

FLAG FOOTBALL RULES

OVERVIEW

NO SPITTING ON THE FIELD!! Continued spitting will result in ejection from game.

PLEASE REMEMBER THAT THIS LEAGUE IS NON-CONTACT !

UNSPORTSMANLIKE CONDUCT WILL NOT BE ACCEPTED !

THERE IS NO CURSING AND ABSOLUTELY NO FIGHTING ! If a team fights they will be removed from the league and the player(s) involved in the fight will be removed forever from the facility!!

PLEASE ACT CIVILIZED WHEN SPEAKING TO THE REFS (Can't believe I have to request this) Their job is not easy. Ref's do have the right to stop a game, remove players from the game, or give a forfeit in the event of player misconduct. If the league coordinator deems this a severe instance the player will be removed from the league.

All players must sign (have parent/guardian/representative sign) liability/indemnity waiver in order to play

A player must play one regular season game to become eligible for the playoffs **and have signed the waiver before the playoff game day.**

8 players on the field

Two 25-minute halves / 2 Time Outs per game

First downs will be based on a 15-pace/yard distance marked with cones. Every cone = first down.

6-point touchdowns - Choice of 1 or 2 extra points on PAT's (3 paces/yards for 1 Pt., 10 paces/yards for 2 pts.)

Ties during the regular season stay as a tie. Tie-breakers are 1) head to head and 2) point differential.

Dead ball on all fumbles that touch the ground. No stripping the football once a player has possession. A player losing control of the ball can lose possession when there is no illegal contact if the referee determines the fumble/juggle/bobble was not directly caused by the defense.

A 5-bud rush count will be used and counted by the officials. 1-8 defensive players may rush after the count.

An offensive player may not run the ball across the LOS until after the 5-bud count except on a forward pass or pitch (NO Hand offs). If the ball has been pitched/passed backwards/etc, defensive players can cross the LOS. (The No Neutral Zone Rule)

Receivers need only one foot in-bounds with possession of the ball to be considered "in-bounds". **Since there is no contact, a receiver being pushed out of bounds will result in a catch or a penalty.**

Normal rules and penalties of NCAA apply unless exceptions have been made herein

TEAM SIZE

Each team shall field no more than 8 players at any one time. Teams not able to field a "full" team may play with any number of players. Teams not able to field 8 players may pick up players and play a "legal" game with the consent of the opposing captain and/or league staff. (Please note: if a team arrives with less than 6 players a "forfeit win" is also an option for the opposing captain.) Teams with less than 8 players may pick up players from other teams to play "legal" games with the consent of the opposing captain. Players can only play on their original team during the playoffs. Games will start no later than 10-minutes past the scheduled start time. At that time, it is up to the referee or staff member and opposing captain to allow play.

Eligible receivers must be on the playing field before the cadence is started.

BEGINNING OF GAME

The visiting team receives the ball (offense) at the beginning of the game, home team receives the ball (offense) at the start of the second half. Teams flip flop directions at half-time. There are no kick-offs. Play starts 8-paces/yards from the goal line.

TIME

Play will be divided into two (2) 25-minute halves with a 3minute half-time (unless the game started late and then halftime will be cut down). There will be a running clock maintained by a referee except for the final 2 minutes of play. During the first 48 minutes, the clock runs continuously with the exception of time-outs, serious injury and at referee's discretion. Each team is allowed two (one-minute) time outs per game. Under two minutes in the first half and a touchdown is scored, the Defense can call a time out to stop the clock. The clock will not start until the Defensive team becomes Offense and snaps the ball.

During the final 2 minutes of the game, the referee shall stop the game clock if:

An incomplete pass is thrown - A player ends play by going out of bounds - Either team scores (clock will remain off until the opposing team snaps the ball after the PAT attempt; the clock does not run during extra points) - Change of possession - A penalty which must be marked off occurs - A team declares a punt and their "30 seconds" (see below) has elapsed. The clock will resume for the punt and the ensuing return. It will be stopped when the returnee is tagged and up until their first snap from scrimmage - A team calls a time out - **THE CLOCK DOES NOT STOP ON FIRST DOWNS OR FUMBLES.**

For the entire game, the offensive team has 30 seconds to snap the ball once the referee "spots" the ball. If the referee feels that this is being taking advantage of, they can: On the first recognized abuse - Stop the clock. - On subsequent abuses - Stop clock, and penalize the offense 5 paces/yards, after 4 penalties the ball turns over to the other team.

** If a team is up by 17 points or more, the clock runs continuously during the last two minutes of play.

TIE GAMES/SCORING

Games ending in a tie score will be recorded as tie games during regular season play. Please refer to the OVERTIME section for ties during the playoffs. Touchdowns are awarded 6 pts. Extra points: 3 paces/yards off the goal line = 1 pt., 10 paces/yards = 2pts.

Two point conversion attempts may be intercepted and returned for two points. One-point attempts may not be intercepted and returned.

FIRST DOWNS

Each team shall have 4 downs to either score or earn another first down. First downs are achieved when a team advances the ball past the first down marker. First down markers will be placed every 15 paces from one end zone to the other end zone. If a team fails to score or earn a first down, possession will go to the other team. Offensive teams may elect to punt on fourth down.

