



# FLAG FOOTBALL 16-TEAM TOURNAMENT

BROUGHT TO YOU BY THE CALIFORNIA QUAKE

**SATURDAY, DEC 18<sup>TH</sup> 9AM-6PM**

**@ BURKE-HAM PARK 11832 Atlantic Ave, Lynwood 90262**



**\$600 GRAND PRIZE\***  
**\$300 2ND PLACE**

**5 on 5 flag football**

**\$200/a team**

**\$25/a free agent player**

\*prizes are based on a minimum of a 16 team tournament. Tournament may be rescheduled for lack of teams and funds will be refunded if tournament is cancelled.



**PRE-REGISTER YOUR TEAM ONLINE  
BEFORE 12/3 FOR ONLY \$150**

**Register as an individual  
player "Free Agent"  
and we'll put you on a team!  
SEE YOU ON THE GRIDIRON!**

**Visit us online and download the registration form. For more details email us at [info@CaliforniaQuakeFootball.com](mailto:info@CaliforniaQuakeFootball.com).**



**WWW.CALIFORNIA  FOOTBALL.COM**



## FLAG FOOTBALL TOURNAMENT APPLICATION

Team Captain Name: \_\_\_\_\_

Phone: (        )        -

Email: \_\_\_\_\_

Alternative Team Captain Name: \_\_\_\_\_

Phone: (        )        -

Email: \_\_\_\_\_

Team Name: \_\_\_\_\_

*(If you DO NOT have a team and are signing up as a FREE agent please leave blank)*

Do you need players?    YES    NO

If yes, how many? \_\_\_\_\_

Team Captain Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Alternative Team Captain Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### TEAM ROSTER

NAME	EMAIL	DOB
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Total Players: \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_



## **Registration / Waiver Form**

All participants are required to assume all risk by signing this general release. I understand that the risks I assume by participating in the California Quake Flag Football Tournament include, but are not limited to serious head and other bodily injuries. In consideration of receiving permission to participate in the California Quake Flag Football Tournament, I hereby release the California Quake and all their officers, agents and employees, the city of play and the event play from any and all liability arising from my participation in this flag football event. My decision to participate in the California Quake Flag Football Tournament is voluntarily assuming all risk or loss.

I will participate in the California Quake Flag Football Tournament and abide by all rules and regulations set forth by the California Quake. By my signature, I agree to hold harmless, California Quake, their officers, agents and employees, the city of play and the event play from any and all liability arising from my participation in this flag football event.

By Participating in the California Quake Flag Football Tournament, I consent to the use of my appearance and likeness to be photographed and used for print/web advertisement in reference to the league.

<b>NAME</b>	<b>SIGNATURE</b>	<b>DATE</b>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		



## Parental Consent & Registration/ Waiver Form

(this form must be completed if you are under 18 years old)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (        )        -        Age: \_\_\_\_\_

*If under 18, Parental Consent portion must be completed. Note: the California Quake reserves the right to deny participation to those under the age of 18 if we have reason to believe it will negatively affect the participant*

I, \_\_\_\_\_, do hereby agree that I will participate in the California Quake Flag Football Tournament and abide by all rules and regulations set forth by the California Quake. By my signature, I agree to hold harmless, California Quake, their officers, agents and employees, the city of play and the event play from any and all liability arising from my participation in this flag football event.

PRINT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

### Parental Consent

Name of Parent/ Guardian: \_\_\_\_\_

Relationship to the Participant: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I hereby give consent as parent/ guardian for, \_\_\_\_\_, to participate in the California Quake Flag Football Tournament. By my signature, I agree to hold harmless, California Quake, their officers, agents and employees, the city of play and the event play from any and all liability arising from participation in this flag football event.

