

Chili Bowl 2023

Here's a quick overview of how to play flag football: Every game begins with a coin toss to determine which team will start with the ball. Games are (4) 5-minute quarters, and the clock only stops for timeouts (each team has 2 30-second timeouts), injuries, end of quarters and half-time (5-minutes).

After a round of "rock paper scissors", the winning team elects to start with the ball or defer. The starting team begins on its own "5-yard line" and has 4 downs (essentially 4 plays) to score. If the offense fails to score after 4 tries, they have two options: they can "punt," which means they turn the ball over to the opposing team who starts its drive from its own 5-yard line, or they can go for it. But if they still fail to score, the opposing team takes over possession from the spot of the ball.

Each touchdown is worth 1 point.

Elimination brackets for the tournament will be determined based on how many teams we have.

Flag football game play rules

1. All passes must be forward and received beyond the line of scrimmage
2. The quarterback has 5-second pass clock to get rid of the ball before opposing team can rush him/her
3. Defense has 1 blitz **where they must shout "BLITZ"**
4. The quarterback can't run with the ball unless it was handed off first or they were blitzed
5. Players must not block by making contact with another player
6. Interceptions are returnable
7. The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground
8. All offensive flag football penalties result in loss of down and yardage
9. All defensive flag football penalties result in yardage for the offensive team
1. 6 players on the field at a time, per team (teams can have as many players as they want, but only 6 play at a time)
2. **2 sponsors** (18 years or older) can count as **two** of the six players on the field
3. Teams that consist of all senior high school students **may only** have ONE sponsor on their team (Mixed teams of JR high and Senior high or JR high only may have two sponsors, an ALL Sr. High team can only have 1 sponsor)
4. 1 girl per team must be always on the field. Female sponsor may count for both the female and sponsor requirement.

Sportsman Like Behavior

1. ABSOLUTELY NO arguing with the referees
2. No trash-talk between teams/No cursing
3. No unnecessary roughness or taunting
4. All sportsman like penalties will result in benched players for rest of half. Team will continue to play down a player(s).