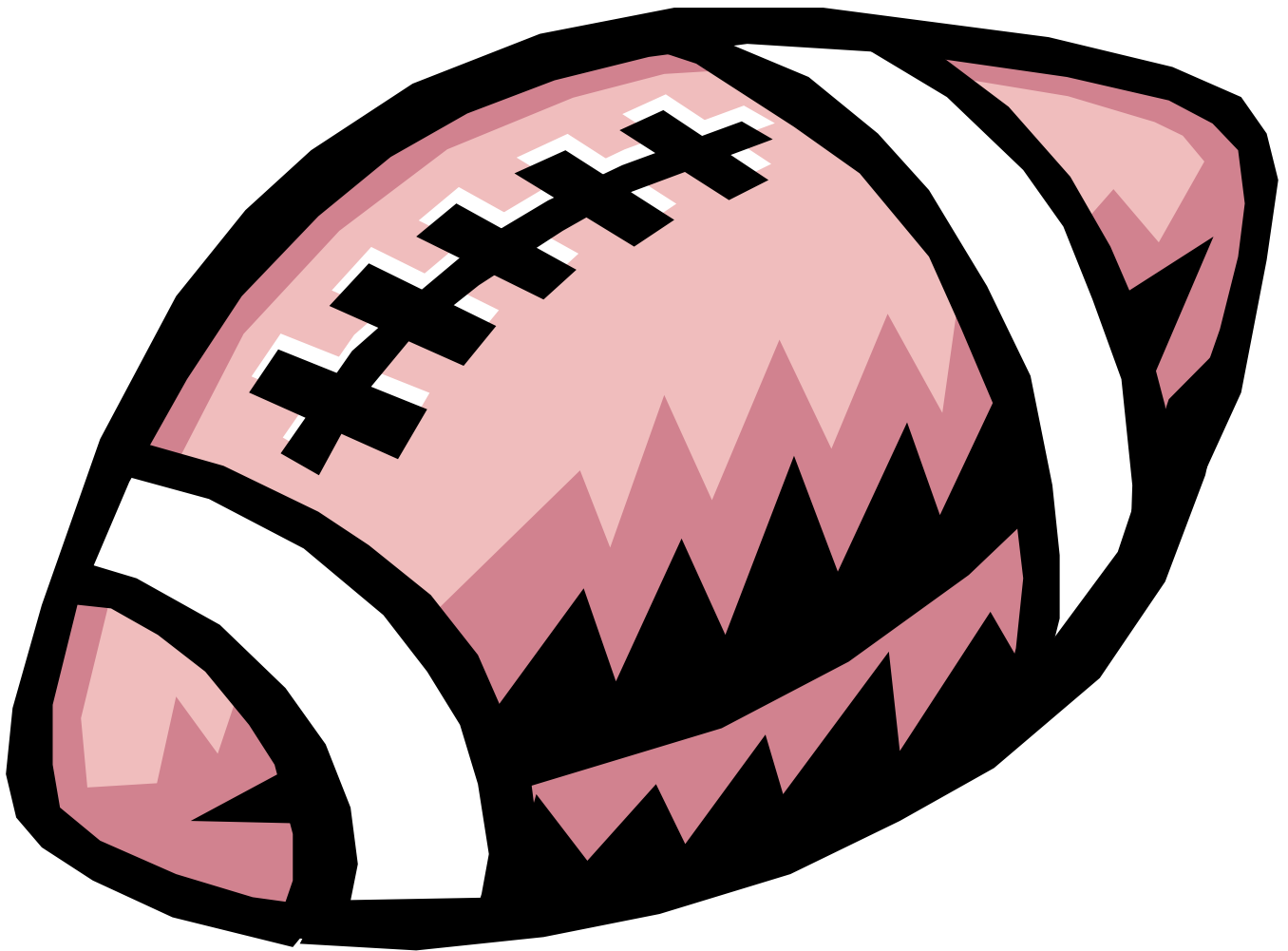


**Visit us on the web:
www.dcprsports.com**

Douglas County Parks & Recreation ***Adult Flag Football League***



2010

DOUGLAS COUNTY PARKS & RECREATION DEPARTMENT
2010 ADULT FLAG FOOTBALL LEAGUE
LEAGUE FORMAT

D.C.P.R.D. reserves the right to make rule modifications or any other changes during the course of the league whenever it deems them proper and/or necessary.

