

South Davis Recreation Center Flag Football Rules

Sportsmanship

- If parents, coaches or players are showing unsportsmanlike behavior they will be given ONE verbal warning, before being asked to leave. The second verbal warning, will result in the parent/coach/player being asked to leave and will be given 2 minutes to leave. If they do not leave, the game will end, and if necessary, the authorities will be called to escort them off the fields

Game

- 1-6 Grade: 8 per team on the field. 12 players on roster per team
- 2- 18 minute halves with 3 minute half time
- Play Clock 30 seconds (coaches will receive a 15 second warning)
- Running clock except for final 2 minutes. In final 2 minutes: stops on incomplete pass, out of bounds, change of possession, penalty, momentarily on first down, and during PATs. The clock only stops for time-outs during the rest of the game
- Each team has two 60 second timeouts and one 20 second timeout **PER GAME.**
- All players must be registered with the league, and with NFLFlag.com. Playing with unregistered players will result in immediate forfeiture of all games that the ineligible player has participated in
- **Team must wait for referee to set cones before starting each play**
- Overtime: Each team will be given a chance to try for a PAT (same regulation PAT rules apply) A coin toss will determine who has possession first. If at the end of the first OT the score is still tied, teams will switch who has the possession first. If a third OT is reached teams must go for 2. **No Timeouts will be given during OT**
- **For safety reasons, spectators must stay off of sidelines and boundary lines**

Equipment

- Each player must wear: flag belt, shoes (cleats preferred). Gloves and mouth guard (optional).
- Players jerseys must be tucked into pants if they hang below belt line (with the exception of 1-2 grade who can wear flag over untucked jersey)
- Players must remove all watches, and any other jewelry that officials deem hazardous

Field

- Field size 190'x85'. (end zones 20', sidelines and first downs 50' will be marked)
- Vertical Pocket: 150'x40'
- Possession begins at 5 yard line. First Down is at third field. 4 downs, no punting. On change of possession ball is taken to opposing team's end of the field (except in the case of an interception)

Scoring

- Touchdown: 6 points
- **Within opponent's 5 yard line is a *No Run Zone all plays must be a passing play. Plays starting at the 5 yard line can be a run play***
- PAT (Point after touchdown): A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line **run or pass**) or a 2-pt. conversion (from the 10-yard line **run or pass**). Any change in PAT value, once a decision is made to try for the extra point, requires a charged time out. If decision is made to change PAT value following a penalty, penalty will be enforced from the new PAT line of scrimmage (from the 5 yard line for 1, from the 10 yard line for 2)
- Intercepted and returned PAT: 2 points regardless of whether the intercepted team was trying for 1 or 2
- Safety: A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty which occurs in the end zone. 2 points and scoring team awarded the ball at their own **10 yard line**

Coaches

- 1-4 Grade: One coach is allowed on the field per team to direct players according to need. Coaches are expected to be respectful and professional. Coaches with unsportsmanlike conduct will be expected to leave
- Coaches on field must stand minimum of 10 yards behind the play.
- 5-6 Grade: Coaches must remain on the sideline, one coach is allowed on the field between plays when on offense
- 7-9 Grade: Coaches must remain on the sideline

Live Ball/Dead Ball

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- Ball is live at the snap of the ball and remains live until official whistles the ball dead.
- Substitutions may be made at a dead ball
- Play is ruled dead when: ball hits the ground, ball carrier's flag is pulled, ball carrier steps out of bounds, Touchdown/PAT/Safety is scored, any part of the ball carrier's body touches the ground besides his/her hands and feet, ball carrier's flag falls off, or receiver with no flags catches the ball (ball is spotted at point of reception)
- In the case of an inadvertent whistle, the offense has two options: A. Take the ball where it was when the whistle blew and the down is consumed. B. Replay the down from the original line of scrimmage

Running

- **Ball spotted at the spot of the ball, not the player's feet (With any attempt to dive, the ball will be marked down at the spot the dive began)**
- Quarterback can run either on a designed run or a scramble off of a passing play. **Defenders within the 10 yard rush line must wait for quarterback to leave the field's painted pocket lines before rushing the quarterback**
- **Jumping (including diving) is not permitted, Player will be marked down at the spot of the ball where his/her feet left the ground (spinning and jump cuts to avoid contact are acceptable)**
- Handoffs and laterals behind the line of scrimmage are permitted. The player who takes a hand off or pass behind the line of scrimmage can pass or handoff the ball from behind the line of scrimmage
- Once the quarterback has handed off or passed the ball, all defensive players are eligible to rush the running back/receiver
- **Stiff arms, lowering elbows or head, hanging equipment, or blocking access to runner's flags with hands or arms to avoid flag pull is considered flag guarding and is not allowed**
- Blocking in any manner is not allowed, including running in front of the ball carrier or "setting screens"
- Offensive players may continue their routes throughout the entire play, however they are not permitted to run with the ball carrier (no down field blocking). If it is determined by the referee to not be a route and the player is blocking access to the ball carrier it will be called as a blocking penalty
- **The Center may not run the ball. However the Center is eligible as a receiver**

