



GREELEY
RECREATION

Flag Football Rules

2019

www.teamsideline.com/greeley

SECTION 1

GENERAL RULES

- 1.1.1 **NO CONTACT IS ALLOWED** – This will strictly be enforced. Players will be subject to ejection and fines. Ejections will carry a minimum of a 2 (two) game suspension in the program and division that you were suspended from and are ineligible to participate in any other City of Greeley Culture, Parks, & Recreation Division activities that you are involved in until your 2 game suspension is complete and the fine is paid in full.
- 1.1.2 No blocking.
- 1.1.3 A coin toss determines first possession.
- 1.1.4 The offensive team will take possession of the ball at their 5-yard line and has three (3) plays to cross mid-field for a first down, and then will have three (3) plays to score a touchdown.
- 1.1.5 If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts on the offenses 5-yard line.
- 1.1.6 Teams change sides after the first 18 minutes. The team that started the game with the ball will begin the second half on defense. There will be a 2-minute half time. The clock does not stop during the game with the exception of overtime and the last 2 minutes of the game if an incomplete pass is thrown or a player runs out of bounds (only applies if game is within 14 points).
- 1.1.7 Each time the ball is spotted the possessing team has: 30 seconds to snap the ball. Teams will receive one warning (per game) before a Delay of Game penalty is enforced. Delay of game penalty is 10 yards and loss of down.

PLAYERS / GAME SCHEDULES

- 1.2.1 Teams must field a minimum of four (4) players at all times.
- 1.2.2 Regular play is with five (5) players on the field at a time.
- 1.2.3 Coed teams must field two (2) female players at all times.

- 1.2.4 If a team or teams are more than 5 minutes late for their scheduled games the team will forfeit.
- 1.2.5 City of Greeley reserves the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances

SECTION 2

ATTIRE

- 2.1.1 Shirts must be tucked in shorts, pants, etc. (Inspections can and will be made)
- 2.1.2 Players on teams must wear same color shirts, or same logo—failure to do so will result in non-offending team receiving the ball to begin both halves of the game and a 5-yard penalty for the offending team.
- 2.1.3 Only the Team Captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- 2.1.4 Games cannot end on a defensive penalty, unless the offense declines it.
- 2.1.5 Teams have until the second week of the season to outfit team in uniforms.
- 2.1.6 Cleats are allowed, except for metal spikes (Inspections can and will be made).

PLAYER CHANGES

- 2.2.1 Teams may roster up to 12 players.
- 2.2.2 Roster checks will be conducted throughout the season based on a protest. However, mandatory rosters checks will occur before all playoff games. Players must have a picture id and be listed on the official roster to be eligible to participate; any player without a picture id or not listed on the official roster will not participate. If a player is found to not be on the official roster the team risks a \$40 fine and game penalty.
- 2.2.3 All team rosters will lock upon the completion of the 4th (fourth) game of the season.

- 2.2.4 All players must be listed on the roster and have participated in at least 1 (one) regular season game to participate in the tournament.
- 2.2.5 Player changes may be made with the Site Supervisor at the fields on the roster.

SECTION 3

RUNNING

- 3.1.1 The quarterback CAN run if he is rushed and outside the no run zones. Once the ball leaves the quarterback's hand, any defensive player can rush.
- 3.1.2 Only direct hand-offs and lateral passes are allowed behind the line of scrimmage and are considered legal. If the ball goes forward, then it must pass the line of scrimmage. Offense may use multiple hand-offs / laterals.
- 3.1.3 The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
- 3.1.4 "No Running Zones" are located 5-yards before midfield and 5-yards before the end zone in each offensive direction.
- 3.1.5 "No Running Zones" are designed to avoid short yardage power running situations.
- 3.1.6 Spinning is allowed but players cannot leave their feet to avoid a defensive player.
- 3.1.7 The ball is spotted where the ball carrier's belt is when the flag is pulled, not where the ball is. Ball and flags must break the plane for a 1st down and touchdown.

PASSING

- 3.2.1 All passes must be forward and received beyond the line of scrimmage.
- 3.2.2 Shuffle passes are allowed but must be received beyond the line of scrimmage.

- 3.2.3 QB has a 7 second “pass clock”. If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off the 7-second rule is no longer in effect.
- 3.2.4 Interceptions can be run back. All players on the intercepting team then must freeze aside from the ball carrier. Failure to freeze will result in player being down at the spot of the foul.

RECEIVING

- 3.3.1 All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- 3.3.2 Only one player is allowed in motion at a time. There are NO Arena Motion Starts.
- 3.3.3 Player must have at least one foot in bounds when making a catch.
- 3.3.4 Pass may not be intentionally tipped in any direction to another teammate.

RUSHING THE QB

Players not rushing the QB may defend on the line of scrimmage.

- 3.4.1 All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
- 3.4.2 Once the ball has been handed off, the 7-yard rule is no longer in effect and all defenders are eligible to rush.
- 3.4.3 A special marker, or the referee, will designate seven (7) yards from the line of scrimmage.

