Adult Flag Football

2020 FLAG FOOTBALL MANUAL

Night	League Level	Location	Games
Tuesday	Recreation 8 v 8	Sandstone Ranch	8
Tuesday	Coed 4 v 4	Sandstone Ranch	8

Important Dates

SPRING

Mon., Mar 15	Early-Bird Deadline
Tue., Mar 31	Team registration closes
Tue., Apr 7	Mandatory Team Manager Meeting (6:00-6:30pm, Sandstone Ranch prior to first night of games).
Apr 7 – May 19	League play – 8 Games (all games at Sandstone Ranch Park)

FALL

Tue., Aug 11	Early-Bird Deadline
Tue., Aug 25	Team registration closes
Tue., Sep 1	Mandatory Team Manager Meeting (6:00-6:30pm, Sandstone Ranch prior to first night of games)
Sep 1 – Oct 20	League play – 8 Games (all games at Sandstone Ranch Park)

REGISTER ONLINE http://www.longmontcolorado.gov/rec or in person at the LONGMONT RECREATION CENTER, 310 QUAIL RD, LONGMONT

CITY OF LONGMONT RECREATION & GOLF SERVICES
FLAG FOOTBALL RULES

GENERAL POLICY STATEMENT

The Adult City Flag Football Program is sponsored and supervised by the City of Longmont Recreation & Golf Services. The City of Longmont reserves the right to change any and all rules, regulations, and policies whenever due cause warrants a change or interpretation (ie - the letter of the league rules is not designed to preempt the spirit of league rules). When a change is made, all managers of teams affected by such a change will be notified as quickly as possible. **All league rules will be enforced by the program supervisor, field supervisors and game officials and interpreted by the Athletics Committee (Program Supervisor, Athletics Coordinator and Field Supervisors).**

All managers/coaches are responsible for the information contained in this manual, as well as, any other information that is mailed or distributed by the Athletics Office. Managers/Coaches are responsible for sharing all information in this manual with team participants.

The purpose of the league sponsored by the Longmont Recreation Services is to combine the interest of football teams in the community and to provide friendly competition and clean sportsmanship. Any questions concerning football schedules, standings, game results, rosters, umpires, rule interpretations, or other concerns not stated here, but that have to do with the City of Longmont Adult Flag Football Program should be directed to the Athletics Office.

Recreation Responsibilities

- Provide a schedule of games (regular season and rain-outs).
- Provide a game ball and flags.
- Provide at least one referee, umpire, and field supervisor.
- Provide all necessary personnel to handle maintenance and other duties as needed.
- Keep a record of all games played
- Handle all misconduct situations with the guidelines stated in the " Code of Conduct"

Manager's Responsibility

- Inform all team members of the information contained in this manual or any material provided by the Athletics Office.
- Inform all team members of game times, dates, and locations.
- Insure that all team members are recorded on official roster.
- Monitor roster, including changes and additions throughout the season.
- Inform Athletics Office of any questions, concerns, or comments.
- Be responsible for the actions of your team while participating.
- Notify the Athletics Office of any changes of team manager information.
- Be aware of all information posted at the fields to include make-up schedules, tournament information, and league standings.
- Follow all league rules as stated.

REGISTRATION PROCEDURE

Registration is on a first come, first served basis and ends at deadline or until filled, whichever comes first.

When registering, each team must submit a complete team roster listing **all** players, coaches, and/or manager. Rosters with registration will only **require** names (but can include all information). Rosters will be completed and signed the first night of games at the field (if needed). All checks for team fees should be made payable to the **City of Longmont**. Along with a completed roster with player first and last names, each team must complete the attached entry form and list league choices and a team name.

TEAM ROSTERS

1. Before a player is eligible to participate in the league, he/she must be at least 18 years old and officially be listed on the team roster.

2. A complete team roster is required by all teams. Roster size is limited to fourteen (14) players. Teams wishing to include more than 14 players on a team roster must gain approval of Recreation Services prior to submitting the roster and must pay an additional $13 per player fee beyond 14 players.

3. Team roster additions, deletions and transfers are subject to approval of the Recreation Services staff. Teams wishing to add, drop or transfer players must use the official add/drop form provided by the Recreation Services office. A player being added because of a drop can only be completed before the playoff game(s) for no fee for the first six weeks of the season (through). ROSTERS ARE OPEN **BEFORE THE 4TH GAME** AND FROZEN AFTER. Teams with extraordinary issues who need to add players on or after the midpoint of the season must be approved by the Program Supervisor. All non-monetary add/drops will be addressed at the field. Players being added to a roster must sign the add form prior to submission to the Field Supervisor. After the midpoint, teams may only add players in order to avoid forfeits.

4. **Players should always have a photo I.D available for identification at all games. Roster checks may be done by field supervisors without notice.** Any team found guilty of playing an illegal player will be charged with a forfeit if brought up by the opposing manager. The offending player will be ineligible until they are added to the team roster and will be suspended for one game. The offending coach will also be suspended for one game. An illegal player discovered by City staff will have the option of paying the $5 player game add fee or forfeiting the game (with the previously stated penalties). A game may be finished if a player is missing their ID pending submission of their ID to the athletics office within 2 business days. Non submission of proof of ID will result in forfeit for the offending team with all previously stated penalties.

PROTEST

1. A protest should be made only when it is felt that there has been an infringement of the rules. Difference of opinion about the official's judgment on a particular play or plays does not constitute grounds for a protest. Fill out an incident report if you have a positive or negative experience you would like to share with the Athletic Office.

2. Teams wishing to register a protest must make the officials and supervisor aware of the intent to protest PRIOR TO THE NEXT PLAY IN THE GAME OR BEFORE TEAMS HAVE LEFT THE FIELD IF THE PROTESTABLE ACTION OCCURS ON THE LAST PLAY OF THE GAME.

