

HARTLEY DRIVE FAMILY YMCA ADULT FALL 2010 FLAG FOOTBALL TEAM

1. Player Eligibility

- 1.1 All players must be listed on team roster
- 1.2 All rosters are limited to 12 players. A complete roster with every player listed must be turned in prior to the Second game. No additions after that game.

2. Safety & Health

- 2.1 All participants and spectators are responsible for their own medical expenses.
- 2.2 **Blood Rule** – any player who is bleeding or has blood on his uniform shall be prohibited from further participation until appropriate treatment and covering can be administered and the uniform sanitized or replaced.

3. Team Requirements

- 3.1 A team shall consist of a maximum of 7 players on the field at one time.
- 3.2 A minimum of 6 players are required to start a game.

4. Player and Spectator Conduct

- 4.1 Teams are responsible for their players and spectators.
- 4.2 Players and fans must remain at least 3 yards from the sideline and within designated spectator areas.

Penalty:

- 1st offense = Sideline warning;***
- 2nd offense = Sideline interference – 5 yards***
- 3rd offense = Sideline interference – 10 yards***

- 4.4 The coach is responsible for his team's and spectator's actions. Any coach, player, manager, trainer or team that is ejected from a game and/or a facility as a direct of undue disturbances before, during or after a game will receive a minimum of one-game suspension and must meet with YMCA Sports Director. Spectators will be excluded if they are unable to conduct themselves in a manner displaying good sportsmanship. Beer, wine, ale or drugs are prohibited at YMCA facilities.
- 4.5 Taunting/Casual Profanity/Verbal "trash talking" – casual profanity pertains to improper words not directed at referees or opposing players, but venting frustration. This type of profanity, taunting or verbal "trash talking" will result in the offending team being penalized in the following manner:

Penalty: Unsportsmanlike conduct – 10 yards, possible player ejection, and loss of down if player was on offense. If a team is on defense when infraction occurs, the LOSS OF DOWN will be enforced on the first offensive possession.

Officials may require Player(s) off the field for one play

- 4.6 Fighting, racial or religious remarks or any unsporting behavior towards other player's teammates or officials will not be tolerated and will result in long-term suspension (minimum one year). If necessary, the team may be dropped from the league.

5. The Field & Equipment

- 5.1 All games will be played at the Hartley Drive Family YMCA on Field 1.

- 5.2 All players must wear appropriate footwear. Open-toe or open-heel shoes may not be worn.
- 5.3 Metal cleats or spikes may not be worn.
- 5.4 **NO JEWELRY IS ALLOWED** with the exception of medical alert jewelry, which must be taped down. This includes, but is not limited to, earrings, rings, mouth, facial, and body piercings, necklaces, bracelets, rubber bands, Armstrong (and similar) bracelets, and metal barrettes. **TAPING OF JEWELRY TO THE BODY IS NOT PERMITTED.**
- 5.5 Hats may not be worn.
- 5.6 Sports stocking caps with elastic bands are allowed (bandanas, wave caps, or tied material are prohibited.)
- 5.7 All players must keep shirts (including sweatshirts) tucked in at all times. A cut-off shirt short enough not to interfere with the flags is permissible.
- 5.8 The use of any shoulder pads, body pads, forearm pads, elbow pads or headgear is prohibited.
- 5.9 Shorts, pants or jerseys of any size and material are acceptable as long as they don't have pockets, zippers, belt loops or any other items that could injure a defensive player's hands as they attempt to pull the flag.
- 5.10 No sunglasses unless prescription sports glasses with safety strap.
- 5.11 Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.
- 5.12 Any slippery or sticky substance of a foreign nature on equipment or exposed body parts is illegal.
- Penalty for Rules 5.1-5.12: Unsportsmanlike conduct – 10 yards**
- 5.13 Wearing & Removal of Flag Belts
- 5.13a Flag belts must be worn by all players on the field during live ball situations.
- Penalty for Rules 5.9-5.10: Failure to wear required equipment – 5 yards**
- 5.13b Defensive players cannot hold any part of the ball carrier's clothing or body.
- Penalty: Holding – 10 yards**
- 5.13c The ball carrier may not stiff-arm or guard his/her flags by blocking or covering them with his/her hands, elbows, shoulders, arms, or the ball while a defender is in the vicinity.
- Penalty: Flag guarding – 10 yards**
- 5.13d The spot of the ball is determined by the location of the ball when the flag belt is unfastened –NOT where the removed flag belt lands.
- 5.13e A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal.
- Penalty: Personal foul – 10 yards**
- 5.13f The flags will be fastened to the belt in such a manner as not to be twisted under or fastened to the inside of the belt.