GAME FORMAT

1. The game shall be played between two teams of 6 players each.
2. There shall be three (3) officials per game.
3. Games will be played in all weather.
4. All games will be played at Lampe Park.
5. Team representatives, including players, team managers, coaches and spectators are subject to the rules of the game, and shall be governed by the decisions of the officials assigned to the game. An official's decision is final.
6. **There will be no arguing with officials during games.** Penalties for arguing may include:
 - A team will be charged a timeout.
 - Player ejection (regular ejection rules apply)
 - Team forfeiture

TEAM CAPTAINS

1. Each team manager or coach must designate a team captain to the referee. Only the team captain will be allowed to approach the officials concerning any dispute occurring during the course of a game.

START OF GAME

1. A team can begin the game with a minimum of 5 players.
2. Game time is forfeit time.
3. Field captains must meet with the officials at the center of the field five (5) minutes prior to the scheduled game time.
4. A coin toss will determine options at the start of the game. The home team captain will call the toss.

LENGTH OF GAME

1. Playing time shall be 48 minutes in duration divided into 2 twenty-four minute halves.
2. A running clock format will be used until the last two minutes of the second half only. During that time the clock stops for all the following occurrences followed by the start of the clock on the next snap:
 - Incomplete pass
 - Spiked Balls
 - Out of Bounds
 - Penalties
 - Time-Outs
 - Change of Possessions
 - Scores

- Two-Minute warning
3. The clock will be held by the officials
 4. Half time shall be 5 minutes.
 5. Teams will change goals at the start of the second half.
 6. Games cannot end on a defensive penalty.

DELAYING THE GAME

1. Each team must have its players on the field at the scheduled time for the beginning of each period. All players must have their flags in legal position (waist side) at the start of each play.

Penalty: 5 Yards

2. The ball must be put into play promptly and legally. Any action or inaction, which prevents this, is an illegal delay of the game. This includes, but is not limited to:

- Consuming more than 25 seconds to put the ball in play after it the ball has been spotted and the play clock has started.
- Deliberately advancing the ball after it has been declared dead.

Penalty: 5 Yards

TIME-OUTS

1. Each team will receive 2 time-outs per half. Time-outs cannot be carried over.
2. Time-outs will be 1 minute in length.
3. Officials will declare an official's timeout when:
 - A touchdown, touchback, or safety is made.
 - The game clock is stopped to complete a penalty.

TIE GAME/OVERTIME

1. Each team will start 1st and goal from the defensive teams 20-yard line. The object will be to score a touchdown and extra points.
2. An overtime period consists of one possession by each team. If the score is still tied after 1 overtime period, successive periods will be used until a winner is determined.
3. Each team is entitled to one timeout per overtime period.

THE FIELD

1. The field will be marked off into four equal 20-yard segments.
2. Each segment will be marked with lines and/or cones/markers.
3. The area available will regulate the size of the playing field.
4. Players, coaches and spectators must stay between the 20-yard lines and 5-yards from the sidelines.
5. Each team will occupy one side of the field as their sideline. Home team will have the sideline closest to the baseball diamond.

PLAYER SUBSTITUTIONS

1. Unlimited substitution will be permitted during a dead ball.
2. Each substitute must be in uniform, ready to play, with flags in proper position (waist side)
3. Officials will not tolerate substitutions that are made to delay the game.
4. Illegal participation is 7 or more players on the field during a live ball and penalized from the previous spot.

Penalty: 10 Yards

GAME BALL

1. The game ball must be provided by the teams and must be regulation size rubber or leather ball.
2. Each offensive team will have the option of selecting the ball offered for play.
3. The officials will be the sole judge of any ball offered for play and may change the ball during play at their discretion.