3. A formal written protest must be submitted to Recreation Services before 5:00 pm of the next working day after the game (e-mail is acceptable). The Rules Committee, which consists of the on-site Field Supervisor, the Athletic Specialist, and the Recreation Program Supervisor, will determine protest viability and any action regarding the protest concerning the offending team, player(s), and/or fans. Note: If the protest is upheld and corrected by the Field Supervisor on site, no written protest is necessary.

4. Player Eligibility Protest – Opposing team managers and City of Longmont staff may question a player's eligibility and should request a ruling from the field supervisor. If the player in question is found to be ineligible (not on a team roster or add/drop form) BEFORE or DURING A GAME the offending player and manager will be ejected from that game and suspended from the team's next game and a forfeit loss will also be given to the offending team.

TIE BREAKER

If at the end of league play two teams are tied for first place, the following procedure will be utilized:

1. Head-to-head competition between tied teams.
2. Head to head points **against** (tied teams only) (in the case of a three or more way tie, if head to head points scored against reduces the remaining teams to two, the breaker reverts back to head to head
3. Total points scored **against** (tied teams only)
4. If a tie still exists, duplicate awards will be given.

MISCELLANEOUS

1. Players are urged to be careful of their conduct at all times. Your actions not only reflect on your team but your sponsor and your friends, as well. Profanity, drinking, abusive language, and physical violence will not be tolerated.

2. Supervision of children at Adult League games is the responsibility of the parents. Recreation Services assumes no liability in case of accident or injury. If a child is persistently out of control and at any time delays the progress of a game, the parent must remove the child from the facility immediately. Games will be stopped and the clock will continue to run, until the matter is taken care of.

3. Blood Rule – Any player who has any visible blood flow must be removed from the game. Before re-entering:
    a. the blood flow must be stopped
    b. the wound(s) must be covered
    c. any portion of the uniform that has blood on it must be changed. Replacement jerseys do not have to have a number, but must be of similar color.

4. Coaches/ Managers – The position of coach and/or manager listed on the team roster shall be the only two players to act in this capacity. Notification of changes in these positions should be communicated to recreation services as they become known. The coach and/or manager is the only person who can communicate between the Recreation Staff (Athletics Staff, Field/Gym Supervisor, Officials, Scorekeepers, etc.).

GAME TIMES

Games will be scheduled at 6:15 pm, 7:15 pm, 8:15pm and 9:15 pm or as the league needs dictate.

SPECIFIC GAME REGULATIONS-Current NFHS rules will govern play-except the following:

THE GAME – 8v8 REC

1. **Playing Field** –playing field will be 80 yards long and 40 yards wide. The end zones will be 10 yards.

2. **Players** –will be played with two teams consisting of 8 players each. A minimum of 5 players need to be present to avoid a forfeit. A team may start a game with 6 players and increase to 8 once additional players arrive. A team may go down to 6 players due to an injury. If a team loses a player to ejection and there are no eligible substitutes, the offending team must forfeit.

3. **Team Captains** – each team will designate to the referee who will act as the captain. The captains are the only members of the team who will speak to the officials. Captains will make all team decisions pertaining to penalty situations. Captains shall participate in a coin toss to begin the game. The winner of the coin toss shall indicate whether his/her team wishes to play offense, defend a goal, or defer the option to the second half.

4. **Playing the game** –a team has 4 downs to reach a zone line in order to receive a first down (two lines to get a first down – distance may be from 11 to 20 yards). Teams may pass, run or punt the ball during these downs.

5. **Contact** - NO contact is allowed when pulling flags, no stripping. In order to end a down, a defensive player must remove one of the offensive flags or flag belt. Teams may screen block (forcing the opposition to go around them). Blockers may use their hands close to their body but may not extend them. Defensive players have the same guidelines. They may not "push" or "throw" the offensive player aside. Offensive players may NOT charge into defensive players with the intention of initiating contact (runner or blocker). First personal foul – sit a series. 2nd personal per **team** per game, game ends.

6. **Scoring** - Touchdowns are worth 6 points. After a touchdown is scored, the offensive team may elect to try for 1 extra point (from the 3 yard line) or 2 extra point (from the 10 yard line). Safeties are worth 2 points.

7. After a touchdown, the ball will be put in play on the scored upon teams 20 yard line. Kickoffs are not allowed. After a safety the ball will be put in play at the 20 yard line of the team now in possession of the ball.

TIME MANAGEMENT

1. Games will be two (2), twenty-minute running halves.

2. During the first half and the first 18 minutes of the second half the clock will run continuously, stopping only for team time out, player injury, and officials time outs. The clock will stop the last 2 minutes of the second half if there is a difference of 14 points or less, or any time thereafter that the score becomes 14 points or less.

3. Two (2) one-minute time outs per team will be allowed per half with one time-out per team allowed for each overtime period. Time-outs are not cumulative from 1st to 2nd half or 2nd half to overtime.

4. Half time will be 5 minutes long **IF TIME ALLOWS**.

5. Game time is forfeit time. A team must have seven (7) players present and ready to start the game at game time. Any team with two (2) forfeits may be dropped from the league with no refund of fees. Note: If a forfeit occurs, an exhibition game may be played among available players. The time limit will be 45 minutes. No recreation staff will be used, but conduct rules will still be in effect.

