

Article 01. LOGISTICS

Section 01.02 TIME

- (a) 24 minute halves
- (b) 15 minute half time
- (c) 35 Second play clock starts upon spotting of the ball.
- (d) **Each team can call 3 time-outs per half (30 seconds) to stop the game clock. A personal (“captains”) time-out may be called for the purpose of addressing portentous behavior.**
- (e) At 2 minutes left in either half, there will be a two-minute warning. During the last 2 minutes of the halves, the clock will stop for out of bounds, incomplete passes; change of possession, and during penalty mark off.
- (f) INADVERTANT WHISTLE – Offended team will have the choice to replay the down or take the spot of the ball where whistle was blown.

Section 01.03 PLAYER ELIGIBILITY

All players must be 17 years of age and a senior in high school at the date of their first game.

Section 01.04 PLAYOFF ELIGIBILITY

Players must be approved by League Officials in order to be eligible to participate in playoff games.

Section 01.05 UNIFORM

Each team wears designated jersey. Pockets are not allowed on shorts / pants.

Section 01.06 HALF TIME DEVOTION

- (a) Devotion is held during half time.
- (b) Any team member not present for the devotion except as excused by team captain, that person will sit out the second half of the game.
- (c)

Both team leaders must discuss this previous to the re-start of the game. If one of you disagrees, immediately advise the League Director.

Section 01.07 FINAL STANDINGS

Final standings will be determined by record. If there is a tie, head to head results will be used to determine the teams final standing. If necessary, a tie-breaking system as established by the League Director, for play off standings and / or position.

Section 01.08 CLEAN-UP

Each team is responsible to make sure that the sideline is CLEAN at the end of the game. Teams with the last game ARE 100% RESPONSIBLE for the cleanliness of the sidelines.

Article 02. GAME PLAY

Section 02.01 BALL POSITION

Field position of the ball will be in reference to where deflagging occurred, not where the ball is at the time of deflagging.

Section 02.02 LOOSE BALL

- (a) Fumbles are dead once the ball hits the ground.
- (b) All bad snaps that hit the ground are DEAD.
- (c) Fumbles that **do not** touch the ground are LIVE.

Section 02.03 PUNTING

- (a) Declared Punts: A team must declare a punt. It is the obligation of the offense to declare the punt. They will be asked if they are punting. The punt will be confirmed by the referee. A declared punt is for the protection of the punting team.
- (b) General: On declared punts, **no one** on the kicking team can leave the line of scrimmage when ball is snapped. NO fake punts are allowed. Rushing on declared punts is NOT LEGAL. The defense must have 3 men on the line.
- (c) Penalties: If a penalty occurs on a declared punt, you are not required to kick the ball after the penalty is assessed. If penalty does not result in a first down, offense must declare whether or not they are going to punt again. On declared punts the ball must be kicked within 3 seconds or a delay of game will be assessed.
- (d) Fumbles: On a declared punt, if the ball hits the ground it is dead where it lands or where it goes out of bounds.
- (e)

If the punted ball goes into or out of the back of the end zone, the ball will be placed on the 20 yard line.

Section 02.04 TIE BREAKER

Each team will begin at the 20-yd line and have a series of 4 downs to score. If both teams score, each team has another set of four downs to score until a winner is determined.

Section 02.05 DOWNS; DISTANCE SCORING AND EXTRA POINTS

- (a) The offense has 4 downs to reach the next 20-yard marker for a first down, or to score in the final 20 yards of the field before the goal line.
- (b) Touchdowns = 6 points
- (c) Extra Points = 3 yard line - 1 point 8 yard line - 2 points
- (d) Blocked extra points (interception), the defense can run ball back for same value of points offense was attempting.

Section 02.06 LINE PLAY

- (a) Offense - at least 5 men on the line of scrimmage. Defense - at least 3 men on the line of scrimmage. Offensive Line – All interior linemen must remain motionless once set, until the snap of the ball. The play will be whistled dead immediately upon violation. The two guards need only have one foot on the line (defined by the heels of the center).
- (b) TWO ON ONE BLOCKING IS ALLOWED
- (c) Tripping of a Player (including the ball carrier) - Tripping includes any sliding with your feet out in front of you. 10 yard penalty enforced from the line of scrimmage.

Article 03. PENALTIES

Section 03.01 PASS INTERFERENCE

- (a) Only one bump within the first 5 yards, not a heavy chuck or an attempt to knock receiver down. No contact before a catch other than both players going for the ball.
- (b) On tipped passes both players must play the ball. You cannot knock down, go through, punch, or strike a player attempting to recover a tipped pass.
- (c)

Offense - 10 yards from line of scrimmage play stands. Defense - Spot of foul, automatic first down (in end zone, on the one yard line).

