



- FIELD** Length - 65 yards Width - 30 yards End Zone – 5 yards
- TIME** Games consist of two 20-minute halves. Halftime is 5 minutes. Teams change ends to begin the 2<sup>nd</sup> half.
- TIMEOUTS** Each team has one 60-second time out per half. Time outs do not carry over to 2<sup>nd</sup> half.
- UNIFORM** Flag Belt with your NFL Reversible Jersey tucked in shorts. Jr. Size Football. **Mouth guard is required.**
- SHOES** Turf shoes are recommended. Molded cleats are permitted. **ABSOLUTY NO metal cleats.**

**PURPOSE OF THE FLAG FOOTBALL LEAGUE:**

- To provide an opportunity for youth, of any skill level, who wish to play flag football under proper supervision. The program stresses sportsmanship and character development. Flag football skills are to be developed while maintaining an appreciation for clean, friendly competition and a true spirit of cooperation between sponsors, managers, players, parents/spectators and league officials.

**TEAMS**

A minimum of 6 players and a maximum of 8 players shall be on the roster unless otherwise approved by the Athletic Supervisor.

Teams shall consist of five players on the field at a time.

- Teams may play with no more than 5 players and no less than 4 players on the field.
- In the event of an injury, a team with insufficient substitute players may play with 4 players on the field but no fewer than 4.

**POSSESSION**

Coin toss determines 1<sup>st</sup> possession taken on 5 yard line.

- The offensive team takes possession of the ball at their 5 yard line and has four (4) plays to cross the midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession.
  - If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
  - Offensive Teams MUST declare 4th down intent or snap the ball prior to the expiration of the 45 second Play Clock.
  - If, after crossing midfield, the offense fails to score in four downs the ball changes possession.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.



# Salina Parks & Recreation NFL Flag Football League

## Rules



- Interceptions are returnable. Play is ruled dead when the new ball carrier's flag is pulled. The team that made the interception will start from the succeeding spot.
- If there is a turnover on downs, the defensive team will take possession at the succeeding spot.

### Timing

- The game clock shall run continuously for the duration of the game. However, if there is less than one minute left in the game and the score is within 8 points the clock will stop under these scenarios.
  - Incomplete pass.
  - Player goes out of bounds.
  - Touchdown (clock will restart when the ball is snapped for the next possession)
  - Change of possession
- 45 second time play clock. The clock will stop for injuries and coach's timeouts.
- Each team has one 60-second time out per half. Time outs do not carry over to 2<sup>nd</sup> half.

### SCORING

- Touchdown: 6 points
- Safety: 2 points
- Extra points: 1 point (pass made from the 5 yard line "no running zone") PASS ONLY  
2 points (pass or run made from the 10 yard line)
- Games may end in a tie

### RUNNING

- Only one lateral or pitch is allowed, multiple hand-offs are allowed.
- "No running zones" located 5 yards from each end zone and 5 yards on either side of midfield are designed to avoid short-yardage, power-running situations. Must pass in these areas.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, the defense can rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving or hurdling).
- The ball is spotted where the ball carrier's **forward most foot** is when the flag is pulled, not where the ball is.
- The net is the out of bounds line all the way around. Ball will be spotted on the most forward foot.
- **The Quarterback can only run when the defense rushes/crosses the line of scrimmage. Quarterbacks are allowed to run in the "no rushing zone" if they are rushed**
- A "flag guarding" penalty will be called if the player has his off hand in an unnatural position (normal running motion is allowed). These include, stiff arms, and keeping your hand around the flag making it difficult to grab. Players are not allowed carry the ball next to their flag belt.

### PASSING

- All passes must be forward and received beyond the line of scrimmage. Only one forward pass is allowed per play. Anyone can throw the ball from behind the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- **The quarterback has a 7-second pass clock. If it expires and the quarterback has not made a legal play, a referee will throw a penalty flag for delay of game. However, the play is still live. The defense can force a turnover or a sack or commit an offsetting penalty. Once the ball is handed off or passed, the 7-second rule is no longer in effect. Penalty is loss of down only.**
- Interceptions are returnable. Play is ruled dead when the new ball carrier's flag is pulled.

### RECEIVING

- All players are eligible to receive a pass, including the quarterback if the ball has been handed off behind the line of scrimmage.
- Only one player is allowed in motion at a time.
- A player must have at least one foot in bounds when making a reception.
- If a receiver is touching the net while making the catch it will be ruled incomplete.
- The play will be ruled dead when the ball hits the net. Therefore passes cannot be caught off of the net.