6. During the last two minutes of the 2nd half, the clock will stop if the point differential is 14 points or less for the following situations:
    a. Incomplete pass – starts on snap
    b. Out of bounds – starts on snap
    c. Team time out – starts on snap
    d. Score – starts on snap (after PAT)
    e. Change of possession – starts on snap
    f. First Down – depends on previous play
    g. Penalty – depends on previous play
    h. Referee's Timeout – referee's discretion

PLAYER/TEAM EQUIPMENT

1. Uniforms – jerseys must be similar colored, with non-duplicating (six-inch) numbers on the back (recommended on front also). **All uniform tops must be tucked in as to not interfere with the flags**. Any player wearing a "half-shirt" must not have the shirt touching the flags. **Pants, shorts, and trim must contrast with the flags.** Pants or shorts must not have belts, belt loops, pockets, or exposed drawstrings, no exceptions. Recreation Services will provide pull-over mesh shirts in the case that two teams have similar colored jerseys. These will not be used for a team that does not have matching uniforms.

2. Players wearing illegal equipment will not be allowed to play. The following is a list of equipment that will be considered illegal:
    a. Headgear – except a sweatband or bandana. No hats.
    b. Jewelry of any kind – except medical id bracelets that are approved prior to the game by the official.
    c. Pads or braces worn above the waist.
    d. Shoes with metal, ceramic, or detachable cleats. Tennis shoes or molded cleats ONLY.
    e. Leg or knee braces made of hard, unyielding materials (referee's discretion).

3. Ball – Recreation Services will provide a game ball. Both teams will be required to use this ball.

4. Flags – Recreation Services will provide flags. The belt should be snug around the waist.

5. Mouth guards are recommended for all players, but are not required.

6. Foreign substances that are sticky in nature are illegal. Offending individuals will be penalized for unsportsmanlike behavior, and removed from the game until substance has been removed from their person.

4v4 COED RULES

1. The field will be 60 yards long and 40 yards wide. Mid-line will be located 30 yards from the goal line. End zones will be 10 yards.

2. Scoring: 6 points for a touchdown scored by a male, 9 points for a touchdown scored by a female whether receiving or throwing, 1 point for an extra point from 5 yards out, 2 points for an extra point from 12 yards out, safety is 2 points.

3 Recreation Services will provide a game ball which will be a Wilson TDY intermediate sized ball.

4. Rosters must include 4 players with a minimum of 2 males and 2 females. Roster maximum is 8.

5. A Coin toss determines first possession. Choses for the coin toss are limited to offense or defense.

    a) The offensive team takes possession of the ball on the 5 yard line and has 3 plays to cross mid-field.

    b) Once a team crosses mid-field, they will have 3 plays to score. If the offense scores the ball changes possession and the new offensive team takes over on their 5 yard line.

    c) If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive on their 5 yard line.

    d) All possession changes start on the offense's 5 yard line. Exception: intercepted balls will start where the play ended.

    e) Teams and possession change sides to start the second half.

6. Overtime – If the score is tied after the 2nd half, teams will move into overtime. A coin toss will determine the offensive team. Each team will have one posseion (3 plays). Whichever team gains the most yardage in 3 plays (starting from their own 5 yard line) wins. If both teams fail to gain yardage, gain the same yardage or score a touchdown, this overtime will be repeated. If an interception occurs and the opposing team has gained yardage they will be declared the winner.

7. Passing

    a) All passes must be forward and the ball must travel beyond the line of scrimmage (no backward passes).

    b) The QB has a 7 second pass clock. If a pass is not thrown within 7 seconds, the play is dead with a resulting loss of down. Once the ball is handed off, the 7-second rule is no longer in effect.

    c) Shovel passes are allowed, but the catch must be made beyond the line of scrimmage.

8. Recieving

a) All players are eligible to receive passes (including the QB if the ball is handed off behind the line of scrimmage).

b) Only one person is allowed in motion at a time.

c) Players must have one foot inbounds when making a catch.

9. Running

a) The QB is not allowed to run beyond the line of scrimmage unless he or she receives a hand-off. Only direct hand-offs behind the line of scrimmage can be made. Multiple hand-offs behind the line of scrimmage are allowed. No pitches or tosses are allowed.

b) The player who receives the snap is considered the QB.

c) The player who takes a hand-off or snap can throw the ball as long as he/she does not pass the line of scrimmage.

d) One backwards pass after the ball is caught is allowed.

e) No running zones are located 5 yards from each end zone and 5 yards on either side of the mid-field.

f) Once the ball has been handed off, all defensive players are eligible to rush.

g) Spinning is allowed, but players can not leave their feet to avoid a defensive player (no diving).

10. Rushing the Quarterback

a) All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the passer.

b) Players not rushing the passer may defend on the line of scrimmage.

c) Once the ball is handed off the 7 yard rush rule is no longer in effect and all defenders may go behind the line of scrimmage.

A special marker or the game referee will designate 7 yards from the line of scrimmage.

11. Blocking or screening is not allowed at any time. Offensive players must avoid contact or give themselves up.

12. Penalties – All penalties if accepted will be assessed from the original line of scrimmage.

Offensive Penalties:

Illegal Motion (false start, motion, etc…….…….…… 5 yards

Illegal Forward pass (pass received behind line of scrimmage, illegal pitch)……10 yards

Offensive Pass interference (illegal pick play, pushing off defender…….10 yards

Flag guarding……..10 yards

Illegal Contact (screening, blocking)……..10 yards

Delay of Game……10 yards

All Offensive Penalties Include Loss Of Down

Defensive Penalties:

Off sides (including illegal rushing)……10 yards

Pass Interference…….. ……10 yards

Illegal Contact…….10 yards

Illegal Flag Pull……10 yards

All Defensive Penalties Include Automatic First Down

13. There must always be at least two females on each team at all times. There can always be more females than males on a team, but never more males than females.

14. The offensive teams males cannot advance the ball through their scrimmage line. Penalty will be enforced as illegal motion. There are no restrictions during a run by a male once the ball is beyond the offensive line of scrimmage, during a run by a female, and after an interception.

