

Holland Parks & Recreation
Adult 7v7 Flag Football Rules

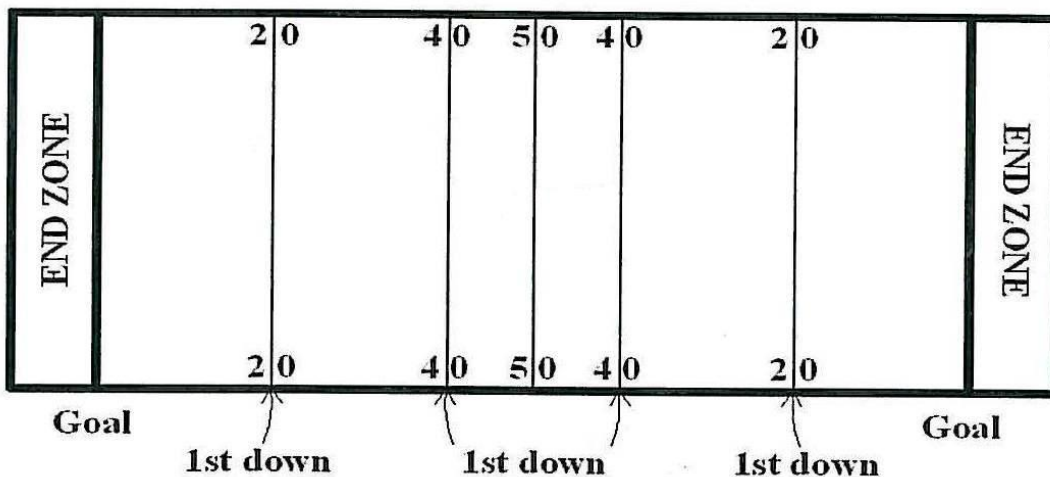
ALL OTHER RULINGS (if applicable) - Rules not covered by Holland Parks & Recreation Flag Football rules will automatically defer to MHSAA rules and procedures.

THE PLAYING FIELD

DIMENSIONS – The game is played on a regulation football field that measures 100 yards in length.

MARKINGS – First down markers are positioned in set locations every 20 yards. First downs are only achieved by crossing these markers.

PLAYERS AREA – There will be a designated area for players and coaches located on each side of the playing field, between the 20-yard lines. This is a mandatory location during the games for teams. Teams will be penalized 5 yards for every time they are out of this designated area during their game.



EQUIPMENT

THE BALL – Each team must provide a fully inflated NCAA or Pro Type Football. The referee shall be the sole judge as to whether all balls offered for play comply with these specifications. Small college or high school footballs are prohibited.

FLAG BELTS – Each team will be provided flag belts which must be returned after the game. A player caught with a “tied” or illegal flag belt will be ejected from the game and an unsportsmanlike conduct penalty will be assessed to the team. Shirts MUST be tucked in.

CLEATS – Only molded cleats are allowed. Screw-ins, metal, or metal-tipped cleats will not be permitted.

UNIFORMS - Teams will be required to wear like color shirts or jerseys. Opposing teams may not wear similar colored shirts. Bring a light and dark-colored shirt. If team colors conflict, the away team will wear provided mesh jerseys.

PLAYERS

PLAYERS ON FIELD – The game is to be played with seven players on the field. More than seven players on the field is illegal. A minimum of six (6) players needed to play. The penalty for too many players is 5 yards for illegal substitution or 10 yards for illegal participation.

AGE: Players must be at least 16 years of age to play. If a player is under 18, please contact the Holland Recreation office as waivers must be completed for minor players. High school students are not eligible to play on a team if they are currently participating in an MHSAA sport.

CAPTAINS – At the beginning of the game, each team must designate a captain. The captain will act as the sole representative of their team in all communications with the officials. No other players may question the officials.

ROSTERS – All team members must sign a waiver/roster form prior to playing. Only players on a roster are eligible to participate in league games. Team rosters/waivers will be filled out at the field on the first night of league play. Any roster changes or substitute players must sign a waiver/ roster at the field prior to their first game. Players must have participated in at least three (3) games to be eligible for the playoffs/tournament. All players must be on a roster and sign the waiver prior to playing. If a roster is protested in playoffs, any players not on the roster and not having played in three games will be ineligible to play.

PARTICIPATION: Players are allowed to play on only ONE team in Holland Recreation’s Adult Flag Football program regardless of the night each team plays on.

CHECK-IN: Players must check-in with Holland Recreation staff each night of play prior to taking the field. If a player does not check-in, then their attendance at that game will not count towards the three (3) games needed for playoff eligibility.

SUGGESTED ROSTER MAXIMUM: 14 Players *Teams may have more players on their roster, but only six championship shirts will be given at the end of the season.

