

# Adult FLAG Football Rules & Regulations



## THE FEES

- Registration fee of \$200 per team
- Each team is responsible for paying a \$20 referee fee before each game. Failure to pay the referee fee will result in a forfeit.
- Teams with two forfeits in a season will be removed from the league, and not permitted back as a returning team the following season (A team that has 6 or more players listed on the previous season's roster is considered a returning team).

## THE ROSTER

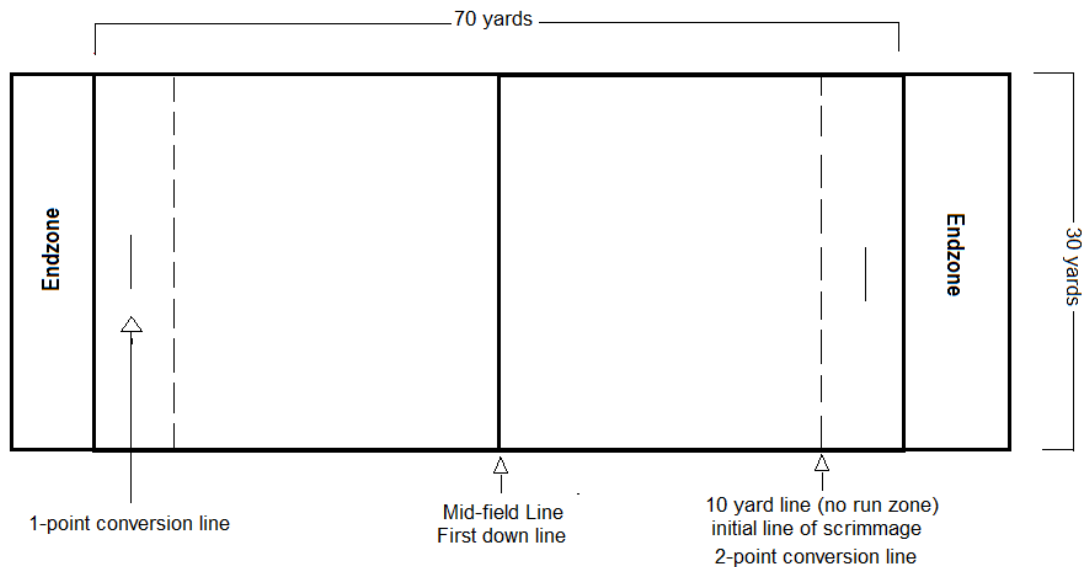
- Each team is allowed up to 14 players on their roster but MUST have a minimum of 9 players.
- All players participating must sign a liability/waiver before being able to play.
- Any player that plays without signing liability/waiver will be considered an illegal player and the team will forfeit the game.
- Players must be at least 17 years of age (at the time of the start of the season)
- Players cannot be rostered on two teams at once.

## THE GAME

- 6 on 6
- Teams will start their possession at their own 10 yard line. Teams have 4 downs to cross the midfield line for a first down. After crossing the midfield line, teams have 4 downs to score a touchdown. (EXCEPTION: See female target exception below)
- There are no punts. If a team chooses on fourth down to "punt" the defensive team will receive the ball and start possession on their own 10 yard line.
- Any team that elects not to punt on their last available down, and subsequently fails to convert a touchdown or first down, will relinquish possession at the current spot of the ball.

## THE FIELD

- Felton Field (Corner of Thompson & Lincoln) behind City Hall  
(191 Thompson St, North Tonawanda, NY 14120)



## THE SCORE

- 6 points awarded for a touchdown
- 1-point awarded for an “extra point” conversion from the 5 yard-line
- 2-points awarded for an “extra point” conversion from the 10 yard-line
- 2-points awarded for an interception that is returned for a TD on an extra point conversion.
- 2-points awarded for a safety

## OVERTIME

- Each team will have one four down possession from the 10 yard line.
- The team that scores in the least amount of downs will be considered the winner.
- If no team scores, or both teams take the same amount of downs to score, then another overtime round will be executed until a winner is declared.
- On an interception, the ball will be whistled dead and the drive is over.

