

Monticello Community Center

Flag Football League Rules

FALL 2019

General League Policies:

1. The Flag Football League is intended for adults looking for a recreational, fun, and safe flag football experience. Players must be 18 years of age or older.
2. The league is facilitated through the Monticello Community Center and coordinated by the
Program Manager: Sara Cahill
Office Phone: 763-271-7124
Email: sara.cahill@ci.monticello.mn.us
3. The program manager reserves the right to modify the rules and regulations at any point during the league season to insure quality and safety for all players.
4. Rosters are due by the 3rd game of the regular season. It is the responsibility of the team captain to turn in the roster to the league manager.

League Information:

5. League info, including schedule, standings and rules, will be posted on the MCC league website at www.monticellocommunitycenter.com/leagues.
6. **Officials/referees will keep score but captains are responsible for confirming the score with the official after each scoring play and also at the end of the game. Team captains must email or call in scores to the program manager (contact info above) in order to count in the standings.**
7. WEATHER: At the first sign of lightning, all teams and fans must exit the field. Teams may not resume play until 30 minutes after the last sign of lightning. If games are cancelled or postponed due to weather-related conditions, the program manager will inform team captains as soon as possible. Players should contact their team captain, not the program manager, about updates on weather-related conditions.

Team

1. ROSTERS:
 - A. A team consists of up to 12 rostered players
 - B. Four players must be present to avoid a forfeit.
 - C. During the regular season, teams may pick-up an unrostered player as long as they do not exceed the amount of players on the opposing team.
 - D. If a rostered player is available, the team should play rostered players over unrostered players, except where a player may need a break.
 - E. The intent of the roster rules is for teams to stick with "their team" as much as possible and not bring in unrostered players just to get the win.
2. Game is played 6-on-6
3. Each team must provide a captain, who will represent the team on and off the field. Captains are responsible to communicate all league information to their teammates.

Equipment

1. Teams must provide their own ball, with only regulation size balls used; no junior sizes may be used.
2. Cleats may be used; however, metal spikes are prohibited.
3. Teams should supply themselves with two basic jersey colors to assure that teams are not in the same color.
4. Jerseys/shirts must be tucked in. **No clothing or jerseys can cover up any part of the belt or flags.**
5. Flags and belts will be supplied by Monticello Community Center.
6. Flags must be attached to the belt only by the Velcro strip on the OUTSIDE of the belt. Flags do not attach to the inside of the belt.
7. Football gloves are allowed.

The Playing Field

1. The field will be approximately 80 yards in length and 40 yards in width. End zones will be five yards.
2. Marked areas will include the end zones, the 20, 40, and 20-yard lines.
3. Cones will be used to mark the line of scrimmage and an approximate 1-yard cushion the defense has to stay behind.

Playing Rules

Starting the Game & the Clock

1. There will be a 5-minute grace period for teams unprepared to play. After 5 minutes the unprepared team will be charged with a forfeit loss.
2. The referee will call the team captains in for pre-game meeting and the coin toss.
3. A coin toss will determine first possession. The winner of the coin toss will determine if they wish to start with possession in the first half or the second half. The loser of the coin toss will start with possession in whichever half the winner did not choose.
4. Each defending team at the start of each half will determine which end zone they would prefer to defend.
5. The offensive team will start the game from the 20-yard line with possession.
6. Games will consist of two 20-minute halves, with a five-minute half time. Running time will be used. Games ending in a tied score will remain a tie, during regular season play.
7. Each team will be allowed one one-minute time-out per half. Time-outs DO stop the game clock.
8. If time runs out in the first or second half after a team has started a drive (must have started at least one play), they will be permitted to finish that drive.
9. **Play** clock will start at the end of one play until the start of the next snap. Teams will have 35 seconds to snap the ball. The play clock will only be officiated if teams are stalling or continually taking a long time. Stalling is not permitted as the intention of the league is for everyone to play and have fun.
10. **Game** clock will run continuously but can be stopped for injury, official's time out or team time out.

Additional Playing Rules

11. Scoring: Touchdown= 6 points Safety=2 points Extra points= 1 point from 5 yard marker line, 2 points from 10 yard marker line.
12. Following a scoring play, the next possession starts at the 20-yard line.
13. Substitutions are allowed between plays and during time outs.
14. Any excessive contact may result in an ejection from the game.
15. Grabbing onto the shirt or shorts/pants is illegal, which will be a judgment call by the official and is a 10 yard penalty. If the player is making an attempt at the flag and catches the offensive player's shirt/shorts, but immediately lets go, there will be no penalty.
16. A player is not allowed to stiff arm a defender to avoid being deflagged. 10 yard contact penalty.
17. No intentional bodily contact is to be made between offensive and defensive players. 10 yard contact penalty.
18. Where league rules are undefined, teams shall use NFL rules.

