

Monticello Community Center

Flag Football League Rules

FALL 2020

*******ALL HIGHLIGHTED RULES ARE NEW OR EDITED FOR THE 2020 SEASON*******

See attached "Covid-19 Return-to-Play Guidelines." All rules apply to Monticello Adult Flag Football League.

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
League Manager: Leanne Holker
Office Number: 763-271-7103
Email: Leanne.Holker@ci.monticello.mn.us
3. The league manager reserves the right to modify the rules and regulations at any point during the league season to ensure 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, text or call in scores to the league manager (contact info above) in order to count in the standings. Do not rely on referee scorecards as a way of reporting your score.**
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 **15** 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 and are also responsible for ensuring good sportsmanship from players on his/her team.

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. **Blocked (intercepted) extra point return = 2 points, and the defense (intercepting team) then takes over the ball on their own 20-yard line for the next drive.**
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. This specifically includes a defender blocking the path of an offensive player and/or wrapping an arm/hand around the offensive player's hip or waist to turn the player in order to reach their flag more easily. 10-yard contact penalty. This will be heavily enforced this year due to Covid restrictions.**
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 a 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 (a defender may rush after a 3-monkey count). **No run plays are allowed unless the quarterback is rushed.**
6. An unrushed quarterback must throw the ball within a **7-monkey** count 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. After the final syllable of "7-monkey", the referee will call the play dead, resulting in a loss of down.**
7. **If the quarterback is rushed (at the moment where the defender crosses the line of scrimmage), the 7-monkey count from the referee does not apply and the quarterback can take all the time he/she needs to pass or run the ball (the ref may stop counting after 3-monkey).**
8. **Lateral passes are allowed behind the line of scrimmage:**
 - a. **If unrushed, the lateral receiver now becomes the QB and must pass the ball (Flea Flicker play). Unrushed 7-count rule still applies from the snap of the ball.**
 - b. **If rushed, the lateral receiver now becomes the QB and may run the ball after the defender crosses the line of scrimmage, or may still complete a forward pass or another lateral.**
9. One forward pass per play is allowed and must be thrown from behind the line of scrimmage.

10. BLOCKING and SCREENING IS NOT ALLOWED. Again, this will be heavily enforced this year due to Covid restrictions. Penalty = spot of the foul and loss of down.

11. FLAG GUARDING IS NOT ALLOWED. Penalty = spot of the foul and loss of down.

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 play is **dead at the location of the ball (not the flag).**
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, **so long as no bodily contact occurs.**
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-Monkey count (counted at the same pace as the referee's 7-monkey pass count) which must be counted out loud by the defender.
7. 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 (including blocking or screening): 10 yards **and loss of down.**
3. **Contact penalties that are not defensive interference 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. **Flag Guarding=Ball is dead at spot of foul and loss of down.**
7. All other regular football rules apply with penalties of 5 yards, at discretion of official.
8. **Unsportsmanlike Conduct = 15 yards.** This covers swearing, intentional 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, which may also result in that team's forfeiture of the game if that team does not have at least 4 eligible players to continue the game. 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.

COVID-19 Return-To-Play Guidelines

If you are sick in any way, or exhibiting any symptoms of sickness, please stay safe, stay home, rest and recover!

Each participant is required to have an established profile and accepted participation waiver in our web system in order to be eligible to play

Each participant is required to exercise appropriate physical distancing at all possible times

- + No extended congregating before or after games
- + Keep physical distancing in all team areas before, during & after games (bring a folding chair or other viable option to allow for 6+ ft at all times)
- + Please arrive no more than 15 minutes prior to your game
- + Please leave the facility immediately following your league play

Each participant must exercise healthy and safe practices at all times

- + Participants must monitor any/all symptoms prior to potential participation
- + If you are in an identified high-risk population, we recommend you do not return to play as of yet
- + Wash your hands extensively whenever you have the opportunity (bathroom, etc.)
- + No contact celebrations (no high-fives, fist bumps, hugs, etc.)
- + No spitting is allowed at any time for any reason
- + No handshake lines allowed
- + Let's invent/identify the best physically distant 'good game' process we can... keep the spirit of acknowledgement and appreciation alive!

Participants are encouraged to wear a mask/face covering at all times when not participating on the field of play

- + This includes parking areas, field/court sidelines, bench areas, scoring tables, etc.
- + Masks are allowed on the field/court of play (self-monitor body heat, vision, etc...)

Each participant travels with their own hand sanitizer at all times

- + Required to apply it immediately after exiting their vehicle upon arrival to site
- + Required to apply it when they arrive at their team bench area
- + Required to apply it immediately at the end of their game
- + Recommend to apply it at half time, during time outs, as often as is possible and prudent
- + Hand washing with soap and water is preferred if options are available on site

Each participant provides their own league equipment

- + Each player brings their own water bottle and there is no sharing
- + No sharing of any league equipment when and where possible

Participants are allowed to play on their assigned teams only

- + All players are required to have an assigned profile in our on-line portal
- + All players are required to sign and agree to the participation waiver when establishing that profile
- + All players are only allowed to participate with their registered league teams (no subbing)

Please limit your physical proximity or contact as much as is possible during match play in all leagues

- + There will be some limited sport-specific modifications instituted when and where possible

Only authorized non-participants will be allowed on site

- + If required to have a non-player on site, mask required 100% of time
- + Physical distancing 100% of the time they are on site
- + Same hand sanitizer policies required as outlined above for participants

All attendees are required to adhere to any venue-specific policies or requests

Staff and officials will wear masks/face coverings when and where possible

Staff and officials will be positioned to enhance physical distancing when and where possible

If you have tested positive for the Coronavirus:

- + You are not allowed to participate or be on site
- + You are required to stay away from any league facilities for two+ weeks
- + You are then required to test negative for the Coronavirus or be clear of all symptoms for at least 5 days before you are allowed to return to play
- + Any person displaying any symptoms at any time will be asked to leave the facility immediately
- + If a participant tests positive for the Coronavirus after league participation, they are required to inform the City of Monticello of any/all game days/times/locations that they have participated in the previous two weeks
- + The City of Monticello will then do our best to inform all teams that played at a given location on a given day at a given time following notification by a participant of a positive Coronavirus test
- + [CDC Guidelines](#) on when to quarantine and defined "close contact."

Participant and staff safety is of utmost importance. Unfortunately, no amount of precaution and extra effort can guarantee a completely sterile environment, so all participants agree to participate at their own risk.