



## **ADULT OUTDOOR FLAG FOOTBALL RULES**

### **Governing Body**

The governing body of this league will be the Athletic Supervisor from the Williamson County Park and Recreation Department.

Items not covered by these by-laws will be ruled on by the Williamson County Parks and Recreation staff.

### **Eligibility**

It is the coach's responsibility to have all players understand and abide by the rules, as well as sign the roster and meet all league eligibility requirements. **All players must sign a WCPR roster/player contract to be eligible to play.**

All rosters must be completed and turned into the Recreation Department prior to the first game. Teams without rosters on file will automatically forfeit their games.

Players cannot change teams once the season starts unless approved by the Williamson County Parks and Recreation staff.

Players may not be added to the roster after the fourth scheduled game of a seven week regular season.

League registration fees will be paid at the time of registration.

Teams not qualifying for league play will have their registration fees returned immediately.

A game may be protested if the protesting team pays the protesting fee of \$100.00. All protests of eligibility will be brought to the attention of the official before the game begins or the protest will not be allowed. Judgment on the game will be given within seven (7) days of the game.

### **Player Conduct**

Everyone must follow all of the facility rules.

Only one spokes person per team is permitted. This is the designated captain and/or coach of the team at the beginning of the game. He or she will accept full responsibility for his or her team's actions.

If a team forfeits more than two games during a season, they will be reviewed by the Recreation staff regarding their continued participation in the league.



### **Flag Football Rules**

1. Games will start on time according to the published schedule and only the first game will have a grace period. Five minutes will be put on the clock at the scheduled start time for the first game. The game will be declared a forfeit at the end of the five-minute period if one or both teams aren't available for play. **NO EXCEPTIONS. ALL OTHER GAMES WILL . . . START ACCORDING TO THE SCHEDULE.**
2. A team can have up to twelve (12) players on their roster. No player can be added to the roster after one half of the regular season games have been completed. **ADDED PLAYERS MUST SIGN ROSTER/PLAYER CONTRACT BEFORE PLAYING IN A GAME.**
3. Players **CANNOT** change teams once the season starts unless approved by the WCPR Staff.
4. All protests of eligibility must be brought to the attention of the official **BEFORE** the game starts or the protest will not be allowed.
5. It is the coach's responsibility to have all players understand and abide by the rules, as well as sign the roster and meet all league eligibility requirements. Ignorance of the rules is not an acceptable excuse.
6. Teams must provide same color t-shirts or jerseys with different numbers that are clearly legible.
7. Mercy Rule-If a team is behind by 20 points with less than five minutes remaining in the contest, the game will be declared over and the team that is ahead will be awarded the victory.
8. Any team not showing up for three games during the regular season will be dropped from the league. **NO REFUNDS ONCE THE SEASON BEGINS.**
9. **BLOOD RULE:** Referee's judgment prevails.
10. Players are encouraged to wear a mouth guard.
11. No type of hard cast or hard surface padding is allowed.



12. Game length is two, (20) twenty minute halves. The clock runs continuously except for injury or time outs until the last minute of each half. The clock will then stop for an incomplete pass, change of possession, first down or a score. The play clock is 25 seconds from the time the referee places the ball and blows his whistle.

13. Each team has two (2) timeouts per half.

14. **Scoring** -Six (6) points for a touchdown. PAT is; one point from the 3 yard line, Two points from the 10 yard line, and Three points from the 20 yard line. Two (2) points for a safety. The defense will be awarded two (2) points if they intercept the ball and return the PAT for a touchdown.

15. Following a safety or touchdown by Team A, Team B will begin their possession from their own 15 yard line. No kickoffs. Following a turnover on downs or interception, teams will begin their possession at the dead ball spot.

16. Field Dimensions- Fields will be 80 yards long and 40 yards wide with 10-yard end zones. Each 20 yard line and the 40 yard line will be first downs. Each team has 4 downs to get across the designated 20-yard markings for a first down or score.

17. Overtime games will start at the 20 yard line with each team getting 4 downs to score unless:  
a) the offense turns the ball over.  
b) the defense commits a penalty.  
c.) the offense commits a penalty.

18. All offensive players are eligible receivers.

19. A player may not stiff arm another player, push away a defenders hand or shield his flag in any way. No flag guarding.