PRINT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



## **FLAG FOOTBALL TOURNAMENT RULES**

- Team Rosters
  - Teams may carry up to 12 players on their roster
  - Players may be added day of the game by way of free agent pick-up. All players must sign both the QUAKE waiver and roster before they are eligible to play. It is the team captain's responsibility to verify that each player has signed the roster and waiver before any game is played.
- The Field
  - The playing field is 60 yards x 25 yards and consists of a 50-yard field of play and one 10-yard end zone. Yard markers will denote mid-field (the 20-yard line).
- Equipment
  - All players must wear the same color shirts / jerseys. All shirts must be tucked in. Baseball caps may be worn backwards. Jewelry is not allowed.
  - All players should wear cleats (both molded and detachable are allowed). Tennis shoes are acceptable, but are not recommended. Metal cleats are strictly prohibited. Anyone found wearing baseball "spikes" will be ejected from the game.
  - All players will use official QUAKE Flag Football flag belts (provided at the field). Belts are to be worn around the waist with flags on the hips.
- Scheduling
  - 4 guaranteed games
    - 3 placement/seeding games
    - Bracket tournament – single elimination
- QUAKE Code of Conduct
  - All players shall respect the calls of the QUAKE officials.
    - Cursing at or arguing with the officials can lead to an unsportsmanlike penalty and/or ejection.
  - Any player involved in fighting will be immediately ejected from the game and subject to further suspension at the discretion of the tournament. Games may be "double-forfeited" due to fights. Teams instigating fights will be expelled from the tournament. Tournament fees will not be refunded for team expulsion due to fighting.
  - Unsportsmanlike conduct, including trash talking and rough play will not be tolerated. This is a FLAG football tournament. Anyone not abiding by the QUAKE Code of Conduct may be ejected from games and potentially suspended from tournament play.
  - No littering! This includes sunflower seeds. Teams must clean up their sideline immediately after their game.
  - Any player who threatens or abuses (either physically or verbally) a QUAKE official before, during or after a game will be asked to leave the premises.
  - Regardless of whether it is intentional or not, players receiving a second personal foul in the same game will be automatically ejected.
  - Counting down the five-second play clock out loud is illegal. Officials will give one warning. The second offense is a 15-yard unsportsmanlike conduct penalty.
  - Captains are responsible for distributing the QUAKE rules and Code of Conduct to their team members. Only offensive or defensive captains are allowed to discuss calls and / or decisions with officials during the game.
- Game Clock

- The 3 placement and 1<sup>st</sup> round games will be 25 minutes long.
  - It is a running clock.
- Each team may use 1 time out per game. If a team is leading by more than 21 points, they may not use their time out.
- The 2<sup>nd</sup>, 3<sup>rd</sup> and championship rounds are 40 minutes long with two halves.
- The offense has 25 seconds between plays (officials count down time from setting the markers). Delay of game is a penalty (5 yards, replay the down).
- The game clock will be kept by a QUAKE official and may be stopped at their discretion.
- The clock will stop during the last two minutes of the second half if the score is within 14 points (14 points or less) ("Regulation Clock") in the following situations:
  - Incomplete passes
  - Receiver steps out of bounds
  - Extra point attempts
  - Defensive penalties (excluding offside's)
  - Turnovers / Changes of possession
- During Regulation Clock play, the clock will stop until the ball and markers are set in the following situations:
  - First downs
  - Defensive offside's
  - Offensive penalties (excluding quarterback sack and "five-second" penalty).
- Scoring
  - Touchdown: 6 points
  - 5-yard PAT: 1 point
  - 10-yard PAT: 2 points
  - Safety: 2 points
  - Interception return for touchdown on PAT attempt: 2 points
- Overtime
  - If a game is tied at the end of regulation play, a tiebreaker will be played to determine the winner. Captains will meet with the official for a coin toss to determine possession of ball.
  - Both teams are given 2 plays, with no time outs, from the opponent's 10-yard line (similar to the college football overtime).
  - If the first team is successful in scoring, they have the option of going for 1 or 2 points. The opposing team then tries their 2 plays to score and, if successful, attempts a conversion to either tie or win the game.
  - If the opposing team does not score a touchdown or does not match the first team's extra points, the game is over and the first team wins.
  - If the first team is unsuccessful in scoring, the opposing team takes possession at the 10-yard line and has 2 plays to score.
    - They do not have to score to win.
    - The team that gets closest to scoring without scoring then wins.
  - If an interception occurs during overtime, the defense will take over at the 10 yard line.
- Coin Toss
  - Officials will call each team captain for the coin toss prior to the game. Winner of the coin toss chooses to be on either offense or defense. Loser of coin toss decides direction of ball. After halftime, the teams switch sides. The team that started the game on defense gets the ball.
- Matriculation

