (_____) _____ - _____

If you have any questions or need more information, Please contact Ben:
Email: benw@gethope.net - 919-532-0620