FLAGS

1. Each player on the field must wear a "Sonic Belt" one-piece belt with 2 flags unaltered in anyway.
2. Flags & Belts will be furnished by DCPRD.
3. Players of opposing teams must wear contrasting colored jerseys or shirts. The pants must be a different color than the flags (blue & yellow). The visiting team shall make any changes required.
4. Shirts/Jerseys must be tucked in. Note: If a player's shirt/jersey is not tucked in and is grabbed, no penalty will be given for holding. ***The player who shirt was grabbed is down.
5. No knots tied in the flags or belts will be permitted.

ILLEGAL EQUIPMENT

1. The use of headgear, shoulder pads, or body pads will be permitted, regardless of type of material.
2. Personal protective equipment, such as knee guards, arm guards, etc. must be inspected by the officials prior to each game.
3. No metal cleats allowed. Gym, tennis, soccer, multi-purpose, or football shoes are acceptable.
4. All cast and splints must be padded and approved by the game officials.
5. Pants or shorts with pockets will not be permitted.

FORMATIONS

1. During scrimmage plays, the defense may have any number of players on the line of scrimmage. The team in possession must have at least 1 player on the line of scrimmage.
2. When the ball is snapped from the center to another player, the snap must be between the center's legs and the center's shoulders must be parallel to the line of scrimmage. Any snap that hits the ground is dead at the spot the ball touched the ground.

PUTTING THE BALL IN PLAY

1. The ball will be placed at the offenses own 10-yard line in lieu of a kick off.

2. The offense has 25 seconds to put the ball in play.
3. A team may have only 1 player in motion prior to the snap, but not in motion towards the opponent's goal line.
4. Quarterbacks may run the ball, but they must cross the scrimmage line outside the 12-yard hash marks.

FIRST DOWNS

1. To keep possession of the ball, the offensive team must advance the ball past the zone lines in four downs.
2. As soon as the ball is advanced over the zone line, a first down will be awarded.

FUMBLED BALL

1. A fumbled ball is dead and spotted at the point of contact with the ground.
2. On an interception, once possession is gained, if the ball carrier loses possession of the ball, the ball is dead and spotted at the point of contact with the ground. The intercepting team will retain possession.

PUNTS

1. There will not be any physically kicked punts.
2. All punts will be placed thirty yards from the line of scrimmage.
3. If thirty yards places the ball into an end zone, the ball will be placed on the 10-yard line.

ENCROACHMENT

1. Encroachment is going into the 1-yard neutral zone. The neutral zone is a one-yard area straddling the line of scrimmage. It is established once the ball is placed and ready for play.
2. If a team encroaches, the ball is dead, and a 5-yard penalty is assessed.

FORWARD PASS

1. All players are eligible to touch or catch a pass.
2. There may be an unlimited number of forward passes thrown in any one down if these passes are thrown from behind the line of scrimmage.
3. There may be any number of backward passes thrown during a down.
4. An offensive player, who goes out of bounds on their own volition during a down, cannot catch a pass until an opponent has touched the ball.
5. When a legal forward pass touches the ground or goes out of bounds, the ball is ruled incomplete and the ball is dead. The ball belongs to the offense unless a new series has been created. In such case, the ball belongs to the opposing team at the previous spot.
6. During the down, the ball may be passed or pitched laterally to anyone behind the current ball carrier.
7. An incomplete lateral pass or pitch is ruled a fumble and is ruled dead at the spot of first touch of the ground.

8. An intercepted pass in the defensive team's end zone is an automatic touchback. The interception cannot be returned.

ILLEGAL FORWARD PASS

1. A forward pass is illegal if the passer is beyond the line of scrimmage when the ball leaves the hand.
2. A player may not throw to himself if the ball is untouched by a defensive player.
3. When an illegal forward pass touches the ground or goes out of bounds, the play is ruled dead and the penalty is enforced from the original line of scrimmage with a loss of down to offense. If it was fourth down, the ball belongs to the opposing team at the previous line of scrimmage.

BACKWARD PASS OR FUMBLE

1. A backward pass may be caught in flight in bounds by any player and advanced.
2. A backward pass is dead at the spot where it goes out of bounds or touches the ground.
3. A ball carrier may pass the ball backward or lose player possession by a fumble at any time, except if intentionally thrown out of bounds to conserve time or to avoid a flag pull.

