

Central Virginia Football Association

Winter 2011 flag football League
Information and Registration Packet

CVFA
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Cvfafootball.com
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Registration Information

This should provide teams with all the information needed to assemble your championship squad, and get registered. If you have further questions, please call 804.349.3220.

Games will begin on January 7th. Games will be played Saturdays and Sundays starting at 9 am.



FEES:

8 on 8- either \$700 per team

5 on 5- \$400 per team.

coed- \$550 per team (up to 12 players. Additional players are \$30 each)

Downfield 7 on 7- \$550 per team

A deposit of \$200 is due by the meeting date to secure your spot. All teams will be required to have their own shirts of a like color (numbers required for mens leagues) or they can purchase a league reversible jersey. Jerseys can be purchased for \$12 from the league or obtained from a former player. The jerseys are not season specific. All teams are required to provide their own flags.

REGISTRATION:

Step 1: Register your team. In person registration at Captains meeting. Registration is a non refundable \$200. You can also register on the website <http://cvfafootball.com/registration>, but you must send a representative to the event. You will need to create a team name. If you have any schedule requests enter them at this time. You will receive an email with instructions on how to get your players to register. For Coed you must list your total number of shirts, sizes as well as color

Step 2: Upload your roster. Click the link in your email after registration to set up your team page and enter your roster then print out the roster and have your players sign the waiver and bring it to the first game.

Step 3: Pay your Balance. Your team balance is due at The League Social/Fee payment event January 3rd at Baileys Bar and Grille, 11581 Robious Road from 6-9 or you will not be scheduled for any games. NO EXCEPTIONS. Any individual fee teams without the team minimum of 12 players paid will be added to another short team or will get free agents assigned to their team. You may bring your completed roster and fee balance to Baileys or submit online.

CVFA League Standards

Rosters

- * Roster Deadline: The deadline to add new players is the end of games Week 3, players may be added at the registration tent.
- * Trading Deadline: Many players change teams throughout the season, and this request must be made in writing **PRIOR TO THE TRADE DEADLINE OF THE END OF GAMES ON WEEK 5** to the registration desk. Your roster is set at this time.
- * Injured Reserve: A player who is out for the season may be placed on IR, what this means is that he may be replaced **BY A PLAYER NOT CURRENTLY ON ANOTHER ROSTER** (or a trade if before the deadline). The player on IR may not be rostered for the remainder of the season on any team.
- * Players on multiple teams: Players may be rostered on multiple teams if they wish in different leagues (A, B, C) but may not play the same role on the team, IE– no A league QBs can play QB in the B. One player **MAY NOT** be on two rosters within the same league; this is what the trade deadline is for.
- * Borrowed Players: **teams are no longer allowed to “borrow” players due to individuals abusing this policy.**



Forfeits

- FORFEIT FINE: if your team does not give 24 hours notice of forfeit, you must pay a \$50 forfeit fine which will go to the other team for their inconvenience. You must pay this fine before taking the field again.
- If a team forfeits two games in a season, you will be removed from the schedule with no refund.
- If you give more than 24 hours notice, all efforts will be made to reschedule your game, but no promises (and typically only about half of the mid-season requests are possible), so please make sure you fill out the schedule constraints section of your registration to avoid this issue

Rosters

- Captains must upload their roster by January 3rd; see instructions at the end of this.
- Players must be 18 years old or above or have parental waiver signed **IN PERSON**
- ALL PLAYERS must sign the waiver before being allowed to participate
- Touchdown celebrations are allowed provided no taunting of the other team occurs
- No pockets No Pockets No Pockets.
- No hard-billed hats or sunglasses will be allowed unless they are “sport specs”
- no metal spiked cleats will be allowed
- **Oh....I almost forgot.....no pockets**

RULE CHANGES FOR 2012: League Structure

Divisions and Conference structure

Whenever possible (more than 16 total teams) each league will be broken up into 2 conferences A and B. Two time winners will be required to move up a division, but anyone can move up at any time. The bottom 2 teams may move down or a team may move down ONLY if they lose 50% of their roster.

Typically, the top 6 in each division make the playoffs, but that is subject to the number of registrations.

State Bids

There will be 4-6 bids to the state tournament, two of which are paid bids (the CVFA will cover the team's entry fee, not expenses). The other entrants will be responsible for their own entry fees (\$200). The bids will be earned as follows: (paid bids are A league only)

- *League champion will get the #1 seed (paid)
- *Regular Season Champion will get the #2 seed (half paid)
- *Championship game runner up will get the #3 seed
- *Regular Season runner up will get the #4 seed (if available)

Jerseys and Flags

Teams must use their own jerseys and everyone on the team must have a unique number for the 8 on 8n league, for other leagues must wear shirts/jerseys of a somewhat uniform color. Tshirts with marked on numbers are acceptable.

