

DELHI TOWNSHIP PARKS AND RECREATION FLAG FOOTBALL RULES

LEAGUE PHILOSOPHY:

This program exists to serve the needs of our youth. All involved should be allowed to participate on an equal basis in a low competitive atmosphere. The primary focus should be on individual development (learning all the positions), **FUN**damentals and teamwork. The main emphasis is on having fun, involving the family, and developing a positive self-image. Good sportsmanship is expected at all times from the players, coaches and parents.

The Delhi youth leagues are set up for participation and not win - loss records. If a team shows up with less than the required number of players and wishes to play, the game should be played and not ruled a forfeit. It is encouraged that the other team lend a player whenever possible.

COACH / PLAYER CONDUCT:

Coaches whose conduct conflicts with league philosophy may be reprimanded. Coaches are responsible for their own conduct as well as the conduct of their players and spectators. Any coach who is ejected by a volunteer umpire for misconduct shall be ineligible for the next game. The Delhi Parks & Recreation office retains the right to further disciplinary action if the infraction warrants it. All ejection's need to be reported to the Parks & Recreation office the next day after the incident.

SPORTSMANSHIP:

In order to keep up with our recreation philosophy and sportsmanship, remember to shake hands with your opponents at the conclusion of the game.

I. Rules

- A. A coin toss determines first possession.**
- B. The offense 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 offense fails to score, the ball changes possession and the new offensive team begins on their 5-yard line.**
- C. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.**
- D. All possession changes, except interceptions, start on the offense's 5-yard line.**

Flag Football rules continued...

- E. Teams change sides after the first 25 minutes, but possession does not change and clock begins on the snap of the ball. All factors pertaining to the drive remain the same (down, yard line, etc.)

I. PLAYERS

- A. Teams must field a minimum of five (5) players. If a team has less than five (5) players they may borrow players from the opposing team. Teams will not play shorthanded.
- B. Teams consist of 10 players (5 on the field with 5 substitutes).
- C. The Coach serves as the Quarterback for the PreK-Kindergarten and 1st / 2nd grade division. The players will serve as the quarterback for the 3rd/4th grade division.

II. TIMING/OVERTIME

- A. Games are (2) 25 minute running time halves.
- B. If the score is tied at the end of 50 minutes, the game is considered a tie. There is no overtime.
- C. Each time the ball is spotted a team has 45 seconds to snap the ball.
- D. Each team has one 60-second time out and one 30- second time out per half.
- E. Officials can stop the clock at their discretion.

III. SCORING

Touchdown:	6 points	Safety:	2 points
Extra point:	1 point (played from 5-yard line)		
	2 points (played from 10-yard line)		

IV. RUNNING

- A. Quarterback cannot run with the ball.
- B. Offense may use NO MORE THAN TWO (2) handoffs or pitches behind the line of scrimmage.
- C. Absolutely NO laterals or pitches of any kind beyond the line of scrimmage.

Flag Football rules continued...

- D. "No-running zones" located 5 yards from each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations to score or gain a first down. A team may run in the no-running zone going away from midfield toward the end zone.
- E. The player who takes the handoff or pitch may throw the ball from behind the line of scrimmage.
- F. Once the ball has been pitched or handed off, all defensive players are eligible to rush.
- G. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- F. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

V. RECEIVING

- A. All players are eligible to receive passes including the quarterback if the ball has been pitched or handed off behind the line of scrimmage.
- B. Only one player is allowed in motion at a time.
- C. A player must have at least one foot inbounds when making a reception.

VI. PASSING

- A. All passes must be forward and received beyond the line of scrimmage.
- B. Shovel passes are allowed and may be received behind or beyond the line of scrimmage.
- C. The quarterback has a seven (7) 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.
- D. Interceptions are down immediately with the defensive team in possession at the point of the interception (interception returns are not allowed). Interceptions are the only changes of possession that do not start on the 5-yard line.

Flag Football rules continued...

VIII. DEAD BALLS

- A. The ball may be snapped between the legs or off to one side to start play. Shotgun formation is allowed.
- B. Substitutions may be made on any dead ball.
- C. Play is ruled "dead" when:
 - 1. Ball carrier's flag is pulled.
 - 2. Ball carrier steps out of bounds.
 - 3. Touchdown or safety is scored.
 - 4. At the point of an interception (interception returns are not allowed).
 - 5. Ball carrier's knee hits the ground.
 - 6. Ball carrier's flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground with the team who fumbled still in possession unless it was on 4th down then the opposing team gains possession on its own 5-yard line.

IX. RUSHING THE QUARTERBACK

There will be no rushing of the quarterback. The quarterback has seven (7) seconds to pass the ball or they are automatically down. Players may defend on the line of scrimmage. Once the ball is pitched or handed off, all defenders may rush and go behind the line of scrimmage.

Remember, no blocking or tackling is allowed.

X. SPORTSMANSHIP/ROUGHING

If the official's witness any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act the game will be stopped and the player will be ejected. **FOUL PLAY WILL NOT BE TOLERATED.** Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators). If trash talking occurs, the referee will give one warning. If it continues, the player(s) will be ejected from the game.

XI. PENALTIES

The coach / official's will call all penalties: All penalties will be replayed with the same down and distance unless a team continues to violate the rules. Repeat violators will be issued the penalties on the next page.

Flag Football rules continued...

DEFENSE: All penalties will be 5 yards and repeat the down.

Offsides

Interference

Illegal contact - holding, blocking, etc.

Illegal flag pull - before receiver has ball

Illegal rushing - rushing the quarterback before they have thrown the ball or handed off.

OFFENSE: All penalties will be 5 yards and repeat the down.

Blocking – There is no physical or screen blocking allowed. Whether there is contact or not, if the official deems that your player is blocking it will be a penalty.

Teammates may not screen the defensive players from the ball carrier by running next to them as they proceed down the field.

Illegal motion - More than one person moving or false start.

Illegal forward pass - pass received behind line of scrimmage.

Pass interference - illegal pick play, pushing off/away defender.

Flag guarding – ball carrier pushing away the defender's hand or stiff arming their body from getting their flag.

Delay of game

- A. Officials determine incidental and accidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- B. Only the team captain may ask the official questions about rule clarification and interpretations. Players and coaches cannot question judgment calls.
- C. Games cannot end on a defensive penalty, unless the offense declines it.

XII. ATTIRE

Cleats are allowed, except for metal spikes. Inspections must be made. All players are *recommended* to wear a protective mouthpiece.

Flag Football rules continued...

XIII. TEAM RESPONSIBILITIES

- A. Home and visiting teams are responsible for providing one official.**
- B. Visiting team official is responsible to keep time.**
- C. Home team wears white colored jersey and visiting team wears green colored jersey.**

XIV. INCLEMENT WEATHER / RAINOUTS

All games must be played on their scheduled dates unless weather or conditions of the playing field warrant postponement. If the Parks & Recreation Department cancels games, teams will not be allowed to play anyway, regardless of any weather changes.

Coaches and players may call the Delhi Township Parks & Recreation Sports Information Number at 694-3433 at 4:30 p.m. or register at www.cancellations.com to find out the status of the games.

XV. RESCHEDULING

The Parks & Recreation Department may reschedule postponed games based on availability. The Parks & Recreation Department will notify coaches regarding the make-up date.

REMINDER: There are no kickoffs or punts and blocking is not allowed.

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