



| Sport | Start | End | Tournament | Grade Check | Game Days |
|----------------------|--|-----------------------|---------------------------|---|-----------|
| Flag Football | August 12 th (Tryouts) | Oct. 19 th | Sat Oct. 26 th | Sept. 5 th Oct. 4 th | Friday's |

\$2 for adults, \$1 for students

| Date | Teams | Location | Time | Bus |
|----------------------------|---|-------------|---|-----|
| Fri 9/6 | OPS vs AMS (field 1) BDMS vs. Park (field 2) | AHS Stadium | <i>Silver Games – 3:45 pm</i> <i>Gold Games – 5:00 pm</i> | |
| Fri 9/13 | Park vs. OPS (field 1) AMS vs. DRMS (field 2) | AHS Stadium | <i>Silver Games – 3:45 pm</i> <i>Gold Games – 5:00 pm</i> | |
| Fri 9/27 | Park vs. DRMS (field 1) OPS vs. BDMS (field 2) | AHS Stadium | <i>Silver Games – 3:45 pm</i> <i>Gold Games – 5:00 pm</i> | |
| Fri 10/4 | DRMS vs. BDMS (field 1) Park vs. AMS (field 2) | AHS Stadium | <i>Silver Games – 3:45 pm</i> <i>Gold Games – 5:00 pm</i> | |
| Fri 10/18 | OPS vs. DRMS (field 1) BDMS vs. AMS (field 2) | AHS Stadium | <i>Silver Games – 6:15pm</i> <i>Gold Games – 7:30 pm</i> | |

Tournament Saturday 10/26 (Gold Only) @ AHS (no buses)

#5 vs. # 4 – 9am

Winner of 5/4 vs #1 – 10 am

#2 vs # 3 – 11 am

Championship at 12pm

*Tournament hosted by AMS



Flag Football Rules:

- ✓ Two 20 minute halves – running clock
- ✓ 7 v 7
- ✓ No kickoffs or punts
- ✓ Start 5 yards in front of mid field 45-yard line
- ✓ 4 downs to get over mid field, 4 downs to score
- ✓ No flag guarding (spinning okay if not pushing hand away)
- ✓ Can rush from 7 yards behind the line of scrimmage (other players can guard close as long as they are not blitzing the QB).
- ✓ The QB must throw, pitch the ball, or hand it off, no wildcat, QB can scramble behind the line but cannot run with the ball
- ✓ Two halves - 20-minute running clock
- ✓ 5-minute half time
- ✓ Touchdowns worth 6 points
- ✓ 1pt extra from the 5
- ✓ 2pt extra from the 10
- ✓ An interception is worth 2 pts, intercepting team retains the ball and is reset at the 45.
- ✓ We are playing in 1 direction toward the end zones Rushing the QB has to occur from 7 yards from the line of scrimmage QB can scramble but cannot run the ball.
- ✓ All players are eligible receivers
- ✓ Play starts with the ball being hiked or tossed from the center.
- ✓ If the ball is intercepted the play is dead and the ref will reset the game, the ball restarts at the 45-yard line
- ✓ Fumbles are dead balls
- ✓ Blocking - nothing excessive, should be similar to a screen in basketball
- ✓ Referees will assess penalties for unnecessary roughness, holding, pass interference, off sides, false start, and delay of game.
- ✓ Referees will drop a bean bag for the line of scrimmage and one for the 7 yard blitzing area.