

## Team Managers, Players, and Referees:

### *2015 Rules for Flag Football*

- You must have five (5) players on the line of scrimmage. The three (3) interior players on the line are **ineligible**. Two (2) are eligible and are considered wide receivers. The three (3) other players must be *off* the line of scrimmage.
- There will be two (2), 25 minute halves (not quarters). The clock will stop on touchdowns, and inside two minutes.
- **Overtime shall be like college. Team starts off at twenty (20) yard line. No first downs. Four (4) plays to get a touchdown.**
- Each team gets four (4) timeouts per game. You can only carry one (1) timeouts over to the second half.
- Point after attempts: one (1) point from the 3 yard line, two (2) points from the 10 yard line.
- **Belts must be over shirt, or shirts must be tucked in. Either way, the belt must be visible to referee and opposing team.**
- A fumble is dead at the spot the ball hits the ground. If there is a bad snap and it is picked up cleanly, the play is still on.
- **You must kick on punts. No throwing. Defensive team cannot rush the punter. Kicking team cannot leave line of scrimmage until kicker punts the ball.**
- **Players are allowed to leave their feet with the following exceptions:**
  - A ball carrier cannot jump over a defensive player on the ground.*
  - A ball carrier cannot dive for a first down, touchdown or extra yard.*
  - A defensive player cannot dive for a flag.*
- A ball carrier cannot flag guard. **Stiff arming is not allowed.** This will result in a penalty. **Please note: this is a very difficult call for three (3) referees.**
- **Punts and kickoffs are now considered dead balls, and the kicking team cannot cover a kickoff. The ball is down where the kicking team touches it.**
- If a kickoff goes into the end zone, a player may choose to run the ball out or kneel the ball. A kneel will result in a touchback. If the player makes an attempt to leave the end zone and is tackled (de-flagged), it still will not result in a safety. **A safety is only when the returning player (kickoff, punt, interception) crosses the goal line, then goes back into the end zone and is de-flagged.**
- **A team is allowed to play with seven (7) players.**
- **Nobody under the age of 18 is permitted to play. If someone under 18 plays, that game will become a loss. If this happens a second time, that team will be out of the league.**
- No Gatorade, or colored drinks, sunflower seeds, chew or gum will be allowed on High School field.
- Please pick up all litter and throw into garbage cans.
- Rosters will be closed after the third (3<sup>rd</sup>) game. Rosters must be turned into the Recreation Office by the first game. Contract the Recreation office with any additions. If you are on one team's roster, you cannot switch teams.

- Please bring your own balls for offense.
- Please remember this is a recreation league. This is for fun. Abusive language towards referees, other players or fans will not be tolerated and could result in ejection and fine.
- This also goes for fighting. Although this is football, and some contact is expected, remember, this a recreation league and everyone has to go to work the next day.
- Have fun!