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DEPARTMENT OF PARKS AND RECREATION
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ADULT FLAG FOOTBALL RULES AND REGULATIONS

The purpose of this league, to be sponsored by the Lancaster Department of Parks and Recreation, is to combine the interest of the Flag Football teams of the community into friendly rivalry, wholesome recreation, and clean sportsmanship. The LRC shall be responsible for the collection of team entry fees, the scheduling of all dates for league play, the enforcement of the Rules and Regulations and Code of Conduct, and the provision of the necessary facilities, officials, and equipment for the operation of the program.

SCHEDULING:

1. Once a team is officially registered in the program, leagues are formed by matching those teams of similar competition and skill levels. The top priority in league formation is to create competitive, balanced leagues.
2. Once a team has completed fifty (50) percent of their scheduled games, no refund will be allowed.

PLAYER WAIVER, RELEASE OF LIABILITY, INDEMNIFICATION & ROSTER FORM:

1. A completed roster must be neat and legible and have player's names, signatures, addresses, and telephone numbers. A manager and additional contact person must also be designated. Rosters must be on file prior to a team playing its first game. Signatures are required after a teams' first game of the season.

All roster changes must be:

- a. Submitted on a ROSTER CHANGE FORM obtained in the LRC office or off the LRC website at (www.lancaster-tx.com) and signed by the player(s) being added.
- b. Delivered, emailed, or postmarked (if mailed) to the LRC office by 5:00 p.m. on the day in which the player(s) being added wish(es) to participate. An individual may also add himself/herself to a team by completing a ROSTER CHANGE FORM online and emailing it from their personal email to the LRC Sports Staff.
- c. No roster changes will be accepted at a field after a team's second game of the season.

ELIGIBILITY:

1. Players may play in as many leagues as desired provided they do not play on more than one (1) team in the same league.
2. High School participants:
High School players are responsible for checking their eligibility with their Coaches or Athletic Director prior to participation in any LRC league.

3. Players must be at least **18 years of age to participate.**

INELIGIBILITY:

1. A player will be considered ineligible if they:
 - a. Play in a league classification in which they are not eligible.
 - b. Play under an assumed name, address, place of employment, or place of church attendance.
 - c. Are not listed on either the OFFICIAL ROSTER or a ROSTER CHANGE FORM of their team.
 - d. Fail to sign the player waiver release on the roster form.
 - e. Play for (2) two teams within the same league at the same time. In this case, the player will be property of the first team with which they play and considered an ineligible player on the second team.
 - f. Under the age of 18.
2. Any player or team not paying a levied fine for disciplinary action or game forfeiture will be ineligible until that fine is paid.
3. Player ineligibility must be verbally protested by the Manager of the offended team, or any manager of a team within the same league, to a member of the LRC Sports Staff within one (1) week of the alleged violation. Any team found to be using an ineligible player will forfeit the protested game.

FLAG FOOTBALL RULES:

I. TEAMS

- **7 on 7 Limited Contact Rules will be used, and as described within.** A Team must have 5 players to play or forfeit. A team reduced to less than 5 players during the contest will forfeit.
- Official Rosters must have a minimum of 7 players listed, with no maximum. See "Player Waiver, Release of Liability, Indemnification and Roster Form on Page 1 above.
- A Team Manager, or Captain must be designated before each game.

II. THE GAME

- The game will be played in two (2) halves. Both halves will be a twenty-five (25) minute running clock. The clock will only stop for unusual delays, timeouts, or injuries. Halftime will be four (4) minutes in length. A final regulation timed two (2) minute period will be played at the completion of the second half if the score is within 18 points or less. If a team is ahead by 19 points or more, the final 2-minute period will not be played.

Each team will be allowed 1 – 60 second time out per half. The clock will stop. Time outs may be taken the last two minutes of each half. Unused second half time outs

may be carried over into the two-minute period.

- A coin flip will determine first possession.
 - a. The winning team will have choice of receiving 1st half, or 2nd half.
 - b. The losing team will have choice of which goal to defend.

- **Overtime Procedures.**

- a. Coin Flip will be used to start the overtime period. See above for rules.
 - Both teams will have 1 attempt per turn per period to complete an extra point like play: Possession can be attempted for 1 point from 3-yard line, 2 points from 10-yard line, or 3 points from 20-yard line.
 - If Team A doesn't score, and team B does, then team B wins
 - If Team A scores, and Team B doesn't score, then Team A wins.
 - If team A and B both score, but Team B scores more points in there attempt, Team B wins.
 - If game is tied after 1st overtime period, teams will play additional overtime periods until the game is decide.
- b. Defense may intercept overtime points and if ran back count as 1, 2 or 3 points respectively.