GAME TIMING

LENGTH OF THE GAME – Playing time is two (2) twenty-minute (running time) halves with the last one (1) minute of each half played under the rules provided in a “normal stop clock” situation. Teams will switch sides at halftime.

EXCEPTION: The clock will run continually in the last minute of the game unless ten (10) points or less separate the two teams.

HALFTIME – Between the first and second halves, there shall be an intermission of two (2) minutes. Teams will switch sides after halftime only.

STARTING EACH GAME – A coin toss will determine either of one of three choices, which team is to receive the ball or which goal his team will defend or defer to the second half. The second half is a reversal of first half choices.

TIMEOUTS – Each team is allowed two timeouts per half. Charged timeouts can be used at any time. Timeouts will not carry over into overtime; one timeout per team in overtime. The time clock will begin at the snap of the next play. Teams will be given one (1) timeout total in overtime.

EXCEPTION: The referee may allow necessary time to attend to an injured player; or repair legal equipment, in which case the clock will STOP.

TIME BETWEEN PLAYS – The offensive team has 30 seconds in which to snap the ball once the referee has spotted the ball after the previous play has been ruled dead. It shall be the responsibility of the players to retrieve the ball and hand it to the referee after each play. The referee will indicate by signaling the offensive team when 10 seconds remain on the 30-second clock, and a loss of down will incur if the ball is not snapped within 30 seconds.

MERCY RULE – Should a team be trailing by 30 points at any time in the second half, the referees shall end the game immediately. There will be no exception to this mercy rule. The clock will run continually in the last minute of the game unless ten (10) points or less separate the two teams.

OFFENSE

LINE OF SCRIMMAGE – Both the offensive team and defensive team must have at least three (3) players on the line of scrimmage at the time of the snap.

MOTION – Only ONE PLAYER can be in motion at the snap of the ball and must be running parallel to the line of scrimmage. Please note that more than one player can initially shift.

OPEN HAND BLOCKING – During a legal block, contact can be made with OPEN HANDS ONLY. Open Hands can be thrust forward initially to contact an opponent inside his body frame. Hands cannot be thrust forward above the shoulders

to contact an opponent on the neck, face, or head. As the play develops a blocker is permitted to work for and maintain position on an opponent as long as he does not push from behind or clip. Open hand blocking is allowed on all portions of the field and is not restricted to the line of scrimmage. Two-on-one blocking is allowed.

ELIGIBLE RECEIVERS – All 7 players, including the linemen, are eligible to run downfield and catch a pass.

FORWARD PASSES – The offensive team is only allowed ONE forward pass, which is to occur behind the line of scrimmage.

FLAG GUARDING / STIFF ARMING – Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm, or shoulder, or intentionally covering flags with the football or jersey. Diving, leaping, hurdling, or jumping to advance the ball is considered flag guarding. Play will be dead at the spot of the foul and will result in a 5-yard penalty from the spot of the foul and loss of down unless the ball carrier exceeds the first down mark by more than 5 yards. Stiff arming is illegal and is subject to an unnecessary roughness penalty if severe. This rule is at the official's discretion for the safety of the players.

JUMPING: Ball carriers are not permitted to leave their feet in an effort to avoid flag pulling. Play will be dead at the spot of the jump.

CENTER SNAP – Center's shoulders must be parallel to the line of scrimmage. All center snaps must pass through the center's legs. No direct QB to center handoffs – must be in shotgun formation. Quarterback must be 5yds behind LOS.

DEFENSE

RUSHING – Any number of players can rush the Quarterback (QB). Players rushing the QB may attempt to block a pass. However, NO excessive contact can be made with the QB or passer in any way. The defense may attempt to block a pass provided they do not strike the passer.

FLAG PULLING – A legal flag pull takes place when the ball carrier is in full possession of the ball. Defenders can dive to pull flags, but cannot tackle or intentionally hold or restrict the progress of the ball carrier when pulling a flag. It is illegal to attempt to strip or pull the ball from the ball carrier's possession or the Quarterbacks hand at any time. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball. The penalty is 10 yards and an automatic first down.

BUMP AND RUN – Bump and run is allowed on a receiver within five (5) yards of the line of scrimmage by only one defensive player.

TACKLING - A legal tackle is defined as pulling OFF the ball carrier's flag belt, without impeding his forward movement. Incidental contact does not constitute a penalty against the offense or defense. Tackling a ball carrier is illegal, as is aggressively shoving or pushing the ball carrier to the ground or out of bounds, which will result in a 15 yard penalty plus an automatic first down.

FIELD & BALL POSITIONING

SPOTTING THE BALL – The ball will be placed at the point where the ball is when the flag is pulled.

