

Tallmadge Recreation Center

Flag Football Rules

GAME DURATION

- 5 players on the field at a time
- 20 seconds game clock
- No bump and run
- No running plays allowed
- Two (2) – 22 minute halves
- One (1) time-out per team in last 2 minutes of each half only (does not carry over)
- Three (3) minute half time

SCORING

- Touchdown – six (6) points
- Extra point
 - One (1) point – played from 5-yard line or
 - Two (2) points – played from the 12-yard line

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage). The quarterback is not allowed to catch his own pass that has been tipped.
- As in the NFL, only one (1) player allowed in motion at a time.
- A player must have at least one (1) foot inbounds when making a reception.

PASSING

- Shovel passes are allowed
- The quarterback (or any other player) has a seven-second ‘pass clock’. If a pass is not thrown within the seven (7) seconds, play is dead, loss of down.
- Interceptions are a live ball until flag is pulled.

EQUIPMENT

- No pads except for a medical reason or injury. Not football shoes or rubber spines are allowed. Tennis shoes only.

DEAD BALLS

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
 - Ball carrier’s flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.

- Ball carrier's knee hits the ground.
- Ball carrier's flag falls out.
- Note: There are no fumbles. The ball is spotted where the ball hits the ground.

RUSHING THE QUARTERBACK

- All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the seven-yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven (7) yards from the line of scrimmage. Remember, no clocking or tackling is allowed.

PENALTIES

- The referee will call all penalties.

DEFENSE

INTERCEPTIONS

- Interceptions are a live play.

OFF SIDES

- Five (5) yards and automatic first down.

PASS INTERFERENCE

- Spot of the foul and automatic first down.

ILLEGAL CONTACT

- Holding, blocking, etc.
- Ten (10) yards and automatic first down.

ILLEGAL FLAG PULL

- Before receiver has the ball
- Spot of the foul and automatic first down.

ILLEGAL RUSHING

- Illegal tackle-no tackles allowed. Ten (10) yards from the spot of the tackle and automatic first down.

OFFENSE

ILLEGAL MOTION

- More than one person moving, false start, etc.
- Five (5) yards and loss of down.

ILLEGAL FORWARD PASS

- Pass thrown beyond the line of scrimmage
- Five (5) yards and loss of down.

OFFENSIVE PASS INTERFERENCE

- Illegal pick play, pushing off/away defender
- Ten (10) yards and loss of down.

FLAG GUARDING

- Ten (10) yards from line of scrimmage and loss of down.

DELAY OF GAME

- Clock stops, ten (10) yards and loss of down.
- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage
- Only the team captain may ask the referee questions about the rule clarification and
- Interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.

OUT OF BOUNDS

- Dotted line around the field is out of bounds.
- If the quarterback does not get pass off in the seven (7) seconds allowed the ball goes back to original line of scrimmage and loss of down.

PUNTS

- If you want to punt you must say so (no punt needed). And balls go back to white line.

OVERTIME (LIMIT OF 2)

- Both teams get four (4) plays to score if the game is still tied after the first overtime. Both teams get four (4) more plays to score if still tied. If after the second overtime the score is still tied, the game ends in a tie.

TIE BREAKERS

- Head to Head
- Least points give up (reward defense)

- Coin Toss

UNIFORMS

- Shirts must be tucked in at all times.
 - 1st time – warning
 - 2nd time – penalty

FLAG GUARDING

- No spinning, jumping or diving by ball carrier to avoid having flag removed.
- You may dive to catch a pass.

EQUIPMENT

- No pads except for medical reasons or injury.

GENERAL

- Unsportsmanlike conduct penalty
 - Any unsportsmanlike penalty will be as follows:
 - Defense – Fifteen (15) yards from the spot of the ball and an automatic first down.
 - Offense – Fifteen (15) yards from the line of scrimmage and loss of down.
 - Touchdown – during any touchdown celebration, the ball will be marked at one (1) yard before mid-field on the ensuing kick-off.
- Clock
 - Clock stops only with official whistle. The timekeeper is not at liberty to stop the clock whenever he/she feels like it.
- No defensive player is permitted to call out the cadence of quarterback or call out the remaining on the twenty (2) second play clock. Violation of the rule is ten (10) yards and automatic first down.
- No defender is allowed to strip the ball from an offensive player. Violation of the rules is ten (10) yards from the spot and automatic first down.
- Illegal participation – too many players on the field – will be ten (10) yards
 - Automatic first down for the offense and ten (10) yards from the line of scrimmage – loss of down against offense.
- Blocking will be ten (10) yards from the spot – loss of down.
- Games may start ten (10) minutes before scheduled time. If both teams have five (5) players and a referee or league director deems it necessary.
- All teams must be present twenty (20) minutes before scheduled game time.
- No filming of the game is permitted for any reason.
- Referee Fee
 - \$10.00 cash per team to be paid to referee before each game.
- Playoff Champs will receive ten (10) T-shirts
- Uniforms – players must wear the same color shirts – numbers are not mandatory.
- Rosters – Players may only be on one (1) roster and play for one (1) team the entire season, including playoffs).

- Facility Rules
 - Make sure you are aware of our facility rules, such as:
 - No dew rage or bandanas
 - No chewing gum
 - All spectators must be upstairs in the bleacher section.
 - A complete list of rules is available in the information center.

- **ZERO TOLERANCE FOR UNSPORTSMANLIKE CONDUCT!**
 - NO FIGHTING
 - NO ABUSIVE LANGUAGE
 - NO PROFANITY
 - NO ROUGH PLAY

SUSPENIONS AND DISIPLINE PROCEDURES

The Recreation Department offers this league for the benefit and enjoyment of those who participate. Individuals who display poor sportsmanship **are not welcome**. Any player ejected from a game for unsportsmanlike conduct, abusive language, fighting, touching officials or any other reason detrimental to league play, must leave the playing field or facility immediately. Failure to do so may result in his team's forfeiture of the game. Ejected players are automatically suspended from participating in the next 2 scheduled games or longer depending on each individual league rules and may not attend the game. Any player ejected for fighting or any other reason determined by the League Director to be detrimental to the league can be subject to suspension for the remainder of the season or longer.