



HMONG CAROLINAS, INC.

P.O. BOX 114, HICKORY, NC 28602 (828) 327-6137 / (828) 430-8059

WWW.HMONGCAROLINAS.COM

Hmong Carolinas Inc. (HCI) Flag Football Competition Rules

Overview:

THIS FLAG FOOTBALL IS NON-CONTACT SPORT. BLOCKING AND TACKLING ARE NOT ALLOWED.

- **Field Dimension** - The field is 40 yards in width, 80 yards in length, and 10 yards end zones.
- **Equipment** - Game ball must be provided by the teams playing. You must provide your own football while your team is on offense. Officials must approve the football before the start of the game. A coin toss determines first possession. The winner of the coin toss has possession of the football. Loser of the coin toss has a choice of the end zone to defend. The team that loses the coin toss gets possession at the beginning of the second half starting at its own 10 yard line.
- **There are no kickoffs return and no punt return.**
- The offensive team takes possession of the ball at its 10 yard line and has 4 plays to cross every 10 yards to get a 1st down. If the offense fails to get a 1st down after 4 plays, the ball will change possession and the new offensive team will take over on its 10 yard line.
- **Flags – Each team will furnish their own flags/flag belts.** Each flag belt will consist of three flags. The flags must be a contrasting color to the player's pants or shorts. Flag belts must be worn at the waist and be in plain sight. Flags must be at their **full length**. Any player **tying the flag belt or shortening the flags will be ejected from the game.**
- All flags must be worn over jerseys. Failure to do so may result in penalty or the player will be removed from the game. The official has the right to check the players' flags. If the player refuses to be checked, the official has the right to remove the player.
- If the ball carrier's flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off.

Number of Players:

- A team may have an unlimited number of players on the roster. Each team will have nine (9) players on the field during play. A team can play with a minimum of seven (7) players (due to injuries). If a team can not successfully field a team with the minimum players stated above, a forfeit will be declared.
- No player may participate more than one team. Any player who is found to be registered with another team will be disqualified.

Timing/Overtime:

- Each game will consist of two (2) twenty minute halves. **There will be 3 timeouts for each team per half.**
- **2 Minutes Timeout** - A two minutes warning is enforced at the end of each half. The clock will only stop when a timeout is called, and official's time outs. The clock will not run during extra point attempts. Team will be charged a timeout if there is an injury to any of its players inside the 2 minutes warning.

- **Play Clock** - There will be a 30 second play clock for snap and huddle. The offense must huddle and snap the ball before the 30-second expires. It is the official's discretion whether the ball is snapped on time. The play clock will start once the official spots the ball. Failure to snap the ball will result in a delay of the game penalty.

-**The Game Clock** - The clock will run continuously throughout the game regardless of the situation on the field such as player injuries, scoring, change of possession, incomplete pass, out of bound, etc.

- **Half Time** - There will be a five (5) minute intermission between halves.

- **Timeout** - Each team will have three (3), 30-second timeouts per half. The clock will stop running when a timeout is called. Timeouts can be called by the Head Coach and by field players only.

- **Overtime** – If a game is tied at the end of the regulation, the overtime game will be played following the two (2) minutes intermission. There will be no timeouts granted during the overtime period. A coin toss will be used to determine which team will get the ball first. The team winning the coin toss will start with the ball on the opponent's 15-yard line. Each team will be given 3 chances to score. If both teams don't score, each team will be given another 3 chances until there is a winner.

Scoring:

- **Touchdown** = 6 points

- **Extra Point** = 1 point (Play from midpoint of 5 yard line only).

- **Extra Point** = 2 points (Play from midpoint of 10 yard line only).

- **Safety** = 2 points (Flag pulled off in the end zone).

Note: Interception – Defense interception returns to offense's end zone is called a touch down. Defense will get 6 points and play an extra 1, or 2 points; depend. Defense interception and flag pulled off, the ball will be spotted where the flag pulled.

- **Fumbles** -There are no fumbles. The ball will be spotted where the ball left the ball carrier's hands. If the ball is fumbled during the snap, the ball will be played at the line of scrimmage.

Game:

- To start the play, the ball must be snapped between the legs of the snapper. The center is the player who gives the ball to the quarterback with a snap. The center cannot take it directly from the snap.

- **Defense** - Cannot be in the neutral zone before the ball is snapped. The neutral zone is the space, the length of the football, which separates the offensive and defensive players.

