

Adult Programs

Adult Flag Football Rules



(1) Teams

- (1-1) Rosters will consist of 15 players. (Anything over 15 has to get approval from the league with the team dropping a player from the roster).
- (1-2) 6 players per side, less than 5 would result in a forfeit.
- (1-3) You have a 10 min. grace period at the end of the last game.
- (1-4) Teams can start the game with 5 players.
- (1-5) Every player that is on the roster which is given to the ref prior to each game must play at least one full series (offense or defense) per half.
- (1-6) The league is an 18 and older league.
- (1-7) Playoff rosters will consist of only the players that play a minimum of half the games during the regular season. As with the regular season, a team can start a game in the playoffs with 5 players.
- (1-8) Team area for all players/coaches and fans are between the 20's and 5 yards back from the line.

(2) Equipment

- (2-1) Flags will be provided.
- (2-2) Each team will supply their own footballs. NO Jr. footballs.
- (2-3) No arm, hand or wrist pads are to be worn.
- (2-4) Baseball or football or golf gloves are permitted.
- (2-5) NO caps with extended bills.
- (2-6) Shirts must be tucked in at all times.
- (2-7) No steel or metal cleats. Inspections can and will be made.



(2-8) No shirts or pants with pockets.

- (2-9) Teams must wear like-colored shirts/jerseys.
- (2-10) No cast or hard braces.
- (2-11) Everyone is encouraged to wear a mouthpiece.

(3) Game Play

- (3-1) Field 80x40 yards with 10 yard end-zones.
- (3-2) First downs by crossing the 20-40-20.
- (3-3) Games consist of two 20-minute halves (a continuous running clock).
- (3-4) Clock only stops in the last 2 minute of each half. The ref will stop the clock and let each team know (Like a two minute warning).
- (3-5) In the last 2 minutes The clock will stop on incomplete passes and a player going out of bounds, scores, and change of possession. After a first down the clock will restart when the ball is set by the ref

(3-6) The league reserves the right to shorten games due to unforeseen circumstances.

(3-7) A coin toss will determine who gets ball first. (The team that doesn't get ball first gets to choose which side of the field they chose to defend).

(3-7A) Teams will change sides after the half with the team who didn't receive the ball to begin the game to get the ball for the second half.

(4) Offense

- (4-1) The ball must be snapped between centers' legs to start play.
- (4-2) The center may snap ball to anyone behind the line of scrimmage.
- (4-3) Once the ball has crossed the line of scrimmage, pitches and laterals are allowed.**
- (4-4) Only one forward pass is allowed per down.
- (4-5) Spinning is allowed.
- (4-6) No diving to advance the ball.
- (4-7) Play may not jump or hurdle a defender to advance the ball in any direction.

(4-8) No punting or kicking ball.

(4-9) The ball will be spotted in the middle of the field after every play. **The defense has to get the ball and set it in a timely fashion or a delay of game penalty will occur.**

(4-10) Each time the ball is spotted the offense has 25 seconds to snap the ball.

(4-11) No hurry up snaps whatsoever!!!! (Both teams must be set).

(4-11A) The ref will ask the offense if they are ready then the defense has 5 seconds to get set and say ready or it will be a penalty on the defense.

(4-12) Intentional grounding will be called if the ball does not cross the line of scrimmage on a pass play.

(4-13) Offense has 4 downs to get a first down. If the offense fails to do so the ball is turned over to the defense. All possession changes start on the offenses 10-yard line, except on interceptions.

(4-14) OFFENSIVE PLAYERS MUST HAVE THEIR SHIRTS TUCKED IN THEIR PANTS, OR THE REFEREE CAN RULE YOU DOWN.

(5) Time Outs

(5-1) Each team gets 2-90 second timeouts per half.

(5-2) The referee can stop the clock at his own discretion (due to an injury, for example).

(5-3) If a team doesn't use any time outs during the first half the team will get a bonus time out for the second half, which means the team will have a total of 3 timeouts for the second half.

(6) Scoring

To score a TD a player's flag and the ball have to cross into the end zone.

(Points)

(6-1) TD - 6 points

(6-2) Safety - 2 points

(6-3) Extra point from 5 yards - 1 point

(6-4) Extra point. from 10 yards - 2 points

(6-5) The captain must tell the ref within 10 seconds which extra point option is desired. Once declared, it costs a timeout to change this choice. No choice changes on a penalty.

(6-6) There will be a 24-point mercy rule at any point in the game.

