

Extreme Team Sports

— FLAG FOOTBALL —

OFFICIAL / REFEREE MANUAL



FLAPTM



LEAGUE 2026

The Game Official

In the game of football, the game official represents the ultimate in integrity for any competition. By their very nature, officials are neutral and are responsible to keep the contest played on equal terms. Through actions on and off the field, officials must earn the respect and confidence of players, coaches and spectators. This confidence and respect is not earned by words, but with unquestioned honesty, demonstrated ability, obvious devotion to and understanding the game



- League Website: www.extremeteamsports.com
- Facebook: <https://www.facebook.com/ExtremeTeamSports>

Contact:

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- Other: _____

Officials: Game Day



Referee (R) / Line Judge (LJ) / Field Judge (FJ)



ARRIVE TO FIELDS:

- Officials should be at the fields 30 minutes prior to scheduled game start.
 - Assist in setting up field(s) if needed.
 - Meet with league director(s) and/or co-officials to discuss rules and other issues that may exist,
 - Get field assignment for the day.
 - Pre-game meeting with coaches (when applicable)

DRESS CODE & TOOLS:

When arriving at the fields, Officials should be dressed and have tools required to perform duties.

- 1" or 2" Striped Shirt (Black & White)
- Black Pants or Shorts
- Black Shoes (Athletic)
- Black / White Cap (May be issued by League)
- Whistle
- Yellow Penalty Flag

PERSONAL ITEMS:

Note: Lockers with locks are available for personal items to be stored during games.

- Change of clothes, shoes, other personal items
- Personal Water or other source of hydration
- Food / Snacks
- Personal Towel

LEAGUE EXPECTATIONS:

- If an issue arises and you expect to be late or unable to attend... Please notify a League Director ASAP!
- It is very important that you arrive on-time, ready to work. League Director(s) will have a brief meeting with Officials each morning (Game Day)
- While on and off the field... You are a representative on the league. Always show professionalism.

COVID-19:

- *Officials are required to follow as well as enforce all safety guidelines commissioned by the League.*

Officials: Referee / Line Judge / Field Judge



Field Judge (FJ)

Position: Opposite sideline from (LJ).

Looking directly down the LOS



Referee / White Hat (R)