Section 03.02 ADDITIONAL PENALTIES

- (a) If a trip, tackle, or push to save a touchdown occurs it will be an automatic touchdown.
- (b) Pushing out Of Bounds by defense on ball carrier - 10 yards at spot of foul, if done to save a touchdown by last defender – automatic touchdown.
- (c) On declared punts - Offense Leaving Line of Scrimmage Prior to Punt – 5 yards.
- (d) Participation in a fight **and or** a player entering the field to participate in a fight – 10 yard penalty, ejection from the game and possible ejection from the league.
- (e) Offensive Holding, Illegal Use of Hands will be enforced from the spot of foul – 10 yards.
- (f) Defensive Holding, No grabbing onto any jerseys - 10 yard penalty enforced from the line of scrimmage.
- (g) Delay of Game - 5 yards – Replay of down.
- (h) Illegal Block Down Field - 10 yard penalty enforced from the spot of the foul.
- (i) Illegal Forward Pass - 5 yards from spot of pass and loss of down.
- (j) Any attempt by the defense to induce a false start will be flagged for unsportsman like conduct for a 10 yard penalty.

Section 03.03 DELIBERATE FLAGRANT FOULS

Whenever, in the judgment of any official, the following acts are deliberate or flagrant the players involved may be ejected from the game. **PENALTY:** Unsportsmanlike conduct, 10 yards and if **FLAGRANT**, the Offender may be ejected from the game. Examples include, but are not limited to:

- (a) Intentionally making physical contact with an official
- (b) Tackling the ball carrier as in regulation football
- (c) Using fists, kicking and fighting
- (d) Using locked hands, elbows or any part of the forearm or hand
- (e)

Any deliberate or flagrant act

Section 03.04 PROHIBITED ACTS

There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the rules. Examples include, but are not limited to:

- (a) Any acts of unfair play
- (b) Intentionally kicking at the ball other than during a legal kick
- (c) Using disconcerting acts or words prior to the snap in an attempt to interfere with offensive team signals or movements
- (d) Spiking ball, taunting opponent or other similar theatrics before or after a touchdown
- (e) Using profanity, abusive, insulting, vulgar language or gestures
- (f) Indicating objections to an official's decision
- (g) A substitute or any other person interfering with a player or any play while the ball is live
- (h) Deception plays – any plays used to deliberately deceive the opposing team – i.e. Man standing **near** the sideline
- (i) Attempting to substitute a suspended player
- (j) Pulling or removing a flag from an offensive player without the ball by a defensive player intentionally PENALTY: Unsportsmanlike conduct, 10 yards and if flagrant, the offender may be ejected from the game.

Section 03.05 UNFAIR ACTS

- (a) No player shall block in a manner that would cause his feet, knees, or legs to strike an opponent. All blocking shall be done with the feet in contact with the ground
- (b) There shall be no high-low blocking
- (c) There shall be no contact with an opponent who is on the ground
- (d) The runner shall not be thrown to the ground
- (e)

- There shall be no hurdling to advance the ball. Hurdling to avoid injury is acceptable
- (f) There shall be no tripping or clipping
 - (g) No player shall make contact with an opponent obviously out of the play either before or after the ball is declared dead
 - (h) The ball carrier shall not deliberately drive or run into a defensive player.
 - (i) There shall be no unnecessary roughness of any nature
 - (j) Tackling
 - (k) Using of fists
 - (l) Knocking out-of-bounds
 - (m) Punch strike. No strip or attempt to steal the ball from a player in possession
 - (n) Position himself on the shoulders or body of a teammate to gain an advantage
 - (o) Make any contact with an opponent which is deemed unnecessary of any nature including using fists, locked hands, elbows or any part of the forearm or hand
PENALTY: 10 yards and if flagrant, the offender may be ejected from the game.

Section 03.06 ROUGHING THE PASSER:

Defensive players must make a definite effort to avoid charging into a passer. No downward motion of the arms towards the passer by the defensive player while the passer is in the throwing motion can be made. Any contact with the passer **above the shoulders** (the ball in the passer's hand is an extension of the passer's hand) constitutes a roughing the passer call. PENALTY: Roughing the passer: Incomplete pass: 10 yards, automatic first down. Completed pass: automatic 1st down, plus gained yardage from the pass completed and 10 extra yards added on.

