

EASTBANK ADULT FLAG FOOTBALL RULES (7 man)



Teams/Players

- 1) Each team shall consist of seven (7) players.
- 2) A team must have four (4) players to start a game. If a team does not have four (4) players by game time, they will forfeit.

Rosters

- 1) No player(s) shall participate on more than one flag football team. Doing so will be considered illegal.
- 2) Playing person(s) not listed on your roster is also illegal.
- 3) PENALTY for above violations – The violating player(s) and team captain shall be dropped from the team roster and shall sit out for one year and a season before participating in any Parks and Recreation leagues again.

Payment of Officials

- 1) Each team will pay officials BEFORE the start of the game. No game will start until officials have been paid – no exceptions!
 - a) **Cost - \$42 per team**
 - b) Payment made by CASH only – no checks accepted.

Equipment

- 1) FLAGS
 - a) Colors are yellow and red.
 - b) Will be triple threat and will be provided by the playground.
 - c) Teams will get their flags before game from officials, not from the Center Supervisor. Officials are in charge of the flags, therefore, all flags must be turned into the officials immediately following the game.
 - d) Anyone caught damaging or stealing flags will be ejected from the league. Remember – NO FLAGS – NO LEAGUE!
- 2) SHOES – All players must wear shoes (no metal or metal-tipped cleats).
 - a) First offense – player(s) will be ejected from the game.
 - b) Second offense – Player(s) will be ejected from the game and will sit out the remainder of the season. Additionally, player(s) will sit out of all Parks & Recreation leagues for one (1) year and a season before participating again.
- 3) PADDING – No padding of any kind will be allowed, except for an injury. Padding to protect injury must be soft. No finger cases, finger splints, or any kind of hard material – referee's judgment.
- 4) PANTS/SHIRTS
 - a) No cutoffs or mid-drifts may be worn.
 - b) Team pants cannot be the same color as the flags (yellow or red).
 - c) Players may not enter the game with pants/shorts that have pockets. [**Penalty:** Player will be ejected from game and must sit out their team's next scheduled game (providing they played at least one down)].

Timing

- 5) There will be a ten (10)-minute grace period for the first game only which is scheduled for 7:00 pm. No grace period will be granted for the second and third games.
- 6) HALVES - Each game will consist of two (2) halves with each half being twenty (20) minutes running.
- 7) REST PERIOD – There will be a five (5) minute rest period at the half.
- 8) TIME-OUTS:
 - a) Two (2) timeouts per half allowed per team.
 - b) Each timeout will consist of one minute (60 seconds).
- 9) CLOCK shall stop . . .
 - a) For timeouts only, unless specified otherwise in the rules.
 - b) For an official's timeout.
 - c) For an injured player (In the case of an injury, the injured player must leave for one (1) play and cannot use a timeout to re-enter the game.
 - d) If the ball goes out of the playing area.
 - e) After each play during the last two minutes of the second half and will start again when the ball is put into play by the officials Also, after every score and will restart on the snap following the extra point.
- 10) Offensive team will have twenty-five (25) seconds to snap the ball from the time the official marks the ball ready for play.
- 11) Officials will notify team captains when there are three (3) minutes, and again when there is one (1) minute of play remaining in the first and second halves.

Position of Players

- 1) Players may lineup anywhere on or behind their line of scrimmage (except shoulder to shoulder with center).
- 2) All offensive team players must come to a complete stop for one (1) full second simultaneously.
- 3) Any player on his line of scrimmage shall not make any illegal motion forward.
- 4) Any player may be in motion provided his motion is parallel, or clearly backward. Only one (1) offensive player may be in motion at any moment.
- 5) All players are eligible pass receivers.

Deflagging

- 1) Each player's flag belt must be snug around the waist and the flags must be down the sides of the hips. [Violations penalty – ten (10) yard penalty, providing the flags were not pulled loose or the belt was not turned around at the waist during a play.] After the conclusion of a play, each player must ensure his flags and belt are in the correct position prior to the start of the next play.
- 2) Flags cannot be looped over the belt.
- 3) If a player tampers with his flags or any other illegal or unsportsmanlike act concerning the flags, his team will be assessed a ten (10) yard penalty and loss of a down. If flagrant, subject to ejection!
- 4) Any defensive player may leave his feet to pull the flag; however, if the referee judges the dive as roughness, you will be penalized accordingly.

