



## ADULT FLAG FOOTBALL LEAGUE RULES

### SECTION 1: PLAYERS AND EQUIPMENT

1. As a team coach, it is your responsibility to notify all of your team members of all policies and procedures relating to the Burlson Recreation Center's flag football league. Notifying all team members of place, date and time of the contest and see that everyone is ready to play at the scheduled game time is recommended. Team members should show up at least 15 minutes prior to their scheduled game time. **Game Time is Forfeit Time... No Excuses!**

2. All team members must sign a Roster/ Waiver at the Chisenhall Flag Football Field on their game night prior to competing.

3. **Team Roster:** Will be limited to 16 players. Teams may add to roster throughout the season with the field attendant during their game night. The deadline to add to a roster is prior to completion of the teams' 4<sup>th</sup> game.

4. **Participation:** Players are only allowed to compete on 1 team per season. Any player who plays on more than 1 team within a division will be declared ineligible for all adult athletic sports for the rest of the season. The games in which he/she played will be declared as forfeits.

5. **Players:** A team will consist of a minimum of 8 players.

A. Teams may start a game with less than the required number of players. (May start with 6 players)

6. **Blood Rule:** If there is any blood present on a player or his/her uniform he/she must leave the game until the situation has been resolved. Once the situation has been resolved the player may re-enter the game.

7. **Ejection:** If an official removes a player from a game, he/she will not be eligible to participate in any adult athletic event until they have met with the Athletics Supervisor, Daniel Shafer. Ejected players are required to leave the facility for the remainder of the night. It is the responsibility of the ejected player to contact the Athletics Supervisor the following day to set up a meeting. (817-426-9113)

#### 8. Equipment / Uniforms:

A. **Shoes:** The players may wear regular football/soccer cleats (rubber, plastic or detachable plastic) or tennis/running shoes. No open toed shoes, boots or bare feet will be allowed. **METAL SPIKES ARE NOT ALLOWED!**

B. **Jerseys:** Teams must wear like colored jerseys.

C. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn during play. Any player with exposed permanent jewelry (i.e. body piercing) will not be permitted to play unless the jewelry is removed.

**D. Headwear:** No hats, visors, helmets, bandanas or any other hard headwear may be worn at any time. Cloth or elastic headbands may be worn to control hair.

**E. Shorts:** Players must wear athletic shorts or pants without belt loops, khakis or jeans will not be allowed. Shorts or pants must be a different color than the flag belts worn.

#### 9. Team Sideline:

**A.** In the event that there is inclement weather that could affect games please check the Team Sideline website, <https://teamsideline.com/burlesontx>, for updated information regarding the status of games. Information will be updated as changes in weather occur.

**B.** On the Team Sideline website, you can sign up for text or email updates as soon as a change in scheduling is posted.

#### 10. Scheduling / Playoffs:

**A. Game Times:** Games will be played Thursday starting at 6:30PM. GAME TIME IS FORFEIT TIME!

**B. Playoffs:** Playoffs will be on the 9<sup>th</sup> week of the league. The top 4 teams will enter into the playoff bracket.

### SECTION 2: RULES OF PLAY

**1. All games will consist of two (2) twenty-minute half's with a running clock. Half time will be 3 minutes in duration.** With two minutes remaining in regulation period {eighteen (18) minute into the half} of the first and second half, teams will be given a two minutes warning and be instructed that the seven (7) play period will begin. The seven (7) play period has only the twenty-five (25) second play clock to use as a time guideline between plays. The officials will give down, distance, and play number on all plays remaining. Teams must continue to make first downs if they want to keep possession, as it is with using the clock. However, if they do not make a first down, the defense has a chance to gain possession and use the remainder of the seven plays. P.A.T. tries will not count as one of the seven plays.

**2. Game Time is Forfeit Time:** A team must have six (6) players men's/women's seven (7) co-rec in order to start the game. If a team does not have the minimum number of players necessary to start the game that team must forfeit the game... No Excuses!

**3. Coin Toss:** prior to the start of the game the officials will conduct a coin toss to determine which team will be kicking or receiving. The winner of the coin toss will choose to kick, receive or side to defend. The loser of the coin toss will take the remaining option. (If the winning team chooses to receive than that team will automatically be kicking off in the second half.) Play starts at the beginning of each half with the ball placed on the offensive/receiving team's 14-yard line.

