



**Columbus Consolidated Government  
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Athletic Division  
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## **COLUMBUS PARKS & RECREATION** **2017 FLAG FOOTBALL RULES**

### Player Eligibility

Open Division – No restrictions; men and women will be allowed to play  
Must be at least 16 years of age before the season starts  
Players are eligible to play on only one team  
Any player caught violating this rule will be suspended for remainder of season

### Game Days/Times

Games will be played on Sundays starting at 2:00pm. (Exception: games  
will be played on Saturday, February 4<sup>th</sup> to avoid playing on Super Bowl Sunday.  
Game times will remain the same)  
There will be a 10-minute grace period for the 2:00pm game only.

### Roster/Waiver

All players must sign Official Roster/Waiver form  
All players must show picture I.D. to a Parks and Recreation employee when signing  
roster  
Roster additions must be made no later than February 4, 2017

### Uniforms

All players must wear shirts that are like in color with a visible number on the back.  
Numbers can be screen-printed, painted, taped, or colored on the shirt. All players  
must wear shorts or pants without pockets. No metal cleats are allowed. Flag belts  
will be provided by Columbus Parks and Recreation and must be completely visible  
at all times. Shirts must be tucked in or work above the belt line at all times.

### Forfeits

Teams forfeiting a total of two games shall be removed from the league without  
compensation of their fee. The games do not have to be in consecutive order.

### Protest Procedure

Each team is allowed to protest one player from the other team per game regarding player eligibility. Protest for player eligibility requires an I.D. check of questioned players at the field of play during the game. The Parks and Recreation Staff on duty will perform the I.D. check. A \$10.00 fee to the Parks and Recreation Department must accompany all protests concerning player eligibility. Valid protest will result in a return of your protest fee and the team that is playing with an ineligible player will forfeit the game being played.

### Field Dimensions

The field will be 80 yards long and 40 yards wide with a 10-yard end zone at each end. The field will be marked in 20 yard zones to start a new series of downs: 20, 40, 20.

### Length of Game

The game will consist of two (2) twenty (20) minute halves with a running clock stopping only for injuries, timeouts, and ejections. There will be a one (1) minute warning in each half and after this point, the clock will stop in all dead ball situations (first downs, incompletions, out of bounds plays, penalties, change of possession).

### Play Clock

There will be a 25-second play clock on all plays once the official signals the ball is ready for play.

### Weather Cancellation Policy

Games cancelled due to weather will be made up at the end of the regular season if necessary. An email and text message will be sent to team contact persons and a voice message will be placed on the weather hotline (706-653-4499).

### Coin Toss

The team listed as the home team on the schedule will call the coin toss. The winner of the coin toss must decide to receive the ball to start the game or defer to the second half. If the team defers to the second half, they must choose which end of the field to defend in the first half. Teams will switch sides for the second half.

### Scoring

Touchdown – 6 points

Safety – 2 points

Extra point from 5-yard line – 1 point

Extra point from 10-yard line - 2 points

Extra point from the 20-yard line – 3 points

Interception or mid-air fumble on extra point attempt returned to endzone – 2 points

### Fumbles

The ball will be considered dead once it hits the ground. This rule will apply if a player is holding the ball or not. Fumbles caught in the air may be advanced.

### Kickoffs

There will be no kickoffs. All possessions to start each half and after scoring plays will start from the 5-yard line.

### Timeouts

Each team will have 2 timeouts each half. Each timeout will be 1 minute in length. Unused timeouts cannot be carried over.

### Offense

7 total players - 3 eligible linemen, 1 quarterback (minimum 5 players to start)

4 players on the line of scrimmage at the time the ball is snapped

The quarterback must be at least 1 yard behind the line of scrimmage when the ball is snapped

There will be 1 player allowed to be in motion at a time.

4 downs to get a first down – on 4<sup>th</sup> down, team must announce whether they are going for it or punting.

A legal catch will be called if a player has at least 1 foot down inbounds and maintains possession throughout the play.

Spinning is allowed

Screen blocking

Must occur without making contact with a defensive player

Blocker must have their hands and arms at their sides or behind their back

Any use of hands, arms, elbows, legs, or body while screen blocking will result in a penalty

Punting

Fake punts are not permitted

The defense is not allowed to rush the punt

The punt must come from at least 5 yards behind the line of scrimmage

The punter must kick the ball within 5 seconds after receiving the snap from center

The ball will be dead if it touches the ground on a snap from center

Receiving team may call for a fair catch or return the ball upon receiving it. A player can return the ball if it hits the ground before being touched. If the ball touches the ground after being touched by a player of the receiving team, the ball will be dead at that spot.

Any punt that goes into the endzone is a touchback, and the receiving team will start on the 5-yard line

## Defense

7 total players on defense (minimum 5 players to start)

Must be at least 1 yard from the line of scrimmage when the ball is snapped (half the distance if first down line or goal line is less than 1 yards)

No tackling or pushing a ball carrier

A defender may jump, leap, or dive to grab a player's flag

A defender must go around a legal screen blocker. Defender may not push, pull, grab or contact a legal blocker in any way

A defender may not make contact with the passer before, during, or after the pass attempt unless they are going for the flags

## Overtime Rule

Each team will have a chance to score from the 20 yard-line and will be given 4 downs to do so. The team listed as the home team will get to call the coin toss to see which team will play defense first. Teams will alternate who plays defense first in additional overtime periods. Starting in the second overtime period, teams must attempt an extra point from the 20-yard line. This rule will apply until a winner is determined.

## Penalties

Illegal Screen Block – 10-yard penalty from previous spot, repeat the down

Defensive Pass Interference – 15-yard penalty from previous spot, automatic first down  
(Exception: If DPI occurs in the endzone, the ball will be placed at the 1-yard line, automatic first down)

Offensive Pass Interference - 15-yard penalty from previous spot, repeat the down

Offensive Charging – 10-yard penalty, repeat the down

Holding – 10-yard penalty, repeat the down

False Start – 5-yard penalty, repeat the down

Delay of game – 5-yard penalty, repeat the down

Offsides – 5-yard penalty, repeat the down (Offense has the option to decline)

Roughing the passer

Non-Flagrant – 5-yard penalty, repeat the down

Flagrant – 15-yard penalty, automatic first down

Illegal forward pass – 5-yard penalty from previous spot, loss of down

Intentional Grounding - 5-yard penalty from previous spot, loss of down

Flag Guarding – 10-yard penalty from spot of foul, loss of down

Tackling/Pushing – 15-yard penalty, automatic first down

Inside the 20-yard line (Flagrant) – ball will be placed at the 1-yard line,  
automatic first down

Personal Foul – 15-yard penalty, automatic first down (any player with 2 personal fouls  
in a game will be automatically ejected)

Clipping/Illegal Block – 10-yard penalty, loss of down

Hurdling – 10-yard penalty, repeat the down

Stiff Arm – 10-yard penalty, repeat the down

Illegal Procedure/Motion – 5-yard penalty, repeat the down

#### Unsportsmanlike Conduct Policy

Players ejected from a game for unsportsmanlike conduct must leave the area entirely. This means completely out of sight and earshot. Failure to do so shall result in a forfeit of the game. Any player or coach ejected from a game will serve a minimum one game suspension for their team's next game. Any player involved in any form of physical violence at a minimum will be suspended for the remainder of the season. All players serving a suspension are not allowed at the field during league play until the suspension is served. Any suspended player caught at the field, playing or not, may cause his or her team to forfeit the game being played or the player may receive an additional suspension.