

2020
MOBILE PARKS & RECREATION DEPARTMENT
FLAG FOOTBALL RULES

USFTL Rules, except as noted

I. Basic Rules

- A. **Eligibility** - Players must be at least 16 years of age.
- B. **Rosters** - Roster limit is 25. Rosters must be turned in to the Athletic Office prior to a team's first game. Changes to rosters may be made prior to the last regularly scheduled game. All players must sign the roster (liability statement). To add a player to a roster, the player and coach should complete a roster change form. These forms are available at the Athletic Office. Players who are being added to the roster are not legal until the roster change form has been completed and turned in to the Athletic Office. Also, players may transfer from one team to another by using the roster change forms. As with roster additions, no transferring player is legal until the roster change form has been turned in to the Athletic Office.
- C. **Uniforms** - All members of the same team must wear the same color jersey. Jerseys must be numbered for identification (no duplicate numbers). The lower part of the uniform may be of the player's choosing, but must contrast with the flag color. No part of the uniform may be a hard or unyielding surface. For safety's sake, bottoms should not have pockets. A player may risk being denied participation for violations.
- D. **Flags** - Teams must furnish their own flags. Flags should be worn at the waist, one on each side. Flags must be at least 12 inches in length and 1 1/2 inches in width, and must be of a different color than the lower uniform. "Flag-A-Tag" ball and socket, Sonic or "Triple Threat" flags, only may be used. Altered flags will be deemed "*illegal equipment*".
- E. **Shoes** - Shoes are mandatory and may be soccer type, tennis shoes or any molded cleat shoe. No removable cleats or metal spikes are permitted.
- F. **Ball** - Each team will provide a regulation size football to be used when they are on offense.
- G. **Trophy** - The winner of each league will receive a trophy.
- H. **Rain Information** - In the event of rain, you may call the Athletic Office (208-1631) **AFTER** 4:30 PM.

II. Game Rules

- A. **Players** - A team will consist of 8 players male or female. All players will be eligible receivers. A team may field no less than 6 players. Games may begin with 6 players at regularly scheduled game time. A team failing to field at least 6 players at the scheduled game time will forfeit the game.
- B. Prior to the start of each game, each team will furnish to the officials, a line-up listing first name, last name, and jersey number of each player. Failure to have a proper line-up turned in at the coin toss, may result in a delay of game penalty.

- C. The referee(s) shall have authority to make decisions on any situation(s) not specifically covered in the rules.
- D. **Periods** - The game will be played in four (4) periods, each 12 minutes in length. The clock will be continuous, stopping only for time outs, injuries, protests, and retrieving long incomplete passes. Teams shall exchange ends between the 1st and 2nd quarters and between the 3rd and 4th quarters.
- E. **7-Play Rule** - At the 2 minute warning of the 2nd and 4th quarters, the clock will no longer be kept, instead there will be a total of seven plays remaining. This rule is intended to take time keeping pressures off officials during the most critical periods of the game, and to allow both teams to know exactly how much time remains. Point after touchdown (PAT) tries will not count as one of the seven plays.
- F. **Half Time** - A minimum of five minutes and a maximum of 15 minutes will be allowed.
- G. **Time Outs** - Each team will have two time outs per half. Time outs should be called by team captain or quarterback. Time outs will be one minute in length. Additional time outs may be called at the discretion of the officials. Each team will have one time out during "Tie Breakers".
- H. **Huddle Time** - A team will have 25 seconds to put the ball in play after it has been signaled ready of play.
- I. **Scoring** - Touchdown = 6 points, Safety = 2 points.
- J. **Point(s) After Touchdown**
 - (1) Ball will be placed on three yard line by officials, unless notified by team scoring, and a successful PAT by any method, will result in one (1) point.
 - (2) Upon notification by scoring team to officials that they wish to try for two (2) points, PRIOR TO BALL BEING MARKED READY FOR PLAY, ball will be placed on ten (10) yard line and a successful PAT will be awarded two (2) points.
 - (3) **After ball is marked ready for play, subsequent movement to either three (3) or (10) yard line will result in a charged time out.**
- K. **"17 Point Rule"** - If either team is ahead by 17 points at the 2 minute warning of the 4th quarter, game is over.
- L. **Tie Breakers** - If game is tied at the end of the 4th quarter, a coin will be tossed with the winner receiving his choice of playing offense or defense. Both teams will move the ball in the same direction from the 40 yard line. Each team will have four (4) consecutive plays in which to score the most points or gain the most yardages. The team that scores the most points wins. If no points are scored, then the team gaining the most yardages wins. PAT attempt does not count as one of the four (4) plays. If after four (4) consecutive downs each the teams remain tied on points and yardage, then additional downs will be played. One down at a time, alternating, until a winner is decided.
- M. **Start of Each Period** - Each half, and following each score, shall start with the ball being placed on the 20 yard line. Three minutes before the start of the game the Referee shall toss a coin in the presence of the opposing Field Captain, after first designating which captain shall call the fall of the coin.
- N. **A Down Is A Unit** - A down is a unit of the game which starts with a legal snap free kick, and ends when the ball next becomes dead. Between is any period when the ball is dead.