III. FIELD & EQUIPMENT

- Field Dimensions are 75 yards in length, by 40 yards in width. Lines of gain are set at the 20 yard lines, and the 37.5 yard line. End zones are 9 yard in length.
- Metal cleats, Helmets, Pads, or any other hard substances used to protect are not allowed.
- Shirts/sweatshirts, and/or jackets must be tucked in. Flags must be unobstructed.
- Players must not wear pants with pockets, belt loops, or belts. No Exceptions as these are dangerous items to players.
- The LRC Sports Department will provide Flag a Tag belts for each team.
- Teams are required to supply two (2) regulation sized official footballs for each contest. Officials will be the sole judge of these footballs.
- Players may not wear jewelry on the field at any time.
- Cones will be placed as markers in the end zones and at the lines of gain.
- Visible discs will be placed on the field for the end zones, lines of gain, and hash marks at the 3- and 10-yard lines.

V. RULES

- **Scoring**

- a. Touchdowns will be 6 points; safety 2 points; extra points will be 1 point from 3-yard line, 2 points from 10-yard line, and 3 points from 20-yard line. Defense may intercept regulation time extra points and if ran back count as 1, 2 or 3 points respectively.

- **Players and Substitutions**

- a. Free substitutions are allowed as long as players being substituted for are off the field prior to the next snap, or are out of the area of play and are departing the field in haste. Offense may not break the huddle with more than 7 players.
- b. “Sleepers” on substitution will not be allowed on any play. No player may line up closer than 5 yards from the sideline.
- c. Players leaving the field of play must go to their teams’ side of the field.

- **Kicking**

- a. Kicks-offs will NOT take place. The ball will be placed on the 20-yard line at the beginning of each half, as well as after each touchdown.
- b. No onsides kicks allowed. 17 ½ neutral zone on all kick offs. Defense may not be on the other side of the 37 ½ yard line of gain, prior to kick off.
- c. If the ball is kicked out of bounds, it is spotted at the point it went out of bounds, or the 20 yard line of gain, whichever is furthest from the receiving teams goal line. If the ball breaks the plane of the goal line it is dead, and brought out to the 20 yard line.

- **Punting**

- a. Offensive team must declare when punting. No rushing the punter and no fake punts allowed. Punter may punt anywhere behind the line of scrimmage.
- b. Offensive players may not leave the line of scrimmage until the ball has been punted. Defense may not rush the punter.
- c. The center may hand the ball to the punter, however muffed snaps that are dropped by the punter are dead at the spot.
- d. Defense may return the punt. If the receiver muffs the punt to the ground, it is dead at the spot. If the receiver muffs the punt in the air, it remains live.
- e. If the ball is punted out of bounds it is spotted at the point it went out of bounds. If the ball is punted into the end zone, or breaks the plain of the end zone, the ball will be spotted on the 20 yard line.

- **Passing**

- a. Offense may use ONE (1) forward pass only, either beyond, or behind the line of scrimmage before ball can be advanced. The official will call “forward” when this occurs. The official will also call “backward” on a backward pass.

- **Blocking / Contact**

- a. This is a limited contact league only. Excessive contact will always be penalized. NO EXCEPTIONS.
- b. Line of Scrimmage: Use of the hands is limited to open palms, elbows tucked in, and no wider than the shoulder width. Extended elbows or arms are a violation. Crossed arms tucked to the chest in a screening position are also legal.

- c. Downfield: The defense is not allowed to contact any receiver beyond the line of scrimmage. The Offense is not allowed to contact any defender beyond the line of scrimmage. Non-Contact Screens must be utilized beyond the line of Scrimmage.
- **Flagging / Tackling**
 - a. A tackle occurs when an opponent pulls a ball carrier or receiver's flag. The ball is declared dead at the spot of the tackle.
 - b. Any time a ball carrier or receiver's flag falls off without being pulled by an opponent, the ball carrier or receiver may continue to advance the ball until they are "touched" by one hand or more between the shoulders and waist.
 - c. A ball carrier or receiver may not interfere with the defensive team's effort to tackle them. The ball carrier may spin to avoid tackling, but may not jump, fall, dive, or flag guard to avoid tackling.
 - d. When any part of the ball carrier or receiver touches the ground (other than their hands or feet) the ball is dead at that spot.
- **Dead Ball – The ball is dead when,**
 - a. It goes out of bounds
 - b. The ball carrier or receiver is legally tackled by an opponent.
 - c. A Touchdown or safety occurs.
 - d. A fumbled or muffed ball touches the ground.
 - e. The center snap touches the ground.
 - f. A forward pass or backward lateral touches the ground.
 - g. Any part of the ball carrier or receiver touches the ground, other than the hands or feet.
 - h. Offside occurs. A player is offside when any part of his body is over the LOS when the ball is snapped.
- **Offensive Rules**
 - a. 4 players are required to be on the line of scrimmage. 1 player may be in motion. This player is not eligible to receive the snap.
 - b. All players are eligible to receive passes.
 - c. Any ball that hits the ground is dead immediately. NO FUMBLES.
 - d. The player receiving the snap must be a minimum of 3 yards behind the line of scrimmage.
 - e. The offensive team must snap the ball within 25 seconds from the "ready to play whistle".
 - f. There is no time limit for the offense to pass or run the ball. The defense is

responsible for the action.

