

# Men's Flag Football

Spring 2025

City of Petaluma Parks and Recreation

320 N. McDowell Blvd.

Petaluma, CA. 94954

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First Game: January 24th

9 Game Season

Game Times: 6:15pm, 7:30pm, 8:45pm



# FLAG FOOTBALL LEAGUE RULES AND GUIDELINES

## GAME FORMAT

- **Players:** 5 players on the field per team, with a 15-person roster limit.
- **Game Duration:** two 30-minute halves (total 60 minutes). 5 minute break between halves.
- **Clock:** Running clock except for the last two minutes of the second half.
- **Field Layout:** Divided into three 30-yard zones; offense advances by reaching the next zone to gain a first down.
- **Ball Handling:** No kicking, or fumbles allowed.
- **Laterals:** backward laterals are allowed
- **Snapping:** through the legs or a side hip toss is permitted

## POST-SNAP RULES

- **Rush Delay:** Defense must wait three seconds before rushing; quarterback has ten seconds to release the ball or cross the line of scrimmage. If the QB is rushed, then the timer is gone, and the play is played out.
- **Quarterback Running:** Quarterback can only run if rushed by the defense.
- **Blitzes:** Defense may NOT blitz.
- **Player Eligibility:** All players are eligible to go downfield.
- **Hand-offs:** North-south hand-offs are not allowed; east-west hand-offs/pitches are permitted.
- **Blocking:** Players can block the QB if they would like.
- **Blocking for a runner:** You can block but you can not aggressively shove them or that will be a penalty.
- **Stiff Arms & Flag Guarding are not permitted.**
- **You can Juke & Spin with the ball.**

## SCORING

- **Touchdowns:** 3 points for touchdowns under 50 yards; 5 points for touchdowns over 50 yards.
- **Interceptions:** 1 point per interception

## UNIFORMS

- **Jersey Requirements:** Each team is responsible for providing matching shirts/jerseys for each player on their team.
- **Color Consistency:** Jersey tops must be the same color across the team but can vary in style. Shorts do not need to match.
- **Jewelry:** No jewelry is allowed during play for safety reasons.
- **Mouthguards:** We REQUIRE mouthguards, and you can purchase one at the Petaluma Community Center for \$5

## PLAYER & TEAM ELIGIBILITY

- **Age Requirement:** All players must be at least 18 years of age.
- **Roster Size:** Each team must carry a minimum of 5 and a maximum of 15 players.
- **Single Team Rule:** Players may only play for one team throughout the season and playoffs. Violations lead to forfeits and player suspension.
- **Minimum Games for Playoffs:** Players must participate in at least four regular-season games to qualify for the playoffs.

- **Roster Verification:** All managers must email the league coordinator their roster and notify of any drops or adds of any players
- **Subs:** You can only use a sub (a player not on your roster) if your team does not have enough to field a team.

## PLAYING TIME & GAME RULES

- **Timeouts:** Each team is allowed two timeouts per half, which do not carry over.
- **Start Time:** Games will start on time with or without warm-up.
  - **Minimum Players:** Teams must have at least five rostered players to start. If not met, a 10-minute grace period applies, during which the game clock runs. If four players arrive within the grace period, play begins without resetting the clock.
- **Forfeits:** Teams must notify the League Coordinator at least 48 hours in advance if unable to play. Failure to do so results in a forfeit. Two forfeits may lead to removal from the league.
- **Overtime:** If the game is tied as regulation ends. Each team will get four downs for a 50 yard drive in a attempt to score. If the game is still tied after both teams have had the ball then the game is a tie.
- **Scorekeeping:** The ref will be the official score at all times.
- **20-Point Rule:** If a team is ahead by 20 or more points, the clock runs continuously in the final two minutes of each half.

## PROTESTS

1. Protests based on an official's judgment will not be considered.
2. **Notification:** The team manager must notify the officials and scorekeeper immediately if an issue arises.
3. **Intent to Protest:** Complete the protest form and submit it to the scorekeeper before leaving the field.
4. **Final Ruling:** The League Coordinator will make the final decision on all protests.
5. **Game Replay:** If necessary, a protested game will only be replayed after the regular season and only if it affects playoff eligibility.

## PLAYER CODE OF CONDUCT

No player, coach, manager, or spectator shall:

6. **Engage in Physical Aggression:** Physical contact such as shoving or striking anyone is prohibited and results in immediate ejection.
  - **Minimum Penalty:** Immediate ejection.
  - **Maximum Penalty:** Suspension and/or probation from the league.
7. **Use Offensive Language or Intimidation:** Profanity, slurs, threats, or requests for intentional harm are strictly prohibited.
  - **Minimum Penalty:** Immediate ejection.
  - **Maximum Penalty:** Suspension and/or probation from the league.
8. **Dispute Official Decisions:** Refusing to abide by an official's decision will result in ejection.
  - **Minimum Penalty:** Immediate ejection.
  - **Maximum Penalty:** Suspension and/or probation from the league.
9. **Engage in Verbal Abuse:** Verbal harassment of any player, official, or spectator is not tolerated.
  - **Minimum Penalty:** Immediate ejection.
  - **Maximum Penalty:** Suspension and/or probation from the league.
10. **Appear Under the Influence:** Players under the influence of alcohol or drugs are not allowed to play.

- **Minimum Penalty:** Immediate ejection.
- **Maximum Penalty:** Suspension and/or probation from the league.

11. **Use or Possess Altered Equipment:** Any altered equipment found will result in a warning, suspension, or probation from the league.

- **Minimum Penalty:** Warning from an official.
- **Maximum Penalty:** Suspension and/or probation from the league.