PUNTS

A punt must be declared and cannot be faked. All punts are "free" punts. A team need not snap during a punt, a dropped snap during a punt is not a fumble. Punts must be kicked. Punts cannot be thrown. The punting team need not have a minimum number of players on the line of scrimmage (LOS).

NO DOWNFIELD BLOCKING or BLOCKING AT THE LINE OF SCRIMMAGE!

Neither team may cross the line of scrimmage until the ball is kicked.

The receiving team may not raise hands or jump to block a punt. If a punt is "shanked" and caught it is a live ball and is returnable.

The return team may not field a ball off the ground. It is a dead ball when it comes into contact with the ground.

A punt through the end zone comes back to 8 paces/yards off the goal line. If a player drops the ball in the end zone, the ball is again spotted 8 paces/yards out from the goal line and is not counted as a safety.

CONTINUANCE OF PLAY

Play shall continue until:

Ball carrier has at least one flag pulled by an opponent (see flag specifics for the few exceptions/additions concerning flag pulling)

Ball-carrier leaves the field of play

Ball-carrier scores

Ball touches the ground as a result of a fumble, punt or incomplete pass (the ball is not an extension of the arm. If the ball is pinned between the ground and the ball carriers hand, the play is dead)

Ball Carrier's knee, elbow, etc. (not including hand) touches the ground.

SPOT OF THE BALL

The ball will be spotted where the ball is at the time the ball carries flag is pulled. If the ball crosses the plane of the goal line before the ball carriers flag has been pulled it will result in a touchdown (ball extension). The ball must cross the goal line for a touchdown, not just the player.

PENALTIES

MOST PENALTIES WILL BE GIVEN A WARNING BEFORE THE PENALTY YARDAGE IS APPLIED AND DOWN REPLAYED. (Excludes Defensive Pass Interference)

Normal rules and penalties of NCAA apply unless exceptions have been made herein.

Some Common Examples of Penalties:

Illegal Contact will be ruled a 5 pace/yard penalty from the line of scrimmage and we will replay the down. If this contact is deemed excessive by the ref, an "unnecessary roughness" penalty of 10 paces/yards can be assessed.

Illegal Contact - Down Field:

5 paces/yards from point where ball carrier is at the time of infraction.

Offsides (Offensive):

5 paces/yards, play is ruled dead immediately, no option to decline, down is replayed.

Offsides (Defense):

5 paces/yards, offense has option to decline.

Illegal Motion:

Players may not be in motion towards the line of scrimmage when the ball is snapped. This will result in a dead ball, five-yard penalty and repeat the down. Only one player can be in motion moving parallel to the LOS.

Offensive Picking/Interference:

The offensive team may not initiate a pick/block while in motion. 5-pace/yard penalty from the line of scrimmage, loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down). If a catch is made after a clear pick, it will be ruled no catch, 5 pace/yard penalty from line of scrimmage, and loss of down. Remember: Some acceptable incidental contact will occur while running routes and within the normal course of play, and will not be called.

Unnecessary Roughness:

This includes any illegal tag such as grabbing jerseys or excessive pushing etc. This behavior will result in a 10-pace/yard penalty from point of the infraction and automatic first down. Extreme roughness will result in ejection from the game and or league if deemed necessary by the referee and league staff.

Defensive Pass Interference:

Spot foul and offense is awarded an automatic first down. If the pass interference is in the end zone, the ball comes out to the 1-pace/yard line and it will be 1st down.

Defensive Holding:

5 pace/yard penalty from line of scrimmage, replay down. Offense can accept or decline the penalty.

Defensive Checking:

5 pace/yard penalty from line of scrimmage, replay down. The "bump and run" will not be allowed. No player may initiate contact at the line of scrimmage. There is no 5-yard Bump Zone.

Safeties:

A safety will be scored if a player is: Tagged down in their own end zone (not on a punt return) - Runs out of bounds in their own end zone - Snaps the ball out of the end zone - If the offense fumbles the ball in their own end zone. As a result, the team on defense receives 2 points, and gets possession of the ball at the start line.

Also, a player having intercepted a pass or received a punt in the end zone cannot be tagged in the end zone for a safety unless he has previously crossed the plane of the end zone with the ball.

Intentional Grounding:

This penalty will be called when a passer facing an imminent loss of yardage because of pressure from the defense, throws a forward pass, without a realistic chance of completion. 5-pace/yard penalty from the point of infraction. This will also result in a loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down).

Miscellaneous:

If the **ENTIRE** QB crosses the line of scrimmage and then throws a forward pass the penalty will be 5-pace/yard penalty from the line of scrimmage and loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down). The pass may be intercepted.

The quarterback may not field the ball off a bounce during the snap. A snap that is muffed by or goes past the quarterback will be down where it lands.

The QB may NOT snap the ball to himself. If the QB does snap to himself, play will stop immediately and it will result in a five-yard penalty and repeat the down.

Loss of down penalties, which occur on fourth down, will result in change of possession.