- 5) Any defensive player deflagging an offensive player must drop flag at the spot. If flag is thrown; 1st time-warning—anytime thereafter (for the rest of game) an unsportsmanlike conduct penalty will be assessed.
- 6) If a defensive players commits a major penalty (i.e., holding, tackling, roughness, etc.) on an offensive ball carrier inside their twenty (20)-yard line and he is the last defensive player between the ball carrier and the end zone, an automatic touchdown shall be awarded.
- 7) Flag guarding is not permitted. [Penalty: A penalty of ten (10) yards will be accessed at the spot of the foul and will be a loss of down.]

Kick Off

- 1) There will be no kickoffs in Parks and Recreation adult play.
- 2) The team winning the coin toss will have the following options:
 - a) Elect to start on offense
 - b) Elect to start on defense
 - c) Elect to defend a certain goal
 - d) Jerseys also and sides of field (Teams must have their own uniforms)
- 3) The ball will be placed by the referee on the offensive team's fifteen (15) yard line where they will play line to gain (20-40-20).
- 4) After a touchdown and the attempt of the succeeding point, the referee will place the ball on the fifteen (15) yard line of the team that is defending the goal.
- 5) After the referee has placed the ball on the fifteen (15) yard line (it has been marked for play), the team will have 25 seconds to snap the ball.

Snapping the Ball

- 1) Snap shall be made through the legs with one (1) continuous motion.
- 2) Snap can be received on one (1) bounce which is fielded **cleanly** in front of the quarterback.
- 3) Any player that is one (1) yard behind the line may receive the snap.
- 4) An illegal snap will be penalized five (5) yards from the line of scrimmage and replay the down.
- 5) Offensive and defensive encroachment will be penalized five (5) yards from the line of scrimmage, and the ball is dead at the snap.

Blocking

- 6) No blocking past the line of scrimmage.
- 7) Screening is a form of blocking.
- 8) Any player may block from the line with the following restrictions:
 - a) He must have his arms at his side.
 - b) He may slide from side to side to protect his quarterback'
 - c) He cannot step directly into the path of the man that is rushing.
- 9) The defensive man that is rushing must go around the blocking back. He may put his hands on the blocker for balance only. He cannot push or pull him out of the way.
- 10) No defensive player can block or impede an offensive player.

Passing

- 1) PASS RECEIVERS - All players are eligible.

- 2) There may be only one forward pass (behind or beyond the line of scrimmage). Any uncompleted forward pass that touches the ground behind the line of scrimmage will be put in play at the line of scrimmage.
- 3) No player may cross the line with the ball and then step behind the line and throw the ball across the line.
- 4) Any pass (lateral or backward) that touches the ground behind the line of scrimmage is put in play at the spot, providing no defensive player has touched the ball before it touched the ground.
- 5) Any player may catch his own pass, providing it is touched by another player first.
- 6) No offensive player shall bat the ball forward or backward – official’s judgment.
- 7) Any pass intercepted in the end zone may be run back to other end zone for six (6) points during regular series of downs.
- 8) Any ball simultaneously caught belongs to the offense.
- 9) DEFENSIVE PASS INTERFERENCE – First down at spot
OFFENSIVE PASS INTERFERENCE – ten (10) yard penalty and loss of down.
- 10) Any offensive penalty behind the line of scrimmage will be penalized from the line of scrimmage. All penalties will be five (5) or ten (10) yards except for intentional grounding and an offensive penalty in the end zone. An offensive penalty in the end zone will result in a safety.

Scoring

- 1) TOUCHDOWN----- 6 points
- 2) EXTRA POINT----- 1 point by pass or run from three (3) yard line
2 points by pass or run from ten (10) yard line
- 3) SAFETY ----- 2 points
- 4) Each time a player scores a touchdown, he must go to the nearest official and pull off the flag belt. [**PENALTY:** Failure to do so is a five (5) yard penalty for first or second offense and ten (10) yard for third offense and each time thereafter.]
- 5) TIE GAME:
 - a) If there is a tie at the end of the 2nd half, the ball is taken to the ten (10) yard line and each team is allowed one (1) series of downs.
 - b) Toss of coin will decide which team will have series of downs first.
 - c) After each down, the official will record the amount of yards gained or lost.
 - d) The ball will be taken back to the twenty (10) yard line for the snap each down.
 - e) One (1) point is scored by the team making the longest total advance in the four (4) downs.
 - f) If team “B” advances the ball further in less than four (4) downs, they may waive remaining downs.
 - g) Neither team may waive downs as long as minus yards predominates.
 - h) If both teams have minus yardage at the end of the series of downs, the team with less minus yardage will score one (1) point.
 - i) If at any time during the series of downs the ball is intercepted, the team will lose its remaining downs.

Questions or for information, call Natalie Stoufflet at 736-6999 Ext. 104 - Monday through Friday, 2:00 pm to 4:00 pm or nstoufflet@jeffparish.net.

