

City of Folsom

Parks and Recreation Department

NFL Flag Football

All DIVISIONS



2026
Handbook

Revised: 1/29/2026

Pre-Game Information

1. Completion of a liability waiver by the participant's parent(s) or guardian(s) is required.
2. Participants must be enrolled in a 2nd through 8th grade class to participate.
3. Players receive a reversible NFL Flag Football jersey, shorts and flag set.
4. The recreation Coordinator reserves the right to add players to and/or remove players/coaches from teams as necessary.
5. The Recreation Coordinator reserves the right to adjust schedules as necessary.
6. Game schedules and waivers can be found at <https://teamsideline.com>.
7. Parents, families, and friends must sit on the opposite side of the field from the players and coaches during the game. Coaches may not coach on the field.
 - a. **except in the 2nd/3rd grade divisions.**
8. The playing field will be 30 yards wide X 60 yards long including the end zones.
9. Corners of the playing field, goal lines, and midfield will be marked by pylons. 5-yard no-run-zones will be marked with cones.
10. The no-run zone only applies to 4th/5th and 6th/7th/8th grade divisions.

Attire

1. Cleats are allowed, except for metal spikes. Equipment Inspections will be made. No bare feet or open-toes shoes allowed. Pants/shorts without pockets ONLY. Players can wear pants/shorts that have pockets, but they must be taped. (Duct tape is preferred)
2. All players must wear protective mouthpieces; there are NO EXCEPTIONS.
3. All players must wear their official NFL Flag Football jersey during play.
4. Players must remove all jewelry and hard billed hats. Winter beanies are allowed.

Getting Started

1. All divisions will play 6v6.
2. The home team will wear dark colored jersey with the Visiting team wear light-colored jerseys.
3. A coin toss will determine who starts with the ball. The visiting team will call the toss. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
4. Game length is two (2) 22-minute running time halves. Each team is allowed two (2) one-minute time-outs per half. There may be an official time-out to assist an injured player at the discretion of the referee. There will be a 5-minute halftime.

5. The offensive team takes possession on its five (5) yard line and has four (4) plays to cross the first down marker. If the offense fails to make a first down, the ball changes possession and the new offensive team takes over on its own five (5) yard line.
6. Ball must be snapped between the legs, not off to the side, to start play.

During the Game

1. All possession changes, except interceptions, start on the offense's five (5) yard line.
2. Prior to the start of the 2nd half, teams change sides with possession of the ball going to the team that started the game on defense.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one (1) warning each before a delay of game penalty is enforced. This rule does not apply to 2nd/3rd division
4. No overtime periods.
5. Coaches for 4th/5th & 6th/7th/8th grade divisions must return to their appropriate sideline after calling play when on offense and defense before the ball is snapped.
6. A team winning by three touchdowns or more will not be allowed to rush the quarterback.
7. All participating players are required to play at least 50% of the game. Each coach is responsible to make sure all kids regardless of ability get equal playing time.

Offense:

Scoring

Touchdown:	6 points
Extra points	1 point (from 5-yard line) PASS only
	2 points (from 12-yard line) pass or run

Safety: 2 points & defensive team receives ball

***The offense must have three players on the line of scrimmage (LOS) at the time of the snap.**

Running

1. The quarterback cannot run the ball.
2. Direct hand-offs behind the line of scrimmage are permitted. The offense may use multiple hand-offs. **Pitches/laterals** are permitted behind the line of scrimmage for only 4th/5th and 6th/7th/8th grade divisions not the 2nd/3rd grade divisions.
3. 4th/5th and 6th/7th/8th grade divisions will have a max of (2) running plays per 4 downs.
4. 2nd/3rd grade division must have a minimum of one pass per 4 downs.
5. The player who takes the hand-off can throw the ball from behind the line of scrimmage. This is considered a running play.
6. Once the ball has been handed-off, all players are eligible to rush.
7. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving or jumping).
8. The ball is spotted from where the ball is when the flag is pulled.
9. All offensive players must stand still when the ball is in possession past the line of scrimmage (LOS). No shadow blocking or screening allowed.
10. "Center sneak" play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.

Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed-off behind the line of scrimmage).
2. Per NFL Flag Football rules, only one (1) player is allowed in motion at a time. The player in motion must run parallel to the LOS.
3. Players must have at least one (1) foot in-bounds before stepping out of bounds when making a catch.
4. Players cannot impede the rusher. No offensive player can stand in front of the rusher. There must be clear path from rusher to quarterback.

Passing

1. All forward passes must be overhand and beyond the line of scrimmage.
2. If a quarterback hands the ball off and the running back throws it, the play is considered a running play. It's an option play not a pass play.
3. The quarterback has a seven (7) second "pass clock". If a pass is not thrown within the seven seconds, the play is dead, and is ruled a sack. Once the ball is handed off, the seven second rule is no longer in effect.
4. Interceptions can be run back. This is the only change of possession that is not marked on the offense's five (5) yard line.

Dead Balls

1. Substitutions may be made on any dead ball.
2. Play is ruled "dead" when:
 - a. Ball carrier's flag is pulled.
 - b. Ball carrier's flag falls off.
 - c. Ball carrier steps out of bounds.
 - d. Ball carrier's knee hits the ground.
 - e. Seven (7) second passing rule comes into play.
 - f. Ball is fumbled.
 - g. Touchdown or safety is scored.
 - h. Ball-carrier leaves their feet diving or to hurdle a player.
 - i. Inadvertent whistle
 - i. If inadvertent whistle occurs the offense has two options:
 1. Take the ball where the whistle blew, and the down is consumed.
 2. Replay the down from the original line of scrimmage.
 - ii. If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

Defense

Rushing the Quarterback

1. All players who rush the quarterback must be a minimum of ten (10) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Contact with the Quarterback is prohibited. Defensive player cannot knock the ball out the quarterbacks' hands. Defense must go for the flag. No contact with the quarterbacks arm.

2. Players not rushing the quarterback may defend on the line of scrimmage.
3. Once the ball is handed off, the ten (10) yard rule is no longer in effect. Special markers on the field will designate the ten (10) yard rush line.
4. **A team winning by three touchdowns or more will not be allowed to rush the quarterback.**

Sportsmanship/Roughing

1. If a referee or program staff member witnesses any unsportsmanlike conduct such as, but not limited to, tackling, elbowing, cheap shots, blocking, or actions deemed inappropriate to the game, the game will be stopped, the referee will assess a penalty and the player will be excused from the game.
2. Trash talking is forbidden. Officials have the responsibility to determine offensive language, gestures, or actions. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs the referee will assess a penalty for unsportsmanlike conduct and warn the offending player or coach. If it continues, the offender(s) will be excused from the game.
3. The head coach is ultimately responsible for the on field and sideline behavior of everyone associated with their team: assistants, players, guests. If proper decorum is not maintained, the offending team will forfeit, and the game suspended.
4. The purpose of City of Folsom Parks & Recreation Department programs is to promote and encourage safe and positive leisure time activities for all participants.

FOUL PLAY or LANGUAGE WILL NOT BE TOLERATED

Penalties

Defense	
Offside	5 yards and automatic first down
Interference	At the spot of the infraction and automatic first down
Illegal contact (holding, blocking, w/ quarterback, etc.)	10 yards and automatic first down
Illegal FLAG pull (before receiver has ball)	10 yards and automatic first down
Illegal rushing (starting rush from inside 10-yard marker)	5 yards and automatic first down
Unnecessary roughness/roughing the passer	10 yards and automatic first down
Unsportsmanlike conduct	10 yards and automatic first down
Offense	
illegal motion (more than one person moving, offsides, false start, etc.)	5 yards and loss down

Illegal forward pass:	
Overhand pass that does not go past the line of scrimmage.	5 yards and loss of down
Impeding the rusher/illegal contact	5 yards from the line of scrimmage and loss of down
Unnecessary roughness/sportsmanlike conduct	10 yards and loss of down
Offensive pass interference (pushing off/away defender)	5 yards and loss of down
FLAG guarding	5 yards and loss of down
Delay of game	Clock stops, 5 yards and loss of down

1. All penalties will be called by the referee. Referees' decision is final, and no protestations will be allowed.

Games cannot end on a defensive penalty unless the offense declines it.