- Teams start possession at the 10-yard line (there are no kickoffs). The offense has 4 downs to reach a first down at mid-field (the 20-yard line), then 4 downs for another to score a touchdown. If the defense stops the offense from scoring on 4th and goal, the ball will be placed on the 10-yard line regardless of where the stop was made.
- Game Play
  - There must be at least one player on each side of the center and quarterback. The ball may not be snapped with a "trips" formation. Teams may line up with three receivers on one side, but must motion out of that formation before the snap of the ball.
  - The receiver must have control of the ball with at least one foot in bounds.
  - The receiver must not leave their feet (jumping / diving) to avoid a defender. Ball will be blown dead at the spot.
  - Taking a knee does not stop the clock. Play clock will run until ball carrier is touched by defender.
  - The quarterback may intentionally ground the football. It is a legal play and there is no penalty.
  - In the event of an inadvertent whistle, the offense has the option to either replay the down or to take the play at the point the whistle was blown (unless the inadvertent whistle occurs during an interception return, in which case the ball will be spotted where it was when the whistle was blown).
  - All players are eligible to catch a forward pass so long as they are beyond the line of scrimmage.
  - The quarterback has 5 seconds to release the ball. Count starts on the snap of the ball. If the ball is not thrown within 5 seconds, it is a 5-yard penalty and loss of down.
    - Example count....1....2...3...4...5...Sack
  - If the snap is muffed and the ball hits the ground, the play is dead at the spot. If it happens at the start of drive line, it is an automatic safety and turnover.
    - If the ball is inadvertently fumbled forward, the ball is dead at the spot it was fumbled from.
      - Exception: If fumbled forward into the endzone, the result is a touch back.
  - It is illegal for the defensive team to count the five seconds out loud (even from the sidelines). Officials will issue one warning. Teams will be assessed a 15-yard penalty for unsportsmanlike conduct on the second offense.
  - In the event of a deflected / batted ball that is caught by the quarterback, he/she may run with the ball (even though it may be caught behind the line of scrimmage). The quarterback may NOT throw the ball again.
  - The quarterback can receive the snap from center either from between the center's legs or from a "turn and throw" method where the center may throw the ball to the quarterback from a standing position.
  - Double passes ("throw backs") are allowed, so long as the first pass is thrown laterally or backwards and the second pass is released prior to the expiration of the five-second play clock. Dropped double passes (fumbles) are down at the spot.
  - Hand-offs, pitches and laterals are all legal, but may not be advanced beyond the line of scrimmage. The receiver of the hand-off must throw the ball to a receiver beyond the line of scrimmage (or pitch it again). The 5-second rule is in effect and a forward pass must be thrown before the play clock expires.
    - The center may snap the ball to any player on the offense (not just the player lined up as the quarterback).

