

General -----

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown.
- If the offence fails to score, the ball changes possession and the new offensive team takes over on its own 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides at the beginning of the second half of play. The team on defense will have first possession to start the second half.

Attire -----

- Rubber cleats are allowed, NO metal spikes.
- All players must wear a protective mouthpiece; (provided) no exceptions.
- Players must wear their team tee during games. (Provided)
- All players wear the flag belt, with flags at outer pant seams and belt loop tucked in.

Players -----

- Teams must field a minimum of seven (7) players at a time.
- All players on the team must play a minimum of 20 minutes per game. Substitutions should allow equal playing time for each player.
- If player does not attend practice, part of his time may be cut .

Timing/Overtime -----

- Games will consist of two 20 minute halves, with a running clock.
- If the score is tied at the end of 40 minutes, teams move directly into overtime. Each team has one series from midfield to score. Game MAY end in a tie after this.
- 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.

Timing, Cont'd

- Each team has one 60-second time out and one 30-second time out per half.
- A 2-minute warning will be given at the end of each half to coaches and players.
- When the time at the end of each half has ended, coaches will be notified, and play will continue until the offensive team ends its drive.
- Officials can stop the clock at their discretion.

Receiving -----

- All players are eligible to receive passes (including the quarterback IF the ball has been handed off behind the line of scrimmage).
- Only one player per team is allowed in motion at a time before the snap
- A player must have at least one foot inbounds when making a reception.

Running -----

- The quarterback cannot run with the ball, direct from snap.
- **Only direct handoffs behind the line of scrimmage are permitted.**; may use multiple handoffs.
- "No Running Zones," located 5 yards from each end zone and 5 yards on either side of midfield, are designated to avoid a short-yardage, power running situation. (avoiding hits)
- Once a ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not at the ball.
- The player who takes the handoff **can** throw the ball from behind the line of scrimmage.

Scoring -----

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line),
- 2 points (played from 12-yard line)
- Safety: 2 points

Passing -----

- The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line. Interceptions MAY be returned.

Dead Ball-----

- The ball must be snapped between the legs, not off to the side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Ball carrier's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - Ball carrier's knee hits the ground.
 - Ball carrier's flag falls out.
- Note: There are no fumbles. The ball is spotted where the ball carrier's feet are when he dropped the ball. (He first must have possession if receiving a pass.)

Rushing the Quarterback -----

- The player who rushes the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. A special marker will designate 7 yards from the line of scrimmage. Only one player can rush the quarterback before the 7 seconds (pass clock) are up.
- Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the 7-yard and 7 second rules no longer apply, and all defenders may go behind the line.
- Body slamming or tackling are not allowed

MISC:

- TWO coaches may stay on the field of play to assist and direct their team.
- If a ball carrier's flag comes off accidentally or by his contact, the effect is the same as a flag pull by the opposing team

Penalties: -----

All penalties will be called by the referee:

Defensive:

- Off sides – 5 yards and automatic first down.
- Interference – 10 yards and automatic first down.
- Illegal contact (holding, blocking, etc.) – 10 yards and automatic first down.
- Illegal flag pull (before receiver has ball) – 10 yards and automatic first down.
- Illegal rushing (starting rush from inside 7-yard marker) – 10 yards and first automatic down.

Offensive Penalties:

- Illegal motion (more than one person moving, false start, etc.) – 5 yards and loss of down.
- Illegal forward pass (pass received behind line of scrimmage) – 5 yards and loss of down.
- Offensive pass interference (illegal pick play, pushing off/away defender) – 10 yards and loss of down.
- Flag guarding – 10 yards (from line of scrimmage) and loss of down.
- Delay of game – 10 yards and loss of down.

THE OFFENDED TEAM MAY DECLINE THE PENALTY IF IT IS IN THEIR BEST INTEREST

Other Information -----

- Referee determines incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- Only the team captain (of the players) or coach may ask the referee questions about rule clarification and interpretations. Players or coaches cannot argue judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.

COACH'S NAME _____

Contact Number _____

Assistant _____

Contact Number _____

Sportsmanship/Roughing-----

- **FOUL PLAY WILL NOT BE TOLERATED**
If the referee witnesses any acts of tackling, elbowing, cheap shots, shoving, body slamming or any unsportsmanlike conduct, the game will be stopped and the player will be benched. A second infraction and the player will be ejected from the game.
Note : a BLOCK done properly is not shoving
- Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is not limited to foul language but is ANY talk that may be offensive to officials, opposing players, teams, or spectators. Examples : ethnic slur, threat, slams, calling names) If trash talking is heard or reported, the referee will give one warning. If it continues, the offender(s) will be ejected from the game, whether player, coach or spectator.

Coaching (& Parenting) -----

As in all Lamar Parks & Recreation programs involving coaches and parents, the following guidelines are in effect:

- Judgment calls may not be argued. Do not confront the referee before, during, or after any game in a threatening or unsportsmanlike manner.
- The team captain, under the direction of the coach, may QUESTION a rule interpretation. Show them the right and proper way to do this.
- Any protests must be made in writing and addressed to Director of Lamar Parks & Recreation. You may not protest a game you have won. You may inquire about a ruling.
- Coaches are encouraged to teach not only the skills of the game, but also teach sportsmanship and teamwork.
- Coaches will schedule their own practices. All fields are on a first come basis. Practices may be scheduled on Fields 5,6,7, or 8 at the City Park. Or on the playing field as available Please do not practice on the infields of baseball fields,

Flag Football

Rules OF PLAY

AMENDED FOR 2015