

Men's Flag Football

Spring 2025

City of Petaluma Parks and Recreation

320 N. McDowell Blvd.

Petaluma, CA. 94954

707-778-4380

parksnrec@cityofpetaluma.org

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

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.

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.