

# Danville Parks and Recreation

## Flag Football League

### Fall 2017

Danville Parks and Recreation Flag Football will be played by the rules set forth by the National Intramural Recreational Sports Association.

#### Location

- Games will be played on the Danville Jr. Football Field. (By Main Football Field)
- Please give yourself plenty of time to park and get to your games ahead of schedule. Remember all team members must be signed in and ready to play to avoid a forfeit.

#### Schedule

- For the regular season, your team plays once a week for 4 weeks on the day and time that is on the schedule.
- Remember that only players who are listed on a Roster sheet during the regular season are eligible to play in the playoffs. You must play 1 week in the regular season to play in the playoffs as well.
- Weather Cancellations: Regular season cancellations due to inclement weather will be rescheduled on Sundays. Same for the Playoffs as well.

#### Players

- A legal team shall consist of 5 players. A team may start a game with the minimum of 4 players.
- A speaking captain must be designated for each team. She/he alone may appeal to the official, and then only on interpretations of the rules. **Judgment calls may not be protested.**
  - Team captains shall participate in a coin toss to begin the game. The captain winning the toss shall have the following options:
    - a. Offense
    - b. Defense
    - c. Defer options till the second half
  - The captain not having the first choice of options for a half, shall exercise the remaining options.

#### Equipment

- Each team is encouraged to bring a football to warm up.
- Each player must wear a flag belt.
- All jewelry of any type must be removed.
- Head decorations, headwear, billed hats and bandannas are illegal. Only elastic headbands and hair control devices are permitted.
- No casts, splints, and metal braces will be allowed unless they have been sufficiently padded.

## Uniforms

- All team members must wear athletic apparel appropriate for football.
- All members of a team must wear jerseys of the same color.
- Players must wear a shirt or jersey that remains tucked in. Jersey's or cut-off T-shirt may not have an arm opening more than 4" below the armpit.
- No hooded sweatshirts are allowed. Jackets with pockets may be worn underneath a t-shirt, so that no zippers or pockets are exposed.
- Pants or shorts may not have belts, belt loops, pockets (**point of emphasis**), or exposed drawstrings. Zippered pockets are not allowed.
- All players must wear athletic shoes. Sandals of any kind will not be permitted.
- Leather, rubber, nylon or plastic cleats are legal. The cleats must be constructed of a material which does not chip or develop a cutting edge. Shoes with metal, ceramic, screw-in, or detachable cleats are illegal. Exception: Screw-in cleats are allowed if the screw is part of the cleat. The official has the right to declare a shoe unsafe.

## Scoring

- Touchdowns are worth 6 points. After a touchdown is scored, the offensive team may elect to try for 1 extra point (from the 3 yard line), 2 extra points (from the 10 yard line), 3 extra points (from the 20 yard line).
- Regular Season -- no overtime will be played in the regular season. Games will end in a tie if necessary.
- In playoffs only, there will be overtime.
  - Overtime will start with a coin flip. Winner has choice of offense/defense or side. Loser of coin flip has remaining choice. If additional overtime periods occur the other team will have choice of offense/defense to start.
  - Each team will start their position at the 10 yard line.
  - If a team intercepts the ball and returns it for a score they are then declared the winner.

## Mercy Rule

- If one team has at least a 30 point lead over the opposing team with 1 minute left in the second half, the game will be over. If at any time in the last minute a team reaches a 30 point margin, the game will be over.

## Timing Regulations

- Each half will consist of 20-minute running time with a three (3) minute half-time. The clock will run continuously until the last minute of each half when it will be stopped.
- GAME TIME IS FORFEIT TIME so make sure that your team is on site and signed in at least 10 minutes before your scheduled game time.

