

FLAG FOOTBALL

RULES & PROCEDURES



**Liberty Park of America
33600 MOUND ROAD, STERLING HEIGHTS MI 48310
OFFICE PHONE (586) 978-9070 FAX (586) 978-8064**

Revised 11-15-10

RULES AND PROCEDURES

REGISTRATION PROCESS

A non-refundable deposit is required to reserve spot in the league. This deposit is non-refundable unless Liberty Park cancels your age group for any reason.

ROSTER

1. Your completed Roster must be turned in to Liberty Park's office prior to the start of your first game. Every player on the Roster must sign the Waiver on the reverse side of the Roster. No one will be allowed to participate who does not have a signed Waiver in Liberty Park's office. Any changes to your Roster must be made prior to the start of your third game.
2. Rosters must be turned in with complete information for each player. Coaches are responsible for the eligibility of the players on their Roster. In the case of a player's age being questioned, the Coach is required to provide proof of age within 48 hours of the game.
3. **ROSTER PROTEST:** Coaches must inform Liberty Park of a protest prior to the completion of the game. If for any reason the team being protested has not submitted a Roster, the protest will be upheld. No protests will be accepted after completion of the game. Any team found playing an ineligible player would forfeit that game.

BASIC REGULATIONS OF LIBERTY PARK

1. No alcoholic beverages are allowed in the dome or the parking lot.
2. No smoking is allowed anywhere in the dome.
3. ***Absolutely no gum, chew, seeds or spitting are allowed in the dome.*** Violation of this rule could result in ejection from the dome. This rule is in effect to protect the Sprinturf field. The turf can be severely damaged as a result of violations of this rule so we ask for everyone's cooperation to maintain the field in its present condition.
4. Absolutely no fighting is allowed. Fighting will result in immediate ejection from the dome and may result in ejection from the league.

GENERAL PROVISIONS

1. All players must be a minimum of 18 years of age and be able to provide proof of age if requested by league officials at game time.
2. Liberty Park of America recommends all players wear mouth protection.
3. Same color shirts are required.

ROSTER

1. A team may carry a maximum of fourteen (14) players.
2. No changes allowed after the start of the third game.
3. Your completed roster must be turned in to Liberty Park prior to the start of your first game. Every player on the roster must sign the waiver on the reverse side of the roster. Rosters must be turned in with complete information for each player.
4. Any team found playing an ineligible player would forfeit that game.

FIELD AND EQUIPMENT

1. The field size is 85x45 yards.
2. The field will consist of 4 first down markers and 2 10-yard end zones.
3. Absolutely no gum, chew, seeds or spitting are allowed in dome. Violators could result in ejection from the dome. This rule is in effect to protect the Sprinturf field. The turf can be severely damaged as a result of violations of this rule so we ask for everyone's cooperation to maintain the field in its present condition.
4. No metal cleats, boots, or street shoes. No pants or shorts with pockets or belt loops. No billed or baseball hats.
5. All plastic or metal leg braces must be covered with sweatpants or another padded material.
6. No jewelry including but not limited to necklaces, earrings, watches, etc.
7. Shirts must be tucked in to shorts; jerseys may not hang over flags or belt.

GAME PLAY

1. First down markers are set up on the field.
2. Each half will start with a team starting on their own 10-yard line as well as after a touchdown and a declared punt.
3. There will be a 20 second clock from the spotting of the ball to the beginning of the next play.
4. The spot of the ball will be the official placement. One foot is needed to be inbounds to obtain a pass.
5. All players must enter and exit from one side of the playing field.

DEFENSE

1. Defensive players will start 5 yards from the line of scrimmage (inside 5 yard of the football) to rush the quarterback. Five yards will be marked by a colored beanbag.
2. Defensive player holding offensive man while attempting to pull a flag will be guilty of defensive holding.

3. Defensive player can absorb the block with his hands; he may not grab or throw the offensive blocker to the side.
4. Defenders may not strip or punch the ball from the ball carrier. Grabbing and holding the ball carrier in order to grab his flag is illegal. If a defender grabs hold of the ball carriers body, shirt or shorts they must release immediately.

OFFENSE

1. All players are eligible to receive passes.
2. Offense-teams must have a minimum of 3 players on the line of scrimmage when the ball is snapped.
3. No direct snaps. The quarterback must receive the ball at least 2 yards behind the line of scrimmage.
4. The ball carrier is down when his flag is pulled or any part of the ball carrier other than his hands or feet touch the ground.
5. Flag guarding by the ball carrier to avoid having his flag pulled or leave his feet for any reason is illegal. The player is immediately down from the point of infraction.
6. It is the ball carriers responsibility to avoid contact. The ball carrier may not charge a defender to barrel over him.
7. Player is down when flag is removed or knee touches the ground.
8. If a flag falls off inadvertently the offensive player will be down by the hand touch of the defender.
9. If a player makes a completed catch while missing a flag he is immediately down at that spot.
10. If a team does not have a replacement for an injured or ejected player and falls below the five 5-player minimums the game will be forfeited.

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 to 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.

DIVING

Diving to pull a flag is legal. Diving to advance the ball is illegal. Diving to block is illegal.

FUMBLE POSSESSION

1. There shall be no exchange of possession on a fumble. A fumbled ball becomes a downed ball and will be spotted at the point where the ball first touched the ground.
2. Defenders may not strip or punch the ball from the offensive player who has possession of the ball.
3. Dropped/bad snaps are dead balls and the ball will be spotted at the line of scrimmage with a loss of down. Exception: when punting away the ball.