- Hook and ladder plays are legal. A receiver may pitch the ball to another player, so long as the second player is even with, or behind the initial receiver. If the defense intercepts the pitch, it is a live ball and may be returned. If the ball hits the ground, it is dead at the spot.
- Flag guarding is illegal. It will result in a 10-yard penalty and loss of down. Flag guarding by the quarterback in the end zone is a safety.
- The center may block the pass rusher. There is no blocking in the back and all blocks must be thrown with arms extended. Absolutely no cross-blocking, holding or blocks in the back. Other players may block the pass rusher, but there is no down-field blocking on receptions or interceptions. The play will be blown dead and the offending player may be called for an unsportsmanlike conduct penalty at the discretion of the official.
- Pass rusher must start at least five yards from line of scrimmage. If the rusher jumps the snap count, he/she must go back behind the rush mark before continuing to rush the quarterback (but he/she can still rush). Rusher must go for the quarterback's flags. There is absolutely no stripping or attempting to knock the ball out of the QB's hands. Any player may rush so long as they start beyond 5 yards from the line of scrimmage. In the event of a double pass ("throw-back"), anyone may rush the ball carrier.
- Roughing the passer is a 10-yard penalty and an automatic 1st down.
- Bull rushing is illegal. The pass rusher must pick a side and elude the center. He/she may not try to run through the center.
- Receivers may not interfere with the pass rusher's path to the quarterback. This is only in effect beyond the line of scrimmage. Receivers may stay back and block the pass rusher so long as they engage the rusher behind the line of scrimmage.
- "Canning" (blocking, bumping, checking, etc.) the center is not allowed unless the center crosses the line of scrimmage.
- "Bump & run" coverage is allowed by defense as long as the initial bump occurs within one yard of the line of scrimmage. This bump may continue for 5 yards. The receiver may use release moves to escape the bump. All checking / bumping must be done with extended arms and open hands, between the waist and shoulders. Contact to the receivers head or face is strictly prohibited. Defensive holding is a penalty. If the receiver is bumped out of bounds, he/she may reenter the field of play, but may not be the first player to touch the ball or it is an incomplete pass.
- The defender cannot contact the receiver beyond 5 yards, or when the ball is in the air. Face guarding is a pass interference penalty. The defender must turn and look for the ball. Pass Interference in the end zone will result in 1st and goal at the one-yard line.
- There is absolutely no stripping of the ball allowed. Players must attempt to pull the ball carrier's flags. The defender may knock the ball away as a receiver is trying to establish possession, but once the ball is secured, it may not be stripped.
- Interceptions are dead and may not be returned. One pitch or lateral is allowed on an interception return.
- Fumbles are blown dead at the spot of the fumble. There is no change of possession (no piling on).
- Offensive false-start is a dead ball penalty. Five yards, replay the down.

- Defensive offside's is a "free play" for the offense. Five yards, replay the down (or take the result of the play).
  - If a ball carrier falls to the ground without being contacted by a defensive player, he/she may get up and run, unless touched while down.
  - All offensive players must be set for one second before the snapped. Only one player may be in motion at the snap. Motion must be lateral (no forward motion). If two or more players shift, they must be set for one second before the snap.
  - If the last defender available to make a play on a ball carrier holds, pushes, tackles, or in any way impedes the offensive player's progress without pulling the flags, the result of the play is a touchdown. It is a judgment call by the official.
  - There is no kicking in QUAKE Flag Football.
- Penalties
- Offense
    - False-start: 5 yards & replay the down.
    - Delay of Game: 5 yards & replay the down.
    - Offensive Holding / Illegal Block: 5 yards & loss of down.
    - Quarterback crossing the line of scrimmage prior to pass: 5 yards & loss of down.
    - Forward pass caught behind the line of scrimmage: 5 yards & loss of down.
    - Illegal procedure (shift, motion, "trips"): 5 yards & replay the down
    - Offensive pass interference: 5 yards & loss of down.
    - Flag guarding: 10-yard penalty from spot of infraction. Any resulting yardage is credited to receiver prior to marking off penalty. 1st down yardage prior to penalty results in 1st down.
    - Unsportsmanlike conduct: 15-yard personal foul from end of play (the down counts). NOTE: Loss of down penalties on a PAT attempt nullify the try (whether successful or not).
  - Defense
    - Holding ball carrier / Illegal flag pull: 5-yard spot foul (added to end of run).
    - Stripping: 5-yards from the spot of the foul.
    - Roughing the passer: 10 yards & automatic 1st down.
    - Illegal rush (not 5 yards back): 5 yards & replay the down.
    - Bull rush: 10 yards & replay the down.
    - Illegal contact: 10 yards & replay the down.
    - Pass interference: Automatic 1st down at the spot of the foul.
    - Pass interference in the end zone: 1st & goal at the one-yard line
    - Unsportsmanlike conduct: 15-yard personal foul (automatic 1st down).
- General
- Second personal foul: Player is ejected from the game
  - Fighting: Player is ejected from the game, potentially suspended, expelled from QUAKE tournament.

50 yds



20 yds



20 yds



10 yds

