**SDCFOA Weekly Bull for Flag Football 8-21-24**

**Mouthpieces** - From CIF — mouthpieces with hard or protruding parts are not allowed in either Tackle or Flag Football.  Here are two examples:  
  
A close-up of a pacifier

Description automatically generated   
  
**Glasses** – Players may wear glasses but may not wear sunglasses.  
   
**Ribbons in Their Hair** – Soft sided, rubber, cloth, or elastic bands may be used to control hair.  Beads, barrettes, and bobby pins are prohibited.  
   
**Shirts Worn Under the Jersey** – Shirts must be long enough to be tucked into the pants.  Anything worn under the jersey like sweats, including hoods, must be worn under the uniform if worn.  Thus, all shirts and sweats must be tucked into the pants.  There is no restriction on the color of the shirts worn beneath the game jersey.  
   
**Can We Use Pinnies for our Away or Home Jersey?** – No.  Teams must have both a light-colored (away) and a dark-colored (home) shirt.  
   
**No Run Zone** – Reminder, 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.  That “pass” could be a very short “pitch” forward or backward.  
   
**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.  The QB and center make up two of the three players allowed.  You can add one more.  
   
**The Clock** – The clock will start on the snap to begin each period.  The game clock will run continuously until the final two minutes of each 24-minute half.  During the running-clock phase of the half, the clock will stop for timeouts, injuries, and official’s conferences.  The clock will be stopped at, or immediately after the play, to administer a two-minute warning.  After the 2-mnute warning, the game clock will start on the snap.  
   
**Play Clock** – The offense will have 25-seconds to put the ball in play after the referee declares the ball ready for play with a signal and a whistle.  
   
**Penalty Yardage and the No Run Zone** – When a foul moves the ball back outside of the No Run Zone, then the ball is not being snapped within the No Run Zone and those restrictions no longer apply.  
   
**Penalty Yardage on a Try** – If a team chooses to go for a 1-point try, but is subsequently penalized 5-yards and repeats the try, they are still going of a 1-point try but from the 10-yardline.  
   
**Penalty Yardage and The Try Following a Change of Possession** – During a try, the ball remains live after a change of possession, allowing the intercepting team to return the try for a 2-point score.  After a change of possession on a try, or during overtime, penalties against either team are declined by rule (except for penalties for flagrant personal fouls, unsportsmanlike conduct, dead-ball personal fouls, and live ball fouls treated like dead-ball fouls (which may be enforced at the succeeding spot).