- g. Intentional fumbles by the offense in last 2 minutes of regulation play will NOT stop the clock. This act will be considered intentional by the officials and will be penalized on the second offense.
- h. The offensive players on the line may take a two point stance only. 3 point, or 4 points stances are not allowed.
- i. The snap from the center must be between the legs, or to the side.
- j. The offensive line must remain motionless for a minimum of 1-second before the snap of the ball, or illegal procedure will be called.
- j. No bull rushing.
- k. The receiver must have one foot inbounds to constitute a legal catch.

- **Defensive Rules**

- a. Defense may not line up in the neutral zone which is a two yard line established from the spot of the ball. Disc markers will be placed on the ground to mark this zone.
- b. The Defensive players on the line may take a two point stance only. 3 point, or 4 point stances are not allowed.
- c. Defense is not required to rush, but must understand the offense does not have a time limit to pass or run also.
- d. Absolutely no tackling, violent rushing, or stripping of the ball from the ball carrier or receiver. This will be ruled as unnecessary roughness.
- e. It is a sack if the passer is de-flagged while the ball is still in contact with his hand during a pass.
- f. Defense must make every effort to go around the offensive player without contact, but limited usage of the hands is permitted as described in Blocking/Contact on page #5 above.
- g. Defensive players can not grab the pants, shirts or any apparel in the effort to deflag the ball carrier or receiver.
- h. Defensive players are not allowed to check the receivers at any time.
- i. Defensive players are not allowed to encroach the neutral zone, which is established by disc two yards from the line of scrimmage.
- j. Defense is allowed to play man-to-man, or zone defenses.
- k. Defense may not BLOCK a player out of bounds.

- **Fumbles**

Any ball that is fumbled or muffed and touches the ground is dead and belongs

to the team last in possession or the offensive team at the spot it touches the ground.

- **General Rules**

- a. Any player bleeding must be removed from the game until the bleeding has been stopped and the wound has been covered. Clothing must be removed or cleaned off any blood before that player may continue.
- b. Officials are instructed to eject any player who commits a flagrant foul or displays any type of unsportsmanlike conduct.
- c. Absolutely no drinking of alcoholic beverages, or smoking during the contest. Violators will be ejected immediately.

- **Penalties**

- 5 – Yard Penalties**

- False start **(DB)**
- Encroachment. (10 yards for 2 consecutive encroachments on same team). **(DB)**
- Illegal procedure – False start. **(LB)**
- Illegal motion - **(LB)**
- Illegal snap – **(DB)**
- Less than 4 players on the line of scrimmage. Illegal Procedure – **(LB)**
- Player receiving snap within the 3 yards of line of scrimmage. – **(DB)**
- Illegal forward lateral. (Plus loss of down) – **(LB) (SPOT)**
- Illegal forward pass. (Plus loss of down) – **(LB) (SPOT)**
- Intentional grounding. (Plus loss of down) – **(LB) (SPOT)**
- Illegal substitution – **(DB)**
- Too many players on field / Participation. – **(LB)**
- Illegal equipment. – **(DB)**
- Violation of punting or kicking formation / illegal procedure. – **(LB)**

- Definitions:

- **SPOT** - Penalty enforced from the “spot” of the foul.
- **LB** – Live Ball
- **DB** – Dead Ball

- 10 – Yard Penalties**

- Illegal contact. (Clipping, holding, tripping and illegal use of hands) – **(LB) (SPOT)**
- Unnecessary roughness. Striking, kicking, elbowing, etc. – **(LB) (SPOT)**
- Eligibility-going out of bounds and participating in play. – **(LB)**
- Offensive pass interference. (Also loss of down) – **(LB)**
- Defensive pass interference is administered at the point of infraction, or end of run. (Plus 1st down) If flagrant, an additional 10 yards will be added, or half the

distance to the goal if applicable, plus automatic ejection. – **(LB)**

Note: Defensive pass interference in the end zone results in the ball being placed at the one-yard line with an automatic 1st down. Any subsequent pass interference by the defense in the end zone during the same offensive possession results in a touchdown.