Section 03.07 CONTACT BLOCKING:

Contact blocking is legally hindering the progress of an opponent in a fair and safe manner. Blockers must be on their feet before, during and after contact is made with their opponent. The blocker is allowed to contact only the portion of the opponent's body between the waist and shoulders. An open hand, straight arm block is the ideal block to avoid unnecessary rough play. You may not grab the jersey of an opponent while attempting to block. There shall be no contact of any kind to the head and/or shoulders in the attempt to block an opponent. The main concept to keep contact blocking under control is to stress safe, clean, sportsmanlike contact between opponents.

- (a) In all instances, blockers must be on their feet when blocking, accidentally falling when attempting a block is not an illegal block,
- (b) The blocker's hands must remain open
- (c) The blocker may not swing, throw, or flip the elbow or forearm
- (d) The palms must be facing the opponent being blocked
- (e) Blocking below the waist is illegal
- (f) Neither the offensive or defensive team may make contact with the other players' head or neck
- (g) Line: Open handed, arms not extended
- (h) Bull Rushing is OK during initial rush (7 yards up field towards the QB)
- (i) YOU CANNOT BULL RUSH THE CENTER
- (j) Down field: Open handed, arms extended

Section 03.8 GUARDING THE FLAG

Runners shall not flag guard by using their hands, or arms to deny the opportunity for an opponent to pull or remove the flag. Flag guarding includes:

- (a) Swinging the hand or arm over the flag belt to prevent an opponent from deflagging
- (b) Place the ball in possession over the flag belt to prevent an opponent from deflagging
- (c) Lowering of the head and the use of any part of the body to guard flags to prevent an opponent from deflagging.
- (d) The runner is prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag/tag. PENALTY: 10 yards from spot of the foul, play stands.

Section 03.9 HELPING THE RUNNER:

The runner shall not grasp a team-mate or be grasped pulled or pushed by a teammate. PENALTY: Helping Runner. 10 yards.

Section 03.10 OBSTRUCTION OF RUNNER:The defensive player shall not hold, grasp, trip or obstruct the forward progress of a runner when in the act of removing the flag or making a legal tag. PENALTY: Personal Foul, 10 yards at end of run

Section 03.11 DIVING TO ADVANCE THE BALL:

Diving to advance ball is an illegal advancement.

Section 03.12 LEGAL AND ILLEGAL FLAG REMOVAL:

There are basic rules which are established for flag football because of legal or illegal removal of the flag.

- (a) Players must have possession of the ball before they can legally be deflagged
- (b) When a runner loses his flag either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a two-hand touch of the runner between the shoulders and the knees
- (c) In circumstances where a flag is removed illegally, play should continue with the option of the penalty or the play
- (d) Defensive player intentionally pulling a flag from an offensive player without the ball is illegal PENALTY: Personal Foul, 10 yards

Section 03.13 TAMPERING WITH THE FLAG

Tampering With the flag in any way to gain an advantage including tying or using foreign materials, or other such acts is illegal. PENALTY: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down and possible player ejection.

Article 04. PLAYER/TEAM CONDUCT

Section 04.01 PLAYER CONDUCT

- (a) Trash Talkers Rule-Bating/Taunting - unsportsmanlike conduct: when a player(s) is continually and belligerently lashing out with derogatory remarks to an opposing team player or players, that team will receive an unsportsmanlike conduct penalty of 10 yards and a warning to the player. If the actions continue, the player(s) involved will receive an immediate ejection from the game and the player(s) will serve a one game suspension in the following weeks game.
- (b) Offensive and defensive captain's responsibility should be to keep teammates under control. They are NOT to go to officials and try to get a call or change a call. Officials calls WILL BE respected.

- (c) 1st violation - warning to the captain and player - 2nd violation – ejection of game to the player and warning to the captain - Any subsequent violation will be forfeiture of the game.
- (d) Swearing abusive language or taunting directed at any player or official. 1st violation - 10 yards and the player sits out one full half - 2nd violation - 10 yards and ejection from the game and player conduct will be reviewed by the League Administrators to deter any future problems.
- (e) IF A PLAYER DOES NOT LEAVE THE PLAYING FIELD WITHIN ONE MINUTE OF EJECTION, THE GAME IS FORFEITED.
- (f) All other unnecessary roughness, unsportsmanlike conduct or illegal play as determined by the officials, first down and/or expulsion from the game of the player(s) involved.
- (g) Deliberate personal fouls that are flagrant shall result in a 3 game suspension and players conduct will be subject to review. Examples of such fouls are: Deliberate contact to the head or neck with a forearm or elbow. Deliberate contact below the waist or to an injured body part.
- (h) Any deliberate contact to an official by a player shall result in a one-year suspension for the player.
- (i) Modesty is appreciated (please keep your shirts on).