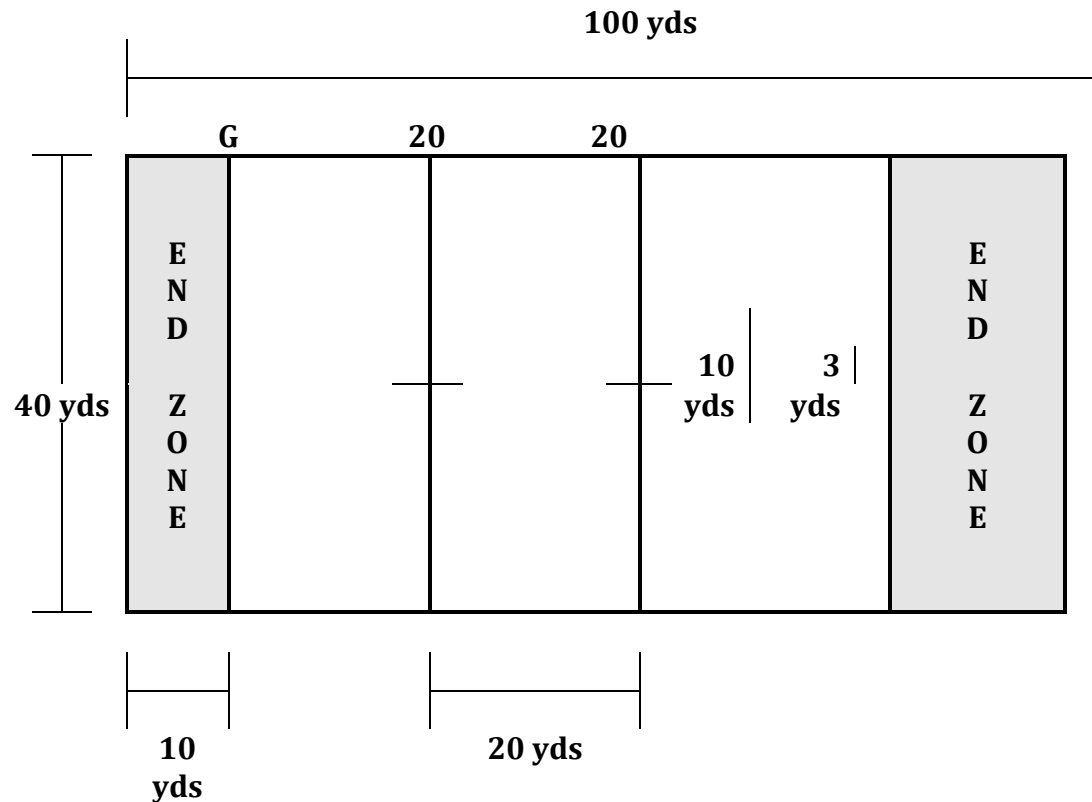
## Timeouts

- Two 30-second timeout per team will be allowed per half. Unused timeouts do not carryover.

## Substitutions

- Between downs any number of eligible substitutes may replace players. No substitute may enter during a down.

## The Playing Field



## Special Rules

- **Flag Guarding:** Runners may not guard the flag belt, either intentionally or unintentionally, to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes, but is not limited to:
  - Swinging the hands or arms over the flag belt to prevent an opponent from de-flagging or placing the ball over the flag belt for the same purpose.
  - Lowering the shoulders, placing the arm over the flag belt.
  - Stiff arming an opponent.
  - Using the ball to protect the flags.
  - Purposely leaving a t-shirt un-tucked to cover the flag belt.
- **Offensive Screen Blocking:** The offense may only block without creating any contact. The blocker acts as a screen to ward off defenders. Offensive players must have their hands at their sides or behind their backs when screen blocking. Defensive players must go around the offensive player's screen block. The arms and hands **MAY NOT** be used as a wedge to contact the opponent.
  - Screen Blocking Fundamentals: A player who screen blocks shall not:
    - Take a position closer than a normal step when behind a stationary opponent.

- Make contact when assuming a position at the side or in front of a stationary opponent.
- Take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction. The speed of the player will determine this and the position will vary.
- After assuming the legal screening position move to maintain it, unless moving in the same direction and path as the opponent.

### **Punting**

If a team elects to punt the ball on 4<sup>th</sup> down, the following procedure must be followed:

- Team must declare its intention to punt.
- The offensive team must line up with everyone (except the punter) on the line of scrimmage.
- The defensive team can catch the ball and run or let it hit the ground, which would make it a dead ball where it hits the ground. (Defensive team cannot block the kick at all.)

### **QB Rules**

QB is defined as the first player to touch the football.

- QB has 7 Seconds to throw the football, if one of defensive players go's into the Neutral Zone the 7 Seconds is disregarded.
- QB is the only player that can run the ball beyond the line of scrimmage unless there is a forward pass beyond the line of scrimmage then that player can run with the football.

### **General Rules**

- Failure to snap within **25 seconds** of the ready to play whistle is a penalty.
- There is to be no diving/hurling at anytime.
- It is a dead ball if the football hits the ground at anytime.
- The Quarter Back can only run when the defense crosses the Neutral Zone.
- There will be a three yard Neutral Zone.
- There are no kickoffs in flag football. The ball will be placed on the team in possession's 10 yard line to start each half or after a score.
- A team has 4 downs to reach a zone line in order to receive a first down. Teams may pass or punt the ball during these downs. QB is the only one that can run beyond the line of scrimmage.
- When scoring a touchdown the player must raise his/her arms up for the referee to check on the flag. If the flag does not come off, it will be a penalty.
- Offensive teams must have at least 3 players on the line of scrimmage at the start of play.
- One foot inbounds to complete a catch.
- One hand touch when a players belt comes off from themselves.
- The ball shall be declared dead if there is a change of possession during an extra point.
- Most rules based off of the college football rule book and the National Intramural Recreational Sports Association.

## 5 Yard Penalties

### Dead Ball Fouls - Loss of 5 Yards

- Delay of Game (Previous Spot)
- Encroachment/Off Sides (Previous Spot)
- False Start (Previous Spot)
- Illegal Snap (Previous Spot)

### Live Ball Fouls - Loss of 5 Yards

- Failure to Wear Required Equipment (Previous Spot)
- Illegal Forward Pass (**Spot of Foul**) Loss of Down
- Illegal Motion (Previous Spot)
- Illegal Substitution (Previous Spot)
- Intentional Grounding (Previous Spot) Loss of Down
- Illegal Run (Previous Spot)
- QB Tee Knockover (Previous Spot)
- Less Than Required Number of Players on the Scrimmage Line at the Snap (Previous Spot)

## 10 Yard Penalties

### Live Ball Fouls – Loss/Gain of 10 Yards

- Flag Guarding, Illegal Flag Belt Removal, Stiff Arm (**Spot of Foul**)
- Illegal Contact (**Spot of Foul**)
- Illegal Secured Flag Belt on Touchdown (Previous Spot) Loss of Down
- Defensive Pass Interference (Previous Spot) (**Automatic First down**)
- Offensive Pass Interference (Previous Spot)
- Personal Foul (Previous Spot) Loss of Down
- Roughing the Passer (Previous Spot)(**Automatic First Down**)
- Hurdling/Diving (**Spot of Foul**)
- Failure to pass in 7 Seconds (Previous Spot)
- Unsportsmanlike Conduct (Live/Dead Ball Foul) (Previous Spot)(Ejection)

**\*\*All Rules are Subject to change at any time during the season or playoff.**