

Detroit Recreation Dept. Flag Football Rules

I. Team

The offense has to have at least three men on the line at all times. Players must be within 15 yards of the ball at the snap (no hidden player trick). Any formation desired on defense, except on punting downs when the defense must have three men on the line. There is no rush allowed by the defense on punt attempts. If the defense does not have three men on the line at the time of the punt there will be a five-yard penalty.

II. Equipment

1. Football equipment (steel cleats or nylon cleats, helmets, pads, etc.) will not be allowed in the game. Gym shoes or street shoes are acceptable.
2. All players must wear flags while participating in games.

III. Playing Rules

1. All offensive players shall be eligible to receive a forward pass. Only one forward pass may be thrown each down. A team may lateral or hand off the ball as many times as desired. If a forward pass or lateral is intercepted by a defensive player the ball can be advanced.
2. Methods of tackling- A defensive player must remove the flag or belt holding flags from the person of the offensive player to constitute a legal tackle. The defensive player must then hold the flag(s) above his head. Leaving the feet or diving at the ball carrier to complete a tackle constitutes an illegal tackle and will result in a 10-yard penalty. If the ball carrier is stopped or knocked down by an illegal tackle, the game official assess the offending team with a 15 yard penalty at end of the play.
3. A player obstructing the flag or stiff-arming to prevent a tackle shall be penalized 15 yards from the point of the infraction.
4. A player hiding the flag(s) or placing the flag(s) in a position other than the hips shall be penalized for illegal procedure.
5. If a ball carrier loses his belt, the ball shall be considered dead at that point.
6. Must have 4 players on the line. No one may line up over the center

7. Blocking – No three-point stance: a player may not leave his feet to block. Failure to comply will result in a 15-yard penalty. Elbows or fist to the face are a 15-yard penalty. Flagrant fouls will result in exclusion from the game or league.
8. Fumbles – There are no fumble recoveries. Any ball dropped or mishandled is a “dead ball” and may not be recovered by either team. A receiver or ball carrier who falls on the ground while in possession of the ball or whose knee touches the ground is downed at the that point.
9. First downs – A first down will result when the offensive team advances the ball twenty (20) yards, or next 1st down marker from where football lies.
10. Punt – The offense must declare its intention to “punt or play” on 4th down. On the punt attempt both teams must hold their positions at the line of scrimmage until the ball is kicked. An offensive team may quick kick on any down (except 4th) without declaring its intentions. A punter must kick within ten seconds, and if he fumbles the snap he may still punt the ball. There is no rush on the punt. All players must remain still until the ball is punted. The defensive must have at least three men on the line at the time of the punt. If the defensive team makes contact before the ball is kicked, they are penalized for encroachment. If the offensive team jumps before the ball is kicked they are penalized for illegal procedure.
11. Time – A game shall consist of 2 twenty (20) minute halves, running time. The only time the clock will stop is on, time outs (2 per half, per team), and the last two minutes of each half, when the clock will stop on incomplete passes. The clock will start at the snap of the ball or when referee signals time in. Twenty-five seconds from the previous dead ball whistle to the snap of the ball are allowed before delay of the game is called.
12. Scoring – Touchdown 6, extra point 1, safety 2.

IV. Kickoff

The kicked ball must travel 20 yards or more from the point of the kick. If the receiver(s) muffs the kickoff, the ball is downed at that point.

V. Spot Pass

On the kickoff the receiving team can make a Spot Pass. This occurs when one man receives the ball from the kicking team and from the exact spot he catches the ball throws

a forward pass in an attempt to advance the football. If the man moves from the spot where he receives the ball and throws it, the whistle automatically stops play. A five-yard penalty is assessed.

Game tied at the end of regulation time will play until someone scores or gains the most yards. Each team will be given the ball on their own twenty-yard line and be given 4 downs. Whoever gains the most yards, or scores the most points after both teams have had their downs is the winner.

Game time is forfeit time. This means at game time be on the field and ready to play, not just getting there.

Any team guilty of unsportsmanlike conduct will be dropped from the playoff and subject to one-year suspension from post league play.