15. During the offensive teams possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for positive yardage. Penalty will be illegal forward pass. There are no other restrictions concerning a male passer completing a legal forward pass to a female receiver, or female to female, or male to female. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is “open” or “closed.”

DEFINITIONS

BASIC SPOT: If a foul occurs during a down, the basic spot is determined by the action that occurs during the down. The basic spot will the spot used for penalty enforcement.

BATTING: Batting is intentionally striking or slapping the ball with the hand or arm.

BLOCKING: Blocking is the act of obstructing an opponent by screening him with your body**. Screen blocking is legal anywhere on the field. Teams may screen block (forcing the opposition to go around them). Blockers may use their hands close to their body but may not extend them.** Defensive players have the same guidelines. They may not "push" or "throw" the offensive player aside.

CATCH: A catch is an act of establishing player possession of a live ball in flight. A player must make contact with the ground inbounds with the ball in his/her possession, unless an opponent's contact causes him/her to first touch out of bounds.

a) If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception.

b) A catch by any kneeling inbounds player is a completion or interception.

CHARGING: Charging is when an offensive or defensive player runs through (with or without the ball) a defensive player who has established position.

CLIPPING: Clipping is contact to the back of an opponent who is not the runner.

CONTACT: In an attempt to remove the flag belt from a runner, a defensive player may contact the body and shoulders (incidental contact), but not the face, neck, or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock down the runner in an attempt to remove the flag belt or break up a pass.

DEAD BALL: A dead ball is a ball not in play. The ball is dead during the time between downs.

DEFLAGGING: The ball carrier is down and the ball is dead when one of the ball carrier's flags is removed or falls off. It is legal to remove receiver's flag at the time the receiver first touches the football. Illegal deflagging is when the flags are removed by the opponent prematurely with the intent of preventing that particular player from participating in the remainder of the play.

DIVING: Diving to pull flag is legal. Diving to advance ball is illegal. Diving to block is illegal.

DOWN: A down is action that starts with a legal snap. A down ends when the ball becomes dead.

ELIGIBLE RECEIVER: All players are eligible to receive passes.

ENCROACHMENT: Encroachment denotes the position of a player whose person is beyond their scrimmage or restraining line. After the ready for play has been blown, no player may enter the neutral zone. If he/she does, they are guilty of encroachment.

FAIR CATCH: There are no fair catches.

FIGHTING: Fighting is any attempt by a player or non-player to strike or engage an opponent or teammate in a combative manner unrelated to the game of flag football. A player may be ejected for fighting regardless of whether or not contact was made with another individual.

FLAGS: All players on offense, defense & special teams MUST wear flags at all times.

FLAG GUARDING: Illegal use of ball carriers hand or arm to protect flag from being pulled. Examples of flag guarding are stiff arm, dipping shoulder, and slapping the defender's hand or arm. It is not flag guarding if the defender manages to successfully remove the flag, and the runner did not gain any additional yards while delaying the defender's attempt to remove the flag.

FORWARD AND BACKWARDS PASS: Forward and backward passes are determined by the initial direction of the ball. A backward pass that hits the ground is a fumble. It is dead at the spot that it hits. **A maximum of two pitches (backward passes) and/or handoffs in any offensive play, anywhere on the field**. Any player after receiving a pitch or handoff may execute a forward pass (behind the line of scrimmage). Only one forward pass is allowed per down. A forward pass is complete when the player secures possession, and the first part of his/her body to reach the ground is in bounds. If a player lands in bounds with the ball, but does not have control/possession of the ball until he/she touches a point outside of the field, the pass will be ruled incomplete.

FORWARD PROGRESS: Forward progress will always be awarded to the team in possession of the ball. The ball should be marked at its furthest most point. EXAMPLE: If a player is standing inbounds, on the 2 yd line while he is holding the ball over the goal line, you would rule that the ball is in the end zone, thus awarding a touch down.

FUMBLE: A fumble is a loss of player possession other than handing, passing, or kicking the ball. All fumbles are dead at the spot. If a ball is fumbled in mid-air, the defender may recover the ball before it touches the ground and advance it.

HUDDLE & HUDDLE CLOCK: A huddle is when two or more players of the same team are grouped together before a down. Teams will have 25 seconds from the time the ball is placed for play is blown to the time delay of game is called.

HURDLING: An attempt by a player to jump with one or both feet or knees over a player who is on his/her feet or knees.

INADVERTANT WHISTLE: An inadvertent whistle is a whistle that blows while the ball is still alive and in play. At the time of the inadvertent whistle, the team with possession of the ball has the option of replaying the down or the result of the play. If an inadvertent whistle is blown while the ball is loose (Pass, or punt), the down must be replayed.

INELIGIBLE RECEIVER: A receiver who leaves the playing field of his own accord is ineligible for the remainder of the play. If the ineligible receiver touches the ball before it is declared dead, it will be ruled offensive pass interference. If an opponent forces the receiver out of bounds, they may remain eligible as long as they return to the playing field immediately.

INTENTIONAL GROUNDING: Intentional grounding is a pass that is thrown in an area that does not have a receiver in close proximity to avoid a loss of yardage. Intentional grounding of the ball to stop the clock is

legal if the quarterback throws the ball to the ground immediately upon receiving the snap.

INTERCEPTIONS: An interception is the catch of an opponent's fumble or pass. Interceptions may be returned, however, there is NO blocking downfield on any play including interceptions.

KNEE DOWN: if a player's knee touches the ground while his flags are still on he/she is down.