6. Starting the Game and Timing

- 6.1 Games will start with a kick-off from the kicking team's 20-yard line.
- 6.2 Kick Out Of Bounds: Receiving team has option of taking ball the ball at 20-yard line or re-kick from Goal line yard line.
- 6.3 Teams must be ready to play at game time. Each time will receive a 5 minute grace period until a forfeit will be declared. A team winning by forfeit will win by a score of 20 – 0.

6.4 Prior to the scheduled start time of the game, the referee will conduct a Captains' Meeting, at which time a coin toss will be administered. The captain winning the toss shall choose from the following options:

- 1) Offense.
- 2) Defense.
- 3) Choice of goal his/her team will defend to start the game.
- 4) Defer choice of the above options to the start of the second half.

The captain losing the toss shall make a choice from the remaining options.

6.5 Putting the ball into play

6.5a The ball shall be put into play at the beginning of the game, at the beginning of the second half, after a touchback, and after a score (including a safety), by a kickoff or scrimmage down from the 20-yard line.

6.5b The team in possession shall have 4 downs to advance the ball to the next line-to-gain. The line to-gain shall be the zone-line in advance of the ball, unless yardage has been lost due to penalty or negative-yardage plays. There will be two 20-yard lines and a midfield line.

6.6 Timing

6.6a Playing time shall be 40 minutes, divided into 2 periods of 20 minutes each. There will be a 7-minute half-time intermission between the 1st and 2nd half. Between the 1st and 2nd half, the teams shall change goals. At approximately 2 minutes before the end of the 2nd half, the referee shall stop the clock and inform both captains of the playing time remaining in the half. The clock will then start on the next legal snap.

6.6b The clock shall start when the ball is legally snapped, and run continuously during the 1st and 2nd half, except for the last 2 minutes, a team time-out or officials' time-out.

6.6c During the final 2 minutes of the second half the clock stops for:

- 1) Incomplete pass – starts on the snap.
- 2) Out of bounds – starts on the snap.
- 3) First down – depends on the previous play.
- 4) Touchdown – starts on kick off after "PAT"
- 5) Safety – starts on the snap.
- 6) Team time-out – starts on the snap.
- 7) Officials' time-out – starts at the referee's discretion.
- 8) Touchback – starts on the snap.
- 9) Penalty and administration – depends on the previous play.
- 10) Change of possession – starts on the snap.

6.6d Each team will be allowed 3 time-outs per game. Team time-outs shall be no longer than 1 minute. In case of overtime, each team is entitled to only one time-out per overtime period. Unused time-outs MAY NOT be carried over and used in overtime periods.

6.6e Overtime will occur if the two teams are tied at the end of the 2nd half, and will involve the following rules and procedures:

6.6e-1 All overtime periods will be played towards the same goal line. A coin toss shall be administered to determine the options. If additional overtime periods are played, captains will alternate option choices.

6.6e-2 Each team will have a series of downs to score a touchdown beginning from the 10-yard line.

6.6e-3 Intercepted passes will result in end of game or change of possession.

6.6e-4 The goal line shall always be the line-to-gain.

6.6f Any regular season game that is interrupted, regardless of the reason, will be considered official if half time has been reached. If the game is tied, only an overtime period will be rescheduled.

7. Dead Ball

7.1 A live ball becomes dead when an official sounds the whistle or declares it dead when:

- 1) The ball carrier has his/her flag belt legally removed by a defensive player.
- 2) The ball goes out of bounds or touches the ground beyond the goal line of the opponent.
- 3) Any part of the ball carrier's body other than feet touches the ground.
- 4) A touchdown, touchback, safety, or try for point is made.
- 5) A forward pass touches the ground or is simultaneously caught by opposing players.
- 6) A backward pass or fumble touches the ground – this includes the snap.
- 7) A muffed punt strikes the ground.

Note: A punt that falls to the ground untouched will remain alive until it is either picked up or muffed by the receiving team, or touched by the kicking team

- 8) If flag is lost while running, the ball will be placed where the flag dropped.
- 9) If a receiver loses his flag prior to reception the ball will be down at the point of reception.
- 10) An inadvertent whistle occurs. – In flag football, it is not uncommon for a play to be mistakenly blown dead.