**4. Timeouts:** Each team is permitted two (2) timeouts per half and one (1) timeout per overtime period. Timeouts do not carry over from the half to half or from overtime periods. A timeout shall not exceed one (1) minute. The clock will stop during all timeouts.

**5. Mercy Rule:** If a team is ahead by 19 or more points (25 or more points for co-rec) when the official announces the two minute warning in the second half or at any time after the two-minute warning, the game shall be declared over.

**6. Delay of Game:** After a ball is declared ready for play, the offensive team has twenty-five (25) seconds to put the ball in play. Penalty: Delay of Game, 5 yards. The official may order the clock to be stopped or started when, in his/her opinion, either team is trying to conserve or consume playing time using tactics in his/her judgment to be unfair.

**7. Substitutions:** Players are free to substitute in and out of the game in between plays, but they must exit/enter from the proper side of the field. Each substitute shall be in uniform and ready for play with flags in position.

**8. Overtime:** If the score remains tied at the end of regulation play, an overtime period will be played. An overtime period consists of a series of downs by each team from the 10-yard line, the object of which is to score a touchdown. If the score remains tied after one overtime period, play will proceed to a second overtime period and so on until a winner is decided. (Possession at the beginning of the overtime will be determined by a coin toss)

### **SECTION 3: BALL IN PLAY, DEAD BALL, OUT OF BOUNDS**

**1.** The offense must snap the ball within 25 seconds after the referee has put the ball in play (sounding whistle and dropping hand).

**2. Ball declared dead:**

- A.** When a forward pass strikes the ground or is caught simultaneously by opposing players.
- B.** When a backward pass or fumble by a player strikes the ground.
- C.** When a runner has a flag belt removed legally by a defensive player.
- D.** When a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
- E.** When a snap hits the ground.
- F.** When a muff of a free or protected scrimmage kick strikes the ground.
- G.** When the passer is de-flagged before releasing the ball.

**3. Fumbles:** A fumble or backward pass is dead at the point it hits the ground. The ball goes to the team that last had possession. Just touching the ball is not sufficient for legal possession. A fumble by the offense into the opposing team's end zone will result in a safety (2 points) and the ball will be turned over and placed on the opposing teams 14-yard line.

**4. Out-of-Bounds:** A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner inbounds bumps into or is touched by player or an official on the sidelines out-of-bounds, the ball is still in play.

### **SECTION 4: KICKING THE BALL**

**1.** There are no fair catches.

2. The receiving team may advance the ball out of its end-zone.

**3. Protected Scrimmage Kick:** A legal protected scrimmage kick is a punt made in accordance with the rules. Prior to putting the ball in play on fourth down, the offensive team must declare whether it chooses to go for a first down or punt. If the offensive team chooses to kick, the ball must be kicked.

**A.** The offensive team may put the ball in play with a punt on any play, but it must notify the Referee. There are no quick kicks.

**B.** The snap must be received at least two (2) yards back and the kick must be executed behind the scrimmage line within a reasonable time. There are no fake punts.

**C.** After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.

**D.** No player may cross the line of scrimmage until the ball has been kicked.

**E. Kick out of bounds:** If the kicked ball goes out of bounds between the goal lines or comes to rest in bounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.

**F.** A protected scrimmage kick that touches anything while the ball is on or behind the receiving team's goal line can be downed by the receiving team and is a touchback.

**G. Opportunity to catch a kick:** A player on the receiving team who is within the boundary lines and who is so located that he/she could have caught a kick which is beyond the scrimmage line while such a kick is in flight must be given an unmolested opportunity to catch the kick. Penalty: Kick Catch Interference, 10 yards.

**H.** The defensive team may attempt to block a protected scrimmage kick as long as team members do not cross the plane of the defensive restraining line. A blocked punt that is caught behind the line of scrimmage (orange ball spotter) may be advanced by either team.

## SECTION 5: SNAPPING AND PASSING THE BALL

1. The ball must be snapped between the center's legs and must travel at least 5 yards backwards or sideways. Also, a center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it cleanly off of a bounce (one or more) or from the ground. However, if quarterback muffs the ball to the ground or the ball goes past the quarterback it is dead where the ball touches the ground.