- O. **Series Of Downs** - A team, in possession of the ball, shall have four consecutive downs to advance to the next zone of scrimmage. Any down may be repeated if provided for by the rules.
- P. **Zone Line-To-Gain** - The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
- Q. **Removal Of Flag** - When the flag/belt is clearly taken from the ball carrier the down shall end and the ball is declared dead. A player who removes the flag/belt from the ball carrier should immediately hold the flag/belt above his/her head to assist the official in locating the spot when the capture occurred. **INADVERTENTLY FLAG FALLS OFF PLAYER:** Ball is dead at the spot when/if the player has ball possession. No touch (2 hands). The players hips designates when the ball will be spotted.
- R. **Legal Forward Pass** - All players are eligible to receive a forward pass. During a scrimmage down and before team possession has changed a forward pass may be thrown provided the ball, when it leaves the passer's hand, is on A's side of the defensive teams's line of scrimmage. One forward pass only can be thrown per down.
- S. **Screening/Rushing** - The area within Flag Football that can cause the most problems, with regard to officiating, injury, fighting, arguing, and excessive contact is the area of protecting the quarterback (screening or blocking). This is the one single most area that must be controlled, and the rules governing this area must be clear to both the offense, the defense, and the officials.
- Only SCREEN BLOCKING is permitted. "Screen blocking" shall be defined as obstructing the rushers path to the quarterback or ball carrier, as long as it is done behind the L. O. S., with any part of the body except head, legs, and arms (hips shall not be considered part of the legs). There can be no independent movement of the elbows.
- Although this method of screening cuts down on excessive contact by the screener, it nevertheless places the screener in a very vulnerable position. Therefore:
- THE MAIN RESPONSIBILITY OF AVOIDING CONTACT RESTS WITH THE RUSHER.
- The rusher may not run over the screener. The rusher may not pull the screener toward him or push the screener away from him. No downfield screening is permitted. WE ASK THAT BOTH THE SCREENER AND THE RUSHER STRIVE FOR NON-CONTACT IN THIS AREA.
- T. **Legal Equipment** - The use of headgear of any nature, shoulder pads, body pads, shoes with removable cleats, regardless of material, or any unyielding or dangerous equipment is prohibited. Players may use an ace bandage no more than two turns thick in any given area. The tape can be anchored at each end by tape not to exceed two turns.
- U. **Fumble** - A fumble is loss of player -possession other than by handing off, passing or kicking the ball. A fumble which hits the ground is immediately considered dead.
- V. **Muff** - A muff is an unsuccessful attempt to catch or recover a ball, the ball being touched in the attempt. All muffs which then strike the ground are dead.
- W. **Protection On Scrimmage Kicks** - When a scrimmage kick is to be made, the kicking team must announce to the referee before the ball is ready-for-play that it wishes protection. After such announcement, the kick must be attempted. **EXCEPTION:** If a penalty occurs any time during this down which results in the kicking team being a position of fourth down again, the kicking team then

must re-declare the protected kick. Both teams must have five (5) players on the line of scrimmage. Both teams must maintain at least five (5) players on the line of scrimmage until the kick is made.

X. No “*chucking*” of receivers as they leave the line of scrimmage.

III. *PLAYER CONDUCT*

- A. **Abuse of game officials will not be tolerated.** Players who do not conduct themselves properly will be ejected from the game.
- B. Verbal threats made directly to an official will result in playing field and ball park ejection.
- C. Physical abuse of an official will result in a minimum one (1) year suspension and/or possible legal action.
- D. Any player(s) fighting will be subject to suspension for one (1) year.
- E. Any team whose members leave the team area to participate in an altercation will be subject to suspension for one (1) year (Includes all plays listed on teams rosters -- Players would not be allowed to join another team in the league).
- F. Unsportsmanlike conduct, profane language, or fighting of any kind will not be tolerated. The entire team may be held responsible for the action of an individual player.
- G. The referees’ decisions will be final on all decisions of fact. Any discussion concerning interpretation of rules must be made by the team captain or manager, only. Continued debate after a final decision has been rendered will constitute delay of game.
- H. **Players Behavior** - Any verbal badgering of officials by any players after official has asked once for team captain’s control can result in player or players involved in the action being disqualified. Any derogatory language between opposing players after official has asked once for team captain’s control can result in player or plays involved in the action being disqualified. First derogatory action or language should be penalized 10 yards and captain warned. Second derogatory action or language will cause players to disqualified plus 15 yard penalty. Sideline players are subject to the same disqualification for abusive, obscene, or badgering language to either opposing players or officials. Sideline players should keep their sideline policed of any items which could cause injury if player goes out of bounds. If the captain or coach of the penalized team can’t control the actions of his players and spectators, game can be forfeited.
- I. **Team Area** - Team manager/coach is responsible for the actions of all players and non-players in his team area. “Team area” is defined as the area between the 20 yard lines and 10 yards from the sideline.

- J. **Disqualification** - Official will inform team's captain that player has 10 seconds to leave the playing field. Players who have been ejected or disqualified must leave playing field within 10 seconds of ejection plus 15 yard penalty. They may remain on sideline, however, providing they don't further badger any official or opponent, or else will be totally ejected from the ball park plus a 15 yard penalty. Ejection from playing field will carry with it, disqualification to play in the following game. Ejection from ball park will carry with it, suspension from next two games. Game will be forfeited if player doesn't comply with either ejection. Player has one (1) minute to leave the park on a park ejection.
- K. **Limited Time Ejection** - Officials may, at their discretion, remove any player displaying lack of self control, for any period of time deemed necessary to maintain orderly control of the game (Example: 1 play, 2 plays, remainder of the quarter, etc.). Upon re-entry, that player(s) must maintain self-control, for a second removal, ejection, or disqualification, will result in "park ejection" and two (2) game suspension. Players may be ejected or disqualified on or after the final play of the game or any time thereafter until all officials have departed.