Position: Offensive Backfield, Behind LOS

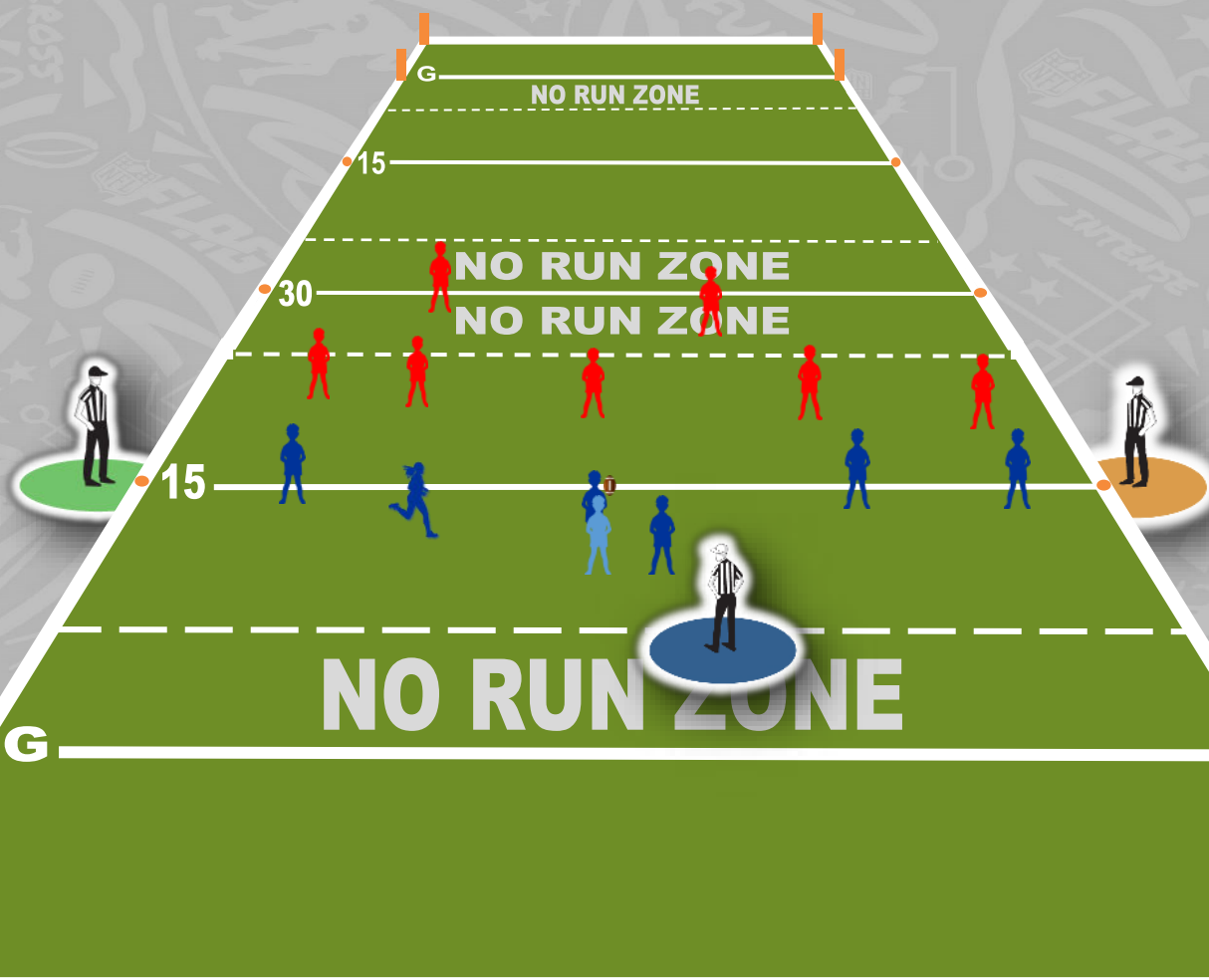
(Behind deepest offensive player and
closest to the offensive team sideline)



Line Judge (LJ)

Position: Opposite sideline from (FJ).

Looking directly down the LOS



Officials: Kick-Off & Punting

(Pro Division Only)



Field Judge (FJ)

Position: Opposite sideline from (LJ)

Down the field near the area where the "Receiving Team" will receive the kick.
Between the 5 Yd Line & Goal Line

Be prepared to spot where the ball goes out of bounds (Note: Penalty on kick-off)

Trail ball carrier back up the field.



Referee / White Hat (R)

Position: On the Line of Scrimmage
Sideline of the kicking team.

Watch for players leaving early (Offsides).
Watch for receiving team returning ball back up the field.

Watch for "Down Field Blocking"