We have an exclusive contract with Dixie Sporting goods which allows us a 20% discount on all merchandise, so traditional jerseys are also available at a substantial discount. We also offer league reversible jerseys for \$20 a piece and may be ordered at team registration and paid in full at this time. The league gets one-off surplus jerseys from time to time at a SUBSTANTIAL discount, inquire about availability.

Flags— Teams are now required to provide their own flags.

Flags can be purchased through the league-
\$65 per doz/\$10 per new or \$50/\$7 used

Incllement Weather

The CVFA will play its games in most weather unless there is lightning or other safety issues. Different fields are more particular about gameplay in bad weather. Watch the update box on the right side of the homepage for any weather-related updates.

IF NOTHING POSTED TO THE WEBSITE OTHERWISE,
GAMES ARE ON.

Gameday texts are rarely received until much
later.

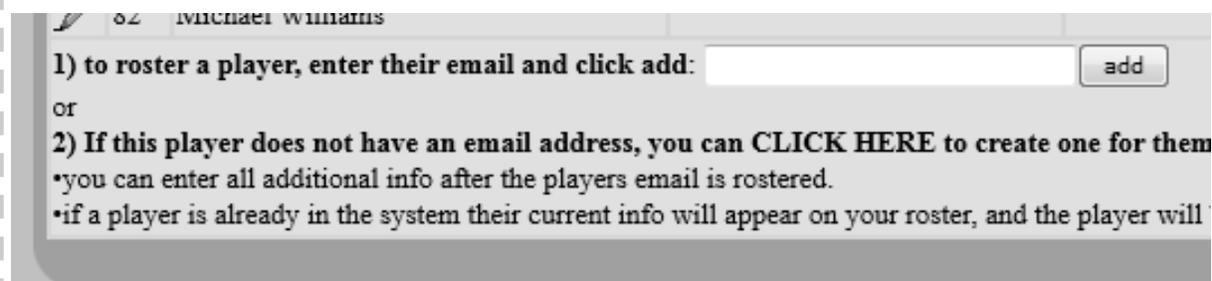
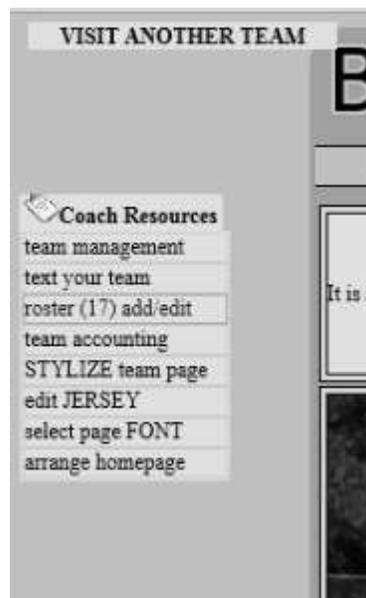


Rostering Instructions

Step 1: Register your team. When you register you will select a password. Write it down

Step 2: Log onto the team page and log in.

- i. Input this in your browser: <http://www.cvfa.vffa.com/indexc/teamlist>
- ii. Click your team (if it is not there, check back later)
- iii. Upper right hand side enter your email and the password you selected
- iv. **On the left hand side, click “coaches’ resources”**
- v. Click Roster add/edit (here you can also track who has paid, send a mass text, change the appearance of your page, etc.)
- vi. **Enter your player’s email to add them once** the email is added you can edit their name, jersey number etc. Rosters are only needed to be added once, they can just be edited from season to season.
- vii. After the email is added, click the pencil to add additional information



viii. Make sure the team waiver is complete. Only players that did not register online must sign the waiver.

Rosters lock week 3, so make sure you make any necessary changes by then.

These are the rosters that the head ref will have on site. If a player is not on your roster but playing with you, your team will forfeit the game and be subject to the forfeit fine.