LINE OF SCRIMMAGE: An imaginary plane drawn through the offensive and defensive neutral zone indicators forms the line of scrimmage. There must be a minimum of 3 offensive players on the line of scrimmage at snap during all offensive plays including punts. There are no restrictions on the placement of defensive players.

LIVE BALL: A live ball is a ball in play. A ball becomes live when the ball has been legally snapped and down is in progress.

LOSS OF DOWN: Loss of down is the losing of the right to play a down.

MOMENTUM: If a player receives a punt or an interception and his original momentum carries him into the end zone and he is downed in the end zone, the play will be ruled a touchback.

MOTION: Only one player is allowed in motion at the snap, and he/she may not be moving toward the line of scrimmage at the snap.

MUFF: A muff is an unsuccessful attempt to catch a ball in which the player makes contact with the ball. All muffed punts that touch the ground are dead.

NEUTRAL ZONE: The neutral zone is a one-yard space between the offensive line of scrimmage and the defensive line of scrimmage.

OFF SETTING PENALTIES: If two or more life ball fouls occur during the same down and at least one penalty is against each team, the down will be replayed. If two or more dead ball fouls occur during a down, all will be marked off if accepted. The same will be true if a dead and live ball foul occur during the same down; they will be marked off if accepted.

OPERATIVE PLAY: A play that includes offensive involvement by a female player in an attempt to gain positive yardage.

OUT OF BOUNDS: A player or other person is out of bounds when any part of the person is touching anything, other than another player or game official, which is on or outside the sideline or end line. A ball in player possession is out of bounds when said player touches any part of the sideline or end line. A loose ball is out of bounds when it touches anything, including a player or game official, which is out of bounds.

OVERTIME PROCEDURES: If the score is tied at the end of regulation play, an overtime period will be played. A coin toss will determine who will have 1st choice. The team will pick offense, defense or goal to defend. The team losing the coin toss will decide the remaining choices. Once a goal has been established for overtime play, we will not switch sides of the field for any reason. Each time will receive the ball on the 20-yard line, and they will have 4 plays to score (1st down on 20 yd line). If they score, they will be allowed to attempt extra points. If the score is tied at the end of the 1st overtime (both teams must have scored), we will play additional overtime. If a team does not score, we will mark their penetration with a beanbag on the sideline.

If both teams fail to score in any overtime the winner will be determined by deepest penetration. If the defense intercepts a pass, the ball will be blown dead and forward progress will be marked at the 20 yard line.

PADDING: No pads are allowed. EXCEPTION: if a pad is used to protect an injury, and the referee deems the material soft, pliable, and safe to other participants, the pad may be worn during competition.

PASSER'S ARM IN MOTION: If ball is in passers hand when de-flagged, passer is down. If any contact regardless of intent or severity is made with passer's arm while he/she is attempting to complete a pass, roughing the passer will be called.

PASS INTERFERENCE: It is forward pass interference when any player on offense or defense interferes with an eligible opponent's opportunity to move toward, catch or bat the pass. It is also pass interference when an opponent screens the potential receiver's eyes.

PLAYERS ON LINE: A player who is breaking the plane of the center's body is considered on the line of scrimmage. A player on the line of scrimmage may not receive a snap.

PROTECTED SCRIMMAGE KICK/PUNT: A protected scrimmage kick is one that does not allow either team to advance beyond their scrimmage lines until the ball is kicked. A protected scrimmage kick can be a punt or pass. The defense may not make an attempt to block the attempt. The offense must announce that they are punting before the ready for play is blown. Quick kicks are not allowed. The only way a team may change the option of punting or not punting is by calling a time-out. The receiving team must be allowed a chance to field a punt in the air before it hits the ground. Kicks are dead where touched by either an offensive or defensive player or where it rolls to a stop or goes out of bounds.

READY FOR PLAY: Ready for play signifies the referee has signaled the ball may be put in play by snap and the 25-second clock has begun.

REMOVING THE FLAG BELT: When one flag is clearly removed from the runner in possession of the ball, the down shall end and the ball is declared dead. A flag is considered removed at the point when the flag is no longer attached. If a flag is inadvertently dislodged and falls to the ground while the player is in possession of the ball, the runner in possession of the ball is down and a ball is blown dead. A player is also ruled down if his/her flag belt is removed. A player, in attempt to remove a flag belt, MAY leave his/her feet.

RUNNER: the ball carrier may not lower his head or shoulder into a defensive player. A defensive player has a right to any spot on the field, and the runner must attempt to avoid contact at all times. Spins are legal, however, players may not leave their feet while spinning or dive to advance the ball.

RUSHING THE QUARTERBACK: Rushers must start 7 yards back from the line of scrimmage. The QB has 7 seconds to release the ball unless a rusher crosses the line of scrimmage, in which case, there is no time limit. 7 seconds is off at the moment the ball leaves the QB's hand.

SAFETY: A safety is awarded to the defense when the offense causes the ball to become dead in their end zone. The defense will become the offense and take control of the ball on their own 20-yard line.

SCREEN PASS: Screen passes are legal. Defensive players may cross the line of scrimmage immediately when the ball leaves the passers hand (forward or backward).

SHIFT: A shift is the action of one or more offensive players who, after a huddle or after taking set positions, move to a new set position before ensuing snap. If there is a shift, all players must be set for one second before the snap.

SNAPS: A snap is the legal act of passing the ball backward from its position on the ground. Direct snaps are illegal. Anyone receiving a snap must be at least two (2) yards off the line of scrimmage at the time of the snap.

STRIPPING: Stripping or batting of the ball while in possession of another player is illegal.

SUBSTITUTIONS: there will be free substation as long as players being substituted are off the field prior to the next snap or are out of the area and are departing the field in haste.

TEAM BOX: The team box is between the 20-yard lines and one yard off the sideline. Teams must use opposite sidelines for their team areas.

