

FLICKERBALL RULES

Flickerball is a game that involves running, catching and throwing a standard football on a field or in a gym, in which the goal is to throw the ball at a type of hybrid basketball-lacrosse like goal. Flicker ball is played with two teams of 10 players. The game can be played on an outdoor field. There are multiple 5-minute intervals (clock runs continuously) with no time outs. Team players must swap out after each interval.

Size and Dimension

The goals should be reasonably spaced apart.

How to play the game

1. One team puts the ball in play first.
2. Players scatter about the playing area.
3. Each defending player stands near an opponent in a person-to-person defense.
4. The game is played best when the offensive team spreads out and keeps moving using the entire field.
5. The defensive team is expected to play person-to-person defense.
6. One team taking the ball at their penalty-shot line starts the game.
7. Only passing and catching may advance the football toward the opponent's goal. (**You may not carry the ball by running toward the opponent's goal.**)
8. Passes may be overhand, underhand, or sidearm and in any direction but should go at least 5 yards.
Hand-offs are not legal.
9. A player must stop immediately after receiving a pass (a **maximum of two steps** to stop your momentum) and then **pass the ball within 5 seconds**.
10. The opponents cannot defend the passer any closer than 5 feet away from the passer. Once a pass is caught, back off 5 feet. You may defend a receiver closer, providing you do not touch or run into him/her.
11. If the ball touches the ground or floor due to an incomplete pass, possession goes immediately to the other team. The team that dropped the ball will leave it lay where it fell, and the other team will put it in play
12. There are no downs as the ball is continuously in play.
13. No jumping (both feet off the ground) while playing either offense or defense. Players may not leave their feet to recover the ball (by diving on the ball).
14. If the ball goes out-of-bounds, the team not touching it last takes possession. Pass in-bounds must be made at the point where the ball went out-of-bounds.

15. Points are scored when the ball hits the goal: **1 point** for hitting the goal on the outside ring; **3 points** by passing the ball through the center of the goal. If a shot-on-goal completely misses the goal, the possession of the ball goes to the other team.

16. After a point is scored, the team that did not score begins play by throwing the ball from their end line.

17. A penalty shot is awarded if a person attempting a shot on goal is touched in any way by the opposing player (1 or 3 points may be awarded as described above).

18. Players who commit a penalty must sit out for 5 minutes.

Penalties:

Unnecessary roughness.

Pushing.

Quibbling...questioning a referee's call. (after being warned)

Guarding too closely.