2. The offensive team must have a minimum of one (1) player on their line of scrimmage at the snap.

**3. Offensive Player in Motion:** One offensive player may be in motion, but not in motion toward the opponent's goal line. Such a player must be behind the line of scrimmage when the ball is snapped. A player in motion is not counted as one of the players on the scrimmage line. Only one offensive player may be in motion at a given time. Penalty: Illegal motion, 5 yards from the previous spot. Other offensive players may not draw the defense offside's.

**4. Fumbles:**

**A.** A backward pass or fumble which touches the ground between the goal lines is dead immediately at the spot where the ball hits the ground and belongs to the team last in possession unless lost on downs.

**B. Out of Bounds:** A backward pass or fumble going out of bounds between the goal lines remains in possession of the fumbling team at the out of bounds spot. If out of bounds behind the goal line, it is a touchback or safety.

**5. Encroachment:** After the snapper has made his/her final adjustment of the ball, it is encroachment for any player to break the plane of his/her scrimmage line (Exception: the snapper/center has the right to be over the ball.) Penalty: Encroachment, 5 yards from the previous spot.

**6.** Offensive players are responsible for retrieving the ball after each scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line (first ball spotter - orange). A towel may be used to help keep the ball dry and must be placed behind the deepest offensive player at the start of each play from scrimmage.

**7.** All offensive players must be motionless for one second preceding the snap, except for a (one) player moving parallel to or away from the scrimmage line. Penalty: Illegal motion, 5 yards from the previous spot.

**8.** An offensive player that shifts (other than going legally in motion) must stop for one full second before the snap. Penalty: Illegal shift, 5 yards from the previous spot.

**9.** A player may hand the ball forward or backward at any time.

**10. Forward Pass:** All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand. . **There can be only one forward pass per play. There can be only two (2) exchanges of the football in the air (forward pass or lateral) which are initiated from behind the L.O.S. After the 2nd exchange of the football in the air, if completed behind the L.O.S., the football must be run across the L.O.S. A forward pass is defined as a live ball thrown toward the opponent's goal line.**

**11.** A forward pass is completed when caught by a member of the passing team in bounds. A forward pass is intercepted when caught by a member of the opposing team in bounds. It is counted as a completion or interception as long as the first part or the person to make contact with the ground after the catch, usually one foot, touches in bounds.

**12. A forward pass is illegal:**

**A.** If the passer's foot is beyond Team A's scrimmage line (orange ball spotter) when the ball leaves his/her hand.

**B.** If thrown after team possession has changed during the down.

**C.** If intentionally grounded to save a loss of yardage.

**D.** If a passer catches his/her untouched forward pass.

**E.** If it is the second forward pass during a down.

**13.** After the ball is snapped, and until it has been touched, there shall be no offensive pass interference beyond the offensive scrimmage line when the legal forward pass crosses the offensive scrimmage line (orange ball spotter). Penalty: 10 yards from the previous spot and loss of down.

**14.** After a legal forward pass is released by the passer and until it is touched, there shall be no defensive pass interference beyond Team A's scrimmage line while the ball is in flight which crosses the Team A scrimmage line. Penalty: 10 yards from the previous spot and automatic first down.

**15. Simultaneous Catch:** If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.

## **SECTION 6: BLOCKING, RUSHING AND CONDUCT**

**1. Offensive Screen Blocking:** There is no down-field screen blocking beyond the line-of-scrimmage.

**2.** Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.

**A.** A defensive player when lining up to blitz, must be 2 yards lateral and 1 yard back off the ball. At all times, even if not blitzing, when lined up directly over the center, you must be at least 4 yards back. This is to prevent the middle line-backer and center from colliding after the snap.

### **3. Player Restrictions:**

**A.** No player shall make contact with an opponent which is deemed unnecessary.

**B.** There shall be no clipping or tripping.

**C.** There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.

**D.** Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal.

**E.** A defensive player may not bump or push a runner out of bounds.

**F.** Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being de-flagged as long as he/she does not charge during the spin.

**G.** The ball carrier shall not guard his/her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag guarding, 10 yards from the spot of the foul.

**H.** Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and results in flag guarding.

**I.** Defensive players may not steal or strip the ball from an offensive player once he/she has control.

**J.** The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. Penalty: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down, and player disqualification.