TIME-OUTS: Two (2) time-outs per half will be given to each team. Time-outs will not carry over from the first half to the second half. Unused time-outs from the second half may be carried over to overtime. One additional time-out per overtime period will be awarded to each team. No team may ever call two consecutive time-outs. One play must be run before another time-out by the same team is called. Players who participated in the previous play are the only ones who may call time-outs. Teams may use time-outs to change their choice on extra points from 1 or 2 point tries or vice versa and on fourth down punting choices.

TRIPPING: Tripping is the act of using the lower leg to impede an opponent's progress.

UNSPORTSMANLIKE CONDUCT: No profanity will be allowed. No baiting or taunting of an opponent shall be tolerated. Individuals who participate in a physical altercation with an official, player, coach, fan, or supervisor will be disqualified from competition until the league administrator has made a final ruling.

RULES OF THE GAME

1. Delay of game – PENALTY: Delay of game, 5 yards from the spot of the snap. The following are examples of delay of game:
    a. Failure to snap within 25 seconds of the ready to play whistle.
    b. Putting the ball in play before it is declared ready to play.
    c. Deliberately advancing the ball after it has been declared dead
    d. Failure to kick the ball immediately after receiving the snap on a protected scrimmage.

2. Substitutions: No substitute may enter during a down. Between downs any number of eligible substitutes may replace players. Anyone entering the field of play between downs, must enter the huddle at some point, and must participate in the next play. All players must be within 15 yards of the huddle before every play. PENALTY: Sub-Infraction, 5 yards from the basic spot.

3. Live Ball: A dead ball, having been declared ready for play, becomes a live ball when it is snapped or kicked legally.

4. Dead Ball: A ball is declared dead when:
    a. It goes out of bounds.
    b. Any part of the runner, other than a hand or foot, touches the ground.

c. A touchdown, touchback, safety of try for point is made.
d. A protected scrimmage kick comes to rest on the ground and no player attempts to secure it.
e. A forward pass strikes the ground or is caught simultaneously by opposing players.
f. A fumble touches the ground (a snap that hits the ground before reaching the intended receiver, is declared dead at the spot it hits the ground).
g. Fumbles become dead balls at the spot of contact with ground. Muffed punts also become dead balls at spot.
h. A forward pass is legally completed, or a player catches a loose ball on, above, or behind the opponent's goal line.
i. A runner has a flag removed by a defender or inadvertently has a flag fall off.
j. A passer is deflagged prior to releasing the ball.
k. A muff of a free or protected scrimmage kick strikes the ground.
l. An official blows his/her whistle inadvertently during a down.

5. Inadvertent Whistles: On occasion, an official may blow his/her whistle inadvertently, stopping play during a time when play should not normally be stopped. When an inadvertent whistle is sounded, the ball is declared dead, and the following options are available.
   a. If a whistle is blown while a team has the ball, the team that has the ball may choose to put the ball in play at the spot of the whistle or replay the down.
   b. If a whistle is blown when the ball is loose from a fumble, backward pass, illegal kick or illegal forward pass the team in possession may elect to put the ball in play where possession was lost or replay the down.
   c. If a whistle is blown during a legal forward pass or a free or protected scrimmage kick the ball is replaced to the previous spot and the down is replayed.
   d. If a foul occurs during any of the above downs, an accepted penalty shall be administered as in any other play situations. When the foul is accepted, disregard the inadvertent whistle.

6. Zone Line to Gain: The zone line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty. The most forward point of the ball, when declared dead, shall be the determining factor. When any part of the ball breaks the zone line to gain, the offense will be awarded a new series of downs. Each zone line to gain may be marked with some type of soft plastic cone or similar structure intended to indicate where each zone line to gain is on the field.

7. Kicking the Ball (8v8 REC only): There are no kickoffs in flag football. Protected scrimmage kicks (punts) will be the only form of kicking allowed.
   a. If an inbounds free kick comes to rest and no player of either team attempts to secure it, the ball becomes dead and belongs to the receiving team at the dead ball spot.
   b. If any scrimmage kick lands on or behind the goal line, the ball will be dead, and a touch back will be awarded.
   c. Out of bounds scrimmage kicks will be put in play at the last point at which they crossed the sideline.
   d. Protected Scrimmage Kick/Pass: The offensive and defensive team must have at last 3 players within one yard of their scrimmage line and all players must remain motionless (except for punter) until the kick is made. PENALTY: Illegal Procedure, 5 yards from the previous spot.
   e. Receiving protected scrimmage Kicks/Passes: There are no returns. The ball is dead at the spot it is touched by either a defensive or offensive player or comes to rest without being touched.
   f. The kicker must be at least 2 yards behind the scrimmage line when receiving the snap and must kick or pass immediately and in a continuous motion. PENALTY: Delay of game, 5 yard

from the previous spot.

g. The receiving team must be allowed a chance to field the ball in flight without interference.
h. PENALTY: Kick Catch Interference, 10 yards from previous spot or be awarded possession at the spot of first touching.