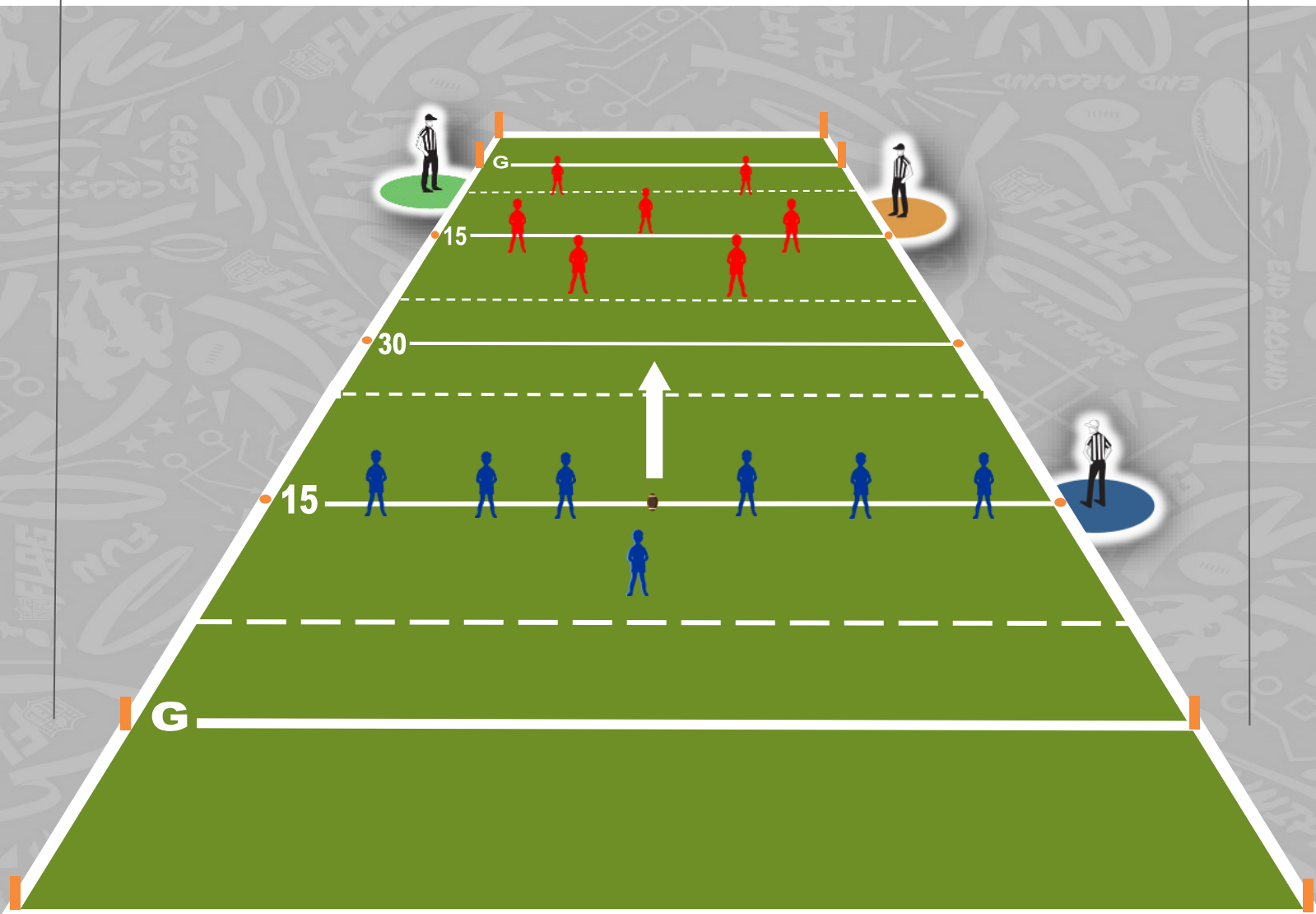
Line Judge (LJ)

Position: Opposite sideline from (FJ)

Down the field near the area where the "Receiving Team" will receive the kick.
Between the 5 Yd line & Goal line

Be prepared to spot where the ball goes out of bounds. (Note: Penalty on kick-off)

Trail ball carrier back up the field.



Officials: Position & Primary Responsibility



Referee / White Hat (R)



POSITION:

- Offensive Backfield behind the LOS
2-3 yds behind the deepest player (QB/RB)

GENERAL RESPONSIBILITY:

- Typically known as the Crew Chief (White Hat)
- Will know and understand the "Rules"
- Will control the "Start of Game"
 - Pre game introduction
 - Uniform / equipment check
- Oversees and maintains the pace of the game
- Counts offensive players on the field
- Final authority on disputed rulings
(When League Director is not present)
- Mark off penalty yardage
- Will spot the ball and whistle ready for play
- Watch for clean snap from Center to QB
(Direct Snap / Shot Gun)
- Will verbally count the 7 second QB clock.
- Will keep and control score board
(Clock, Scores, other)

PASS PLAYS:

- Before the snap, watches for "False Start"
- During the snap, watches that no more than (1) player is in motion.
- Watch QB from drop to ball release
- Watch for "Illegal Forward Pass"
 - QB passing after crossing the LOS
- Watch while Defense (Rushers) approach:
 - Flag pull (Sack)
 - Contact with Passer (Roughing the Passer)
 - Intentional Grounding

RUN PLAYS:

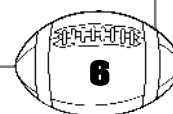
- Before snap, watches for "False Start"
- Watches for "Illegal Motion"
- Watches for "Flag Guarding"
- Watches for "Down Field Blocking"
- Watch for "Holding"... Other infractions

SPECIAL TEAMS: (Kick-off / Punt)

- Watch for any infractions...
Including Down Field Blocking, Flag Guarding, Impeding the Defense access to ball carrier, other

The Referee is expected to control all aspects of the game... On his/her field.

- Ensure that a **SAFE** and **FAIR** playing experience is being maintained Before, During and After each game.
- Resolve any disputes that may occur, prior to leaving the field.



Officials: Position & Primary Responsibility



Line Judge (LJ) / Field Judge (FJ)



Note: The responsibility of the Line Judge and Field Judge are very similar ... Although there are some differences.
Without changing sidelines... Responsibility may change based on which sideline is on offense / defense.

POSITION:

- On opposite sidelines, looking directly down the Line of Scrimmage (LOS)

GENERAL RESPONSIBILITY:

- Will have a basic understanding of the "Rules"
- Will assist in the "Start of Game"
 - Pre game introduction
 - Uniform / equipment check / other
- Assist in maintaining the pace of the game
- Control sideline (Team/Coaches/Players)
- Counts defensive players on the field
- Watch for "Offsides" or "False Start"
- Watch for "Un-necessary Contact"
- Will spot the ball when downed
- Watch for any infractions
 - Communicate with Co-officials

LINE JUDGE: (Offense Sideline)

- Will verbally count the 25 second clock
- Will hold the LOS for the 7 second QB count
 - May release down the field after 7 second count, run of pass attempt
- Watch for "Illegal Forward Pass"
 - QB passing after crossing the LOS

FIELD JUDGE: (Defense Sideline)

- Will start at LOS and release at the ball snap
- Watch for any infraction offense / defense

PASS / RUN PLAYS:

- Watch for any infractions by either team (offense / defense) - Including Down Field Blocking, Flag Guarding, other

SPECIAL TEAMS: (Kick-Off / Punting)

- Both (LJ) and (FJ) will position down field near the area where the receiving team should receive the kick.
 - Near the 5 yd line and Goal line.
 - Be prepared to spot where ball is downed (Returned, Touchback, Out of bound)

The Line Judge and Field Judge are expected to assist in controlling all aspects of the game...

- **Ensure that a SAFE and FAIR playing experience is being maintained Before, During and After each game.**
- **Resolve any disputes that may occur, prior to leaving the field.**





Officials: Penalty Enforcements



Referee (R) / Line Judge (LJ) / Field Judge (FJ)



PENALTY ENFORCEMENT:

- **Types of fouls:**

- **Live Ball:**

Foul which occurs during an active down / play (After the ball has been snapped)

ie: Down field blocking, Holding, Pass Interference...

Flag Guarding (Not a penalty) player ruled down where flag guard happened.

- **Dead Ball:**

Foul which occurs in the time between the end of previous play, and the next legal snap. *ie:*

False Start, Delay of game, Unsportsmanlike conduct...

- **Live Ball Penalty:** Usually marked off from **Point of Infraction** (Spot Foul).

- **Dead Ball Penalty:** Usually marked off from the **Line of Scrimmage** (LOS)

NOTE: All Penalties against the Offense will be marked from the (LOS)

- **Double Foul / Offsetting Penalties:** When both teams (Off./Def.) commit live ball fouls... The fouls offset and the down is replayed.

- **Multiple Fouls:** When one team commits two or more live ball fouls during the same down... Only one may be enforced.

- **Live Ball Foul followed by a Dead Ball Foul** are both administered in order of occurrence.

Note: This also applies to multiple dead ball fouls.

