

# BRUSHY CREEK

## ADULT FLAG FOOTBALL GUIDELINES

### General Rules

- This league is a NON-CONTACT league.
  - This includes blocking, screening, and tackling.
  - There is NO “jamming” or “chucking” receivers as they come off the line of scrimmage.
- If a team or teams do not have enough players or are more than 5 minutes late for their scheduled game time, that team will be issued a forfeit.
- Teams must have a minimum of 4 players to start a game.
- Games consist of 2 20-minute halves.
  - A coin toss determines first possession.  
There are NO DEFERMENTS. The winner of the coin toss has the following options:  
1) offense, 2) defense, or 3) choice of goal to defend. The loser of the coin toss has one of the remaining options.
- The game clock will run continuously except for the last minute of each half.
  - The game clock will stop for ALL penalties under a minute of each half.
  - The game clock will briefly stop under the last minute of both halves for completions... so if a play necessitates moving the discs to a new spot, then the clock will stop just until the referee resets the discs.
- Teams will flip sides at the beginning of the 2nd half.
  - Half-time will be 2 minutes.
  - The team that started the first half on offense will begin 2nd half on defense.
- Each team will provide one (1) game ball for each game.
  - Football size: NFL or Collegiate/High School football.
  - If a team does not have a game ball, Brushy Creek will provide one.
- The offensive team takes possession of the ball at their 5-yard line and has four (4) plays to cross mid-field. Once a team crosses mid-field, they will have four (4) plays to score a touchdown.
- Only ONE player is allowed in motion at a time.
- If the offensive team fails to cross midfield or score, possession of the ball changes, and the opposite team starts their drive from their 5-yard line.
- All possession changes start on the offense's 5-yard line.
  - **Exception:** Interceptions may be returned, and the ball will be marked where the play ends.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.
- If a player's flag falls off inadvertently during a play, a one-hand tag between the shoulders and knees is required to stop the player if they have no flags.
- Brushy Creek reserves the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- Players must be 18 years old or older at the start of the season.
- All players must carry an ID for proof of age and identity.

### Rosters

- Rosters are limited to twelve (12) players and will be frozen after the third (3<sup>rd</sup>) game, with no exceptions.
- Teams must have a minimum of 4 players to start a game.

## Scoring

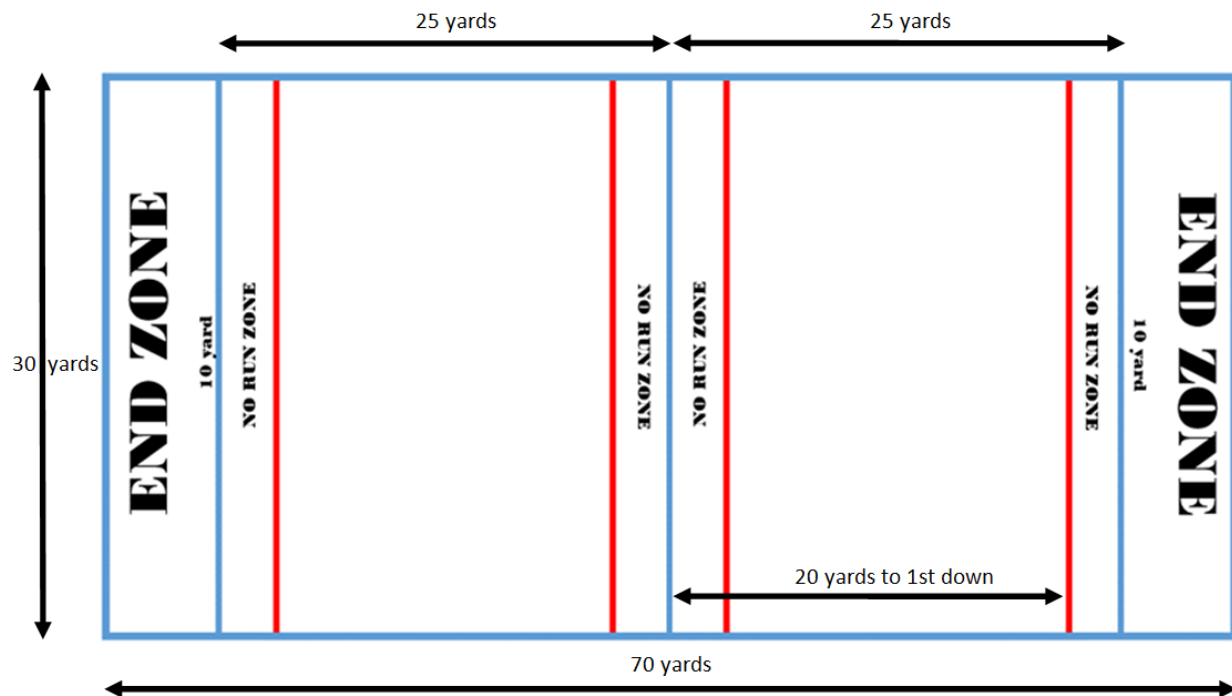
- Touchdown 6 points
- Extra Point 1 point: (5 yards out) PASS ONLY; 2 points: (12 yards out) PASS or RUN
- Safety 2 points

**Mercy Rule:** If a team is ahead by 28 points or more at any time during the game, the game will be called after the opposing team has had their opportunity to score.

## Time Outs

- Each team has TWO 30-second timeouts per game.
- Officials can stop the clock at their discretion.

**Field Size:** The field dimensions are 30 yards x 70 yards.



## Attire

- Cleats are allowed, except for metal spikes. Inspections can and will be made before each game.
- Shirts must be tucked in shorts, pants, etc.
- Players must wear shorts or pants without pockets to avoid penalties and finger injuries.
- No headgear with an extended bill may be worn (ex: caps, visors, etc).