When this occurs, the offensive team shall have the option of replaying the down or accepting the ball at the spot where it was blown dead. On loose balls such as a pass in flight, the down must be replayed.

8. Snapping the Ball

8.1 A team has 25 seconds to put the ball in play after it is signaled ready for play by the referee.

Penalty: Delay of game – 5 yards

8.1a The snapper must have his/her shoulders parallel to the line of scrimmage and snap the ball between his/her legs for the snap to be legal.

8.1b The ball must be snapped in one continuous motion.

Penalty: False start – 5 yards

8.1c The ball must be snapped to a player at least 2 yards behind the line of scrimmage. Direct snaps are not allowed.

Penalty: Illegal procedure – 5 yards

8.2 After the ball is marked ready for play, each offensive player must momentarily be within 15 yards of the ball before the snap.

Penalty: Illegal procedure – 5 yards

8.3 The offensive team must have at least 4 players on their line of scrimmage at the snap. The remaining offensive players must be either on the line of scrimmage or in their backfield. All offensive players must be inbounds and at least 3 yards from either sideline. A player in motion is NOT counted as one of the 5 on the scrimmage line.

Penalty: Illegal procedure – 5 yards

8.4 Only one offensive player may be in motion, and may not be moving toward the opponents' goal line at the time of the snap. If more than one player is in motion at the same time, all players must come to a complete stop and be set for one second before the snap.

Penalty: Illegal motion or illegal shift – 5 yards

8.5 Offensive players cannot make any motion or movement that simulates the snap.

8.6 There will be a one-(1) yard restraining line for the defensive team on all plays.

Penalty: Illegal procedure – 5 Yards

9. Passing the Ball

9.1 A passer is the player who has thrown a legal forward pass. He/she remains the passer while the ball is in flight or until he/she moves to participate in the play.

9.1a Defensive players must avoid contact with the passer. If a defender contacts the passer's hand or arm, or collides with the passer, whether or not the defender makes contact with the ball, it is roughing the passer.

Penalty: Roughing the passer – 10 yards and automatic 1st down

9.2 Forward Passes

9.2a Any member of the offensive team is eligible to receive a forward pass.

9.2b All forward passes must be from behind the offensive line of scrimmage.

9.2c Only one forward pass is allowed per down.

Penalty for 9.2b-9.2c: Illegal forward pass – 5 yards and loss of down

9.3 Backward Passes

9.3a There is no restriction to the number of backward passes that may be thrown during a down.

9.3b Once a ball touches the ground, out of possession and control of any player, the play is dead, and the ball is down at that spot.

9.4 Catching the Ball

9.4a A catch is the act of establishing possession of a live ball, which is in flight, and first contacting the ground inbounds or being contacted by an opponent in such a way that he/she is prevented from returning to the ground inbounds while maintaining possession of the ball. Sidelines, end lines, and field markers (cones, pylons, and yardage markers) are considered out-of-bounds.

9.4b If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch even if a subsequent step or fall takes the receiver out-of-bounds.

9.5 The offensive team may legally spike the ball to prevent loss of time in the final 2 minutes of the game by the person receiving the snap immediately throwing it directly to the ground after receiving it.

10. Kicking the Ball

10.1 Punts

10.1a The offensive team must notify the referee before the ball is whistled ready for play if they intend to punt. The referee will then notify the defense of the offense's decision. Quick kicks are not allowed.

Penalty: Illegal procedure – 5 yards

10.1b The ball must be snapped from the center, and the kicker must kick the ball within 7 seconds of possessing the snap.

Penalty: Illegal procedure – 5 yards

10.1c No defensive rush is allowed – all defensive players must remain on their side of the neutral zone until after the ball is kicked.

Penalty: Encroachment – 5 yards

10.1d A ball that is snapped out of the end zone will be ruled a safety.

10.1e The ball may be advanced by the receiving team after it touches the ground.

However, if the ball touches a player from the receiving team and then the ground, the ball is dead.

10.1f Players may run kicks out of the end zone. They may also stay there and accept a touchback.