Penalty: 10 Yards

LEGAL CATCH

1. One foot must be inbound with possession of the ball to constitute a legal catch.

HANDING FORWARD

1. No player may hand the ball forward except as follows:
 - To the backfield teammate who is also behind the line of scrimmage
 - To a teammate who was on the line of scrimmage when the ball was snapped, provided that teammate left the line of scrimmage, faced his own end line and was at least one-yard behind the line of scrimmage when the player received that ball.

HANDING BACKWARD

1. A ball carrier may hand the ball backward at any time except:
 - Intentionally thrown out of bounds to conserve time or prevent a flag pull.

Penalty: 10 Yards

FLAG REMOVAL

1. Offensive players must have possession of the ball before they can legally be deflagged.
2. A flag removed inadvertently causes play to stop after a reception has been made.
3. A player may not remove his own flag during play.
4. A player may leave his feet to remove an opponent's flag.
5. If a ball carrier's flag falls out, the play is ruled dead at the spot the flag touched the ground.

FLAG GUARDING

1. **Ball carriers must not protect their flags by blocking with their arms or hands in an attempt to prevent an opponent from removing a flag. Arm straight down at the side is flag guarding.**
2. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.

ILLEGAL CONTACT

1. A defensive player may not hold, grasp, push, knock the ball carrier down, or obstruct forward progress in an attempt to remove the flag.

SCORING

1. The following methods will be used for scoring:

Touchdown	-	6 points
Safety	-	2 points
Conversion (5 yards)	-	1 point
Conversion (10 yards)	-	2 points
Conversion (20 yards)	-	3 points
Forfeit	-	7 points
2. Officials will keep score.

TOUCHDOWN

1. A touchdown will be declared for the team to which the ball legally belongs, when any part of the ball breaks the plane of the end zone line.

SAFETY

1. A safety will be declared in the following occurrences:
 - Fumble in own end zone.
 - Ball carrier's flag is pulled while in end zone.
 - Dropped side or backward pass in the end zone.
 - Offensive foul in own end zone.
 - Ball goes out of bounds through back of end zone.
2. After a safety, the scoring team will put the ball into play on their 10-yard line.

DEAD BALL

1. The referee will declare the ball "dead" and the down ended when:
 - Ball out of bounds
 - Ball carrier out of bounds
 - After a touchdown, safety, or touchback
 - Incomplete pass
 - Ball carrier's knee touches ground
 - Laterally, centered, backward or side pass strikes ground
 - Ball is fumbled
 - Ball carrier's flag is pulled
 - Ball carrier's flag falls out (ball is spotted where the flag hits ground)

INADVERTENT WHISTLE

1. In the event of an inadvertent whistle, play will stop and the down will be replayed.

DEFENSE

1. Slapping, striking, or stripping of the ball while in possession of the ball carrier or receiver is not permitted.
2. Any number of rushers will be allowed. A penalty will be given if a player(s) rushes before the snap.
Penalty: 5 Yards

3. All rushers must be in a standing position to rush. No three or four point stances will be allowed.
4. Defensive players cannot contact any offensive player at any time. Rushers must go around screens.
5. The defensive players must play the flags only. Defenders will not be allowed to hold or go through a ball carrier.

DEFENSIVE INTERFERENCE

1. There shall not be any interference while the ball is in flight. The pass does not have to be catchable.

PASS INTERFERENCE

1. Contact, which interferes with an eligible receiver, is interference unless it occurs when two or more eligible receivers make a simultaneous attempt to reach, contact or bat a pass.

DEFENSIVE ROUGHNESS

1. Defensive roughness against the ball carrier includes:
 - Tackling
 - Holding
 - Blocking
 - Tripping
 - Pushing
 - Charging

OFFENSE

1. Any offensive formation will be allowed as long as there is at least 1 player on the line of scrimmage.
2. The center must not move or change the position of the ball in a manner simulating the beginning of a play.
3. The center must have both feet on the line of scrimmage, and no part of his body can be beyond the forward point of the ball.