## FLAGS

- Teams can bring their flags, but they MUST be approved by the referee or adult league specialists before each game.
- Flags must be a minimum of 12 inches in length and 1-½ inches in width and must be a different color than the player's lower uniform.
- Brushy Creek will provide flags if you or your team do not have flags.
  - Brushy Creek flag belts are a 3 flat (1 on each hip and 1 in the middle of the waist) clip belt



- Both teams must have the same number of flags on their flag belts when playing.

## Rushing the Quarterback "QB"

- A special marker, or the referee, will designate 7 yards from the line of scrimmage.
- All players who rush the QB must be a minimum of 7 yards and 1 yard over from the center position (either side) from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
- **Rusher(s) CANNOT JUMP and MUST KEEP THEIR ARMS DOWN** if they have passed the line of scrimmage when rushing the QB.
- Players not rushing the QB can defend the line of scrimmage and can jump to knock down or deflect a pass.
- Once the ball has been handed off, the 7-yard rule is no longer in effect, and all defenders are eligible to rush. Those who have crossed the line of scrimmage **MUST KEEP ARMS DOWN** and **CANNOT JUMP** if the player with the football tries to throw it.

## Center Snap

- A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it *cleanly* off the bounce (one or more) from the ground. However, if the QB muffs the ball to the ground or the ball goes past the QB it is dead where the ball touches the ground.
- All center snaps must be made between the center's legs. A false movement of the football by the center after he is set shall constitute encroachment. At all times, the ball shall be snapped from the spot marked by the official ball marker.

## Running

- The Quarterback **CANNOT** run the ball.
- Only direct hand-offs behind the line of scrimmage are legal. **NO laterals or pitches of any kind.**
- The offense may use multiple hand-offs.
- The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
- **"No Running Zones"** are located 5 yards before the end zone and 5 yards before midfield in each offensive direction.
  - Spinning is allowed, but players cannot leave their feet to avoid a defensive player.
- The ball is spotted where the ball carrier's belt is when the flag is pulled, **NOT** where the ball is. Ball & flags must break the plane for a 1st down and touchdown.

## Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the LOS.
- The QB has a 7-second "pass clock". If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to the line of scrimmage.
- Once the ball is handed off, the 7-second rule is no longer in effect.
- Interceptions may be returned. Interceptions during an Extra Point may be run back for 2 points.
- Interceptions that occur in the end zone will be brought to the 5-yard line.
- If the QB intentionally grounds the ball to avoid a sack, the play will be ruled a loss of down and assessed a 5-yard penalty.

## Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Player must have at least ONE foot in bounds when making a catch.
- Pass may not be intentionally tipped in any direction to another teammate.

## Dead Ball or Fumbles Play is ruled "DEAD" when:

- The offensive player's flag is pulled.
- Ball carrier steps out of bounds.

- The ball carrier's knee or the ball hits the ground.
- If a player's flag falls off inadvertently during a play, a one-hand tag between the shoulders and knees is required to stop the player if they have no flags.
- Touchdown is scored.

### **Overtime**

- If the score is tied at the end of 40 minutes, teams move directly into overtime.
- Coin toss determines possession.
- Each team receives the ball at the 12-yard line with one (1) play. This will continue until a winner is declared.
- Interceptions will end the series.

### **Sportsmanship or Rough Play**

#### **POOR SPORTSMANSHIP & FOUL PLAY WILL NOT BE TOLERATED!!**

- Unsportsmanlike conduct towards spectators/fans, other players, or referees will NOT be tolerated. Violations may result in temporary/permanent suspension from the league or the Brushy Creek Community Center property.
- If the referee of the field monitor witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from that current game and the possibility of the next game at the discretion of the Adult League Specialists.
- Fan conduct is the responsibility of the team and the players playing

<b>Offensive Penalties</b>	<b>Defensive Penalties</b>
<ul style="list-style-type: none"> <li>• Illegal Snap: Five yards, repeat down</li> <li>• Illegal Motion: Five yards, repeat down</li> <li>• False Start: Five yards, repeat down</li> <li>• Impeding Rusher: Five yards, loss of down</li> <li>• Blocking/Screening Downfield: Five yards (L.O.S.), loss of down</li> <li>• Illegal Pick: Five yards (L.O.S.), loss of down</li> <li>• Flag Guarding: Five yards from the spot of infraction, loss of down</li> <li>• Lowering Head/Shoulder: Five yards (L.O.S.), loss of down</li> <li>• Pass Interference: Five yards (L.O.S.), loss of down</li> <li>• Illegal Forward Pass: Five yards (L.O.S.), loss of down</li> <li>• Illegal Hand-off/Pitch: Five yards (L.O.S.), loss of down</li> <li>• Illegal Run: Five yards (L.O.S.), loss of down</li> <li>• Delay of Game: Five yards (L.O.S), loss of down</li> <li>• Intentional Grounding: Five yards (L.O.S), loss of down</li> </ul>	<ul style="list-style-type: none"> <li>• Off-sides: Five Yards, repeat down</li> <li>• Illegal Rush: Five Yards, repeat down</li> <li>• Illegal Contact: Five Yards, automatic first down</li> <li>• Holding: Five Yards from end of play, automatic first down</li> <li>• Illegal Flag Pull: Five yards from L.O.S., automatic first down</li> <li>• Pass Interference: Spot Foul, automatic first down</li> <li>• Roughing the QB: Five yards, repeat down</li> <li>• Delay of Game: Five yards, repeat down</li> <li>• Illegal Push: Five yards, automatic first down</li> </ul>