Passing

- All passes must be thrown from behind the line of scrimmage, multiple lateral passes behind the line of scrimmage are permitted (**only one forward pass per play**)

Receiving

- All players are allowed to receive passes (including quarterback if the ball has been handed off or passed behind the line of scrimmage)
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only change of possession that do not start on the 5 yard line. Interceptions are returnable.
- Receivers must get at least one foot inbounds in order for a play to be ruled a catch

Rushing the Passer

- Must be a minimum of 10 yards from the line of scrimmage and can rush the quarterback when the ball is snapped
- Once ball has left the QB hands (hand off or pass), or the QB has passed the Pocket Lines, the 10 yard rule is no longer in effect and all defenders may go behind the line of scrimmage
- A legal rush is: any rush from a point 10 yards from the line of scrimmage after the ball is snapped; a rush from anywhere on the field after the ball has been *handed off or passed behind line of scrimmage (players are eligible to intercept lateral passes)*
- A penalty may be called if: the rusher enters the neutral zone before the ball is snapped, any defensive (or offensive) player enters the neutral zone before the ball is snapped; any defensive player not lined up at the rush line crosses the line of scrimmage before the ball has left QB hands or QB has passed pocket lines. It is Encroachment if a defensive player enters the neutral zone and contacts an offensive player or the ball prior to the snap, or if he interferes with the ball during the snap. The play is dead immediately.
- Players rushing the quarterback may attempt to block a pass, however NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty

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- The offense cannot impede the rusher in any way. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty (or holding)
- **Rushers to the QB must avoid any contact with any stationary offensive lineman**
- If a rusher leaves the rush line prior to the snap, he/she may return to the rush line, reset and then legally rush the quarterback when the ball is snapped
- If an early rush occurs, official will throw a yellow flag. The play will be a free play for the offense. When the play is over the offense will be allowed to choose to accept the penalty or decline the penalty and accept the play.

Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball
- Defenders cannot tackle, hold or run through the ball carrier when pulling flags
- If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball
- Flag guarding is an attempt by the ball carrier to obstruct the defenders access to the flags and will be penalized 5 yards from the spot of the foul and the down will be lost

Formations

- Offense must have minimum of 1 player on the line of scrimmage, the quarterback may be under center or in shotgun.
- Any number of offensive players may shift prior to the snap but only one player on offense is allowed in motion when the ball is being snapped. The player(s) in motion must be moving parallel to the line of scrimmage or in a backward direction, forward motion will be penalized as an illegal motion. All but one player on offense must be set prior to the snap.
- The center must snap the ball from the ground and the ball must completely leave his/her hands
- The center may snap between his/her legs or from the side
- 1-4 Grade: In the case of a fumbled snap teams may have 1 free re-snap per half

7-9 Grade Division Rules

- 7-9 Grade: 5 per team on the field. 10 players on roster per team
- Field: 50' wide x 190' long (end zones 20', sidelines and first downs 50' will be marked)
- The QB may not run
- QB has 7 seconds to either hand the ball off or pass. If he/she fails to do so, it will be considered a sack and the down will be consumed. An official will count out 7 seconds as soon as the ball is put in play
- **If the QB is sacked by the 7 second clock the ball will be spotted where the QB is standing**
- If the QB does run it will be a 5 yard penalty from the original spot replay the down
- Coaches are not permitted on the field
- All other SDRC rules not in direct contradiction to these division specific rules apply

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Penalties

- The referee will call all penalties. They determine incidental contact that may result from normal run of play. **Only the head coach may respectfully ask the referee questions about clarification and interpretations.**
 - *Defensive pass interference= +10 yards and automatic first down*
 - *Offensive pass interference= -10 yards from **line of scrimmage** and replay the down*
 - *Defensive Holding (receiver being held on route)= +5 yards and automatic first down*
 - *Defensive Holding (ball carrier being held)= +5 yards from the spot of the foul*
 - *Offensive Holding= -5 yards and replay the down*
 - *Defensive unnecessary roughness= +10 yards, automatic first down **and ejection if necessary***
 - *Offensive unnecessary roughness= -10 yards, loss of down **and ejection if deemed necessary***
 - *Blocking, Holding downfield or running with the ball carrier= -5 yards from the spot of the foul and the down is consumed*
 - *Flag guarding= -5 yards from the **spot of the foul and loss of down***
 - *Defensive offside, illegal rush= +5 yards from line of scrimmage and replay the down*
 - *Roughing the passer= +10 yards from scrimmage, automatic first down **and ejection if deemed necessary***
 - *Illegal forward pass=-5 yards from line of scrimmage and loss of down*
 - *Illegal motion= -5 yards from line of scrimmage and replay the down*
 - *Delay of game= -5 yards from line of scrimmage and replay the down*
 - *Impeding rusher (Holding)= -5 yards from line of scrimmage and replay the down*
 - *False Start= -5 yards from line of scrimmage and replay the down*
 - *Charging=-10 yards from the spot and loss of down*
 - *Running Playing within 5 yard line= Loss of down and back to the original spot*
 - *Unsportsmanlike Conduct= -10 yards **and ejection if deemed necessary***

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