(7) Overtime

(7-1) A coin toss will determine who gets possession first.

(7-2) If the score is tied at the end of the game each team will be given one shot each to score a TD. The ball will be placed at the 20 and each team will get 4 downs to score.

(7-3) Extra points are attempted after each score. (If an interception has occurred, And there is a TD scored on an interception the game is over).

(8) Offensive plays

(8-1) The QB cannot run the ball unless rushed upon.

(8-2) Only direct hand-offs behind the line of scrimmage are legal. (NO backward laterals or pitches of any kind (no flea-flickers)).

(8-3) The player who takes the hand-off can throw the ball as long as he or she doesn't cross the line of scrimmage (even on multiple hand-offs).

(9) Motioning

(9-1) Only one person can be in motion in any direction as long as you don't cross the line of scrimmage.

(9-2) A player may jump without being called a penalty as long as he is the only one moving and he doesn't cross the line of scrimmage.

(10) Blocking

(10-1) The only blocking that is allowed is hands to the side and must stop 2 yards before the player crosses his path(Like a basketball pick.). Any other types of blocking will be a penalty. (If it is a blatant block, it will be a roughing call (refer to roughing penalties)).

(11) Passing

(11-1) All passes must be forward and received beyond the line of scrimmage.

(11-2) Shovel passes and forward lateral passes are allowed, but must be received beyond the line of scrimmage.

(11-3) QB has a ten second "Pass clock." If a pass is not thrown within the ten seconds, play is ruled dead, loss of down, and the ball is returned to the original line of scrimmage. Once the ball is handed off the clock restarts in case of a forward pass by the rusher.

(12) Receiving

(12-1) All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).

(12-2) Players must have at least **ONE** foot in bounds to be classified as a catch.

(13) Dead Balls

Play is ruled down when:

(13-2) Offensive player's flag is pulled.

(13-3) Ball carrier steps out of bounds.

(13-4) Ball carrier's knee, elbow or ball touches the ground.

(13-5) If a receiver catches the ball with a flag missing the ball is dead at the spot of reception.

(13-6) In adverted whistle the ball is dead on the spot.

(13-7) If the player's flag falls off after he has the ball it turns into a one hand touch situation.

(13-8) Spot is determined by where the hips are when the player is marked down, (NOT THE BALL).

(14) Defense

(14-1) Interceptions can be returned.

(14-2) All players that rush the QB must be 10 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.

(14-3) Player only has to identify themselves to the ref.

(14-4) Defenders not rushing the QB can defend one yard from the line of scrimmage.

(14-5) Once the ball is handed off the rusher he/she has passed the line of scrimmage the 10-second rule is no longer in effect.

(14-6) Defenders cannot bump the receivers at the line.

(14-7) Defenders must go for the flag of the ball carrier not the ball. The ball cannot be intentionally stripped or there will be a penalty. \



(15) Penalties

(15-1) All penalties will be called by the referee and may be declined.

(15-2) Most penalties are assessed from the original line of scrimmage.

(15-2A) Exceptions: if a penalty occurs after an interception, the penalty is marked off from the point of penalty.

(15-3) No slapping at the ball, when it is in the ball carrier's hands. Penalty: Unsportsmanlike conduct: 15 yards and first down or penalty can be tacked on to play.

(15-4) Rusher starts 10 yard off the line of scrimmage (do not have to declare) and may rush immediately.

(15-4A) Encroachment occurs if the defender enters the neutral zone after the center has picked up the ball to snap it.

Only the rusher needs to be 10 yards from the line of scrimmage. Once ball is handed off or lateraled, all defenders can rush immediately.

(15-5) The defender cannot use contact to break up a pass. It does not matter if he/she is going for the ball. Penalty-Illegal contact: 10 yards and first down.

(15-6) Do not make contact with the passer above his waist under ANY circumstance. If you hit the ball and the QB, you will be penalized. Go for his flag. Penalty-Roughing: 10 yards and first down or penalty can be tacked on to the play.

(15-7) No defensive holding. This may be a judgment call. If the defender grabs the offensive player to impede his progress, (such as wrapping the arms around a player), they will be penalized. If the defender is making a legitimate effort to pull the flag, they will not be penalized. Penalty-10 yards and first down.

(15-8) No tackling. (10 yards + the play). Any tackle within 10 yards of the end zone or in a "last defender situation, Officials can judge the play a touchdown.