BALL CARRIER IS NOT WEARING OR INADVERTENTLY LOSES HIS FLAG BELT – In the event a ball carrier is not wearing or loses his flag belt inadvertently; single hand touching of the ball carrier will constitute a legal tackle.

BALL CARRIER INADVERTENTLY FALLS TO THE GROUND – A ball carrier who falls to the ground is considered down and will not be allowed to get back up to play.

FUMBLES – There are no fumbles. When the ball carrier loses control of the ball and it touches the ground the play is ruled dead and the ball is spotted at the point it touched the ground as long as the spot is at or behind the ball carrier's forward progress.

BAD SNAPS FROM CENTER – Any center snap that is dropped and touches the ground will be ruled dead at the spot the ball hits the ground.

BALL PLACEMENT – The team which is receiving the ball at the start of the game, after a touchdown, or a after a field goal will start the ball at their own 20-yard line. Following a safety, the offense will start with the ball on the 40-yard line. There will be NO KICKOFFS to start play.

PUNTING – The offensive team is allowed to punt the ball on fourth down to better their field position. On fourth down the referee will ask the offense what they wish to do. The offense must declare what they will do, go for the first down, or punt. The offensive team has 10 seconds to make the decision. The offense may not change their mind on fourth down unless they use a timeout. The punter must be 10 yards behind the line of scrimmage and has 5 seconds to punt the ball. If a punt touches a player, i.e. muff, the ball will be spotted where it touches the ground. Punts can be returned. If the punter moves inside 10yds of LOS the play will be called dead, a 5yd penalty will be assessed and the down will be repeated.

OVERTIME – If both teams are tied after regulation, the game will go into overtime. Each team has (4) downs to score from the 20-yard line of the field closest to the end zone. Both teams get equal chances to score. In regular-season games, if no winner is determined after two (2) overtime periods the game will be considered a TIE. In tournament play or playoffs this will be repeated until a winner is determined. Teams must go for two (2) after the second overtime.

SCORING

TOUCHDOWNS – 6 points

FIELD GOALS – 3 points; the offensive team has the option to kick for a field goal, which will not be rushed by the defense. The offensive team has 5 seconds to decide on the field goal. Once the offense declares they will attempt a field goal they may not change their minds unless they are willing to be charged with a timeout. The field goal must be kicked from 10 yards behind the line of scrimmage. A missed field goal will be returned to the 20-yard line.

EXTRA POINT – 1 point (5-yard line) and or 2 points (10-yard line)

SAFETY – 2 points

OFFENSIVE / DEFENSIVE PENALTIES

OFFSIDES – A defender will be considered offside when he breaks the neutral zone prior to the snap, even if there is no contact made with the offense. You are not allowed to jump back. 5-yard penalty and replay the down.

NOT ENOUGH PLAYERS ON THE LINE OF SCRIMMAGE – The offense and defense are both required to have at least three (3) players on the line of scrimmage. If either fails to have three players on the line at the start of the play, a flag will be thrown and will be a 5 yard penalty if accepted.

DEFENSIVE HOLDING – This occurs when a defender grabs the ball carrier and impedes his forward progress. This includes when the defender attempts to pull a flag and misses and grabs the ball carrier's shorts or shirt. 10-yard penalty.

PASS INTERFERENCE – Will result in a 15-yard penalty from the line of scrimmage.

FIGHTING AND UNSPORTSMANLIKE CONDUCT ZERO TOLERANCE

Fighting and unsportsmanlike conduct will not be tolerated! Players ejected by the referee for striking an opponent or official may face criminal charges. A player ejected for striking (i.e. throwing a punch) another player will be suspended INDEFINITELY. There will be no exceptions to this rule. Verbal abuse & inappropriate language will not be tolerated. Such abuse, when deemed appropriate, will be grounds for game ejection and possible league suspension. Taunting and over excessive celebration will also be grounds for a personal foul or ejection. Penalty will be 15 yards for unsportsmanlike conduct. Any player ejected from a game will automatically be suspended for the next playable game. Player must leave playing field and surrounding area.

Penalty Reference Guide

Foul	Penalty
Offsides/False Start Motion	5 Yards
Flag Guarding	5 Yards + Loss of Down
Sideline Infraction (Players Area)	5 Yards
Delay of Game	Loss of Down
Illegal Motion	5 Yards
Illegal Formation	5 Yards
Illegal Flag Pull	10 Yards + Auto First
Intentional Ball Strip	10 Yards + Auto First
Holding	10 Yards
Unsportsmanlike Conduct	15 Yards + Auto First
Offensive/Defensive Pass Interference	15 Yards
Unnecessary Roughness	15 Yards + Auto First