FLAG SPECIFICS

No flag guarding. Ball will be placed at spot of infraction. **PENALTY YARDAGE WILL BE APPLIED AFTER FIRST WARNING.** This will result in a 5-pace/yard penalty from the spot of infraction. Defensive player returning an interception, who flag guards, will be penalized 5 paces/yards from the spot of infraction.

Shirt must be tucked in and flags must be securely attached. Loose hanging articles (i.e. sweatshirts, long T-shirts, etc.) that are held/ripped will not result in a holding penalty, unless, in the ref's eyes, a player was not attempting to go for the flag.

Any ball carrier whose flags are (in ref's opinion) not accessible to be pulled will be down at 1st potential tackler.

Any ball carrier that has a flag or both flags missing for whatever reason (falls out, accidentally pulled before reception, not noticed before snap, etc.) will be down at the first potential tackler.

Players may leave their feet to pull flag.

Spin moves will be allowed.

Belt/shirt grabbing will result in a 5-paces/yard penalty from end of play.

If belt/shirt grabbing occurs at the end of a half or game the ball will be spotted at the place of infraction and the offense will receive one play, even on INT return or 2pt INT return. The Referee may award a TD if necessary.

OVERTIME

During regular season play, all ties will be scored as a tie. In the playoffs, however, the Four Downs-and-Out format will apply. The winner in a coin toss will decide if the team will either take first or second possession. Teams will attempt to score in the same end zone. Each team will then have 4 downs to score from 10 paces/yards from the goal line. If a team scores, they will have the opportunity to go for one or two on the Pat. An interception will result in a team losing its possession. The game will be decided when one team scores more points in the rotation. No first downs will be awarded in overtime except in the case of a penalty. Interceptions will result in a turnover and may be returned for any points.

MISCELLANEOUS

Receivers need only one foot in bounds for a reception. If in the referee's eyes, a receiver would be able to legally catch a pass but was pushed out of bounds by a defender while in the air a catch will be awarded and a 10 pace/yard penalty will be awarded for illegal contact. **PUSHING A RECEIVER/BALL CARRIER OUT OF BOUNDS IS CONSIDERED ILLEGAL CONTACT AND A 10 YARD/PACE PENALTY WILL BE APPLIED.**

Receivers intentionally leaving the field of play are ineligible to receive a pass. This includes the back of the end zone. However (as in NCAA), if another player tips the ball in the air, the ineligible player becomes an eligible player if he/she catches the ball.

Excessive roughness can get a player/team ejected from the game and or league.

A player who catches the ball and lands with 1 or 2 feet across the goal line, but has his/her flag pulled before he pulls the ball across the plane of the goal will not be awarded a touchdown. The ball will be spotted at the point where the ball was at the time he was called "down".

REFS:

It is the responsibility of each team to provide one or two referees for the games in accordance with the Referee Schedule or to pay for Riverfront Sports to provide a referee.

Teams failing to provide a referee will incur the following penalties.

First Offense: The team will automatically receive a 20-point deficit for their next game, and a \$10 Fine will be issued.

Second Offense: The team will again receive a 20-point deficit on their next game and be removed from the playoffs.

Third Offense: The team will be removed from the league.

Not providing playoff refs will also result in suspensions from future seasons.

Referee Schedule:

DIV A—Play @7:30, Ref @8:30; Play @8:30, Ref @9:30; Play @9:30, Ref @7:30.

DIV B & C—Play @7:30, Ref @8:30; Play @8:30, Ref @7:30; Play @9:30, Ref @10:30; Play @10:30, Ref @9:30.

FORFEITS:

If your team forfeits a game during the season, the following rules apply:

First Offense: Loss of game and warning issued.

Second Offense: Loss of game and staff reserves the right to remove team from playoffs.

Third Offense: Removal from the league.

If you know in advance that your team is going to forfeit a game, please contact the league as early as possible.

If you forfeit you still need to provide ref(s).

PLAYOFFS:

TBD Depending upon number of regular season games. Minimum of 8 games per session.

WAIVERS:

In order to participate in the league, each participant must sign the waiver stating that each player has his own health insurance and understands the risks associated with playing flag football. Waivers are provided and must be completed and handed in no later than the first night of play. Players not present the first week of play will still be required to sign a waiver with our staff before participating in their first game.

PLAYER ELIGIBILITY:

A formal protest may be filed before a game if an opposing player's eligibility is in question. The game will then be played in its entirety as scheduled. A player must play one regular season game in order to qualify for the playoffs.

SPORTSMANSHIP:

Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league.

Fighting will result in a suspension and/or possible league ejection for all parties involved.

Taunting and trash talking will not be tolerated!

First Incident: Upon the referee's discretion, that player/players will receive a warning.

Second Incident: Said player/players will ejected from the game

Third Incident: A forfeit may result.

LEAGUE CANCELLATION:

Games/Leagues may be cancelled due to in-climate weather, facility constraints, other unforeseen circumstances, etc. We will try our best to make up games the following week and push the league back one week.

These policies are designed to make the league run as smoothly and safely as possible, and provide continuity for its participants. Each player in the league is responsible for this information. Please advise your team of these policies/rules and thank you for playing.

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