8. Snapping, Handing, and Passing the Ball: The team in possession of the ball is responsible for retrieving the ball after a down. The officials are not responsible for placing the ball on the scrimmage line.
    a. No player on the defense may encroach, touch the ball, nor make contact with opponents or in any way interfere with them before the snap of the ball. This includes standing in the neutral zone. PENALTY: Encroachment, 5 yards from the previous spot.
    b. No offensive player shall make a false start. A false start includes simulating a charge or start of play (the offense may not move). This penalty is enforced whether the ball is snapped or not. PENALTY: Dead ball foul, illegal procedure, 5 yards from the previous spot.
    c. The offensive team must have at least 3 players on their scrimmage line at the time of the snap. All players must be inbounds. PENALTY: Illegal Procedure, 5 yards from the previous spot.
    d. An offensive player may be in motion ANY distance from the line of scrimmage provided he/she is not moving towards the line of scrimmage at the time of the snap and he/she did not have an initial position on the line of scrimmage. If initial position was on line of scrimmage, person in motion must be five yards deep at time of snap. PENALTY: Illegal Motion, 5 yards from the previous spot.
    e. Before the snap, offensive players who attempt to shift positions must come to a complete stop and remain stationary in legal position for at least 1 second prior to the snap. PENALTY: Illegal procedure, 5 yards from the previous spot.
    f. The snap can be passed back to the receiver in any manner provided it is a continuous motion and starts from the ground. PENALTY: Dead Ball, illegal snap, 5 yards from the line of scrimmage.

9. Forward and Backward Passing: NOTE: The initial direction of the pass determines if it is forwards or backwards. A forward Pass is illegal:
    a. If the passer crosses the line of scrimmage before the ball leaves his/her hand.
    b. If intentionally thrown to the ground or out of bounds to prevent loss of yardage.
    c. If there is more than one forward pass.
    d. If there is no receiver in the immediate vicinity. PENALTY: Illegal forward pass, 5 yards from the spot of the foul and a loss of down. NOTE: It is ILLEGAL for a player to run the ball over the line and then: (1) pass the ball backwards into the backfield and then throw a forward pass or (2) run the ball over the line of scrimmage and then retreat back behind the line and then throw a forward pass.
    e. Simultaneous catches are declared dead balls and possession is awarded to the offense at the spot of the catch.
10. Safety = 2 points. It is a safety when:
    a. A runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there is his/her team's possession. EXCEPTION: If a player's momentum carries him/her into the end zone and the ball is declared dead there, the possession is given to the player making catch at the spot where the pass was intercepted or the kick was caught.
    b. An offensive player commits any foul for which the penalty is accepted and measurement is from a spot in his/her end zone. NOTE: When a safety is scored, the ball belongs to the team who was previously on defense. The team will receive the ball at their own 20-yard line and be awarded a new series of downs.

11. Personal Fouls – No player shall:
    a. Punch, strike, steal or attempt to steal the ball from a player in possession
    b. Trip an opponent.
    c. Contact an opponent who is on the ground.
    d. Throw the runner to the ground.
    e. Hurdle another player.
    f. Contact an opponent either before or after the ball is declared dead.
    g. Make any contact with an opponent deemed as unnecessarily rough outside the rules.
    h. Deliberately drive or run into a offensive or defensive player.
    i. Clip (contact from behind) an opponent.
    j. Hold or tackle a runner.
    k. Chuck or hold a receiver at the line. (Checking or bumping a receiver at the line is legal as long as arms are not extended.)
    l. Illegal deflagging.
    m. Dive to Advance Football (with other players close). PENALTY: Personal Foul, 10 yards, from the end of the run. (Players may dive in open field, but the ball will be dead at the spot where they left their feet the same as jumping.)
    n. Rough the passer. PENALTY: Roughing passer, 10 yards from end of run or from previous spot if pass is incomplete and an automatic first down.

12. Blocking/Rushing: The offense may legally block with his shoulders, hands, outer surface of his arms or upper part of his body under the following provisions:
    a. The hands shall be:
        i. In advance of the elbow
        ii. Inside the frame of the blocker's and opponent's body
        iii. At or below the shoulders of the blocker and opponent.
        iv. Palms open and not extended to "push" or "throw"
        v. Hands shall not be used to hook, lock, clamp or otherwise impede or obstruct an opponent.
    b. PENALTY: Personal foul, 10 yards from the spot of foul and loss of down. NOTE: If an illegal block occurs in the offensive backfield, the penalty is enforced from the SPOT of the foul (all but one principle).
    c. The defensive player's arms and hands MAY NOT be used as a wedge to contact the opponent. PENALTY: Personal foul, 10 yards from the previous spot and automatic 1st down.
    d. Blockers may not leave their feet to block. The responsibility for avoiding contact rests with the ball carrier. They must show the officials they made an effort to avoid contact. The ball carrier will not deliberately run or drive into a defensive player. A ball carrier may spin but realize that while spinning he is in a State of Non-Control and should contact occur as a result of the uncontrolled momentum, he will be penalized. Runners may not jump or hurdle to avoid being de-flagged, only to avoid collision or injury (in this case, the ball will be declared dead at the point of the jump). PENALTY: Personal foul, 10 yards from the spot of foul and loss of down.

13. Flag Guarding: Runners may not guard the flag belt, either intentionally or unintentionally, to deny the opportunity for an opponent to pull or remove the flag belt. PENALTY: Flag guarding, 10 yard penalty from the spot of the foul. Flag guarding includes, but is not limited to:
    a. Swinging the hands or arms over the flag belt to prevent an opponent from deflagging or placing the ball over the flag belt for the same purpose.

b. Lowering the shoulders or placing the arm over the flag belt.
c. Stiff arming an opponent.
d. Using the ball to protect the flags.

14. Last Man Back – a touchdown or extra point will be awarded if in an official's judgment, an offensive or defensive player who has obviously broken loose and has an apparent touchdown made is tackled, held, or deliberately pushed out of bounds. The penalty will be unsportsmanlike conduct, and it will be enforced on the next down.

15. Illegal Equipment – an infraction of using too small of a football will be an automatic penalty of reversing possession of the football at the place of the last snap prior to discovery of the illegal ball, if the ball was used for one play. If the illegal ball is discovered before the snap, the ball will be removed and replaced with a legal ball.