Rules Overview—all leagues

Rosters

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- * Trading Deadline: Many players change teams throughout the season, and this request must be made in writing PRIOR TO THE TRADE DEADLINE OF THE END OF GAMES ON WEEK 5 to the registration desk. Your roster is set at this time.
- * Injured Reserve: A player who is out for the season may be placed on IR, what this means is that he may be replaced BY A PLAYER NOT CURRENTLY ON ANOTHER ROSTER (or a trade if before the deadline). The player on IR may not be rostered for the remainder of the season on any team.
- * Players on multiple teams: Players may be rostered on multiple teams if they wish in different leagues (A, B, C) but may not play the same role on the team, IE– no A league QBs can play QB in the B. One player MAY NOT be on two rosters within the same league; this is what the trade deadline is for.
- * Borrowed Players: **teams are no longer allowed to “borrow” players due to individuals abusing this policy.**

Forfeits

- FORFEIT FINE: if your team does not give 24 hours notice of forfeit, you must pay a \$50 forfeit fine which will go to the other team for their inconvenience. You must pay this fine before taking the field again.
- If a team forfeits two games in a season, they will be removed from the schedule with no refund.

Rosters

- Captains must submit their roster by January 3rd either via email or at league social/signups.
- Players must be 18 years old or above or have parental waiver signed IN PERSON
- ALL PLAYERS must sign the waiver before being allowed to participate
- Touchdown celebrations are allowed provided no taunting of the other team occurs
- No pockets No Pockets No Pockets.
- No hard-billed hats or sunglasses will be allowed unless they are “sport specs”
- no metal spiked cleats will be allowed

Team Representative: _____

Team Name: _____

COED RULES

RULE CHANGES FOR 2011:

On a long run, in order to realize the female extra points, the female player must have had the ball PRIOR to the red 5 yard no rush line. When a team “punts”, the offense receives the ball the same amount of yards from the mid-field line as the “punting” team is from the goal line (EG— if the offense “punts” at their 5 yard line, the receiving team would receive the ball at their 25)

The ball is spotted where your feet are when your flag is pulled, not where the flags are

3 point try from the 20

Players/Game Schedules:

Games are played with 6 players (minimum of 1 girl, maximum of 4 guys)

Teams must field a minimum of four players at all times.

Teams without the minimum players will forfeit the game after 5 minutes of GAME TIME

Teams may borrow up to 2 players in order to avoid a forfeit, except in the playoffs

The offensive team takes possession of the ball at its 5-yard line and has four(4) plays to cross each 20 yard line.

Games are played to two 20 minute halves, the clock is a running clock outside of the 2 minute warning for each half. Inside of 2 minutes, college rules apply (out of bounds, incomplete passes and 1st downs stop the clock (only until the ball is spotted). The clock will stop at the two minute warning. Extra points are untimed downs inside of 2 minutes. If the score is tied at the end of regulation, teams move directly into overtime. Each team gets one series of downs to score from the 20; if still tied, each subsequent overtime the ball will be moved back 20 yards.

Each time the ball is spotted a team has 30 seconds to snap the ball.

Each team has two(2) time outs per half.

Touchdowns:

6 points for male-scored touchdowns

9 points for female scored "primary participant" (female either throws or catches a TD, or guy pitches to a girl and she runs the ball into the endzone—hereby referenced as "Gender Rules") touchdowns

12 points for a girl to girl TD (girl QB, girl WR)

Note: the female participant does not need to have the ball prior to the 5 yard line except for “breakaway” plays

Extra points: 1 point try from the 5 yard line, 2 point try from the 10, 3 point try from the 20

Doubled for gender rules

Safety: 2 points — also doubled for gender rules

The ball carrier cannot run with the ball unless rushed inside the 5 yard area before the endzone

The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

As in NFL, only one player is allowed in motion at a time.

A player must have at least one foot inbound when making a reception.

if falling during the catch, the player must retain possession of the ball upon hitting the ground

Force-out rules apply

Unlimited forward passes are allowed per play behind the line of scrimmage

The ball can be snapped between the legs or off to one side to start play.

Rules if not specifically outlined will revert to NCAA

Play is ruled “dead” when:

Ball carrier’s flag is pulled.

Ball carrier steps out of bounds

Touchdown or safety is scored.

Ball carrier’s flag falls out.

Any part of the ball carrier’s body (other than feet or hands) hits the ground.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback:

All male players must be a minimum of five yards from the line of scrimmage (or one yard for females) when the ball is snapped. Any number of players can rush.

The offensive “line” may shield (get in the way with hands behind your back, but not “block”). Defensive rushers MAY NOT ATTEMPT TO RUN OVER OR “BULLRUSH” DEFENDERS, they must run around or avoid the “screeners”, no use of hands to push or move the defender. Moving contact should be avoided at all costs, and any seemingly deliberate contact will be penalized. ANY INTENTIONAL CONTACT ON EITHER SIDE OF THE BALL IS A PENALTY

The line judge, will designate five yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

Sportsmanship/Roughing:

If the field monitor or referee witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

Game Play—5 on 5

Overview:

- Games are played with 5 players. Teams must field a minimum of four (4) players at all times. Teams without the minimum players will forfeit the game after 5 minutes of GAME TIME or the full team will receive the ball in BOTH halves if the deficient team fields a squad before the 5 minutes.
- Game is played on a 30 yard wide by 60 yard long field, with the 1st down at mid field.

