**SAN DIEGO COUNTY FOOTBALL OFFICIALS ASSOCIATION***– -***THE WEEKLY Flag Football BULL – August 14, 2024**  
   
**Conference Meetings**– Tom Ables and I were successful in meeting with every conference and hope to do it again next season.  The conversations are very helpful to both coaches and officials.  Here is the contact information for Tom Ables and Steve Coover:  
**Assignor:**        Tom Ables       [assignsdcfoa@gmail.com](mailto:assignsdcfoa@gmail.com)       H - (858) 272-9179   Cell – (619) 997-7684  
**Rules:**Steve Coover  [cooversteve@gmail.com](mailto:cooversteve@gmail.com)        (Cell) – (619) 921-3006  
   
**Please Check Your Schedules in Arbiter – All Levels**  – Do this every week to make sure your officials have been assigned properly!  
   
**HUDL** – The SDCFOA is an extensive user of Hudl.  If you want to exchange a play(s) or game with us to evaluate, please complete a one-way exchange with **San Diego County Football Officials – Encinitas**.  We have 5 different conferences but will get it no matter which conference you want to share it with.  
   
**The Field**– Some schools are going to paint temporary sidelines at 40-yards for each of the games.  You also know that you can use existing lines like the home sideline, the far hashmarks, or the top of the numbers.  Coaches are quickly finding their favorite configuration.  You may want to check ahead so you are prepared for the field that is selected.  **Remember, for all CIF playoff games, the field width will be marked at exactly 40-yards.**  
   
**Flags** - Again, from the rule book - no more need for a third flag and officials will be encouraged to conduct “flag checks” consistently and continuously throughout the game, especially following a scoring play.  
A one-piece flag belt without any knots. **Extra belt must be tucked in.**  
**Flags must be contrasting color to the pants or shorts.**  
One flag **on each hip** (2 flags total)   
Flag size is 2” wide by 15”length.  
Flags MUST be removable from the belt. **Velcro flags are legal but considered easier to pull.**  
All “pop” flags must be **designated by the manufacturer to be for YOUTH.** Any flag designated by the manufacturer to be an “adult” pop flag will be illegal.    
   
**Blocking** - Blocking may only occur at or behind the line of scrimmage (LOS). Blocking beyond the LOS is illegal.  
The blocker shall have their arms and hands at their side, across their chest, in front of the body, or behind their back. Any use of hands, arms, elbows, legs, or body to initiate contact during an offensive block is illegal. An offensive player shall not use hands, arms, elbows, legs, or body to initiate contact during an offensive block. When beyond the LOS, offensive players who do not possess the ball shall not hinder a defender’s attempt to de-flag the runner with any part of their body, with or without contact.  
An offensive player who is attempting to block shall not move their feet or lean into a defensive player. No Blocking or Moving Screens allowed at any time.  To be deemed stationary, the blocker’s feet must be set before contact for a distance of at least 1 yard in advance of the defender  
NO EXCESSIVE CONTACT will be allowed.  The defense is responsible for avoiding contact with a stationary blocker.  
Penalty: Illegal Contact, live ball foul, 10 yards, previous spot.  
   
**No Run Zone** - The No Run Zone is an area that starts at the goal line or line to gain and extends five yards toward the Team A endzone.  
When the ball is snapped within the No Run Zone, it shall not be advanced beyond the LOS **without first being passed forward or backward. This includes tossing or flipping the ball forward or backward to a teammate.  Pitching, tossing, flipping, and laterals are all considered passes either forward or backward.**  
Penalty: Illegal Run – 5 yards, live ball foul, previous spot, Loss of down  
**Offensive Formations in the No Run Zone** - The offense is not allowed more than 3 players within 4 yards of the ball at the time of the snap. PENALTY: Illegal Formation – (S19) – 5 yards, live ball foul, previous spot.  
   
**Spinning** - Spinning is rotation (twisting) of the body, greater than 360\*, **while moving along a straight line**, to avoid a flag being pulled. **Any turn or cut that includes an obvious change of direction is legal**. At the discretion of the official, this can be a live ball foul, or if the act is deemed dangerous and safety is a concern, the official will stop play with the appropriate dead ball signals.