⇒ If the Defense obtains possession of the ball (Interception) **prior to committing** a foul, they keep possession of the ball.

- **Half the Distance:** A measurement cannot move the ball more than half the distance from the enforcement spot to the offending team's goal line.

SPECIAL ENFORCEMENTS:

- **Roughing the Passer:** The penalty for RTP on a **completed pass**, will be enforced from the end of the play/run.

- **Tackle:** When the offender (Def.) is the last player between the ball carrier and goal line...

A Touchdown will be awarded.

- **Foul on a Touchdown:** If there is a foul by the Defense during a play which results in a TD, the scoring team may choose to have the penalty enforced on the kick-off, or extra point (PAT).

- **Kick-Off:**

(**Rookie & Semi Pro**) Penalized team will start possession from the 5 Yd line instead of the 15 Yd line.

(**Pro**) Has the option of kicking off from the 25 Yd line instead of the 15 Yd line.

- **PAT:** Offense may go from the 2.5 Yd line for 1 Point or 5 Yd line for 2 Points (Instead of 5 & 10 YL)



Officials: Penalty Calls (Most Common)



Common Penalties:

- **Flag Guarding:** *(Not A Penalty - Player is ruled down where flag guarding occurred.)*
The act of preventing the defense from pulling ball-carriers flag. (Hand, elbow, ball, other)
Note: An un-tucked jersey covering any part of the flags/belt may also result in a flag guarding penalty.
- **Down Field Blocking:** *(Live Ball / From the LOS ... -5 Yds. / Loss of Down)*
Any Offensive player(s) running with the ball-carrier (or moving in the path of a defensive player) impeding the defense from a clear path to attempt the flag pull.
- **Offsides:** *(Dead Ball / From LOS ... Offense - 5 Yd / Replay the Down, Defense +5 Yd/ Replay The Down)*
Offsides - Off./Def. player(s) lining up over the LOS or in the neutral zone during the snap of the ball.
- **False Start:** *(Dead Ball / From LOS... - 5 Yd / Replay the Down)*
False Start - Movement by the Offense at the LOS or towards the LOS prior to the snap of the ball.
- **Encroachment - Illegal Rush / 4 Second Count Violation:**
(Live Ball / From LOS... 5 Yd + Replay the Down) *Note: Instance where Live Ball Penalty is marked LOS.*
Defense crossing the LOS before the QB has handed off ball, or before the 4 second count.
- **Illegal Motion:** *(Dead Ball / From LOS... -5 Yd / Loss of Down)*
Offensive player moving towards the LOS prior to and at the snap of the ball.
More than one (1) offensive player moving in motion at the snap of the ball.
- **Illegal Contact:** *(Live Ball / From POI... Offense -10 Yd / Loss of Down, Defense + 10 Yd / Automatic 1st Down)*
Unnecessary (and sometimes accidental) contact made by Off./Def. during a play.
- **Charging:** *(Live Ball / From POI... -10 Yd / Loss of Down)*
Offense player (Ball Carrier) running over or through (making contact) a defender.
- **Holding:** *(Live Ball / From POI... Offense -10 Yd / Loss of Down, Defense + 10 Yd / Automatic 1st Down)*
In the act of a flag pull... grabbing the jersey, shorts, belt (anything other than the flag).
Also, restraining (holding) by any Off./Def. player during a play.
- **Impeding the Rushers:** *(Live Ball / From LOS... - 5 Yd / Loss of Down)*
Screening or blocking behind the LOS.
- **7 Second Clock Violation:** *(Not A Penalty... Play is Loss of Down)*
Quarterback still in possession of the ball after the Ref. has counted 7 seconds.
- **25 Second Clock Violation / Delay of Game:** *(Dead Ball / From LOS... - 5 Yd / Replay the Down)*
Offense hasn't snapped the ball to start play prior to 25 sec. expiring.

Cont.



