

# City of Tallmadge Parks & Recreation Department



## Men's Flag Football League Rules

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# Men's Flag Football League Rules

## **Disclaimer**

Any and all information in this packet, as well as any other information and/or rules distributed verbally, electronically, or by written flyer, are subject to change by the Tallmadge Parks and Recreation Department at any time, with or without notice.

## **New rules have been highlighted.**

- Section 1 - Rosters
- Section 2 - Equipment
- Section 3- Gameplay
- Section 4- Offensive Game Play
- Section 5- Defensive Game Play
- Section 6- Penalties
- Section 7- Misconduct and Suspension
- Section 8- Tournament and Tie Breakers

## **Special Rules**

Team Forfeits

## **Section 1 – Rosters**

- A. Coaches must turn in a completed roster to the Recreation Department by the beginning of their second scheduled game. All coaches should have a copy of their team roster on hand at all times in case their roster is challenged.
- B. Players may be on only one roster in the league.

## **Section 2 - Equipment**

- A. Teams must provide their own uniforms in the same color. Numbers on the reverse are optional.
- B. Shirts must be tucked in at all times.
- C. No pads permitted unless medically necessary.
- D. No football shoes or spikes permitted. All players must wear tennis shoes only.
- E. Teams must provide their own footballs for warm ups.
- F. All players must wear the flag belts provided by the Tallmadge Recreation Center. No other belts are permitted.

## **Section 3 - Game Play**

### **3.1 - Clock**

- A. We reserve the right to start games 10 minutes early providing each time has at least five (5) players present and a referee or league director deems it necessary.
- B. Games consist of two (2) 22-minute halves. Clock stops only with the official's whistle.
- C. Halftime will be 3 minutes in length.
- D. Teams will be given one (1) time-out to be used in the last 2 minutes of each half only. Time outs do not carry over to the next half.
- E. Game clock will be 20 seconds. For delay of game penalty, see section 6.3 E)
- F. Teams must have 5 players to start the game.

### **3.2 – Overtime**

- A. If the game is tied at the end of regulation, each team will have four (4) plays to score.
- B. If the game remains tied after one (1) overtime periods, a second overtime period will be played.
- C. If the teams are still tied after two (2) overtime periods, the game will end in a tie.

### **3.3 – Scoring**

- A. Touchdowns are worth six (6) points each.
- B. Extra points:
  - a. One (1) point if played from 5-yard line.
  - b. Two (2) points if played from 12-yard line.
  - c. Two (2) points awarded if the defense returns an extra point attempt for a touchdown.

### **3.4 – Field of play**

- A. The dotted line around the field serves as the boundary line.

### **3.5 – Dead Balls**

- A. The ball must be snapped between the legs, not off to one side, to start play.
- B. Substitutions may be made on any dead ball.
- C. Play is ruled “dead” when:
  - a. Ball carrier's flag is pulled.

- b. Ball carrier steps out of bounds.
  - c. Touchdown or safety is scored.
  - d. Ball carrier's knee hits the ground.
  - e. Ball carrier's flag falls out.
- D. There are no fumbles. The ball is spotted where the ball hits the ground.

## **Section 4– Offensive Game Play**

### **4.1 – Receiving**

- A. No bump and run permitted.
- B. All players are eligible to receive passes, including the quarterback if the ball has been handed off behind the line of scrimmage.
- C. Only one (1) player may be in motion at a time.
- D. Players must have at least one (1) foot inbounds when making a reception.

### **4.2 – Passing**

- A. The quarterback has a 7-second pass clock. If a pass is not thrown within 7 seconds, the play is dead and results in a loss of down.
- B. Shovel passes are permitted.
- C. Interceptions are live balls until a flag is pulled.

### **4.3 – Rushing**

- A. Rushing plays are not permitted.

### **4.4 – Punting**

- A. Teams must alert the referee if they choose to punt.
- B. No kick is needed. The ball is placed on the 20 yard line.

## **Section 5 – Defensive Game Play**

### **5.1 – Rushing the Passer**

- A. All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped.
- B. Any number of players may rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- C. Once the ball is handed off, the seven-yard rule is no longer in effect and all defenders may go past 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.

### **5.2 – Interceptions**

- A. All balls intercepted will be considered a live ball until a flag is pulled.

## **Section 6 – Penalties**

- A. The referee will call all penalties.
- B. Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage
- C. Only the team captain may ask the referee questions about the rule clarification and interpretations. Players cannot question judgment calls.
- D. Games cannot end on a defensive penalty, unless the offense declines it.

## 6.1 - General Penalties

- A. Illegal participation – too many players on the field
  - a. If penalty is on the defense, it will result in ten (10) yards from the line of scrimmage and an automatic first down.
  - b. If penalty is on the offense, it will result in ten (10) yards from the line of scrimmage and a loss of down.
- B. Unsportsmanlike conduct penalty
  - a. Any unsportsmanlike penalty will be as follows:
    - i. Defense – Fifteen (15) yards from the spot of the ball and an automatic first down.
    - ii. Offense – Fifteen (15) yards from the line of scrimmage and loss of down.
    - iii. Touchdown – during any touchdown celebration, the ball will be marked at one (1) yard before mid-field on the ensuing kick-off.