SCOREING

- 3.5.1 Games are 40 min long.
- 3.5.2 A game will be considered complete once:
 - 3.5.2.1 A team scores 49 points and leads by 7 or more points.

3.5.2.2 A team leads the opponent by 35 or more points at any point in the game.

3.5.3 TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points.

TIME OUTS

3.6.1 Each team has one (1): 30-second time out per half, in which the clock stops.

3.6.2 Officials can stop the clock at their own discretion.

DEAD BALLS

3.7.1 Play is ruled “DEAD” when:

3.7.1.1 Offensive player’s flag is pulled

3.7.1.2 Ball carrier steps out of bounds

3.7.1.3 Touchdown is scored

3.7.1.4 Ball carrier’s flag falls out

3.7.1.5 Receivers flag falls out (play is dead at point of reception)

3.7.2 If the QB takes a snap without both flags, the ball is dead where he or she receives the snap.

3.7.3 There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead.

SPORTSMANSHIP / ROUGHING

3.8.1 If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act; the game will be stopped and the player can be ejected from the game. League supervisor may decide to eject players from the league. Foul play will NOT be tolerated!

3.8.2 Trash talking is illegal. Official has the right to determine language, which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking.

- 3.8.3 A players shall be responsible for their own actions. If they are involved in conduct considered as poor sportsmanship or disrespect, the officials and field supervisor have the authority to penalize the player as they see fit. The Sports Coordinator will have the authority to decide if further action will need to be taken.
- 3.8.4 Sportsmanship will be strictly enforced, and violations of this rule will be dealt with quickly and severely.

OVERTIME

- 3.9.1 If the score is tied at the end of thirty eight (38) minutes, teams move directly into overtime.
- 3.9.2 Coin toss determines possession.
- 3.9.3 Each team receives three (3) plays from their own 5-yard line. If both teams are successful, ball will be moved back to the 12 yard-line and both teams will have three (3) more attempts. If both teams are successful again, ball will be placed on the 20 yard-line and both teams will have three (3) more attempts at scoring.
- 3.9.4 All extra points from the first possession of overtime will be attempted from the 12 yard-line.
- 3.9.5 Each team gets a chance to be on offense. If the game is still tied after three (3) attempts from all three (3) areas, then the game will result in a tie. In the playoffs, the game is continued until an offense scores.

MISCELLANEOUS

- 3.10.1 If a flag is pulled before the football leaves the QB's hand, the QB is down.
- 3.10.2 If a team wishes to levy a Protest, the protest must be made at point of infraction. State the protest and the game will be completed "under protest." The game will not be reviewed until the \$35 protest fee is paid at the Downtown Recreation Center or the FunPlex by 5:00PM of the next day along with a written description of what is being protested. If the protest is

found valid then the \$35.00 fee will be returned. If the protest is not found valid then the \$35.00 fee will not be returned.

3.10.3 Only time the clock stops is when the score of the game is within 14 points and less than 2 minutes remains in the game.

3.10.3.1 Clocked is stopped when players go out of bounds and after a touchdown. (Clock also does not run for extra-point attempt)

SECTION 4

PENALTIES

4.1.1 All penalties will be called by the referee and may be declined by the non-offending team.

4.1.2 All penalties are assessed from the original line of scrimmage.

DEFENSIVE PENALTIES

4.2.1 Offside

4.2.2 Interference

4.2.3 Illegal Contact (holding, bump and run, blocking, etc.)

4.2.4 Illegal Flag Pull (before receiver has ball)

4.2.5 Illegal Rushing (begin rushing from inside 7 yard marker)

4.2.6 All defensive penalties are 10 yards (from the line of scrimmage) and automatic 1st down

OFFENSIVE PENALTIES

4.3.1 Illegal Motion (more than 1 person moving, false start, arena motion, etc.)

4.3.2 Illegal Forward Pass (pass received behind the line of scrimmage)

4.3.3 Offensive Pass Interference (illegal pick play, pushing off / away defender)

4.3.4 Flag Guarding

- 4.3.5 Delay of Game – Clock will stop / 10 yards and loss of down
- 4.3.6 All offensive penalties are 10 yards (from the line of scrimmage) and loss of down.
- 4.3.7 Within 10 yards of goal, ball is placed at ½ distance to the goal.
- 4.3.8 Referees determine incidental contact, which may result from normal run of play

SECTION 5

DIVISIONAL TIE BREAKERS

- 5.1 Ties will be broken in the following way:
 - 5.1.1 Winning Percentage
 - 5.1.2 Head-to-Head
 - 5.1.3 Head-to-Head Differential
 - 5.1.4 Total Points For
 - 5.1.5 Total Points Against
 - 5.1.6 Total Point Differential
 - 5.1.7 Lowest Number of Forfeits
 - 5.1.8 Coin Toss

TOURNAMENT PLAY

- 5.2.1 A bye in the tournament will count as 1 of the 2 game guarantees.
- 5.2.2 Awards will be given to top finisher of the tournament.
- 5.2.3 Roster will be checked before tournament games. Players must have picture ID's and be on the legal roster to play