

Coaches - here is a list of all team contacts in your PSA Flag Division. Use this list for making requests with other coaches for game swaps, or to verify jersey colors before you play.

Be aware that your division has some rule changes discussed in the Coaches Meeting that do not appear in the current rule book. Until those changes in the rules have been posted online, use this as your guide to those changes as follow:

Running is allowed.

The QB may not advance the ball beyond the line of scrimmage but may handoff to other runners who may advance by running or throwing.

The QB is defined as the first player to touch the ball from the Center hike.

There is a NO RUN/PASS ONLY zone 5 yards out from the first down line and also 5 yard and less from the goal line. The Referee will call out "PASS ONLY" before the ball is put into play in those areas.

Defenders MAY rush the backfield, provided the rusher begins the play lined up 7 yards off the ball in-line with the BACK REF along the wall.

If you do NOT RUSH, the ref will give the offense a "5 Texas"-COUNT to throw the ball. If the ball is not thrown by the end of that count, the play is blown dead and treated like an incomplete pass.

Once the ball is handed off, ANY DEFENDER anywhere on the field may rush into the backfield to pull the runners flags.

No forward passes may be thrown behind the line of scrimmage... EVERY forward pass made from anywhere in the backfield MUST go past the line of scrimmage. Violation of this rule is treated as an incomplete pass.

If your team is ever ahead by 20 or more points, you may no longer run nor blitz when you are on defense.