Rule Modifications/Clarifications 2014

- ★ Recreation Leagues: All players must have **equal playing time** (unless disciplinary action is needed - parents need to be informed).
- ★ Recreation Leagues: All players must have the same amount of playing time on offense and defense (recommend half the season offense, half the season defense - or - first half game offense, second half game defense (or vice versa)).
- ★ Recreation Leagues: All players must play a **minimum of four positions** throughout the season (Minimum: two offense, two defense). They must play at least 20 minutes at each of these four positions during the season.

- ★ Modified League: All players must play a minimum of two positions throughout the season.
- ★ Modified League: each player must play a minimum of 10 minutes (unless disciplinary action is needed - parents need to be informed).

- ★ Practices: Practice fields (one a week) will be provided for the NFL teams. Equipment (i.e. footballs, flag belts) will be provided by the NFL - if you need to borrow flag belts from Parks and Recreation till your equipment comes in, they will be available on a first-come-first-serve basis. No team will be permitted to require more than one practice in any Sunday to Saturday period (You may have more than one practice a week but can only require one).

- ★ Screening and blocking are not allowed.
- ★ **Shuttle passes** must go over the line of scrimmage.
- ★ **No pitching** (1st ,2nd and 3rd grade rec) – it must be a hand-off. Direct handoff (b/t legs), shot gun is allowed but if ball is dropped, the play is dead.
- ★ 1st Grade: Only one (1) rusher will be allowed.
- ★ 4th Grade: Only two (2) rushers will be allowed.
- ★ 3rd grade modified and 4th Grade Mod & Rec – Lateral and / or backwards passes will be allowed, but only behind the line of scrimmage. No laterals will be allowed downfield (beyond the line of scrimmage). Any lateral pass / toss dropped or not completed will be treated as a dead ball, the same as any other dropped or fumbled ball. Laterals may be intercepted by the opposing team. However, only forward passes will count as passes on mandated passing downs.
- ★ If running a play that the quarterback hands the **center** the ball back, the ball must be handed around the center and not back through their legs.
- ★ If a player **intentionally takes out another player**, they will be ejected from that game and must sit in the stands with their parents/guardians or leave the complex.
- ★ If an official feels that a player made **incidental contact** with an opposing player, a penalty will

not be called, this will be a judgment of the official(s).

- ★ If an offensive player has possession of the ball and is clear of any defensive players and their flag drops accidentally, a down will not be called and they may continue running until they score or a defender is close enough that they could pull the flag.
- ★ Jumping: jumping is not allowed unless a player jumps to avoid contact with another player (collision). It is the judgment of the official(s) on jumping calls.

- ★ **Delay of Game:** regular NFL rules with this addition: With 5 minutes or less left on the clock, if delay of game is called, the officials will stop the clock, award penalty and add a loss of down.
- ★ **All teams need to call plays as fast as possible –** delay of game could be called if teams take too much time.
- ★ **NFL Rule Book** – Page 8, VIII. Scoring - #4 and 5 will not be used. Teams are expected to respect each other and not run the score up.
- ★ Please refer to your NFL Rule Book for a full list of rules!

- ★ **OVERTIME (modified):**
- ★ Since we keep standing in the modified league, a game will not be left in a tie. Please refer to the NFL FLAG rule book for overtime rules.

- ★ If a team enters into the **no running zone** on their side of the field (between endzone and 5 yards where you start), the no running zone does not take effect. Teams will be able to run with the ball. Refer to diagram on page 6 in rules book.
- ★ From endzone, turn and go other direction – start at the closest endzone.
- ★ 7 yards back-rush zone-cannot run 7 yards to line of scrimmage, has to be 7 yards back; **A running start will not be allowed!**

- ★ Determination of **possession** at beginning of first and second half (schedule determines possession – team listed first will have possession the 1st half; team listed 2nd will have possession the second half)
- ★ 2 minutes b/t halves
- ★ 4th grade: 7 v 7
- ★ Players may **not wear padding** (except elbow or knee pads) of any kind in the flag football leagues. During cold weather, they may wear clothing under their uniform shirt as long as it does not have any kind of padding. Players may wear **gloves, elbow pads, and/or knee pads**. See rule book page 5 – IV. Equipment
- ★ Pants or Shorts with belt loops or pockets must be taped.

- ★ All players and coaches must remain in the **designated box** at midfield. One coach for each grade will be allowed to remain on the field at all times (out of the way of play) and one will be allowed

to roam the length of the field.

★ Taking **pictures:** only authorized Parks and Recreation staff and/or approved professional photographers are allowed to take pictures along the sidelines. Any pictures taken by spectators, coaches, etc. must be taken behind the designated spectator line or behind the end zones.

General Information

- All coaches will receive 4-5 junior size footballs – these need to be turned in at the end of season for use for practices in the future. You must bring one of these footballs to the game to use as game ball.
- All Jerseys must be tucked in at all times!
- All players will receive a jersey and flag belt – these do not need to be turned in to the coach or the league. They belong to the player. Please label each flag belt before you hand them out, measure them and cut excess belt – you can even tape the belt so it doesn't come loose. Recommend coach keeps flags until end of season.