VI. Rosters

Each roster may carry a maximum of 10 players. A revised and final roster will be accepted before the team's 2nd schedule game. Games will begin September 20, 2014 and there will be 4 age groups, 8U, 10U, 12U, and 14U (Coaches are responsible for verification of age.)

VII. Team Conduct

1. All teams must be accomplished by recreation staff, or adult team representative.
2. Any misconduct may result in ejection from the league. If a coach or coaches are ejected from a game and that team has no adult supervision, that game is declared a forfeit. Any player or coach that is ejected from a game is suspended for the next scheduled game.
3. Players cannot wear regular football equipment (cleats, pads, etc.)
4. All players must wear belts & flags while participating in games.

VIII. Rules

A. Time

1. Game time is forfeit.
2. A game will consist of 2 (two) 20 (twenty) minute halves. This is running time with the following expectations:
 - a. time outs 2(two) per half per team
 - b. last 2 (two) minutes of the game, clock will stop on incomplete passes

- c. officials time out
 - d. all penalties
3. The clock will start at the snap of the ball or when the referee signals time in.
 4. Twenty-five (25) seconds from the previous dead whistle to snap are allowed before a delay of game is imposed.
 5. High school rules will prevail in areas not covered herein.

B. Celebration

After a touchdown is scored, spiking the ball, strutting into the end zone, taunting the defense, or talking trash, is illegal. If any player is guilty of this infraction a 15 yard penalty is walked off. Offensive players should only talk to their team.

SUMMARY OF PENALTIES

O, OFFICIALS' SIGNALS (SEE PAGES 55-59) WITH THE NUMBERS REFERRING TO THE NUMBERED ILLUSTRATIONS:

R, RULINGS; S, SECTION; A, ARTICLE; P, PAGE

Loss of 5 Yards

	O	R	S	A	P
Illegal forward pass by Team A or B (if by A, the down counts).....	13	7	4	2	34
Invalid fair catch	26	6	5	5	31
Excess time-out illegally used or requested	6	3	3	5	20
Illegal Delay of Game	6	3	4	2	20
Putting ball in play before declared ready-for-play	2	3	4	2	20
Infraction of free kick formation	1	6	1	2	28
Illegal snap	2	7	1	2	32
Infraction of scrimmage formation	1	7	1	2	32
Interference with opponents or the ball	14	7	1	2	32
Offensive player illegally in motion at the snap	3	7	1	2	33
False start or simulating start of the play	2	7	1	2	32
Player on line receiving snap	2	7	1	2	33
Illegally handing ball forward (also loss of down if by Team A)	13	7	2	1	33
Intentionally ground pass (also loss of a down)	12	7	4	2	34
Illegal kick	15	6	3	1	29
Illegal shift	3	7	1	2	33
Interlocked Interference	7	9	4	3	42
Helping the Runner	17	9	4	1	42
Defensive holding (Except Ball Carrier)	11	9	4	9	43

Loss of 10 Yards

Team not ready to play at start of either half	6	3	4	1	20
Interference with opportunity to catch a kick	14	6	4	1	31
Offensive forward pass interference (also the down counts if by A)	14	7	4	7	35
Striking, kicking, kneeling, elbowing, etc.	10	9	1	1	40
Meeting with knees, striking with open hand, etc.	7	9	1	1	40
Roughing the kicker or holder (also 1st down)	9	9	1	1	40
Hurdling	6	9	3	1	41
Tripping	7	9	3	1	41
Running into opponent	7	9	3	1	41
Roughing the passer (also 1st down)	7	9	3	1	41
Clipping	8	9	3	1	41
Illegal use of hand or arm by offense	11	9	4	2	42
Protecting flags	7	9	4	5	42
Illegal removal of flag	10	9	1	2	40
Obstructing ball carrier	7	9	4	6	42

Loss of 15 Yards

Unsportsmanlike conduct.....	10	9	1	2	40
Persons Illegally on the field	10	9	1	2	40

OFFENDED TEAM'S BALL AT SPOT OF FOUL

	O	R	S	A	P
Defensive Pass Interference	14	7	4	7	35
Violation					
Illegally Kicking a ball	15	9	5	5	43
Illegal participation	4	9	5	1	43
Illegal touching a free kick by kicking team (offended team's ball at spot)	15	6	1	4	28
Illegal touching of scrimmage kick	15	6	3	6	30
Loss of half distance to goal line if distance penalty exceeds half the distance		10	5	1	45

THE OFFICIALS

Responsibilities and Procedures

General

The authorized officials are the Referee, Umpire, and Linesman when three officials are used and the Field Judge when four officials are used. All officials have concurrent jurisdiction over any foul and each shares responsibility for the proper conduct of the game and enforcement of the rules.