- **Rushing Quarterback** - Defensive players are eligible to rush once the ball has been snapped. The defense cannot try to hit the quarterback's arm to interfere with a pass. Doing so will result a roughing the passer penalty. All players who rush the quarterback must be a minimum of seven yards from the line of scrimmage.

- **Spinning and Diving** - Is allowed for the ball carrier, but the ball carrier can't make physical contact on defensive when diving to advance the ball.

- The ball is spotted where the ball carrier's feet are placed when flag is pulled, not where the ball is.

- **Blocking** - All blocks must be between the waist and shoulders. Blocking is not allowed below the waist. First contact must be applied to a player's front or side, not back. Hands cannot thrust forward above the shoulder to make contact to an opponent's neck, face or head.

- **Lineman** - Cannot lock arms together to obstruct the defense; this is considered holding. A player cannot leave his/her feet on a block while using excessive force. Doing so will result in a personal foul.

- **Excessive Force** - Officials will make the call on hitting another player with excessive force. Striking another player in any way with the intent to injure will result in a personal foul due to no sportsmanship like conduct and that player can be removed from the game at the official's discretion.

- **Receiving** - A receiver must have control of the ball and one foot inbounds when making a reception. If a receiver jumps in the air for a catch, the defender must give him the opportunity to land inbounds. If a

receiver catches the ball while in the air and then is pushed out by the defender, it will be fouled as a push out and the reception will count.

- **Ball Carrier** - All ball carrier can not flag guard when carrying the ball. When the ball carrier falls on the ground, he is considered down and the play is over. Any parts of the ball carrier's body touch the ground, he is considered down.

- **Flag Guard** - Is when a ball carrier uses his/her hands to cover his/her flag.

- **Formation** - Offense must have exactly 3 offensive players, 2 receiver's line up on the line of scrimmage at the snap of the ball. Other players must line up at least 1 yard behind the line of scrimmage. Failure to line up correctly will result in an illegal formation.

- **Motion** - An offense is allowed to have one player in motion during the snap. The player in motion must be moving parallel to the line of scrimmage or backwards only, not forward.

- **Forward/Backward Pass** - An offense is only allowed one forward pass per play. The pass must be behind the line of scrimmage. Once a forward pass has been made, the offense cannot make another forward pass.

- **Lateral** - is a back ward or sideward pass. A team can lateral the ball any number of time. If a backward or sideward pass is dropped, it is considered a fumble or dead ball; the ball will be spotted where it hits the ground.

- **Tosses or Sweeps** - Toss or sweep behind the line of scrimmage are allowed and are running plays.

- **Offense Line** - An offensive line consists of 3 players (center and 2 guards). An offensive line must be positioned behind the neutral zone. The neutral zone is the space, the length of the football, which separates the offensive and defensive players. The offensive line must wear flag to eligible to receive a pass or catch the ball. **No flag, no catch for offensive line.**

- **Bumping Receivers** - A defender is allowed one bump on a receiver within the 1st. 5 yards of the line of scrimmage once the ball is snapped. A bump must be done with open hands between the waist and shoulder. The hands must be withdrawn immediately after the initial contact. If the contact be longer than stated, it will be considered as defensive holding.

Penalties:

- All penalties are 5 yards. The down will be: **repeated, or loss down, automatic 1st down, declined.**

- All penalties may be declined, except a false start (dead ball foul). Only the team captain and the head coach may ask the referee question about rule clarification an interpretations. Players cannot question judgement called. Penalties after an interception shall be determined after the return is over and/or the play is blown dead.

Defensive Penalties:

- **Offside** - 5 yards, replay the down

- **Substitution Fouls** - 5 yards, replay the down. (Substitution may be made only when the ball is dead). Substitutions are not allowed during a hurry up offense.

- **Illegal Blocking and Tackle** - 10 yards automatic 1st down.

- **Pass Interference** - automatic 1st down to where the foul is called.

- **Illegal Contact** - 10 yards automatic 1st down.

- **Illegal Flag Pull** - 5 yards automatic 1st down.

- **Clipping** - 10 yards automatic 1st down.

- **Holding** - 10 yards automatic 1st down.

- **Illegal Chuck** - 10 yards automatic 1st down. (To shock, strike against).

- **Fighting** - 15 yards automatic 1st down, player is removed. **(Remember fighting will not be tolerated. Fighting automatically results in 3 year probation. Furthermore, intentional injury or hurting any players can result in fine and prosecution. During the probation, you are prohibited to come to any HCI's Summer Festivals or New Year Festivals until your probation is over.**

- **Roughing the Passer** - 10 yards automatic 1st down.