11. Scoring

11.1 Points are awarded as follows:

Touchdown = 6 points

Extra point = 1 point for a forward pass into end zone

Extra point = 2 points for running into end zone

Extra Points take place from the 7-yard line

Safety = 2 points

11.2 Following a safety, the team which scored the safety will put the ball into play on their own 20-yard line with a new series of downs.

11.3 Mercy Rule – If a team is 19 or more points ahead when the referee announces the 2 minute warning for the second half, or any time after that, the game is over.

12. Clarification

12.1 Until the ball is snapped, defensive players cannot cross the defensive line of scrimmage (spot throw marker).

Penalty: Encroachment – 5 yards

12.2 Defensive players are not allowed to hit or strip the ball while the ball carrier has possession of it.

Penalty: Personal foul – 10 yards

12.3 It is a foul to tackle, trip, kick, knee, push, shove, elbow, shoulder, charge into, or otherwise initiate physical contact with an opponent.

Penalty: Personal foul – 10 yards – if flagrant = player ejection, touchdown may be awarded for 1:1 play between last defender and goal line.

12.4 Spinning is allowed; however, the person doing so must be in control of his/her body at all times, and must not initiate contact with an opponent. **NO DIVING.**

Penalty: Personal foul – 10 yards

12.5 The ball carrier must try to avoid contact with all defensive players AT ALL TIMES.

12.6 Rough tactics such as attempting to run over or batter down opponents will be penalized as flagrant and unnecessary roughness.

Penalty: Personal foul – 10 yards and player ejection

12.7.1 Any penalty committed by the defense during or after a touchdown will be assessed on the PAT (succeeding spot). Any penalty committed by the defense during or after a successful try will be assessed from the 20-yard line (during the kick-off).

12.7.2 Blocking – Contact on Offensive Line and Receivers: Limited contact will be allowed at the line of scrimmage. At no time will any contact beyond *incidental* be allowed. No intentional blocking or jamming allowed.

12.8 During Kickoffs, punts and downfield. Screen blocking shall be utilized. The Screen blocking downfield is legal; however, the blocker must be stationary on his/her feet before, during, and after screen blocking. This is judged like a block/charge in basketball. A player who is screen blocking shall not:

- 1) Take a position closer than a normal step behind a stationary opponent.
- 2) Initiate contact with an opponent.
- 3) Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction.

Penalty: Personal foul – 10 yards

12.9 Defensive players may not use their hands on blockers. (Cannot grab jersey or body parts to move blocker).

They must attempt to avoid blockers. Incidental contact will be allowed, but should any advantage be gained by any contact initiated by the defender, he/she will be penalized. **(NO BULL RUSHING)**

Penalty: Personal foul – 10 yards

12.10 Moving Screen: An offensive player may not run between the ball carrier and a defensive player in an attempt to protect the ball carrier from having his flag pulled.

Penalty: illegal procedure – 5 yards from infraction

12.11 Fouls to Prevent Play – If the defensive team commits a foul so near its goal line that they can be penalized only by halving the distance to the goal line, with the object being, in the opinion of the referee, to consume time, it shall be regarded as a refusal to allow play to proceed. In that event, the referee shall warn the offending team once and then if the offense is repeated, it will be a touchdown.

13. Summary of Fouls and Penalties

13.1 Loss of 5 Yards

- 1) Delay of game
- 2) Encroachment
- 3) False start
- 4) Illegal shift or motion
- 5) Illegal procedure
- 6) Failure to wear required equipment or required equipment worn illegally
- 7) Helping the runner

13.2 Loss of 10 Yards

- 1) Personal foul
- 2) Flag guarding
- 3) Impeding the runner or holding
- 4) Illegal participation
- 5) Unsportsmanlike conduct
- 6) Forward pass interference – Defense (also automatic 1st down)
- 7) Roughing the passer (also automatic 1st down from line of scrimmage)
- 8) Interference with the opportunity to catch a punt

14.3 Loss of Down

- 1) Illegal forward pass (also loss of 5 yards)
- 2) Forward pass interference – Offense (also loss of 10 yards from the previous spot)
- 3) Intentional grounding (also loss of 5 yards)
- 4) Illegally secured flag belt (also loss of 10 yards from the previous spot, player ejection)

15. Cancellations

15.1 In case of inclement weather, notification for cancellations will be given by 5pm on game day by calling 886-800. If there is no cancellation message given, report to the field where the officials will make the decision. If the first game is cancelled, then the remaining games will also be cancelled.