

LIVERMORE AREA RECREATION AND PARK DISTRICT
SUGGESTED FLAG FOOTBALL RULES AND REGULATIONS

I. ROSTERS

- A. Team rosters shall consist of no more than twelve players and all must be eight to fourteen years old.
- B. Registration deadline will be **June 28, 2010**. **Rosters must be filled out and turned in by this time (delete)**. **The \$100.00 registration must be paid at the time the roster is turned in (delete)**. **All Players must be registered and paid prior to the first program meeting**. All players must sign the roster and have an L.A.R.P.D. medical release form turned in **at the first program meeting**. (Note: District waivers contain both release AND medical information, thus they must remain at the field for staff to access in case of emergencies).

II. DESCRIPTION OF PLAY

Rules of play as published by the National Federation of State High School Athletic Associations will cover all play with the following expectations.

A. THE GAME

- 1. The game of flag football is played by a seven or eight member team. It is played similar to regulation football, with the exception that instead of the ball carrier being tackled, the flag belt is removed by the defensive player. All belts must be worn over shirts and in full view of the officials.
- 2. Belts must be sized to fit the individual player.

B. POSITION AND NUMBER OF PLAYERS

Teams consist of seven or eight players. Any combination of players for line or backfield may be used.

C. EQUIPMENT

- 1. Jersey of the same color must be worn by team members and that they be worn inside trousers so that the officials can see players flag belt.
- 2. Official ball shall be of leather construction and size appropriate for the age of children.

I. RULES OF PLAY

1. The winner of the toss must choose one of three privileges. The loser has the other.
 - (a) To choose whether his team will receive the ball.
 - (b) To choose the goal his team will defend.
 - (c) To defer choice to second half.

NOTE: Before the second half starts, the captain who lost the pre-game toss is given his choice of the two privileges and his opponent is granted the other.
2. NO KICKOFFS! Receiving team will put ball in play on 40 yard line.
3. Downs: If the offensive team fails to advance the ball to the next cone in four downs, they shall lose possession of the ball to their opponents and the ball returned to the 40 yard line. NO DOWN FIELD BLOCKING.
4. Passing:
 - a. All players are eligible to receive passes.
 - b. The offensive team may throw as many forward passes as they wish, as long as the forward passes are thrown behind the line of scrimmage.
 - c. Illegal forward pass
PENALTY: Loss of down and five yards.
 - d. Pass interference shall be penalized as follows:
Interference by offense – 10 yards from previous spot plus loss of down, if foul occurs in field of play. If foul occurs in team B's end zone: touchback or 10 yards from previous spot plus loss of down.
PENALTY: 10 yards from point of foul
 - e. Interference by defense – Team A's ball at spot foul, first down, if foul occurs in field of play.
 - f. If foul occurs in team B's end zone: team A's ball, first down, on team B's 2 yard line, or, if the previous spot was on or inside that line first down and half way between the previous spot and the goal line.
5. Running line plays with or without a hand-off or lateral, shall not be permitted within 1 yard of either side of the offensive center. Must run outside of guard positions (center side). No direct runs up middle.

NOTE: This rule is designed to open up the game and prevent straight line buck plays which create accidents.

PENALTY: Loss of down and 5 yards.

6. Tackling: It shall be a foul to tackle, hack, straight-arm, trip, push, hold, or rough another player. Officials are to be particularly vigilant in preventing the holding of the ball carriers' clothes by a defender. Players twice guilty of breaking this rule shall be immediately disqualified.
PENALTY: 10 yard from point of foul.
7. Defenders shall not impede the progress of all ball carrier in an attempt to remove a flag.
PENALTY: 10 yards from point of foul.
8. Blocking: NO DOWNFIELD BLOCKING – (Downfield is defined as 3 yards from the line of scrimmage). All other blocking must be done at the line of scrimmage or in the offensive backfield. All blockers MUST have their hands in contact with their jersey at all times.
PENALTY: 10 yards from point of foul.
9. **RUSHING THE QUARTERBACK:** Defensive player must count five seconds out loud before rushing quarterback. **Should No Blitzing rule be included in this ?**
PENALTY: 5 yards from line of scrimmage and loss of down.
10. **QUARTERBACK RUSHING:** The quarterback may not run unless rushed by opposing team.
PENALTY: 5 yards from line of scrimmage and loss of down.
11. It shall be a foul to leave one's feet in an attempt to remove the flag from the ball carrier. One foot must be on the ground at all times. (Actual running stride is legitimate).
PENALTY: 10 yards from point of foul
12. Ball must be passed from between legs of the center to a teammate.
PENALTY: Play called back, with 5 yards penalty. Down remains the same.
13. After a safety the ball is put in play on the 40 yard line.
14. If any portion of the ball touches, or point of the ball is over the line, the next zone is played.

15. Referee may bar a player, manager, or coach for entire game for unsportsmanlike conduct, continual profanity, or verbal abuse.
PENALTY: 15 yards from line of scrimmage.
16. Off-side penalty – 5 yards.
17. Stalling or intentionally delaying the game.
PENALTY: 5 yards
18. There shall be a thirty second limit to any one huddle.
PENALTY: 5 yards
19. No distance penalty shall exceed half the distance from the enforcement spot to the offensive team's goal line.
20. Enforcement for a foul by the defensive team committed behind its goal line shall be: opponents ball, first down, on the offensive 1 yard line, or halfway between the previous spot and that goal line if the previous spot was on or inside the 1 yard line.
21. No hideouts will be permitted. All players must report to the huddle.
PENALTY: Loss of Down
22. A fumble ball unless caught in mid-air is dead and cannot be advanced by either team.
23. No intentional move shall be made on the party of the carrier to prevent a defensive player from removing his belt; (holding belt, keeping elbows locked over belt, etc....)
PENALTY: Ball dead at point of infraction, loss of down.
24. Any player who gains possession of the ball while not wearing a flag belt, will be allowed to maintain possession of the ball, but the ball will be dead at the spot where the player received the ball.
25. A player who loses his flag belt while in possession of the ball, will maintain possession of the ball, but the ball will be dead at the spot where he lost his flag belt.
26. The ball carrier may not butt or ram a defender in an effort to prevent having flag removed.
PENALTY: 10 yards (This can be looked at this as a potential flagrant foul jeopardizing one's safety...should be 15 yd. Penalty at spot of foul, or go 10 yds. From previous spot / snap).

III. OFFICIALS

- A. Officials will place particular emphasis on preventing the rough handling of ball carriers, particularly of holding the ball-carrier's clothes, and on preventing the illegal defending of flags by the ball-carriers.

IV. Coaches are responsible for picking up flags at the tournament table and returning them.

V. Additional Supplement of Flag Football Rules.

- A. If defensive man pulls flag on eligible pass receiver during pass pattern before receiver has possession of ball – ball is dead where it is caught, (pass interference).

- 1. If ball is not caught – Ball dead, automatic first down for pass interference at sight where flag belt was pulled.

REGARDLESS OF EITHER INTERACTION - Automatic first down.

- B. If ball is caught in end zone with no flags on – incomplete pass.

- 1. If flags were pulled off before ball was caught in end zone – TOUCHDOWN
 - 2. If flags were pulled off and pass incomplete in the end zone – automatic first down on the 1 yard line.

- C. **No ramming players – 10 yard penalty. (Suggest 15 yd. ... same type of rule as in Item # 26)**

- D. Knee hit ground by ball carrier – DEAD BALL

- 1. Ball is snapped from center and hits ground – DEAD BALL

- E. Only one foot inbound – OK and legal.