BLOCKING

1. An offensive blocker may use only the standing screen block. The offensive screen block must take place without contact. Any use of arms, elbows, or legs to initiate contact during a screen block is illegal. Note: The screen block must have hands directly in front of chest to block. At no time may the arms extend to block. A blocker may use their hands or arms to break a fall or retain balance.
2. Three or Four point stances will not be permitted.
3. No part of the blocker's body, except the feet, can be in contact with the ground throughout a block.

OFFENSIVE INTERFERENCE

1. There shall not be any interference while the ball is in flight. The pass does not have to be catchable.
2. Offensive players cannot contact any defensive player at any time. Receivers must go around defenders.

PERSONAL FOULS

1. No player shall commit a personal foul during a period or an intermission. Whenever, in the judgment of any official, the following acts are deliberate or flagrant, the players involved may be ejected from the game:
 - No player is permitted to block in a manner that would cause their feet, elbows, knees, or legs to strike an opponent.

- No holding, tripping, clipping (block in the back), or diving to advance the ball
- No contact with an opponent who is on the ground
- Runners must not be thrown to the ground
- Ball carriers must not drive or run into a defensive player
- Pushing out of bounds
- Abusive or insulting language
- Acts of unfair play
- Interfering with a player or any play while the ball is live
- Deliberate, flagrant or violent acts.
- Tackling

Penalty: 15 Yards (if flagrant, offender may be ejected)

BLOCKING FOULS

1. The following are considered blocking fouls:
 - Interlocking screen blocking
 - Stiff Arms
 - Pushing, pulling, or grasping a teammate to avoid a flag pull.

MULTIPLE FOULS

1. Penalties for dead ball fouls are administered separately and in order of occurrence.
2. When the same team commits two or more fouls, only one penalty may be chosen except when a foul for unsportsmanlike conduct follows a previous foul. In such case, the penalty for unsportsmanlike conduct is administered separately.

SCRIMMAGE FOULS

1. No player may make contact or interfere with an opponent or the ball before it is snapped.
2. No player of the offensive team may make a false start.

PROCEDURE AFTER A FOUL

1. When a foul occurs during a live ball, the official will, at the end of the down, notify the opposing captain of their options.
2. If the penalty is declined or there are double penalties, there is no loss of distance.
3. If a penalty is declined the down is the same.

FOULS BY BOTH TEAMS

1. If offsetting fouls occur during a down, that down will be replayed. Exception: If each team fouls during a down, in which there is a change of team possession, the team with the last possession will retain the ball.

FOULS BETWEEN DOWNS

1. All fouls will be enforced from the current spot.

ENFORCEMENT SPOTS

1. Enforcement spots are at the discretion of the officials.
2. A measurement cannot take the ball more than half the distance from the enforcement sport to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway from the enforcement spot to the goal line.

RULING OF VIOLATIONS

5-YARD PENALTIES OR ½ THE DISTANCE TO GOAL

- Encroachment
- Delay of game
- Illegal procedure
- Illegal handing ball forward (and loss of down)
- Helping runner
- Illegal hideouts (and loss of down)
- Failure to properly wear equipment
- Illegal forward pass (and loss of down)

10-YARD PENALTIES OR ½ THE DISTANCE TO GOAL

- Illegal use of hands
- Illegal blocking technique (screening)
- Holding
- Grasping teammate
- Clipping
- Stiff arms, hacking, flag guarding (and loss of down)
- Pass interference (offensive-loss of down, defensive-automatic 1st down)
- Untucked shirt of ball carrier
- Tripping
- Charging into an opponent
- Premature flag pull
- Illegal contact (automatic 1st down)
- 7 or more players
- Intentional fumble

15-YARD PENALTIES OR ½ THE DISTANCE TO GOAL

- Diving to make block (offense-loss of down, defense-automatic 1st down)
- Diving to advance ball
- Chop Block
- Unnecessary roughness (and possible ejection)
- Unsportsmanlike conduct (and possible ejection)
- Personal foul (and possible ejection)
- Blocking foul (physical) (and possible ejection)
- Interlocked interference
- Fighting (and possible ejection)