## THE TIME

- Two (2) twenty-two (22) minute halves, running time.
- Clock stops ONLY on called timeouts, and on any play resulting in a dead-ball with under two-minutes in the second half (incomplete pass, penalty, or play ending with a player out-of-bounds).
- Each team has 2 first-half timeouts and 3 second-half timeouts. (Unused timeouts do not carry over into the next half).
- There will be a 35 second play clock which begins upon placement of the ball by the referee. Failure to begin a play within the 35 second clock will result in a delay of game penalty. Teams will be indicated with 15 & 10 seconds remaining, and finally with a verbal countdown from 5 to 0 seconds.

## THE OFFENSE

- Quarterback: May not advance (run) the ball over the line of scrimmage unless a pass rusher pressures him/her by crossing the line of scrimmage in attempt to sack the QB.
- Lineman: Teams must have one lineman who is responsible for snapping the ball (a snap can be between the legs, or an underhand toss from a standing position). A lineman is ONLY eligible to go out for a pass if no defensive player makes an initial attempt to rush the QB.
- Blocking is permitted; however any blocks below the waist (chop/cut block) are considered illegal and will result in an unsportsmanlike penalty.
- Run plays are permitted. Once the ball is passed the line of scrimmage no laterals are permitted (play will be whistled dead at the spot of the lateral).
- A player must have both feet inbounds with possession of the ball for the play to be ruled a catch.
- Any fumble (ball contacts the ground) is considered a dead ball and cannot be recovered/returned by the defense.

## THE DEFENSE

- There is no limit to the number of defensive players that are permitted to rush the quarterback. (i.e. teams can send all 6 players back into coverage, or rush any combination of players).
- Defensive players may not hold, pull, grab, tackle or shove a ball carrier. Use of excessive force will be considered an unsportsmanlike conduct penalty.
- A defensive player makes a "tackle" by removing the ball carrier's flag. Upon removing the flag, the defensive player MUST hold the flag up in the air to indicate to the referee that the player is "tackled".
- A player is considered "down" when his/her flag is removed by a defender or when a player's knee, elbow or body touches the ground.
- The end of the play will be signified by the whistle of the referee
- If a flag is removed by a defensive player, prior to full possession (as determined by referee), the offense is not considered tackled and play continues with no infraction charged.
- If a player's flag inadvertently falls off during the play, the defense must touch the player with two hands and then he is considered down and the play will be whistled dead.

## THE PENALTIES

### OFFENSE

**Delay of Game**- When a team fails to snap the ball prior within the 35 second play clock. **Result:** 5 yard penalty.

**False Start**- An offensive player is not set at the snap of the ball. **Result:** 5 yard penalty.

**Holding**- An offensive player holds an opponent while attempting to make a block. **Result:** 10 yard penalty from the spot of the foul (repeat of down).

**Pass Interference:** An offensive player pushes or illegally contacts a defender in attempt to gain an advantage to catch the ball **Result:** 10 yard penalty from line of scrimmage (repeat of down).

**Flag Guarding:** Any attempt to block a defender from getting your flag which includes: 1. Pushing an opponent or stiff arming 2. Lowering an arm to shield the flag. 3. Dipping the shoulder. **Result:** 10 yard penalty from the spot of the foul (loss of down).

### DEFENSE

**Delay of Game**- Any blatant attempt to stall an offense from getting a play off.

**Result:** 10 yard penalty, automatic first down awarded to the offense and stoppage of clock.

**Offside:** Crossing the line of scrimmage before the play is initiated.

**Result:** 5 yard penalty

**Pass Interference:** Hindering an offensive player from catching the ball by making illegal contact.

**Result:** Ball placed at the place of the foul; automatic first down

**Unsportsmanlike Penalty-** When a player demonstrates unsportsmanlike behavior which includes, but is not limited to: foul language, taunting, fighting, excessive force (tackling, shoving), or any other behavior deemed inappropriate. Any player receiving two unsportsmanlike penalties within the same game will be removed from the game and suspended for the next scheduled game. Note: The referee has the ability to remove a player from the game (prior to getting a second unsportsmanlike penalty) if he/she feels the original behavior was excessive enough to warrant the removal.

## THE REST

- The league will provide game flags/belt and football.
- No metal cleats are allowed. Players may wear sneakers, turf shoes or molded plastic cleats.
- Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- Each team is responsible for wearing matching colored shirts/jerseys. If two teams cannot be differentiated by the referee due to the similarity in color of jerseys, one team will be provided with mesh pinnies.
- Players' jerseys must be tucked in at all times and not cover their flags.
- Pants or shorts with belt loops or not permitted.