CONDUCT

1. Any player receiving an unsportsmanlike penalty will be required to sit out 4 minutes (game clock).
2. A player given a second unsportsmanlike foul is automatically ejected from the game he is playing in and the team's next scheduled game. Any player or manager given an unsportsmanlike technical foul for fighting (pushing, shoving, punching, kicking, etc.) may be suspended for the remainder of league play.
3. If a team receives an accumulation of 4 unsportsmanlike penalties, the game will be forfeited.
4. Any individual player/coach who receives 5 unsportsmanlike penalties throughout the season will be suspended for the remainder of the season.

SUMMARY OF PENALTIES

Loss of 5 Yards. Enforced from line of scrimmage (previous spot) unless otherwise noted.

1. Delay of game or illegal substitution. Dead ball.
2. False start or any illegal act by center. Dead ball.
3. Encroachment, offside, neutral zone infraction.
4. Illegal formation.
5. Illegal motion or shift.
6. Distraction of kicker, illegal rush.
7. Illegal equipment.
8. Article of clothing covering part of player's flag (down counts, spot of foul).
9. Illegal forward pass (down counts).
10. Intentional grounding (down counts).
11. Failure for QB to release ball within 7 seconds or run play to cross line of scrimmage when there are no rushers. (down counts, previous spot).
12. Flag guarding (down counts, spot of foul)

Loss of 10 yards. If by Defense, automatic 1st down spot of foul. If by offense, loss of down from line of scrimmage (previous spot unless otherwise noted)

1. Unsportsmanlike conduct – if flagrant; offenders are ejected.
2. Illegal participation (pervious spot).
3. Illegal block, clipping, stripping, tackling, charging, pushing runner, etc. (spot of foul)
4. Hurdling (except to avoid injury) diving, etc. with other players present (down counts, spot of foul).
5. The use of any adhesive substance on hands and gloves, i.e. stick-um (previous spot).
6. Strike/blow to head, neck, kicking, kneeing, tripping, etc. (offender is ejected, spot of foul).
7. Roughing the passer (from end of play).
8. Offensive pass-interference (down counts, previous spot).
9. Defensive pass-interference (automatic first down, previous spot).

CITY OF LONGMONT RECREATION SERVICES
PLAYER CODE OF CONDUCT

DEFINITIONS:
Coach – The player designated as team spokesman and the ONLY person who may discuss a decision with officials. The coach can be either a player or non-player.
Player – A person, who actively participates in the game, sits on the bench or who is on the roster.
Contest Area – That area which is designated by the Sports Program Supervisor.
Spectator – A person who comes out to watch the games for entertainment with no physical involvement.
City of Longmont Activity –Any event designated or hosted by the City of Longmont Recreation Division.
Program Administrator – The full time employee or designated individual of the City of Longmont Recreation Services directly responsible for the activity.
Abuse – includes but is not limited to, obscene gestures, heckling, verbally attacking or threatening and/or laying a hand upon, shoving, striking, hitting or punching.

CODE:

1. No player shall: at any time abuse a Recreation employee, player or spectator. In addition, no player shall be guilty of using unnecessarily rough tactics in the play of the game against the body and person of an opposing player.
2. No player shall: refuse to abide by an official's decision, nor argue the officials judgment.
3. No player shall: appear at the contest area under the influence of alcohol or drugs, nor consume alcohol or drugs during play. A player may not smoke while on the field of play.

PENALTY
Minimum penalty: removal (ejection) from further play in the game being played and suspension from the next scheduled game.
Maximum penalty: penalty shall be determined by the Program Administrator and/or the Recreation Superintendent. Offenders may be suspended from further league play. Any player striking another player will be subject to a season or year suspension or possibly for life depending on the severity.

TWO MINUTE CLAUSE shall be in effect. Two minutes will be allowed for an ejected or suspended player(s) to remove him/herself from the designated contest area. If this time limit is not met, the contest shall be forfeited to the opponents.

ELASTICITY CLAUSE – In order to provide for the recreational enjoyment of players, coaches, and spectators any enforcement procedures which are not stated herein may be provided by the Recreation Division as is deemed necessary.

MISCONDUCT: We believe sponsors are important to the program. When deemed necessary, a letter will be sent to the teams sponsor(s) informing them of player, coach, manager, or fan misconduct or poor sportsmanship.

CITY OF LONGMONT RECREATION SERVICES
TEAM ENTRY FORM – 2020 FLAG FOOTBALL

TEAM NAME: _____

MANAGER: _____

Phone (Primary) _____(Secondary)_____

Mailing Address: _____

City_____ ST_____ZIP_____

E-Mail (must provide)_____

ASSISTANT MANAGER: _____

Phone (Primary) _____(Secondary)_____

Mailing Address: _____

City_____ ST_____ZIP_____

E-Mail (must provide)_____

SEASON:

- ◯ Spring
- ◯ Fall

LEAGUE:

- ◯ Rec 8v8
- ◯ Coed 4v4

This form must be completed and submitted along with the entry fee to be considered officially registered. I understand that the entry fee will not be refunded if I fail to enter a team in the above mentioned league. By signing below I also acknowledge that as the manager, my team and I are aware of and will abide by all league rules and code of conduct as mentioned in the rules packet. Team Manager is responsible for all unpaid fees and will be ineligible to participant in any adult sports until all fees are paid in full.

_____ _____

Signature Date

2020 ADULT FLAG FOOTBALL FEES

8v8 LEAGUE FEE: **$520 EARLY-BIRD ($550 REGULAR FEE)** *or 50% partial fee* $ _____

4v4 LEAGUE FEE: **$270 EARLY-BIRD ($300 REGULAR FEE)** *or 50% partial fee* $ _____

RECEIVED BY: _____ **DATE:** _____