- Straight arm. – **(LB) (SPOT)**
- Personal foul, unsportsmanlike conduct
 - Defense: from succeeding spot, automatic first down. – **(LB)**
 - Offense: from previous spot, loss of down. – **(LB)**
- Roughing the passer. (Also 1st down) – **(LB) (SPOT)**
- Fair Catch Interference – Punting – **(LB) (SPOT)**
- Illegally secured flag belt (also loss of down). – **(LB)**
- Bull Rushing. – **(LB) (SPOT)**
- Hurdling. – **(LB) (SPOT)**
- Intentionally running into an opponent. – **(LB) (SPOT)**
- Flag guarding or removal of flags. – **(LB) (SPOT)**

PROTESTS:

1. To file a protest, the manager, or team representative must inform the official and at what point the game is being played under protest. A protest of a rule, or rules violation must be written and submitted to the LRC Sports Staff within 48 hours of the game being protested. Each written protest must be accompanied by a \$20.00 fee. If the protest is allowed, the fee will be returned; if disallowed, the fee will be deposited into the Sports Non-Reverting Account. Please remember that protests will not be considered if they are based solely on a decision involving the accuracy or judgment on the part of the official(s).

FORFEITS:

1. "Game time" is defined as the scheduled starting time on a team's schedule, or, the conclusion of the preceding game if the previous game is running late.
2. Teams must have a minimum of at least five (5) players present at game time or their opponent has the option to:
 - a. Ask for immediate forfeit, or
 - b. Start the game clock (not play) and allow that team up to ten (10) minutes to get at least five (5) players. Failure to field a team within ten (10) minutes will result in a forfeit. (**Note:** The ten (10) minute grace period will not extend beyond ten (10) minutes past the scheduled starting time. Therefore, if a teams scheduled starting time was 7:00 pm and the previous game ended at 7:20 pm and a team can not field a minimum of 5 players, the game is declared a forfeit.)
3. If either team is reduced to less than a five (5) person line-up, a forfeit will be recorded. If both teams are reduced to less than a five (5) person line-up, a double forfeit will be recorded.
4. If a game is declared a forfeit and there are sufficient players in which to form two (2) teams, the teams may play two (2) twenty minutes halves with a 5-minute half time. No overtime periods will be allowed during forfeit games.

5. A \$15.00 fine will be assessed for a team's first forfeit. This fine must be paid prior to the team's next scheduled game, or that game will also be a forfeit. If the team notifies the LRC Sports Staff of an unavoidable forfeit at least 24 hours in advance, the fine will be waived, but the game will be recorded as a forfeit.
6. Any team forfeiting twice during the course of the season may be dropped from the program with no refund of entry fee. A team representative will be required to state their case to the Sports Advisory Council prior to their next game so that a decision can be rendered.

RAIN-OUTS:

1. The Sports Information Hotline 434-7246 (RAIN) has been established to inform teams, and team members of delays, and/or rain-outs. **Please do not flood the LRC office with calls regarding delays, or rain-outs.** Teams should go to the field if in doubt. Due to the fact that flag football games are very rarely canceled, except in extreme weather conditions, most games will play as scheduled. But, during extreme weather, the LRC Sports staff will update the Sports Information Hotline to inform teams of cancellations. Any game cancellations will be updated on the hotline number listed above. If no information has been recorded, the games will be considered playing as scheduled.
3. In the event a game is delayed by weather, teams will be required to wait for a minimum of thirty (30) minutes, unless the game is officially canceled by the supervisor.

INTERNET ACCESS:

The Sports division of the Lancaster Parks and Recreation Department currently has schedules, forms, standings, and registration information on our website. We also have the Sports rain-out and game cancellation page available to interested teams. The Sports Information Hotline 972-218-3720 will be updated before any web related pages.

Please visit the City of Lancaster Department of Parks and Recreation official website at:

<http://www.lancaster-tx.com/123/Parks-and-Recreation>

On the left hand side of the Parks Department homepage, you will find links to the sports pages.

POSTPONEMENTS:

Teams may postpone a game in case of an emergency only. The judgment of the LRC Sports staff shall prevail in determining an emergency situation. Where postponements are allowed, the team asking for the postponement must get approval from their opponent and notify the LRC Sports Staff at least 48 hours prior to the scheduled game if possible, and pay a \$20.00 postponement fee.

MANAGER'S RESPONSIBILITIES:

1. Inform all team members of game times, dates, and locations.
2. Ensure that all team members are recorded on the OFFICIAL ROSTER FORM, or a ROSTER CHANGE FORM.
5. Ensure that all team members are familiar with the items covered in this manual, as well as those in the Player Code of Conduct.

6. Be responsible for the actions of their team and spectators while participating in this program.

LEAGUE CHAMPIONSHIP:

1. League Standings will be based on games won and lost.
2. A team trophy will be awarded to the winner of each league. In the event of a first place tie, the teams involved will each be awarded a team trophy.