

Flag Football Rules

1. **TIME:** Games will consist of two, 30-minute halves with a five-minute halftime. This time limit may be modified if agreed upon by both school's coaches. The clock is a running clock and will not be stopped. **NO TIME OUTS.**
2. **POINTS:** Touchdowns equal 6 points; extra points equal 1 point; safeties equal 2 points.
3. **PLAYERS:** A team will consist of eight players. Boys and girls may play on the same team.
4. **SUBSTITUTIONS:** Substitutions may occur at any time when there is a dead ball situation. No substitutes shall enter during a down. Between downs any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players on the field before the ball comes alive.
5. **DEAD BALL:** The play is dead when the ball carrier is downed at the point where his flag is pulled. If a pass receiver loses a flag, they may catch the ball, but the play is dead at the point of reception. A live ball becomes dead and the official shall sound the whistle or declare it dead, when any part of the ball carrier's person other than a hand or foot touches the ground, when a forward pass strikes the ground, when a backward pass or fumble by a player touches the ground. (A ball snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot at which it hits the ground.)
6. **MOTION:** Prior to the snap of the ball, all offensive players must come to a set position. No players are allowed to be in motion.
7. **RUSHING:** The defense may rush the quarterback. There is no limit to the number of defensive players that may rush the quarterback.
8. **ELIGIBLE PASSES:** All forward passes must be thrown from a point behind the line of scrimmage. A team may throw more than one forward pass during a down, if passes are thrown from behind the line of scrimmage. All eight players on the offensive team are eligible to receive a pass.
9. **PUNTS:** Punts must be declared. If punted, and the ball hits the ground it may be picked up and advanced by the receiving team. Two safety players are allowed to go deep to receive a punt. All other players on both teams must hold their positions at the line of scrimmage until the ball is punted.
10. **BLOCKING:** Hands may be used during offensive blocking, but not during defensive blocking.

11. **FUMBLES:** All fumbles are dead when the ball hits the ground and the offensive team maintains possession. Exceptions to this rule are fumbles by the receiving team on a kick-off or a punt. In these cases the fumbled ball may be picked up and advanced only by the receiving team. During a punting situation, if the ball snapped from the center to the punter is fumbled, the player may retrieve the ball and kick it freely.
12. **INTERFERENCE:** Defenders may not interfere with an offensive player's progress in going out for a pass. Offensive players must attempt to avoid defensive players, and not try to run over them.
13. **EQUIPMENT:** All participants must wear rubber-soled or rubber-cleated athletic shoes. The game official will decide the legality of all equipment. Illegal equipment includes: any equipment which in the opinion of the game official would endanger other players; such as helmets, padded uniforms, a hard or unyielding substance on the hands, wrist, forearms or elbows, any metal shoe cleats, and regulation-type shoulder pads.
14. **KICK-OFFS:** Teams line up on the 30 yard line. Kick-offs will be from the kicking team's 35 yard line. If the ball is kicked out of bounds during the kick-off it shall be awarded to the receiving team at their 20 yard line, or at the point at which the ball went out of bounds between their 20 yard line and the mid-field point.
15. **FLAG GUARDING:** Players may not guard their flags with their hands or arms; players may not make a full spin in an effort to protect their flags.

PENALTIES:

1. Tripping or kicking will be penalized. **Penalty: 5 yards**
2. No player shall put the ball in play until it is declared ready for play. **Penalty: 5 yards**
3. A forward pass is illegal, if in the judgment of the official, it is intentionally thrown to the ground or out-of-bounds. **Penalty: 5 yards and loss of down**
4. There shall be no hurdling or spinning. Hurdling shall be interpreted as an attempt by the runner to jump over a player with both feet. Spinning shall be interpreted as an attempt by a runner to make a complete 360 degree movement to avoid having his flags removed. **Penalty: 5 yards**
5. There shall be no unnecessary roughness of any nature. **Penalty: 5 yards**
6. The ball carrier shall not run intentionally into a defensive player. **Penalty: 5 yards**
7. Illegal motion by offensive players is penalized. **Penalty: 5 yards**
8. Off-sides by the defense or offense is penalized. **Penalty: 5 yards**
9. Defensive or offensive pass interference is penalized. **Penalty: 5 yards**
10. Whenever, in the judgment of the game official, the following acts are deliberate or flagrant, the players involved shall be suspended from the game: using fists, kicking, kneeling, tackling the ball carrier, use of profane language, or any other deliberate or flagrant act. **Penalty: 15 yards and/or player suspension from the game.**

Basic Volleyball Rules

- Volleyball is played by two teams of six players on a court divided by a net.
- The object of the game is to send the ball over the net so that the opposing team cannot return the ball.
- Each team has three hits to get the ball over the net.
- The teams toss a coin to choose who will serve first. The other team chooses their side of the court.
- The ball is put in play by a serve that is hit by the server (standing behind the back line) over the net to the opponent. If the ball hits the net on the serve and still goes over, it is a good serve. On each serve, the server must wait until the referee blows the whistle and signals the server to begin.
- If the serving team wins the rally, it wins a point and continues serving. If the receiving team wins the rally, they get a point and also get the next serve.
- Each team rotates clockwise before each serve.
- A game is played with rally scoring (a point earned whether or not you serve) up to 25 points and you must win by two points. (Example 26-24)
- The team that wins the best two out of three games wins the match.
- If a third game is needed, repeat coin toss. The third game goes to 15 points.
- After each game, teams switch sides of the court and also switch who serves first.
- Substitutes can go in the game before any serve (not just when your team is serving)

Basketball Game Schedule for Gratton Home Games

11:00 – 11:40	Girls B Team	15 halves 5 half time 5 between games
11:40 – 12:20	Boys B Team	15 halves 5 half time 5 between games
12:20 – 1:10	Girls A Team	20 halves 5 half time 5 between games
1:10 – 1:50	Boys A Team	20 halves 5 half time 5 between games