



Culpeper Football Association Anklebiter Rules

CFA Playing Guidelines

In general, the administrative and playing rules, regulations and procedures pertaining to player participation and eligibility, structure of individual league divisions, game and practice rules, cheerleading rules and other football related activities are covered by the following sources, in this order:

1. CFA By-Laws and minutes of Meetings for specific local rules.
2. The Official Football Playing rules and regulations as published by the Virginia High School League for the current season.
3. Any changes to the football or cheerleading guidelines will be coordinated through the Vice President of that program and must be approved by the CFA Board.

Anklebiter League - Non-Contact Football Guidelines

Unless specified, flag football will use traditional football regulations

General Rules

1. **Coaches** The league will not permit more than two (2) approved coaches per team on the playing field at anytime during the game. Coaches should position themselves so they do not interfere with the play.
2. **Flags** All players must keep flags on their sides, one on each hip.
3. **Football** A CFA approved football.
4. **Halftime** There will be a 10 minute halftime for all games.
5. **Helmets** All players must wear a league approved helmet.
6. **Home Field** *Canavan Park*: Players bench will be the one closest to the baseball field. *CCC*: Players bench will be the scoreboard side of the field.
7. **Jerseys** All players must keep their jersey tucked inside the flag belt and wear two flags at all times.
8. **Mascots** Must adhere to the sideline spectator boundaries.
9. **Mouth Guards** All players must wear a mouth guard that is attached to their helmet.
10. **Player Participation** 10 minutes per half and each player should be given the opportunity to play at an offensive skilled position during the course of the season. The Referee will give a 10 minute warning, to allow teams to make any substitutions if needed.
11. **Player Scoring** Once an offensive player scores two touchdowns during a game, he/she cannot line up in one of the skilled offensive positions **NOR** can he/she carry the football for the duration of that same game. Defensive touchdowns do not count toward this number.
12. **Players** Each team will field 9 players on both offense and defense.
13. **Playing Field** Located at Canavan Park (Canavan) & Culpeper Community Complex (CCC) - 60 yard playing field
14. **Playing Time** Two 20 minute halves with a continuous clock.
15. **Practice** The 1st day of practice will be held approximately two weeks prior to school starting. Practices will be limited to 1 and a half hours. Team meetings with instructional intent are considered practices. Prior to school, practices can be held up to 3 times a week. After school starts, practices will be held only twice a week. No practices will be held on the 1st day of school. No practices will be held on Sundays. There shall never be more than one (1) practice session allowed on any day. On hot days, coaches should use good judgment and keep all participants hydrated. When applicable, the cheerleading squad should practice close to the football team.
16. **Safety** No necklaces, bracelets, earrings, long nails, durags or bandanas may be worn at practice or during games.
17. **Score** No official score will be kept.
18. **Time Outs** Each team will have two 60 second timeouts per half.
19. **Home Sideline** Responsible for the scoreboard.
19. **Visitor Sideline** Responsible for the chains.

Offensive Rules

1. The game will begin with a coin toss to decide who will receive the ball first or play defense first.
2. The offensive team will start the game from their ten (10) yard line.
3. The offensive team has four (4) downs from scrimmage to either score or gain ten yards. If a team gains ten yards,



then they will be afforded four new downs.

4. If the offensive team fails to gain ten yards or score a touchdown after the third down play, they may go for it on fourth down or may opt to punt the ball. If the team decides to punt, the ball is moved up field thirty (30) yards where the opposing team takes over on downs.
5. The ball must be snapped from an offensive player before a play can be started. **PENALTY** five yards.
6. Offensive players must keep their arms within their own body when blocking. They may not use their open hands to block for a fellow teammate. **PENALTY** ten yards.
7. Offensive players cannot protect his/her flags from a defensive player. **PENALTY** loss of down or fifteen yards.
8. The offensive team has forty-five (45) seconds in between plays. Each team will be given one (1) warning during the game. Each subsequent infraction will result in a five-yard **PENALTY**. Intentional delaying of game will result in an unsportsmanlike conduct **PENALTY**.
9. Once a touchdown has been scored, the scoring team will have the opportunity to go for a one point conversion from the three (3) yard line.
10. If the ball hits the ground during an attempted run, pass or snap, the ball is automatically dead. The ball is spotted where the ball carrier dropped the ball. If the ball doesn't hit the ground, it can be advanced.
11. All offensive players are eligible to receive a pass.
12. The offense must have a minimum of five (5) players on the line of scrimmage before each snap.
13. Stiff arm in torso area only (shoulder to stomach).

Defensive Rules

1. The defensive team may not tackle or knock down any of the opposing players. **PENALTY** 15 yards. If a player has two infractions during one game, he cannot play defense for remainder of the game.
2. The defensive team can line up no more than six players within three yards of the line of scrimmage. The coach is given one (1) warning. **PENALTY** - 15 yards.
3. Defensive players may advance an interception and not a fumble. (Remember there are no fumbles)
4. No defensive player can line up over the center or shoot the gaps next to center (1 & 2 holes). One warning will be given to the team. The second infraction will result in a 10 yard **PENALTY**.
5. **Safety** There will be no safeties. If the flag is pulled in the end zone or the ball is dropped in the end zone, it is a loss of down and the ball is spotted on the 3 yard line.