



Sacramento Hmong New Year

Flag Football Rule Book 2009

Registration Deadline: November 27, 2009

* \$150 registration fee

* Registration will not be allowed once the 1st team is drawn.

* Please note there will be no refunds under any circumstance.

Prizes: \$500 to \$3000 (tentatively)

*Each team must have at least 9 players to play.

*1st game starts at 8:00 a.m. and it is required that all teams show up timely and be ready to play. It does not matter if your team does not have the first game. If a team should fail to report on time for their game they will forfeit and take a lost. No excuses.

*All players must have uniforms.

* Only players listed on the registration can play.

Draw for Tournament Play:

All teams must have a representative present on

Friday November 27 @ 6 pm to draw for bracket play.

The draw will proceed at:

2330 Fruitridge 2nd Fl - # 5 Sacramento, CA 95822

* In the event a **registered team** does not have representation at the time of draw, their name will be drawn by the Host and placed accordingly on the bracket. It is your responsibility to call and obtain the time of your game and/or opponent *



To all participates of the game:

Our purpose in this event is to encourage all Hmong (Asians) in the community to participate and get involve in community functions. For this reason, we will only allow 2 Non-Asian to participate in playing on the field.

I. Game Structure

- **Field Dimension**
- **Length of Game**
- **Scoring**
- **Number of Participates**
- **Officiating**
- **Personal Behavior**

II. Rules

- **Offense**
- **Defense**
- **Special Teams**
- **General**
- **Penalties**



Game Structure

1. Field Dimensions: 100 yards x 49 yard

- The football field shall be 80 yards x 45 yards with an additional 10 yards each end zone.
- There shall be an additional 2 yards x 40 yards line mark on each side line for players to stand behind.

2. Length of Game: The length of each game shall be 20 minutes per halves with 5 minutes of halftime.

- Each team will be given 5 minutes of warm up time following the end of each game, unless both teams agrees that they do not need warm up time.

3. Scoring: Scoring can be done by eligible players with flags crossing the goal line with possession of the football.

- Touch down is worth 6 points.
- Extra points are worth 1 point from the 3 yard line and 2 points from the 7 yard line.

4. Number of Participants: Roster number is unlimited, but must have at least 3 team captains representing each of the team.

- The number of participants or players allow on the football field shall not be no more than 9 players per team and no less than 7 players.

a) Offense: The offensive team shall consists of 9 players

- There should be 3 down linemen and 2 eligible players, aligned on different sides along the line of scrimmage for a legal formation.
- There should be an additional 2 yards x 40 yards line mark on each side line for player to stand behind.

b) Defense: The defensive team shall consists of 9 players:

- Any defensive alignment is allowed to align in any way they want to.



5. Officiating: There shall be a total number of 4 officials for each game.

- Officiating crew consists of 2 team captains from each team and 1 player from each team to hold game balls and other equipment as needed. * Subject to change *

* There shall be an additional 2 officials on side line. (1 on each side of the side line next to the line of scrimmage, 1 at least 15 yards behind the line of scrimmage, and 1 behind the defensive side)

6. Personal Behavior: Everyone participating shall be expected to treat everyone playing or not playing with respect and dignity.

- Fighting and unsportsmanlike conduct will NOT be tolerated and will be an automatic rejection out of the game or tournament.

- Officials and host team reserves the right to make the final judgment of unsportsmanlike conduct.

- Team captains are expected to play an active role in controlling their players.



Rules

1. Offense:

- There can be 9 players or at least 7 players on the field.
- Before the snap of the ball, players must be in legal formation (3 down linemen and 1 eligible player aligned on different sides along the line of scrimmage).
- Eligible players carrying ball can not run through another player, spin, flag guard, and jump (unless another player falls in front of ball carrier).
- Blocking:
 - a) Should be done with open hands without holding to another player (holding on jersey, arms, shorts, etc. are all considered holding).
 - b) Players can not block by leading with shoulders or elbow.

2. Defense:

- There can be 9 players or at least 7 players on the field.
- Defense can align in any alignment wanted.
- Defense can not bump after 5 yards.
- Holding, pushing and tackling are not allow.

3. Special team:

- There will be no kick off; instead the football will be place on the 20-yard line before the game starts and after each touchdown.
- Punting is allowed, and teams are NOT allowed to fake punt.



Punt Formation:

O O O O K O O O O

X X X X

X X X

X X

4. General:

- Everyone on a team must have same jersey or team color.
- Possession of the ball is ball control with one foot in field of play.
- When crossing goal line, touchdown occurs when the flag crosses over the goal line and not the football.
- When a game is out of hand the mercy rule will apply:
 - a) In the first half before the 2 minute warming, the game is over when one team is losing by 42 points.
 - b) In the second half the game is over at the 2 minute warming when on team is losing by 17 or more points.

5. Penalties:

- Holding (offensive and defensive) = 10 yards
- Pass interference = football is place at the spot of the foul
- Personal foul = 10 yards
- Roughing the passer = 15yards
- Unsportsmanlike conduct = 15 yards and possible ejection
- Offside = 5yards
- False start = 5 yards



- Spinning, jumping, and flag guarding is at the spot of the foul.
- Tackling is going to be treated as unsportsmanlike conduct.

6. If over-time should be needed the NCAA college rule will be applied.

- A coin flip will determine who gets the ball first. Both teams will get a chance to score from the 10 yard line. 4 downs, no first down will be granted even if a penalty should occur. If a penalty should occur during over-time the ball will be marked half the distance to the goal and replay down. No Point After will take place for the first 3 over-time. If more than 3 over-time is needed both teams will be required to go for the conversion (2 pts for a run from the 5 yard line and 1 pt for a pass). Game will end when one team scores a conversion and the other team fails to do the same.

SHNY reserves the right to change, delete, or modify the previously said rules at their discretion. SHNY will not be responsible for any injury resulting from voluntary participation (Please refer to waiver). If anyone or team violates the game rules subject to its severity, SHNY reserves the right to disqualify, forfeit, or ban the individual(s) from future participation in any tournaments hosted by SHNY. SHNY staffs wishes participants the best of luck and thank you for participating in this tournament.

I, as the captain and on behalf of my team, have read and agree with the rules above. I will make sure that my team understand and adhere to the SHNY Flag Football rules.

(Team Captain(s) please provide your signature along with your Identification number for responsibility purposes. IDs will be checked at the by Host before the start of the tournament. Thanks for you cooperation as we are committed to making this a safe and fun event for everyone to enjoy!)

Signature: _____ Date _____

ID#: _____

Signature: _____ Date _____

ID# _____