Offensive Rules

1. The team with possession will have 4 plays to reach the first down (20, 40 and 20 yard lines). After a score, a team will announce if they will go for one or two point conversion.
2. Teams will put the ball in play by means of a centering pass from the center to the quarterback. **The ball must be put on the ground prior to the snap.** The snap may be made between the legs or alongside the legs.
3. All snaps must be made directly behind the center. The player receiving the snap cannot be in motion prior to the snap.
4. When the ball is snapped, one offensive player may be in motion backwards or laterally.
5. **The ball may advance past the line of scrimmage if it is passed or the quarterback is rushed. No run plays are allowed unless the quarterback is rushed.**
6. **An unrushed quarterback must throw the ball in 7 seconds to prevent stalling. The referee will count the time beginning at the snap. The referee will count at the pace of 1 monkey, 2 monkey, etc.**
7. **A lateral behind the line of scrimmage is only acceptable if the quarterback is rushed. Once the ball has advanced beyond the line of scrimmage, lateral passes are acceptable. (You cannot lateral into a run play behind the line of scrimmage)**
8. **Once the ball advances past the line of scrimmage, a team cannot make a forward pass.**
9. **One forward pass per play is allowed and must be completed from behind the line of scrimmage.**
10. BLOCKING and SCREENING IS NOT ALLOWED.
11. FLAG GUARDING IS NOT ALLOWED. If it is determined a player is guarding his or her flag, the ball is down at the spot of the infraction.
12. **If the ball carrier has at least one knee down, the play is over (college rules).**
13. A player must have one foot in bounds when making a reception.
14. The line is out of bounds.
15. Fumbles will result in a dead ball. Change of possession only occurs if the ball never touches the ground (no stripping), or the fumble occurs on the last down.

Punting Rules

1. If a team decides not to attempt to reach the first down or score on the fourth down, they may elect to punt. If it is kicked out of bounds, the defensive team will take possession where the ball went out.

2. **When a punted ball bounces more than one time in bounds, the ball is dead at the spot of the second bounce.**
3. Rushing the punter is not allowed.
4. **A team must announce a punt**, and will have four seconds to punt after the ball is snapped.
5. No member of the offensive team may leave the line of scrimmage until the ball is kicked on a punt play.

Defensive Rules

1. When a player has a flag removed legally by a defensive player, the ball is dead.
2. As soon as a flag is removed, the flag shall be held in the air for the official to see to stop the play.
3. Diving grabs are allowed.
4. If a player's flag falls off unintentionally, the player is still an eligible receiver, but the play will be dead as soon as that player catches the ball. The ball will be spotted where the receiver gained possession of the ball.
5. If a defensive player pulls a flag off before the player has the ball, it is a 10-yard penalty from the spot of the foul and replay of down.
6. The defensive team may rush the quarterback after a 3-Mississippi count (one Mississippi, two Mississippi, three Mississippi), which must be counted out loud by the defender.
7. If a ball is lateraled (because the QB is rushed), the receiver can be rushed as soon as the ball leaves the quarterback's hands.
8. In the event of a safety, the ball shall be put back into play at the 20-yard line, with the defensive team taking possession.

Officials/Referees

1. Games will be played primarily on the honor system. There will be one official/referee designated for each game to help keep the game moving, keep time, call penalties (if seen), and determine course of action for questionable plays.
When it comes to the referees, players should treat these games more like a backyard pickup game rather than an NFL game or reliving your high school glory days. The referees are not paid and most likely have no experience as a referee. Do not expect them to see every play or be able to instantaneously make a decision without consulting the rules. Be gracious and patient with the refs.
2. Referees are volunteers from other teams.
3. If the assigned referee does not show up to officiate their assigned game, the captains of the teams scheduled to play at that time will officiate. Or may agree on another person to officiate.
4. Officials will be supplied a stop watch, pencil, coin and score card. PLEASE PUT THESE BACK IN THE BINS BY THE CONCESSION STAND AT THE END OF THE NIGHT.
5. Officials will keep score but captains are responsible for confirming the score with the official after each scoring play and also at the end of the game. Captains must email, text or call scores in to the league manager (contact info above) in order to count in the standings. DO NOT DEPEND ON THE REF'S SCORECARD AS YOUR MEANS OF TURNING IN YOUR SCORE.
6. If an argument arises after a play, and the official cannot determine the correct outcome of the play, the official may determine the down be replayed.
7. All questions or concerns that come up shall be discussed ONLY BY THE TEAM CAPTAINS, with an official or coordinator, in a respectful manner. The intent of this league is to play and have fun; there will be no professional or college scouts present.
8. Arguing with the officials is not permitted and will result in a 15-yard unsportsmanlike conduct penalty. Excessive arguing may result in game suspension or other action as may be determined by the league manager.

Penalties

1. Defensive interference- There shall be no contact which interferes with an eligible receiver, although the defense has equal right to go for the ball. Penalty = spot of the foul
2. Offensive interference: 10 yards and replay of down.
3. **Contact penalties that are not defensive or offensive interference (stiff arm, grabbing clothing, etc) = 10 yards**
4. **Offsides=5 yards**
5. **Pulling flag before player receives ball=10 yards from spot of foul and replay the down**
6. **Player Contact=10 yards**
7. **Flag Guarding=Ball is dead at spot of infraction**
8. All other regular football rules apply with penalties of 5 yards, at discretion of official.
9. **Unsportsmanlike Conduct = 15 yards.** This covers swearing, intentionally or excessive contact with a player with or without the intent to injure, excessive arguing, and general unsportsmanlike manner. Violation of these rules will result in the following: 1st offense the team will receive a 15 yard penalty. 2nd offense by the same player will result in that player as well as the captain being ejected. 3rd offense by the same player will result in suspension for the entire season. If a 3rd offense happens, the player must meet with the league manager to be able to play the following year.