Game Play

- -A coin toss determines first possession.
- -The offensive team takes possession of the ball at its 10-yard line and has four(4) plays to cross the midfield line. If offense "punts", the ball changes possession and the new offensive team takes possession at their 10.
- -Teams change sides after the first 17 minute half.
- -The ball carrier can run with the ball at any time except when inside the 5 yard area before the endzone and mid-field line (specified as "no rush zones") unless rushed.
- -Spinning is allowed, but players cannot dive or lower their shoulders to gain yardage
- -The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is; ie- the player's feet must cross the midfield line to gain a first down regardless of the location of the ball.
- -All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- -A player must have at least one foot inbound when making a reception. if falling during the catch, the player must retain possession of the ball upon hitting the ground
- -Unlimited forward passes are allowed per play behind the line of scrimmage
- -Pitching backwards is allowed anywhere on the field
- -The ball can be must be snapped between the legs to start play.
- -Rules if not specifically outlined will revert to NCAA
- -"chucking" of the receiver is allowed within 5 yards

Play is ruled "dead" when:

Ball carrier's flag is pulled.

Ball carrier steps out of bounds

Touchdown or safety is scored.

Any part of the ball carrier's body (other than feet or hands) hits the ground.

Ball carrier's flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback:

- -All male players must be a minimum of 7 yards from the line of scrimmage (or one yard for females) when the ball is snapped and designate themselves to the line judge, but not required to designate to the other team
- -The offensive "line" may shield (get in the way with hands behind your back, but not "block"). Defensive rushers MAY NOT ATTEMPT TO RUN OVER OR "BULLRUSH" DEFENDERS, they must run around or avoid the "screeners", no use of hands to push or move the defender. Moving contact should be avoided at all costs, and any seemingly deliberate contact will be penalized. ANY INTENTIONAL CONTACT ON EITHER SIDE OF THE BALL IS A PENALTY

- -The line judge, will designate seven yards from the line of scrimmage.

Sportsmanship/Roughing:

No tackling. If the ball runner falls by the momentum of the tackler, it is a penalty.

If the referee witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game without warning. FOUL PLAY WILL NOT BE TOLERATED.

Timing/Overtime:

- Games are played to two 17 minute halves, with a 37 minute running clock (3 minute half)
- -The clock is a running clock outside of the 2 minute warning for the end of the game only. Inside of 2 minutes left in the game, college rules apply (out of bounds, incomplete passes and 1st downs stop the clock (only until the ball is spotted). The clock will stop at the two minute warning.
- -Extra points are untimed downs inside of 2 minutes. To spike the ball you do not need to be under center.
- -If the score is tied at the end of regulation, the game ends in a tie except in playoffs where teams move directly into overtime. Each team gets two plays to score from the 5; if still tied, each subsequent overtime the ball will be moved back 10 yards.
- -Each time the ball is spotted a team has 20 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- -Each team has two(2) time outs per game.

Scoring:

Touchdowns: 6 points for male-scored touchdowns, 9 points for female scored "primary participant" (female either throws or catches a TD, or guy pitches to a girl and she runs the ball into the endzone—hereby "Gender Rules")

Extra points: (doubled for female scored) 1 point try from the 3 yard line, 2 point try from the 10, Safety: 2

Penalties:

Defensive:

Offsides-5 yards; Pass Interference-spot foul and automatic first down;

Illegal contact (holding, blocking, etc.)- 5 yards.

Illegal flag pull (before receiver has ball)- 5 yards;

Illegal rushing (starting rush from inside 7-yard marker)- 5 yards,

Roughing the Passer=hitting the qb's arm in motion— 15 yards—go for the qb's flags, not the ball!

All penalties EXCEPT roughing the passer, pass interference and unnecessary roughness are 5 yard penalties

Offensive:

Illegal motion/misc pre-snap (false start, etc.)-5 yards;

Illegal forward pass-5 yards /loss of down;

Offensive pass interference -5 yards/loss of down

Flag guarding-runner is down where the penalty occurred (swiping at the defender's hands or shielding your flag)

Illegal blocking- 5 yards

Delay of game-clock stops, 5 yards; (withholding player's flag, tossing the players flag away from the play, kicking the ball, etc)

Charging (running over established defensive player)- 5 yards/loss of down

If a loss of down penalty occurs on a play where the runner achieves a first down, the next play will be the achieved 1st down

All penalties will be assessed from the spot of the foul

There are no kickoffs or punts.