(15-9) No pushing ball carrier out of bounds. Penalty-Roughing: 10 yards and first down or tacked on to the end of the play.

(15-10) Defense can score on the extra point attempt, 2 points.

(15-11) Defense may dive for the flag.

(15-12) Offense player cannot dive to advance the ball. (10 yard penalty from the spot)

(15-13) 5-yard penalties include (motion, offside, encroachment) impeding the rush, loss of down & 5 yards

(15-14) 10-yard penalties include most of the other infractions such as (flag guarding, illegal block, illegal contact, roughing the passer, defensive holding) Note: All defensive fouls include first down.

(15-15) 15-yard penalties are for unsportsmanlike conduct.

(15-16) Head Referee can overturn calls by the other officials.

(15-17) Verbal abuse of the officials will not be tolerated. The player will be ejected from the game and suspended for two additional games. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well.

(15-18) Fighting will not be tolerated.

1) If 2 players get into a shoving/wrestling match, they will be ejected and removed from the game and suspended.

2) If punches are thrown, they will be ejected and removed from league.

3) Any players leaving the sideline onto the field will be ejected and team will be removed from the game.

(15-19) Trash talking, racial or religious remarks will not be tolerated. Players will be ejected immediately.

(15-20) NO showboating what so ever.

(15-21) If any player/coach bumps or assaults a referee, his team will forfeit all remaining games and all money will be forfeited.

(15-22) League reserves the right to suspend any player or team for unsportsmanlike conduct. All money will be forfeited.

(15-23) No littering on the fields. Excessive littering is grounds for disqualification from future games. Please pick up your team's trash, so we can use the fields in the future. No alcohol is allowed on premises. Sounds like a commercial, but it's against the law. This rule will be enforced harshly.

(15-24) Please remember that this is a recreational football league. The referees and league will give all their effort to provide your team with comparable competition. Most importantly, have fun.

(15-25) Protests - a coach ONLY has the right to protest an official's interpretation of the rules provided that the protest is made immediately before the next live ball. A coach may also protest a player's eligibility or game. The protest fee is \$25.00.

(15-26) Defender must hand flag back to ball carrier.(15 yard personal foul Penalty)

(15-27) There will NOT be a penalty for face guarding, as long as the defender doesn't make any contact with the receiver what so ever.

Within ten yards of each goal line the ball will be moved half the distance to the goal.

(15-28) Only team rep can ask the ref questions about a rule. Team rep cannot question a judgment call. Games cannot end on a defensive penalty unless the offense declines it.

GUARDING THE FLAG BELT:

(15-29) Runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull the flag belt. Penalty: 10 yards from the spot of the infraction and loss of the down. Flag guarding includes:

A) Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.

B) Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.

C) Lowering the shoulders in such a manner that the defender is shielded from the flag.

D) Holding the flag belt with the off hand.

If a player is called for flag Guarding on the first and second offense is a warning and a penalty, on the third offense the player will be ejected from the game.

(16) Referees' Duties

(16-1) Ref needs to spot the ball in the middle of the field after every play is complete.

(16-2) Must keep the 30-second count for the next snap and call a 10-yard penalty for delay of game (last 10 seconds to be counted out loud).

(16-3) Must keep score.

(16-4) Must place the L.O.S. marker down and another marker 10 yards back for the blitz zone.

(16-5) Must make the final calls on any disputes and kick out any player who doesn't follow the rules.

(17-1) Un-sportsmanship/Roughing:

****If the referee witnesses any acts of intentional tackling or tripping or cheap shots of any kind like blocking or and intent to injure the game will stop and the player will be asked to leave the game. No foul play will be**

tolerated!!!**

(17-2) Ejection from the game--

Getting ejected from a game once will result in a one game suspension and depending on the severity of the incident the player can be reviewed to be dismissed from the league. For a 2nd ejection from a game the player WILL be dismissed from the league no questions or exceptions. **The ejected player has 2 minutes to leave the field and another 3 minutes to leave the parking lot. That gives a player a total of 5 minutes to leave the premises. The game will stop for the player to leave, and if it isn't done in the allotted time the player's team WILL forfeit the current game.**



(18) Alcohol Policy

(18-1) No Alcohol: Individuals caught prior to the game will be suspended from the game and asked to leave the field immediately. Anyone caught after the start of a game will be ejected, asked to leave the field, AND be out of the next game.

Tie Breaker Criteria

Head to head

Least points scored against

Coin flip