**4. Pass Interference:** Once a pass is in the air, the ball belongs to anyone who can get it. Any contact which occurs between two or more players making a legal attempt to catch or bat the pass is considered incidental. Screening a player's eyes or waving the hands or arms in his/her face to distract a receiver is considered interference.

**5. Roughing the Passer:** Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown. No defensive player shall contact the passer.

**6. Personal Fouls:** There shall be no personal fouls committed by players, substitutes, or coaches. Personal fouls include: Using fist, foot, knee, or leg to contact an opponent; tackling the ball player (disqualification); illegal contact; unnecessary roughness, hurdling, roughing the passer (when the defender contacts any part of the passer during his/her motion or follow through).

**7.** The third unsportsmanlike foul by the same team results in their forfeiture of the game.

## **SECTION 7: ENFORCEMENT OF PENALTIES**

### **1. Penalty Enforcement at the basic spot:**

**A.** Pass play or during the protected scrimmage kick (before possession is gained) – basic enforcement spot is the scrimmage line (where ball was snapped).

**B.** On all running plays - basic enforcement spot is the end of the run.

**C.** All fouls are marked from the basic enforcement spot (Exception: An offensive foul behind the basic enforcement spot which becomes a spot foul.)

**D.** The only exception to the above regulations is Roughing the Passer; this penalty will be added on to the end result of the play.

**Loss of 5 yards:**

1. Delay of Game (Dead ball foul)
2. False Start (Dead ball foul)
3. Encroachment (Dead ball foul)
4. Illegal Snap (Dead ball foul)
5. Illegal Procedure
6. Illegal Formation
7. Illegal Motion
8. Illegal Shift
9. Less than the required number of players on the scrimmage line at the snap
10. Player receiving the snap within 2 yards of scrimmage line
11. Illegal Forward Pass (Loss of down, if by Team A)
12. Intentional Grounding (Loss of down)
13. Intentionally throwing backward pass or fumble out of bounds (Loss of down, if by Team A)
14. Illegal Substitution
15. Required equipment worn illegally
16. Offensive player not within 15 yards of the ball
17. Aiding of runner by teammates
18. Infraction of Punt Formation – Line players
19. Infraction of Punt Formation – Kickers

**Loss of 10 Yards:**

1. Illegal Contact
  - A. Strip or attempt to strip the ball
  - B. Contact with opponent on ground
  - C. Throw runner to the ground
  - D. Contact before or after ball is dead
  - E. Tackle runner (Disqualification)
  - F. Defensive use of hands
  - G. Holding the runner
  - H. Drive or run into player
  - I. Position upon shoulders or body
2. Offensive Pass Interference (Loss of down)
3. Defensive Pass Interference (Automatic 1st down)
4. Stiff Arm
5. Flag Guarding
6. Illegal Flag Belt Removal
7. Unsportsmanlike Player Conduct (Disqualification if flagrant)
8. Unsportsmanlike Conduct by Coaches, Substitutes, or Others (Disqualification if flagrant)
9. Roughing the Passer (Automatic 1st down)
10. Intentional Tampering with Flag Belt - Offense (Loss of down and disqualification)
11. Intentional Tampering with Flag Belt – Defense (Automatic First down and disqualification)
12. Illegal Participation
13. Illegal Kicking
14. Illegal Batting
15. Illegal Player Equipment
16. Quick Kick
17. Two or more consecutive encroachments during same interval between scrimmage downs
18. Spiking, kicking, or throwing ball during dead ball (Disqualification if flagrant)
19. Hurdling Any Player
20. Illegal Offensive Screen Blocking
21. Intentionally Contacting an Official (Disqualification)
22. Flagrant Personal Fouls (Disqualified)



## **SECTION 8: ACCIDENTS AND INJURIES**

**1.** Participation in the Adult Athletic program is voluntary and at the participants own risk. The Burleson Recreation Center and the City of Burleson do not assume financial responsibility for any injuries. It is strongly recommended that each participant be certain he/she has some form of insurance which would cover claims resulting from accidental injury during athletic participation. The participants or their insurance companies are responsible for any expenses, due to injuries occurring while participating in the program. Each person must sign a team roster prior to participation in any adult sports event.