

E. Blocking

- Both feet must be on the ground on all blocks.
- Absolutely no downfield blocking allowed (past the line of scrimmage).
- Hands may be extended when blocking but hands must remain open and within the width of the shoulders below the neck. No blocking above the waist or below the shoulders.

F. Ball is Dead...

- On all fumbles, the ball will be declared “dead” where it hits the ground. Ball may not be fumbled forward. A forward fumble will be spotted at the spot where the ball left the ball carrier’s hand.
- When the snap from the center hits the ground.
- When a flag is removed from a player’s belt. The defender should, upon pulling the flag, raise it in the air. The ball will be placed at the spot where the flag was pulled (not where the defender/runner is).
- When a ball carrier runs out of bounds.
- When a ball carrier hurdles over an opponent instead of running around. A player not carrying the ball may jump over another player to avoid injury to the player on the ground.

G. Spinning

- Spinning is not allowed. Penalty is 5 yards from the spot of the foul.

H. Punting Game

- On 4th down, Offensive team must declare intention to kick within 20 seconds.
- Defense will not be allowed to rush the kicker (jumping on backs to teammates to block is illegal and constitutes a 5-yard penalty).
- No fakes will be allowed. If offense declares a kick, it must kick.
- No player may cross the scrimmage line before the ball has been kicked.
- Defense must have a minimum of three people on the line when the ball is kicked.
- No downfield blocking on any kick.
- Ball is live after punt hits the ground or is touched by any player.

I. Pass Plays

- Player must have one foot in bounds for a complete pass.
- Defensive pass interference:
 - Spot penalty and automatic 1st down.
 - Exception – if interference occurs in the end zone by the defense, ball is spotted on the 1-yard line.
- Offensive pass interference:
 - Loss of down and 5-yard penalty from the line of scrimmage

J. Equipment

- Teams will be provided belts that must be turned in to the Recreation Department after each game. No elbow, hand, knee, or forearm pads are allowed. Receiver gloves will be allowed. Exceptions will be allowed to those who have medical braces.
- No metal cleats or metal screw-in cleats allowed. Only molded cleats will be allowed.

K. Penalties

- Five (5) Yard Penalties:
 - Off sides (defensive off sides occurs regardless of whether contact was made with offensive player)
 - Offensive Spinning (from spot of foul)
 - Guarding the flag (from spot of foul)
 - Too many men on the field
 - Illegal line-up – 2 players required on line of scrimmage for the offense; defense needs no players on scrimmage line except for kicks.
 - Delay of game – more than 25 seconds between plays.
 - Hurdling
 - Early Blitzing – 3 Mississippi count by defense (out loud) before the rush. No warning given.
- Ten (10) Yards
 - Holding, tripping, or clipping
 - Charging (runner tries to run over defender instead of avoiding – also loss of down)
 - Illegal block (non flagrant)
 - Any flagrant foul such as: Unnecessary roughness, unsportsmanlike conduct, crack back blocks, stiff-arm, tackling.
 - Blocking above the shoulders or below the waist
 - Any flagrant penalty can result in ejection from the game. Ejection from the game will result in an automatic one game suspension. This decision will be final.

L. Miscellaneous

- Overtime:
 - Each team will get one series from the 10-yard line. Interception ends the try; the team intercepting cannot score as a result from an intercepted pass. The team with the highest total score from the series will be declared the winner. There is a max of 3 overtimes, with an exception only for the championship game.
- If a player loses his flag:
 - The play will revert to two-hand touch on the player who lost his flags.

- Any flagrant attempt to keep a runner/receiver from scoring will be ruled an automatic touchdown.
- Team rosters are to be turned into the local team's coordinator. A player may only be on one team's official roster. See rules above for playing on multiple teams.
- All score sheets will be turned in to the local coordinator by the home team captain.

M. Game Protests

- All protests must be clearly stated to the opposing team at the time of the infraction and prior to the game resuming.
- If a protest cannot be agreed upon by the parties, the down will be played over.
- **JUDGEMENT CALLS ARE NOT OPEN TO PROTEST**
- Protests will only be considered when the play in question had a "Significant Effect" on the outcome of the game.

N. Rules of Conduct

- Each captain will be held responsible for the conduct of his team players and is responsible to see that all rules are observed. The team captain must maintain complete control of himself and his team members at all times; this includes before, during, and after a game or any other involved with the flag football program. The key to a successful program is in the hands of the captains and, in turn, his players. Good leadership will ensure a good program.
- Officials and their decisions will be respected and not interfered with at any time. Unsportsmanlike conduct, disrespect, or profanity will not be tolerated at any time. Any player removed from a game will receive an automatic one (1) game suspension to be served in the next consecutive game. A longer suspension may be given by the league coordinators depending on the severity of the incident. Any player that is ejected from a game must leave the field and park area.
- Threatening of an official or supervisor will result in the automatic removal of the individual for the season. Personal harassment of officials may be the cause for either the individual or the teams to be suspended from league play. A player does not have to be in the game for this rule to be in effect. He could be a spectator of the team. Teams are responsible for their own spectators.

O. Alcohol Regulations

- Due to games being played in different cities, there are different city and school ordinances for alcohol. **No alcoholic beverages will be allowed at the playing site.**

P. Awards

- League Champions will receive a trophy and medals for each team member.

This league is intended for the enjoyment of all those that are participating. If there are any questions pertaining to these rules, please call your local league coordinator.

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