

## *Hershey (area) Teener Flag Football Recreation League*

2019

### Expectations

Craftiness, finesse, agility, quickness, speed, and so forth, are the skills/tactics that we expect the players to exhibit, not power, strength, brute force or hitting. The rules are designed to promote competition and fun, but limit physical contact. We don't want anyone to get hurt.

### Rules



#### The Basics:

- A coin toss determines first possession.
- The kicking team kicks the ball from mid-field to the receiving team for the run back.
- The offensive team has four plays to cross the midfield line. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to gain a first down (cross midfield) or does not score, the ball changes possession and the opposing team takes over on its own 10-yard line.
- All possession changes, (except interceptions) start on the offense's own 10-yard line.
- Interceptions may not be returned, but possession changes from that spot of the interception. (There are no "fumbles" per se. *see Dead Ball below*)
- No "blocking" or physical contact is allowed against an opponent above the shoulders, below the waist or in the back at any time. No extended arms, forearms or shoulders should be used during the blocking process.
- "Driving" or attacking blocks with forward motion are illegal. The offensive player can move their feet laterally (like basketball) to maintain a block.
- Defensive players have no rules prohibiting the use of hands (except holding), but cannot use a shoulder or forearm to destruct or escape offensive blocks.

**-Teams change field ends after the first 30 minutes (1<sup>st</sup> half). The winner of the 1<sup>st</sup> half coin-toss kicks to the other team for the second half.**

**-The ball must be snapped between the center's legs to start a play; a "shotgun" snap may also be used. (No snaps "off to the side of the center" are permitted.)**

**-The next play must be started within 35 seconds of the referee's ball placement.**

**-One Coach per team may remain on the playing field throughout the game to guide/coach for each team.**

**-The Flag Football field must be at least 80 yards long and 35 yards wide, but when possible it should be the dimensions of a regulation football field (100 yards by 40 yards.)**

#### **Players:**

**-Teams must field a minimum of five players at all times. The maximum number of players can not exceed 7 players on the field for each team.**

#### **Timing/Overtime:**

**-Games are played to 60 minutes with a running time clock. No overtime will be played except in playoff games.**

**-5-minute half-time.**

**-Each time the ball is spotted; a team has 35 seconds to snap the ball. Teams will receive one warning, after that a delay-of-game penalty will be enforced for 5 yards.**

**-Each team has two 60-second timeouts per half.**

#### **Scoring:**

**-Touchdown=6 points**

**-Extra Points= 1 point (played from 5 yards), 2 points (played from 10 yards.)**

**-Safety= 2 points.**

#### **Running the ball:**

**-The Quarterback may only "run" the ball if he is "rushed" by the defense when an eligible defender crosses the line of scrimmage in pursuit. Scrambling to make the pass is allowed.**

- Direct handoffs are only permitted behind the line of scrimmage.
- The player who takes the handoff may throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is permitted, but players can not leave their feet to avoid a defensive player. (No diving or jumping over other players.) Players may never “flag guard” by pushing away the hands of a defender from the runner’s flags.

#### Receiving:

- All players are eligible to receive passes.
- Only one offensive player is permitted to be in motion at one time prior to the snap.
- A receiver must have at least one foot inbounds when making a reception.

#### Passing:

- Shuffle passes are permitted.
- Interceptions may not be returned, but possession changes from that spot of the interception.
- Laterals to other offensive players are legal as long as they are completed in a backwards direction, no forward laterals permitted.

#### Dead Ball:

- Ball is ruled “dead” and that play counts as a “down” when:
  - Ball is dropped at the snap.
  - Ball is dropped from a lateral.
  - Ball carrier’s flag set is pulled or falls off.
  - Ball carrier steps out of bounds.
  - Ball carrier’s knee hits the ground.
  - Ball is dropped/bobbled if picking up from the ground, or if in the air it is dropped or not caught during a kickoff. (No “on-sides” kick.) \*\*
  - The offensive team fails to cross the midfield in four plays, or fails to score in four plays after crossing the midfield.

-There are NO fumble recoveries or returns. Ball is ruled dead when it touches the ground (\*\*except during a kickoff.) Fumbling team retains possession as long as it was not 4<sup>th</sup> down.

-Player Substitutions may be made after any play, dead ball or time out is called.

-The player who pulls the flag must immediately hold the flag up in the air for referees/coaches to see.

### Rushing the Quarterback:

- No more than three defensive players can rush the quarterback.

-All players who rush the quarterback must begin a minimum of 5 yards back from the line of scrimmage where the ball is snapped. Players not rushing the quarterback must remain to defend at the line of scrimmage, or guarding their assigned offensive player. (Quarterback may “run” if he is “rushed” before throwing or handing off the ball.)

-Once the ball is handed off or thrown by the quarterback to another offensive player, the “5-yard rule” is no longer in effect and all defenders may cross the line of scrimmage in pursuit.

### Penalties:

#### Defense- [5-yard penalty, automatic first down]

-Trash talking.

-Illegal contact. (holding; block from the back, above the shoulders, or below the waist, etc.)

-Illegal Flag pull. (Before receiver has the ball.)

-Throwing flag to the ground after pull.

-Tackling the receiver/runner instead of pulling the flag.

#### [5-yard penalty, repeat current down]

-Off sides.

-Delay of game (not set up before 35 second play clock ends).

-Illegal rushing. (Rushing inside of 5-yards from scrimmage line or more than 3 defenders rushing.)

**-If a Kick-off goes out of bounds before being touched by a player, the receiving team has two options: Re-kick, or take possession at the mid-field/half-field.**

**Offense- [10-yards and loss of down]**

**-Trash talking.**

**-Illegal contact. (stiff-arming to defender's shoulders or face/head; holding; block from the back, above the shoulders, or below the waist; \*jumping over, driving into a defender, etc.)**

**-Flag Guarding. (Using hands to swipe away defender's hands, or holding onto own flags.)**

**-\*Diving over, running into or otherwise roughing the defenders.**

**[5-yard penalty, repeat current down]**

**-Illegal motion. (false start, more than one player in motion, etc.)**

**-Illegal forward pass. (pass thrown beyond line of scrimmage, forward lateral, etc.) Remember: All players are eligible to receive passes.**

**-Delay of Game (Not snapping the ball before 35 second play clock expires).**

**Game referees, regardless of age or experience, have the final decision on all play judgements, penalties or rules interpretations and may not be overruled by any coach or player.**