# Salina Parks & Recreation NFL Flag Football League Rules



## DEAD BALLS

- Ball must be snapped between legs, not off to one side, to begin play. □ Substitutions may be made on dead balls.
- Play is ruled “dead” when:
  - o Ball carrier’s flag is pulled.
  - o The ball hits the ground.
  - o Ball carrier steps out of bounds.
  - o Touchdown or safety is scored.
  - o Ball carrier’s knee, hip, back, or arm hits the ground.
  - o Ball carrier’s flag falls out in traffic. If player is on a breakaway and flag falls out when no one is around, the play will continue until touched by defender. (Decision is made by referee.)

## BLOCKING

Folded arm with closed hands technique will be allowed. Players will not be allowed to extend their arms or push while blocking. Blocks MUST be above the waist and facing the opponent. Defensive players cannot push the offensive player/blocker. Players should attempt to avoid and limit contact.

## RUSHING THE **PASSER**

- **One player from the 7 yard blitz marker can blitz immediately after the ball is snapped.** Defenders not blitzing may defend on their side of the line of scrimmage until 7-second play clock expires. After the 7-second play clock expires, any number of defenders may legally cross the line of scrimmage to rush the quarterback.
- Once the ball is handed off, the 7 yard rule no longer is in effect and all defenders may go behind the line of scrimmage. The referee will designate 7 yards from the line of scrimmage with a designated blitz marker.

## MANDATORY PLAYING RULES:

**Minimum Playing Time:** Every player must play at least half of the game. The league allows for injury exceptions.

- 1) **1<sup>st</sup> Offense:** Forfeiture of game
- 2) **2<sup>nd</sup> Offense:** Forfeiture of game and 1 game suspension for the head coach.
- 3) **3<sup>rd</sup> Offense:** Forfeiture of game and season suspension for the head coach.

## EQUIPMENT:

- **Mouth guards are required**
- Players must have their jersey’s tucked in.
- Player’s flag belts must have the flags showing on each hip.
- No jewelry, necklaces, **hats, or do-rags** are to be worn.

## ROSTER RULES:

- Teams can add a player to their roster up until the 4<sup>th</sup> week of the season.
- Teams are required to have 4 players at game time. If they do not it will recorded as a forfeit.

## OFFICIATING:

- Officials will wear striped shirts.
- 2 man officiating crew will be provided, some games may have 3 man crews.
- Officials will be responsible for keeping the time and score.

## COACHING:

- One coach is allowed on the field for each team.
- The offensive coach must be at least 10 yards behind the line of scrimmage when the ball is snapped.
- The defensive coach must be at least 15 from the line of scrimmage when the ball is snapped. If it is not possible, the coach must be off the field as the snap becomes imminent.



# Salina Parks & Recreation NFL Flag Football League Rules



- As the play develops coaches must be aware and avoid being close to a play. If a coach affects the play they will be charged with an unsportsmanlike penalty and be forced to coach from the sideline the remainder of the game.

## PARENT/SPECTATOR

### CODE OF CONDUCT

**Introduction:** The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”

#### I therefore agree:

- I will not force my child to participate in sports.
- I will remember that children participate to have fun and that the game is for youth, not adults.
- I will inform my coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of the game and the policies of the league.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or other sporting event.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent, such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
- I will teach my child that doing one’s best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
- I will praise my child for competing fairly and trying hard and make my child feel like a winner every time he/she participates.
- I will never ridicule or yell at my child or other participant for making a mistake or losing in a competition.
- I will emphasize the importance of skill development and regular practice with younger players, and how they will benefit my child more than an emphasis on winning and competition.
  
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
- I will respect the officials and their authority during games and will never question, discuss or confront coaches at the game field.
- Instead, I will take time to speak with coaches at an agreed upon time and place.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.
- I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

-Adapted from National Youth Sports Safety Foundation 3/26/02

**Note: There are no fumbles. The ball is spotted where the ball hits the ground when the ball is dropped or pitched backwards.**

## PENALTIES

DEFENSE		OFFENSE	
ACTION	PENALTY	ACTION	PENALTY
Off-Sides	5 yards	Illegal motion (more than 1 person moving, false start, etc.)	5 yards



# Salina Parks & Recreation NFL Flag Football League Rules



<b>Interference</b>	10 yards from line of scrimmage	<b>Illegal forward pass</b> (pass received behind line of scrimmage)	5 yards Loss of down
<b>Illegal Contact (Offense and Defense)</b> (holding, illegal blocking pushing, etc.)	10 yards	<b>Offensive pass interference</b> (illegal pick play, pushing off/away defender)	10 yards
<b>Illegal flag pull</b> (before receiver has ball)	10 yards Automatic 1 <sup>st</sup> down	<b>Flag guarding</b> (diving or jumping with ball) (intentional contact with defender trying to pull flag)	5 yards from infraction spot
<b>Illegal rushing</b> (starting rush from inside 7 yard line or before snap)	10 yards	<b>Delay of game</b>	5 yards and clock stops
		<b>7 second play clock violation</b>	No loss of yards (loss of down only)



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