

# Adult Flag Football League

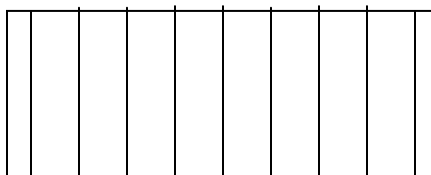
## RULES & REGULATIONS

Brought to you by the  
**North Vernon Parks & Recreation Dept.**

### General Rules:

1. Teams may be Men, Women, or Co-ed. Ages 16 and up. **(No more than (1) 16 year old and (1) 17 year old per team).**
2. Each team shall have prepaid the team entry fees of \$300.00 prior to the start of the league.
3. Each team member shall sign a player/team waiver form and turn it back in to the N.V.P.R. office prior to the start of the league.
4. Each team shall be given a copy or the Flag Football Rules prior to the start of the league.
5. The team with the best record @ the end of the season WINS. No Tournament. In the event of a two-way tie, the team who won in head to head competition is declared the winner. In additional ties, point differential between only the teams involved in the tie is determined, and a winner is declared.
6. Football field Dimensions- Total length is 100 yards (300') and total width is 40 yards (120'), each end zone is 10 yards deep. 10 20 30 40 30 20 10

**40 yds.wide**



**100 yds. Long**

6. Weather policy- Games will be played in the snow and rain. If safety issues arise from inclement weather team captains will be notified (if able to be notified). If the game is cancelled after play has started, the game will start from where it finished due to inclement weather.

### Changes for 2005:

- 1.) IN addition to an eleven team roster, teams are allowed an additional two women, one person over 45, and/or one person with disability.
- 2.) **Offense must cross the nearest first down marker/line for first down. Four downs to reach the first down marker/line.**
- 3.) Offensive motion is allowed, only one player at a time. Exception: Player located beside/behind the quarter back.
- 4.) Offense is allowed to position a player beside/behind the quarter back. This player is not allowed to go in motion before the football is snap. (Penalty is the same as the offensive line if motion is made before the snap.)

### Definitions:

- 1.) **Blocking:** No contact above shoulders or below waste. You may not leave your feet to block. No high or low blocks allowed. PENALTY: 5yds.
- 2.) **Captains:** Each team shall designate a field captain who speaks to the referee in case of a difference of opinion. Team members who break this rule...PENALTY: 1<sup>st</sup> offense: 5yds 2<sup>nd</sup> offense: 15yds + ejection from the game.
- 3.) **Charging:** Charging is when an offensive player runs through a defensive player who has established position. PENALTY: 10yds.
- 4.) **Clipping:** Clipping is contact to the back of an opponent who is not the runner. PENALTY: 15yds.
- 5.) **Coin Toss:** Winner: Kick or Receive or Defend a Goal (Only for first half...then switch sides).
- 6.) **Dead Ball:** Fumbles are dead at spot. Muffed punts are dead at spot. Center snap over QB/Punters head is dead at spot...Loss of down.
- 7.) **Ejections:** Any player who receives two ejections during the league season, the player will forfeit his/her right to play in the league. At any time, the North Vernon Parks & Recreation Department may eject a person, persons, or team from the league if there is cause for such action. This is at the discretion of the Department. There will be no refunds given.
- 7.) **Encroachment:** Encroachment denotes the position of a player who is beyond their scrimmage or restraining line. PENALTY: 5yds
- 8.) **End Zone Celebration:** End Zone Celebration's are acceptable if the player celebrating does not taunt his opponent. (Refer to unsportsman like conduct for penalty info.)

- 9.) **Extra Points:** Offensive team has option to try and score from the 5 yard line, which is worth one (1) point, or to try and score from the 10 yard line which is worth two (2) points.
- 10.) **Fair Catch:** A legal fair catch signal is extending the arm above the head and waiving it from side to side.
- 11.) **Flags:** All players are required to wear the flags that will be provided for them. If a flag falls off inadvertently, revert to (2) two-hand touch between the shoulders and knees. Anyone who is caught tampering with their flag belt (tying it to where it is difficult to take off) will be given a PENALTY: 15yds. and Ejection of player.
- 12.) **Flag Guarding:** Illegal use of ball, hand, or arm to guard the flags when the ball carrier has possession. PENALTY: 10yds. from spot and loss of down.
- 13.) **Forfeit:** Teams must forfeit with 3 or less players. Teams may play with 4, 5, or 6 players.
- 14.) **Formation:** Must have (3) three linemen on the scrimmage line and the other (2) two eligible must also be on the scrimmage line. ONLY the quarter back can receive the hiked ball and he must be standing in the backfield before official lowers arm to show that all other players are on the line of scrimmage. (Look at referee to see when all players are on the scrimmage line before play begins...referee will put down his/her arm to signal that all players are on the line of scrimmage.) PENALTY: 5yds. and loss of down.
- 15.) **Forward Pass:** When the QB crosses the line of scrimmage. PENALTY: 5yds+loss of down.
- 16.) **Fumbles:** All fumbles are dead at the spot. However, if a fumble is recovered in mid air, the defender may recover the ball before it touches the ground and continue play.
- 17.) **Huddle Clock:** (25) twenty-five seconds. PENALTY: 5yds. and loss of down.
- 18.) **Inadvertent Whistle:** At the time of the inadvertent whistle, the team with possession of the ball has the option of replaying the down or the result of the play.
- 19.) **Intentional Grounding:** Illegal to avoid a sack. Legal to stop the clock. PENALTY: 5yds.& loss of down.
- 20.) **Jersey's** Will be provided each Saturday. Please return after your game.
- 20.) **Kick-Off:** Kick-Off from the (20) twenty-yard line. Receiving team lines up at opposite (20) twenty-yard line. (Must have (4) four of the (6) six players on the line...other (2) two players may roam.) Ball must travel 20 yards to become live. If the kick-off goes out of bounds, the receiving team has (2) two choices 1.) PENALTY: 5yds. and re-kick or 2.) Take the ball where it went out of bounds.
- 21.) **Knee Down:** If a player's knee touches the ground while he/she has the football and the flags are still on, he/she may get up and advance the ball until the flags are pulled.
- 22.) **Line of Scrimmage:** Offense: Must have (3) three linemen on the line of scrimmage. NEW: Allowed to have one offensive player in motion, and one player