- **Personal Foul** - 10 yards automatic 1st down.

Offensive Penalties:

- **Flag Guarding** - 5 yards, gain no yard, lost down.
- **Delay Game** - 5 yards, repeat the down
- **Substitution Fouls** - 5 yards, repeat the down (substitution may be made only when the ball is dead).
- **Illegal Motion** - 5 yards, repeat the down (more than one person moving).
- **False Start** - 5 yards, repeat the down
- **Offensive Holding** - 10 yards, lost yards, repeat the down, or decline by defense.
- **Diving/Jumping** - 5 yards, repeat the down
- **Player out of Bounds** - 5 yards (If player goes out of bounds, player can not return to the field and catch the ball).
- **Offensive Pass Interference**- 10 yards, repeat the down. (Illegal pick play, pushing off/ away defender).
- **Intentional Grounding** - 5 yards, repeat the down
- **Illegal Formation** - 5 yards, repeat the down
- **Ineligible Receiver Downfield** - 5 yards replay the down.
- **Ineligible Receiver Catch** - 5 yards replay the down.
- **Too Many Player on Field** - 5 yards replay the down.
- **Not Enough Player Line up** - 5 yards replay the down.
- **Personal Foul** - 10 yards, repeat the down
- **Fighting** - 15 yards, lost yards, replay the down, player removed. (Remember fighting will not be tolerated. Fighting automatically results in 3-year probation. You are prohibited to come to any HCI Summer Festivals or New Year Festivals until your probation is over). Players fighting one on one will both be disqualified and ejected from the game, or be arrested by police officers without questions, and automatically results in 3 year probation. If fighting among 2 players per teams, those two team will be disqualify right away, and automatically results in 3 year probation.
- **Sleeper Plays** - There are no sleeper plays allowed; in order to be eligible to participate in any offensive play, players must be in the huddle prior to line up in position.

Attire:

- **No padding or headwear shall be allowed.**
- **Cleats are allowed, but must be rubber. Cleat inspection will be conducted prior to the start of the game.**
- **All players must wear a protective mouthpiece; there are no exceptions.**
- **Official tournament jerseys must be worn during play time.**

Team Responsibilities:

- **Team Captains** - Are responsible for their team's actions. ONLY captains may confer with referees and/or officials.
- HCI and Hickory American Legion Fairgrounds **do not provide insurance.** Players participate at their own risk.
- **Football** - **Teams are responsible for their own football or any other equipment. HCI is not responsible or liable for lost and/or stolen property.**

Personal Behavior:

- **Officials** - Team player(s) threatening or touching an official, verbally, physically attacking, etc. may resulting ejection from the game, or automatically result in a 3-year probation. Furthermore, intentional injury or hurting can result in a fine and prosecution, depends.

- **Treatment of Players-** Shoving or verbal challenges during a game will result in personal foul. A player will be automatically removed from the game with two consecutive personal fouls. Physical and verbal attacks will result in ejection.

- **Fights** - Fighting will not be tolerated. Any individual player, teams or fans that participate in fighting will **automatically result in a 3-year probation. The players can not mix with other teams. Players, fans that participate in fighting are not to be allowed to come to any of HCI's Festivals during the probation period. Furthermore, intentional injury or hurting any players can result in a fine and prosecution.**

- **Substance Abuse** - Any players observed drinking alcohol or doing illegal drugs on the field will be removed from HCI's Summer or New Year Festival by police officers.

- **Manager and Coach** – Intentionally arguing and assaulting, biting, any of official referees of HCI will be subjected to a criminal prosecution, arrested by police officers, automatically result in a 3-year probation, and can not register for the team during probation period. Manager and Coach will totally be accountable, liable, and responsible for all kinds of losses, body injuries, damages, medical expenses, and etc.

Officials:

- **Official's Calls-** Officials are not guaranteed to see everything. A call made by an official is final unless over ruled by other official(s). If there are any rules not covered by the HCI rules, which arise, officials will meet to discuss and make a decision. Any verbal attacking or assault on officials or officiating crew will result in a penalty. Player(s) will be removed from the game.

- **HCI reserves the right to change any inconvenience rules, regulations and information, and/or add on more rules.**

- **HCI reserves the right to use imager and video that is taken by HCI to publicize and retail.**

I _____ the Manager, or coach have read and understood the above rules/regulation and have explained to all the individual players in my team.

Signature of the Manager/Coach

Date

For more information, please contact: Su Moua at (828)327-6137 or Chai Lor at (828)430-8059.

*****Important***
Read first before you sign.**