BLOCKING/RUSHING

1. Blocking is the act of obstructing an opponent by screening him with your body. When blocking, *no aggressive contact is allowed*. Screen blocking is legal anywhere on the field. **OFFENSE** must keep their hands and elbows tucked within the frame of their body never extending them forward. You may shuffle with the defense until he has made a clear passing of your screen, and you are no longer face to face with him. **DEFENSE** may not use their hands to assist in getting around the screen block. No grabbing is allowed.
2. Blocking or pushing a ball carrier that is running near the sidelines for the purpose of knocking him out of bounds and stopping his progress is an unsportsmanlike conduct penalty. The close proximity of walls and the stands to the field makes this very dangerous.

NO TACKLING

No tackling. If a player is called for tackling it is an unsportsmanlike penalty and it is ruled an automatic first down. If a penalty is called within the 10-yard line, it is an automatic first down and the ball is to be placed half the distance from the goal line.

PUNTING

1. Punter has 5 seconds from the time of the snap to punt the ball. The ball is **NOT** dead if it hits the ground before being punted.
2. All players on the field may not move until the ball is punted. Receiving team may not run a head of the ball returner to set screens. They may follow behind the ball returner when he runs down field.
3. The ball is placed on the 10 yard line on touchbacks.

CO-ED PROVISIONS

No more than two consecutive male-to-male plays are allowed. The ball must be thrown, caught or ran by a female to be a legal series of downs. During 7x7 each team may field no less than 3 females.

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.

TIME OUTS

Each team will be allowed one time out in the first half and two time out's in the second half. Time outs shall be 30 seconds in length. If a team is out of time-outs, the referee will grant an official's time out for the purpose of a possible misapplication or misinterpretation of a rule or a protest.

CLOCK AND GAME LENGTH

There will be two 23-minute halves.

The clock will **only stop** at:

- A. 1 minute remaining during the 1st half
- B. 2 minutes remaining during the 2nd half.

During the above stated times the game clock will only stop:

- A. on a completed pass/get out of bounds play
- B. player injury
- C. timeout
- D. extra point conversion- the clock does not run.

If the SCORE is 9 points or greater the clock will remain running.

In case of a tied game at the end of the second half of play, the game will end in a tie. Only in play-off situations will there be a tiebreaker situation. At the end of the game, if you are going to down the ball, you must notify the defense and the officials.

Forfeit Time is game time plus five minutes. If a team cannot field enough players, the referee will declare forfeit.

FIGHTING (WILL NOT BE TOLERATED)

1. All players wrestling, swinging, kicking or punching will be suspended an amount of games determined by the league management. A second suspension for fighting will result in a ban from any further league play. Coaches and/or captains will be notified of any suspensions and it is their responsibility to notify the involved player.
2. Two unsportsmanlike conduct penalties call on a player in a game will result in the automatic ejection of the player.
3. Unsportsmanlike conduct including but not limited to: loud swearing, taunting opponents, excessive arguing with the referees, behavior detrimental to the game, etc is judged solely by the game officials. A warning is **NOT** required from a

referee. Liberty Park officials will be fully supported by the league management on any disputes.

4. A player ejected from a game will automatically be suspended for a minimum of one additional game unless specified by the league director.

PROTEST PROCEDURE

There is a \$20.00 fee for each rule or player protested. Umpire judgment calls are not subject to protests. The umpire must be told immediately what is being protested. If the protest involves a player(s) eligibility, it must be done before the end of the game. Both managers and the individuals involved are to report to Liberty Parks Office at the conclusion of the game being protested. If player or players being protested do not report to the office at the completion of the game it will be an admission of guilt and the protest will be upheld. If it is a rule protest, it must be protested before the next hike. If the protest is upheld, the protesting team receives their \$20.00 fee back. In the case of any rule protest the umpire must stop the game IMMEDIATELY and get a ruling from the Umpire-in-Chief.

SCORING

1. There are no field goals or kicked extra points.
 - A. Touchdown= 6 points
 - B. Extra Point Conversion= 1 point if spotted from the 3-yard line and the ball advances into the end zone.
 - C. Extra Point Conversion= 2 points if spotted from the 10 yard line and the ball advances into the end zone.
 - D. Safety= 2 points
2. If the ball is intercepted on an extra point attempt and is returned to the opposing end zone 1 or 2 points are awarded to the defense and they will receive the ball on their own 10 yard line.
3. If a game is tied at the end of regulation play the game will be a tie.

MERCY RULE

If one team is leading by 17points plus with 2 minutes left in regulation play.

STANDINGS

Determined by the following system:

- Win= 3 points**
- Tie= 1 point**
- Loss= 0 points**

PENALTIES = 5 YARDS

1. Flag Guarding
2. More than 7 players on field
3. Offsides/Encroachment
4. Holding
5. Illegal forward pass & loss of down
6. Illegal formation
7. Defensive holding
8. Stripping the ball
9. Delay of game & loss of down
10. Illegal block

PENALTIES = 10 YARDS

1. Down field illegal block – from the point of the infraction
2. **Spitting** – Offensive, loss of down. Defensive, Automatic first down
3. Offensive/Defensive Pass Interference

PENALTIES = 15 YARDS

1. Unnecessary roughness
2. Unsportsmanlike conduct
3. Roughing the passer
4. Clipping

Liberty Park of America

**33600 MOUND ROAD, STERLING HEIGHTS MI 48310
OFFICE PHONE (586) 978-9070 FAX (586) 978-8064**