All officials on the playing field will carry a whistle. The official who is covering the runner is primarily responsible for sounding the whistle when the ball becomes dead. This should be done quickly and loudly in order to stop action and prevent rough play.

The Referee will sound a whistle to indicate that the ball is ready for play. An official will sound the whistle immediately to prevent a snap or free kick when a dead ball foul occurs. For other situations, officials should use a marker to indicate that a foul has occurred.

When an official sees an infraction, a marker should be thrown, the spot of the foul noted, and the spot where the given run ended noted. The official should continue to attend to other assigned duties while the ball is alive. When the down ends the Referee should be informed of the foul, the status of the ball when the foul occurred, and the offending team. The Referee will give the preliminary signal prior to explaining the options to the offended captain. Following the administration of the penalty, the Referee will face each sideline and give the proper signal.

If there is a difference of opinion, testimony or interpretation, the referee shall make the final decision. Players may be cautioned against technical violations. All officials must know and use arm signals to indicate fouls and violations called.

Whenever a runner goes out of bounds the nearest official should signal "time out" immediately and mark the out-of-bounds spot. The other officials should repeat the "time out" signal at once.

Referee

The Referee has general oversight and control of the game and is sole authority for the score, sole judge of forfeiture of game by rule, and decides upon all matters not specifically placed under the jurisdiction of the other officials.

Whenever play is suspended the Referee will complete any penalty which may have been incurred; spot the ball where play is to resume; announce team-possession for the next down; and indicate, by use of prescribed signal, that the ball is ready-for-play.

The Referee must see that the ball is put in play and declared dead according to rule and has final authority over the ball's position and progress.

Prior to the beginning of a game the Referee must test and select the game ball or balls and must also inspect the entire field and report any irregularities to the Field Captain of each team and to fellow officials.

If a Referee orders the ball changed between downs an assistant on each side line may be asked to expedite the exchanges.

After each time-out and before play is resumed, the Referee must make sure that both teams and all officials are ready.

Unless the most advantageous choice is obvious the Referee shall explain to the Field Captain any option or alternatives to which players may be entitled and then proceed in accordance with the choice first expressed by that Field Captain.

The Referee must instantly signal "time out" whenever play is suspended.

For scrimmage play the Referee's normal position is behind and to the side of the team on offense.

Umpire

The Umpire has primary jurisdiction over the equipment and conduct of the players.

In each scrimmage the Umpire is particularly responsible for observing line play but must also cover open play which develops after linesmen make their initial charge.

For scrimmage plays the Umpire's normal position is behind the team on defense. Umpires must adjust their position to the defensive formation and avoid interfering with the vision of movement of defensive players.

Linesman

The Linesman has initial responsibility over the neutral zone and infractions of the scrimmage formation but must also cover open play which develops to the Linesman's side of the field.

Linesmen assist the Referee in marking the progress of the ball and keep an accurate count of the downs. They must provide themselves with assistants who remain out-of-bounds and conform to the linesman's direction.

For a scrimmage formation the Linesman's normal position is straddling the neutral zone but well clear of all players.

Field Judge

The Field Judge has primary jurisdiction over the timing of the game and must have a whistle and act for the Referee on down field play.

The Field Judge must start and stop the game clock as prescribed by the rules and keep the Referee informed with respect to the time remaining in each period. When a foul is declared while the ball is in play, the Field Judge shall stop the clock when the ball becomes dead. (Exception:) Running clock except last two minutes of each half.

The Field Judge must provide a stop watch and be prepared to time the game with that watch or with a scoreboard clock operated by an assistant.

Whenever a scoreboard clock is used, the Field Judge must observe it closely and be ready to take up the timing with a stop watch if for any reason the scoreboard clock fails to function properly.