behind/beside the quarterback. (Look at referee to see when all players are on the scrimmage line before play begins.) PENALTY: 5yds. and loss of down.

Defense: If a player crosses the line of scrimmage before the ball is snapped, off-sides will be called and the ball will be dead. PENALTY: 5yds.

- 23.) **Motion:** Only one player is allowed to be in motion at the time of the snap.  
PENALTY: 5yds. and loss of down.
- 24.) **Onside Kicks:** Onside Kicks are illegal. PENALTY: Offense has (1) one of two choices 1.) take ball at their own 35 yard line or 2.) re-kick...defense moves 5yds back from previous spot.
- 25.) **Overtime:** The first team to score will be the winner. A coin toss will decide who will kick or receive the ball.
- 26.) **Pass Interference:** Offense: PENALTY: 10yds. from previous spot and loss of down.  
Defense: PENALTY: Spot foul.
- 27.) **Reception:** One foot must be in bounds when the catch is made.
- 28.) **Roughing the Passer:** PENALTY: Automatic 1<sup>st</sup> down plus 15yds. added to any gain.
- 29.) **Scoring:** (6) six points for each touchdown. Extra Point(s): (1) one point from the five yard line. (2) two points from the ten yard line.  
Safety: (2) two points.
- 30.) **Snaps:** May be made from the side or directly...both are legal.
- 31.) **Stripping:** Stripping of the ball is illegal.
- 32.) **Team Rosters:** May have up to (9) nine players on the roster, plus an additional two women ,or one person over the age of 45, and/or one person with a disability. Only (6) six players will be allowed on the field at the same time.
- 33.) **Time:** Games will be consist of (2) two thirty minute halves. Games will slightly go over (60) sixty minutes in duration. Halftime will be (5) five minutes. The game clock will only stop in the first half on time outs. The second half of play will be the same except the clock will stop with (4) four minutes or less remaining in the game for incomplete passes, out of bounds, and time outs. A two-minute warning will be given to both teams each half – the clock will not stop for this warning.
- 34.) **Time Outs:** (2) two, (2) minute time-outs per half. Teams must use the full two minutes if a time out is called unless both captains and official agrees to shorten the time out. (Time outs do not carry over to the next half.) Official or injury time outs DO NOT Count toward the two-team time outs
- 35.) **Tripping:** Tripping is illegal. PENALTY: Offense: (doing the tripping) 10yds. Back from original line of scrimmage. Defense: (doing the tripping) 10yds. From spot of foul.
- 36.) **Unsportsman-**

**Like-Conduct:** Profanity, taunting, or contact shall NOT be tolerated. PENALTY 15 yards (spot foul or added to kick-off return). If excessive, may lead to ejection from game. (Refer to ejection rule).

37.) **Roster Change** You may drop and/or add player(s) during the league. Dropped player(s) may not come back to play at any time during the 2004 season/league. (FEES to add player(s) is \$20.00 per addition to roster.) At any time, teams shall not exceed eleven men and two women on the roster/team.

***Rules are subject to change.***

**Penalty Summary's:**

**Loss of 5 Yards:**

- 1.) Illegal forward pass (Loss of downs).
- 2.) Invalid fair catch.
- 3.) Excess time-outs...illegally used or requested.
- 4.) Delay of game.
- 5.) Putting ball in play before declared ready-for-play.
- 6.) Infraction of a free kick formation.
- 7.) Illegal snap.
8. Infraction of scrimmage formation (Loss of down).
- 9.) Offensive player is illegally in motion prior to the snap (Loss of down).
- 10.) Interference with opponents blocking (spot foul).
- 11.) Illegally handing ball forward (Loss of down).
- 12.) Intentionally grounding pass (Loss of down).
- 13.) Illegal kick.
- 14.) Illegal shift.
- 15.) Defensive holding.
- 16.) Captain Rule
- 17.) Encroachment

**Loss of 10 Yards:**

- 1.) Stiff-arm.
- 2.) Running into opponent (charging).
- 3.) Illegal use of hands or arms by offense (Offensive pass interference) (Loss of down).
- 4.) Flag guarding (Loss of down).
- 5.) Obstructing the ball carrier.

**Loss of 15 Yards: Spot Foul**

- 1.) Tripping
- 2.) Defensive pass interference (spot foul only).
- 3.) Clipping.
- 4.) Team not ready to play at the start of either half.
- 5.) Fair catch interference.
- 6.) Offensive pass interference (Loss of down).
- 7.) Unsportsman-like conduct.
- 8.) Personal fouls.
- 9.) Too many persons illegally on the field at the time of the snap.
- 10.) Illegal flag removal.
- 11.) Tampering with flag belt or flags...making it difficult for opponents to take off flags or flag belt (May lead to ejection).