20. A ball is dead as soon as it hits the ground. All laterals that hit the ground are down at the spot where it initially touches the ground. The team that had possession of the ball prior to the muffed ball will retain possession. THERE ARE NO FUMBLES.

21. A defender may not grab, hold onto or tackle another player or the player's uniform.



22. There are two forms of blocking in screen.

1. Backfield blocking: The blocker in the backfield is to have their arms at their side with no separation of the arm from the body. A blocker is allowed to move (shuffle) left, right or backwards. The blocker may not initiate contact with the rusher. The Blocker also may not run between a rusher and ball carrier. A blocker may not run a route under a rusher to impede the rusher's route to the quarterback.

2. Downfield screen blocking: A basketball style (non-moving) screen is the only acceptable form of downfield blocking. Hands must be placed behind the back, straight down the side, or crossed over a player's midsection in the front. **THIS IS A NO CONTACT LEAGUE.**

23. The defender may not push, pull or have contact with the blocker. The block - charge principle will be applied.

24. Roughing the passer is a 10-yard penalty from the line of scrimmage and an automatic first down.

25. Defensive pass interference will be marked at the spot of the foul and an automatic first down. (10 yard min)

26. No batting at the ball while the ball is in possession of a player.

27. The ball will be marked at the spot at which the ball is at the time of the flag pull.

28. A player without a flag belt is down once they are touched by a defender.

29. If the offensive team decides to spike the ball in order to stop the clock during the last minute of each half, the ball must be a direct snap from the center to the quarterback.

30. Intentional grounding: The passer may not intentionally ground the ball in order to avoid a sack, or to try to waste time. The result will be a 5 yard penalty and a loss of the down. If the quarterback is in the end zone at the time of the foul, the result will be a safety. There must be an offensive player in the vicinity of the thrown ball. The referee's judgment will prevail.

31. The defense must be at least 1 yard off of the line of scrimmage at the time of the snap.

32. The offense must have at least four players on the line of scrimmage at the time of the snap. A man in motion is not considered to be on the line of scrimmage.



33. Only one player is allowed to be in motion at the time of the snap. The motion player may not be moving towards the line of scrimmage at the time of the snap. All other players must be stationary at the time of the snap.

34. During the last five minutes of the 2nd half, delay of game penalties will stop the clock and the clock will restart on the snap.

35. No metal cleats or spikes of any kind are allowed.

36. Inadvertent Whistle- In case of an inadvertent whistle, the offense has a choice of yardage gained/spot of the ball at the time of the inadvertent whistle/ or replay the down. If time expired one more play will be allowed. If the ball is intercepted and then the inadvertent whistle is blown, the ball is dead at the spot and the return team takes over. The play is dead immediately when a whistle is blown.

37. Punt- When the offense declares a punt they must have all players on the line of scrimmage with exception of the punter. The ball must be snapped and all offensive players may not advance until the ball is kicked or thrown by the punter. The ball is dead once the receiving team has possession of the ball or it comes to a complete stop. The ball also must be snapped as if it was a regular play. If the clock is dead prior to the snap of the ball the clock will restart when the punter makes contact with the ball.



38. Simple Offensive Penalties:

- Illegal Motion (Live Ball): LOS- 5 yards- ROD
- Delay of game: 5 yards- ROD
- False Start (dead ball): LOS- 5 yards- ROD
- Moving Screen Block: LOS- 10 yards- ROD
- Offensive Pass Interference: LOS- 10 Yards- LOD
- Flag Guarding: Spot- 5 yards- LOD
- Illegal Forward Pass: Spot- 5 yards- LOD
- Illegal Equipment (Live Ball): LOS- 5 yards- ROD
- Unsportsmanlike (Conduct): Spot/EOP- 10 Yards

Simple Defensive Penalties:

- Holding/ Impeding Progress: EOP- 10 yards- ROD
- Defensive Pass Interference: Spot Foul- 1<sup>st</sup> down (10 yard min)
- Offsides (Dead Ball) LOS- 5 yards- ROD
- Roughing the Passer: EOP- 10 Yards- ROD
- Illegal Contact: EOP- 10 Yards- ROD

Legend

- LOD- Loss of Down
- LOS- Line of Scrimmage
- EOP- End of Play
- Spot- Spot of Infraction
- ROD- Replay of Down

39. Items not covered by these by-laws will be ruled on by the WCPR Staff.