The Field Judge must be particularly alert to cover and rule on down field play and shall sound a whistle instantly whenever the ball becomes dead.

For a scrimmage, the position of the Field Judge is on the side of the field opposite the Linesman either straddling or beyond the scrimmage line toward the defense.

FIELD JUDGE

The Field Judge shall be positioned during the game as follows:

FIELD JUDGE

The Field Judge shall be positioned on the side of the field opposite the Linesman.

During a scrimmage, the Field Judge shall be positioned on the side of the field opposite the Linesman, either straddling or beyond the scrimmage line toward the defense.

During a play, the Field Judge shall be positioned on the side of the field opposite the Linesman, either straddling or beyond the scrimmage line toward the defense.

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DECLARED DOWN-FIELD KICK

This is a kick which is kicked down the field and is declared down-field when the ball is kicked from the line of scrimmage and is in flight for a distance of 10 yards or more.

When a kick is declared down-field, the Linesman shall be positioned on the side of the field opposite the Linesman, either straddling or beyond the scrimmage line toward the defense.

OFFENSIVE PLAYERS

During a play, the offensive players shall be positioned on the side of the field opposite the Linesman, either straddling or beyond the scrimmage line toward the defense.

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END ZONE

The 10-yard end zone shall be positioned on the side of the field opposite the Linesman, either straddling or beyond the scrimmage line toward the defense.

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BASIC FLAG FOOTBALL PLAYING RULES

AT THE SNAP:

4 of 8 offensive players must be on the line. (5 yard penalty.)

BACKFIELD:

At least one (1) yard behind the line of scrimmage. (5 yard penalty.)

BALL CARRIER:

Shall not deliberately drive or run into a defensive player, nor straight arm, nor protect the flag. (10 yard penalty)

BLOCKING

Blockers must be on their feet before, during, and after contact. (10 yard penalty).

DEAD BALL:

The ball is dead when an opponent removes the ball carrier's flag.

NOTE: In all cases where a play is in progress and a ball carrier loses a flag either accidentally, inadvertently, or on purpose, play shall be stopped at the spot where the flag is dropped. If any player loses a flag, he still is eligible to catch a legal forward pass, but cannot advance the ball, and the ball is dead where the ball is caught.

DECLARED SCRIMMAGE KICK:

There is no rushing the kicker when a team announces a declared kick to the Referee before the ready-for-play. After announcement a team must kick. Both teams must keep 4 players on the line of scrimmage until the kick is made. A declared kick may be used for the try and is worth one point. (10 yard penalty).

DEFENSIVE PLAYER:

Shall not hold, grasp, or obstruct forward progress of ball carrier when in the act of removing a flag. (10 yard penalty) Exception: (5 yards and first down defensive holding)

END ZONES:

Are 10 yards in width. Goal posts are on the end line.

EQUIPMENT:

Shoulder pads, helmets, and hip pads are not legal equipment.

FLAGS:

Players must wear two USFFA approved same length flags attached to a belt at the waist. (Flag-A-Tag Flags)

FORWARD PASS:

All players are eligible receivers. A team may make multiple forward passes behind the neutral zone. No pass interference rule if pass stays in or behind the neutral zone.

FUMBLE:

Loss of possession after control: Ball is dead when it strikes the ground.

GAME TIME:

A regulation game is of 60 minute duration, including 4 quarters of 15 minutes each.

KICKOFFS:

Must be a place kick or a drop kick. Ball is kicked from the 20 yard line in a 4 zone field and from the 40 yard line in a 5 zone field.

KICKOFF RECOVERY:

An untouched free kick must travel 20 yards before the kicking team can legally recover unless touched by the receiving team.

LINE TO GAIN:

The line-to-gain in any series is the zone in advance of the ball. A new series is awarded a team when they legally advance to the next zone.

MUFF

An unsuccessful attempt to catch or recover the ball. Ball becomes dead when it touches the ground after a muff.

STANCE:

All players of *both teams*, except the snapper, may use any stance.

TEAMS:

The game is played between two teams of eight players per team.

ZONES:

A zone is 20 yards wide. Four or five zones constitute the playing area plus 10 yard end zones.

Detroit Recreation
Department

<p>The hand signals and explanations on this page are part of</p>				
				
				
				
				