Game Play— 8 on 8

Mens

8 man Semi-Contact

RULE CHANGES FOR 2012:

- * If a player is pulled down or knocked out of bounds on a “breakaway” play (like a pick 6 or long TD run) by the last player between them and the endzone (like many teams do now, taking the penalty instead of the TD), the team on offense will be awarded the ball on the goal line and an automatic 1st down. If the play occurs at the end of the half (or on an XP play) where there is no opportunity to get afresh set of downs, the offense will receive the score attempting to achieve.



The CVFA will be adopting the VFFA rulebook for the 8 man semi-contact league which can be found at <http://www.usffa.org/rulebook.htm>. Highlights of the CVFA-specific rules are as follows (it is the **team’s responsibility to read and be knowledgeable of the rules, please call 804.349.3220 with ANY rule questions**):

- Games will be played 8 on 8, teams can play with a minimum of 6. If one team does not have 6 at game time, the game will be held up for 5 minutes of GAME TIME while waiting for the deficient team to have enough to play. If the game has to be held up for participation, the team ready to go will start with the ball in BOTH HALVES.

7 Man Downfield Rules:

The CVFA 7man League rules will follow the USFTL rules with the following modifications.

- * There is no leaving your feet to block; this is a 15 yard penalty and a possible ejection.
 - * No blindside or "crackback" blocks, no shoulder blocks, only hand blocking, no chop blocking
- * The game is played with two 25 minute halves in which the clock only stops inside of 2 minutes in accordance to NCAA rules; out of bounds, incompletes, 1st down to spot the ball, XP tries
- * Teams may elect to not kick, and their opponent shall start with the ball on their 30 yard line. There is no blocking on kickoffs.
 - * Teams kick from their 40
 - * To "punt" the receiving team spots the ball equal amount of yards from the 50 as the kicking team "punts" from away from the goal line (eg- offense "punts" from the 10, the receiving team gets the ball at their 40)
 - * Onside kicks – the 1st team to legally TOUCH (not possess) a kick that has traveled 20 yards will have possession of the ball.
- * Teams achieve a first down every 20 yards, games are played on an 80 yard field.
- * QB gets one bounce to field a bad snap. If the ball goes beyond the deepest player, ball is dead where it hits the ground beyond that deepest player.
- * Only the player covering up the line and those in the backfield are eligible for passes (like NCAA)
- * Fumbles are dead at the spot where they hit the ground.
- * Players will use Flag-A-Tag triple threat flags.
- * Flag guarding—Foul for flag guarding is the play is dead at the site of the offense.
- * Players cannot use their shoulder, arm, hand or head to cover or prevent a defender from having a pull at the flag nor is the ball in any way to cover the flags.
- * No diving to advance the ball is allowed, Penalty will be 5 yards from the spot of the foul/loss of down
- * Straight arms to the chest and shoulder are allowed. Straight arms to the neck and/or head will be ruled 15 yard fouls.
- * It is legal for defenders to play the stiff arm to get to the flags in a non-flagrant manner.
- * Only one forward passes may be thrown provided the ball has not traveled beyond the line of scrimmage
- * Roughing the passer will be called when a defensive player contacts his arm while in a throwing motion or takes the QB to the ground in the motion of throwing/pulling his flags
- * The clock will not be stopped for equipment unless a team takes a timeout.
- * Tries after scores – 1 point try shall be from the 3 yard line. 2 point try shall be from the 10 yard line.
 - * XP and FG kicks are live rushes
- * Any defensive player lined head up on the center must give 1 yard space.
- * A player receiving the snap from under center must move the ball back 1 yard before advancing.
- * Players must attempt to grab the flag. They may not hold the runner to get the flag.
 - * Runners who do not have their flags outside their clothing are will not get the benefit of a holding call.
- * Players with pants or shorts with pockets will not be allowed to play. Pockets can lead to injured fingers.
- * Flags must be of contrasting color to any stripe that is on the side of a players pants or shorts; teams are welcome to use their own flags provided they are triple-threat flags
- * Foul language can be assessed with a 15 yard unsportsmanlike penalty.
- * Players can be pushed out of bounds to end the play, but not hit out of bounds with shoulders etc.