## 6.2 - Defensive Penalties

- A. No defensive player is permitted to call out the cadence of quarterback or call out the time remaining on the twenty (2) second play clock.
  - a. Results in ten (10) yards and automatic first down.
- B. No defender is allowed to strip the ball from an offensive player.
  - a. Results in ten (10) yards from the spot of the foul and automatic first down.
- C. Off Sides
  - a. Results in five (5) yards and automatic first down.
- D. Pass Interference
  - a. Results in ball being placed at the spot of the foul and an automatic first down.
- E. Illegal Contact - Holding, blocking, etc.
  - a. Results in ten (10) yards and automatic first down.
- F. Illegal Flag Pull - Before receiver has the ball.
  - a. Results in ball placed at the spot of the foul and automatic first down.
- G. Illegal Rushing - Illegal tackle, no tackles allowed.
  - a. Results in ten (10) yards from the spot of the tackle and automatic first down.

## 6.3 - Offensive Penalties

- A. Illegal Motion - More than one person moving, false start, etc.
  - a. Results in ten (10) yards from line of scrimmage.
  - b. During the last two minutes of game any illegal motion will result in a loss of down and ten (10) yards from line of scrimmage.
- B. Illegal Forward Pass - Pass thrown from beyond the line of scrimmage.
  - a. Results in dead ball placed at spot of the foul.
- C. Offensive Pass Interference - Illegal pick play, pushing off/away defender.
  - a. Results in ten (10) yards from line of scrimmage.
- D. Flag Guarding – the ball carrier may not spin, jump or dive to avoid having his flags removed. Diving to catch a pass is allowed.
  - a. Results in dead ball placed at spot of the foul.
- E. Delay of Game – Clock stops
  - a. Results in ten (10) yards from the line of scrimmage and loss of down.
- F. Blocking/Shielding – Hands must be below the waist in front or back of body.
  - a. Results in ten (10) yards from the spot of the foul and loss of down.

- G. Pass clock violation - Quarterback does not get the pass off in 7 seconds.
  - a. Results in the ball being placed on original line of scrimmage and loss of down.

## **Section 7 - Misconduct and Suspension**

### **7.1 – Team and Spectator Conduct**

- A. Coaches are responsible for the behavior of every person on their side of the field, including the players, spectators and themselves. A coach may receive ejections from the referee without prior warning.
- B. Except for the referee and players in the game, no other person is allowed on the field unless authorized by the referee. Coaches and players not currently in the game are permitted in the sideline box.
- C. Fighting by any persons, either in the game or on the sidelines, and/or loud verbal abuse or physical/verbal assault of the referee, shall be grounds to immediately suspend the match if the referee so chooses. Such a decision is that of the referee and/or Recreation Center management. If play is suspended due to disciplinary issues, the outcome of the game will be decided by the Recreation Center management.

### **7.2– Suspensions**

- A. The Recreation Department offers this league for the benefit & enjoyment of those who participate. Individuals who display poor sportsmanship **are not welcome**. Any player, spectator or coach 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 and/or facility immediately. Failure to do so may result in his team's forfeiture of the game. Ejected individuals are automatically suspended from participating in the **next 2 scheduled games/weeks** (whichever is longer) or longer depending on each individual league rules and may not enter the Recreation Center during the suspension. Any player or coach 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.
- B. All individuals ejected from the facility, including spectators, shall not be permitted to enter the Recreation Center for two (2) weeks.
- C. Ejected individuals may be asked to provide photo I.D. to aid management in proper identification and completion of incident reports.
- D. Once an individual's suspension has been finalized by Recreation Center management, a suspension letter will be issued to the coach and/or person being suspended. This letter will include the date the suspended individual will be able to return to the Recreation Center.

## **Section 8 – Tournament and Tie Breakers**

- A. Playoff Seeding
  - i. Playoff seeding is determined by the overall win-loss record of the teams. If a tie occurs with the win-loss record the following tie breaker steps will take place:
    1. Head-to-head competition
    2. Lowest points allowed (reward defense)
    3. Point differential, maximum of 15 points per game
    4. Points scored
- B. If a scenario occurs where a forfeited game determines a playoff team or a potential playoff team the following steps will take place:
  - i. An average of all total points allowed will be used for the forfeited game score.
  - ii. An average of all total points scored will be used for the forfeited game score.
  - iii. Example: An eight-game season with only seven games played. Team A gave up 280 points, therefore the average total points allowed of the seven games is 40 points. We add 40 points for the 8th game that was forfeited. Team A's new total points allowed is 320 points.
  - iv. The same will rule will apply when calculating total points scored.
- C. Playoff Champs will receive ten (10) T-shirts.

## **SPECIAL RULES**

### **FORFEIT FEES**

If a team is unable to play its scheduled game the coach must call the Recreation Center at least 4 hours before scheduled game time and ask to speak to the supervisor on duty. **DO NOT LEAVE A MESSAGE OR SEND AN EMAIL.** Provide the supervisor with the following information: why you are forfeiting your game, your name, your team name and the game date/time.

Failure to forfeit four hours prior or a no call, no show will result in a \$30.00 forfeit fee. This fee must be paid before the teams next scheduled game or it will result in another forfeit until the fee is paid.

A forfeited game will always count as a win for the opposing team and a loss for the team who forfeited.

- All TRC facility rules will be enforced.
- Payment is due in full at time of registration.

### **REFEREE FEES**

All teams must pay the referee fee of \$15/per team/per game before the start of each game.