Referees determine incidental contact that may result from normal run of play.

The coach may ask the referee questions about rule clarification and interpretations but is prohibited from questioning judgment of call.

Ejections and Suspensions

1. Any player ejected from a game will be suspended for a minimum of one game. In addition to the ejection, the suspension will be served at the next scheduled game.
2. Any coach/spectator ejected from a game will be suspended for a minimum of one game and may be removed entirely from the program and future programs if necessary.
3. The program coordinator reserves the right to remove any player/coach/spectator from the program that creates an unsafe or negative atmosphere during the program time.

CONTRACT OF UNDERSTANDING

- Any individual suspended has the right to appeal to the Recreation Supervisor in charge of the Youth Sports League facilitated by the City.

- Any Code of Conduct violation involving a physical attack will result in an immediate suspension and will remain in effect until the time of the appeal hearing.
- Individuals violating more than one code infraction can be assessed a combination of all.
- Individuals on probation for a Code of Conduct violation that are reported for another violation of the Code of Conduct, will face double the normal penalty for the new violation. Any probation or suspension included in the penalty for the new violation will run consecutively with the former penalty.
- Any violations not specifically listed are at the discretion of the Recreation Supervisor.
- The City of Folsom reserves the right to make changes to the Code of Conduct at any time.

For questions, contact Folsom Parks & Recreation at 916-461-6650.

YOUTH SPORTS LEAGUE PLAYER CODE OF CONDUCT

The City of Folsom – Parks and Recreation Department, has established the following player rules of conduct. Any person(s), including coaches and spectators, involved in the following offenses may be penalized. Penalties for violations may range from the minimum to the maximum, depending on the individual's prior violations, the degree of the violation and the circumstances surrounding the incident. The Recreation Coordinator will determine the length of all suspension.

No Player Shall: Minimum Penalty: Maximum Penalty:	At any time, push, shove or threaten another player, spectator, or staff member. Removal from game and premises; one game suspension; one year probation. Ten years suspension from all Department sponsored programs.
No Player Shall: Minimum Penalty: Maximum Penalty:	Be guilty of a physical attack (striking or punching) as an aggressor upon any Department staff member, official, player or spectator. One year suspension and one year probation. Ten years suspension from all Department sponsored programs.
No Player Shall: Minimum Penalty: Maximum Penalty:	Discuss the decision of any matter reached by an official, except the manager/captain. Refuse to abide by any officials or Department staffs' decision. Warning by the official or Department staff member. One year suspension and one year probation from all Department sponsored programs.
No Player Shall: Minimum Penalty: Maximum Penalty:	Be guilty of using unnecessary rough tactics in the play of a RECREATIONAL game against the body or person of another player. Be guilty of taunting or degrading anyone. Be guilty of an abusive verbal attack upon any player, official or spectator. Removal from game and three months' probation. One year suspension and one year probation from all Department sponsored programs.
No Player Shall: Minimum Penalty: Maximum Penalty:	Be guilty of discussing his/her personal opinion of any player, spectator, official, Department staff, play or decision publicly with spectators in a derogatory manner. Use language that is offensive and/or contains profanity. Warning by the official or Department staff member. One game suspension and three-month probation.
No Player Shall: Minimum Penalty: Maximum Penalty:	Play under another individual's name, falsify name or address on official roster form; appear on the field at any time in an impaired condition; follow a Referee off the field in a threatening manner. Removal from game and one-year probation in all Department sponsored sports programs. One-year suspension and one year probation in all Department sponsored sports programs.
No Player Shall: Minimum Penalty: Maximum Penalty:	Appear on the field under the influence of drugs or alcohol. Follow a referee off the field in a threatening manner. Removal from game and three months' probation. One year suspension and one year probation from all Department sponsored programs.
No Player Shall: Minimum Penalty: Maximum Penalty:	Participate in the program with a financial debt outstanding to the league. Rostered players can also be affected. Suspension from all Department Sponsored Programs. Suspension from all City of Folsom Leagues, programs and activities.