Officials: Penalty Calls (Most Common)

Continued

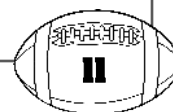


Common Penalties: *continued*

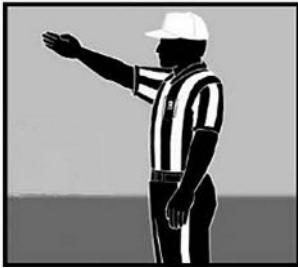
- Illegal Forward Pass:** *(Live Ball / From LOS... - 5 Yd / Loss of Down)*
 Pass attempted after any part of the Passers body has crossed the LOS.
- Intentional Grounding:** *(Live Ball / From LOS... - 5 Yd / Loss of Down)*
 Passer throwing the ball away in the attempt to avoid a (sack) and the ball Does Not cross the LOS.
- Roughing the Passer:** *(Live Ball / From LOS or The end of the completed Pass/Run... + 15 Yd / Automatic 1st Down)*
 Any contact made by the defense (to the Passer) before, during or after a pass attempt.
- Pass Interference:** *(Live Ball / From POI... Def. + 10 Yd / Automatic 1st Down, Off. From LOS - 10 Yd / Loss of Down)*
 Illegal Contact made by the Off./Def. in the attempt to catch and/or defend a pass.
- Illegal Flag Pull:** *(Live Ball / From POI... + 5 Yd / Automatic 1st Down)*
 Defense pulling off an offensive players flag before the offensive player has possession of the ball.
- Stripping the Ball:** *(Live Ball / From POI... + 5 Yd / Automatic 1st Down)*
 An attempt or stripping the ball away from a ball-carrier after they have secured possession of the ball.
- Tackle:** *(Live Ball / From POI... + 15 Yd / Automatic 1st Down, If Last Defender to Goal line... Award TD)*
 The act of tackling (Intentional or Accidental) a ball-carrier in the attempt of pulling the flag.
- Unsportsmanlike Conduct / Taunting:** *(Dead Ball / From LOS... +/- 15 Yd / Automatic 1st Down / Loss of Down)*
 Rude, Confrontational or Offensive behavior or language by any participant involved in the game. *Note: Including Coach, Players and/or Spectators.*
 Players are not allowed to celebrate during or after a score (on the field) in a manner that may be perceived as taunting, show-boating or unsportsmanlike.
- Begging a Call:** *(Dead Ball / From LOS... +/- 15 Yd / Automatic 1st Down / Loss of Down)*
 The continuing of a Coach or Player "Begging" for a call to be made. Or constant complaining about a call that was or wasn't made.
- Sideline Interference:** *(Dead Ball / From LOS... Offense -5 Yds / Loss of Down. Defense +5 Yds / Replay Down)*
 Coaches and/or players moving beyond the teams sideline area, on to the field of play, or in the running lane of the Officials.
- Coaches Interference:** *(Dead Ball / From LOS... - 5 Yd / Replay the Down)*
 Coach on the field communicating with the players after the huddle has broken.

TERMINOLOGY

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-to-Gain	The line the offense must pass to get a first down or score.
Rush Line	Rush from the Line of Scrimmage LOS (4 seconds)
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent it from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	Players who cross the LOS at the 4 second count in attempt to pull QB or ball carriers flag behind the LOS.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period of time immediately before or after a play.
Whistle	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
Inadvertent Whistle	Official's whistle that is performed in error.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or ball.
Shovel Pass	A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.
Lateral	A backward or sideways toss of the ball by the ball-carrier.
Unsportsmanlike Conduct	A rude, confrontational or offensive behavior or language.



Officials: Hand Signals (Most Common)



First Down



Stop Clock

Time Out



Touchdown



Safety



Disregard Flag



Loss of Down



**Incomplete Pass
Penalty Declined
Failed Attempt**



End of Half



Offsides



**False Start
Illegal Procedure**



**Delay of Game
7 Second Clock Infraction**



Holding



Unsportsmanlike Conduct



**Pass Interference
Illegal Contact**



Illegal Forward Pass



Personal Foul



Down Field Blocking



Roughing the Passer (QB)



Intentional Grounding



Flag Guarding

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