

# Bryant Parks & Recreation

## Flag Football League 2018

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### **Mission statement:**

**Bryant Parks Flag Football League is committed to providing a safe, positive, and competitive environment for you to participate. We have created a program for play that will appeal to all athletes regardless of skill level. With this program, we hope to promote a positive environment throughout our community.**

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### **Rules of play**

- The field shall be a rectangular area with dimensions, lines, and markers. As well as end lines and side lines.
- The field will be an 80 x 40 yard field and two 10 yard end zones.
- Games will be 7 on 7 flag football.
- Teams must have at least five (5) to start a game. However if there is an injury you can continue on regardless of how few players you may have. Teams have ten minutes to provide the minimum players or the game will be a forfeit.
- Rosters are to be completed before your third game. At that point you will not be allowed to add to the roster. Each team has 12 player spots, which include any player who has ever played on your team or is on your roster on Week 3.
- Teams will designate team captains and they will be the only persons that talk to the officials about the game. Those captains will also make the calls on penalties.
- There will be a coin toss before each game to determine how the game shall begin: kick, receive, defend, or defer.
- Once this happens teams will kick off by throwing, punting, or kicking off a tee to begin the game. The kickoff will be from the 20 yard line. And if players cross the twenty before the kick is made it is off sides. Also on punts, players cannot take off until the kick has been made. There are no fake punts and the ball can only be punted (no throws, etc). Receiving team must have three (3) guys on the line and can have four (4) players back to receive. Snaps aren't necessary for punting and the punter must be two (2) yards behind the line.
- There are no onside kicks in this league. The ball is considered dead upon contact with the ground. If the ball is caught (in the air) by the kicking team, it is considered down at the spot of the catch.

- Teams will have four downs to reach a zone to get a first down. Once a team reaches the end zone they must declare going for one-point (from the two yard line) or two-point (from the ten yard line) conversion. You may run or throw on either conversion.
- Offensive teams must have three (3) men on the line of scrimmage for each play. One (1) player may go in motion at a time.
- There is **NO CONTACT** in flag football. Teams may screen block forcing the opposition to go around them but without making contact. In order to block you must have your arms crossed, to your side, or behind your back. If you are blocking down field and there is contact then the official will decide who to penalize as it will be a judgment call. However, if a blocker is standing still and you don't go around him you will be penalized and if it is intentional or malicious you can be ejected. (official's discretion)
- There are no fumbles. The ball is dead ANYTIME it touches the ground.
- There is no stripping the ball from a player. That will result in a 10-yard penalty from the spot of the foul. Or half the distance to the goal line.
- You may not contact the quarterback or knock the ball out of his hand. This is roughing the passer and 10-yards from the line and automatic first down.
- NO METAL SPIKES!!
- Guarding your flag is ILLEGAL. You cannot stiff arm, jump, swing arms or ball to protect flag, or lower shoulder to keep defense from pulling flags. You may spin or juke.
- Jumping and diving is illegal for protecting your flag. It is the official's judgment on a jump or juke, a 10-yard penalty will be assessed if the runner is deemed "out of control". You may jump to catch a pass or to throw a pass. If you jump to protect flag you will be down at that spot. A player must have one (1) foot inbounds to be declared a catch.
- Also the ball is down wherever the ball is when a flag is pulled. NOT where the flag is.
- Teams must be in matching colors. There will be some allowance for this the first week. However, if you don't have matching colors the officials may keep players out of the game. Captains should bring extra shirts to prevent this from happening.
- Each team will be in charge of providing their own game ball. The ball must be an official size NFL or NCAA football (The officials will decide if a ball is ok for use).
- A player is down when any part of them touches the ground other than a hand or foot. A ball carrier may not use the ball to stay up.
- Pass rushers must be one (1) yard off the line of scrimmage before the snap. If you are lined up too close it is considered offside. Officials will designate when line is set.
- The ball may be passed as many times (forward or backward) as desired behind the line of scrimmage. Once the line of scrimmage is passed, players may no longer throw a forward pass.

- Flags must be worn to your side and shirts must be tucked in. If your shirt is not tucked in and a player pulls your clothes you will not get the holding call. Players must wear only flags provided by the league unless otherwise approved by the league managers.
- There will be playoffs to determine the league champion with the top 80% of the teams making the post season (decided at captain's meeting). The regular season will determine seeding for the playoffs. In the event of a tie, division record (if applicable), Head-to-Head, and then average points allowed per game will be the tie-breakers for seeding.

### **Timing**

- Games will be two (2), twenty (20) minute, halves with each team having two (2), 30-second, time outs per half. At the end of the game there will be five (5) untimed downs for the end of the game. This is to avoid any issues with a clock ending the game. If a team goes ahead by 15 points or more in those five (5) plays, the game will be over. Or, if a team is ahead by fifteen (15) points at the end of regulation clock, the game will be over. The five (5) plays means total game plays, excluding special teams, extra points, and accepted penalties.
- The clock runs continuously (except for the final two-minutes in the second half).
- Overtimes in the regular season will have a coin toss for offense or defense. There will be one set of downs for each team to score. Possession will begin on the 20 going into the end zone. You may go for one (1) point or two (2) points in the first overtime. In the second and third overtime you must go for two (2) points. If the game is still tied at the end of the third overtime then it will be a tie. However, in the playoffs it will go until there is a winner.
- There will be a play clock kept by the line judge of 30 seconds. That official will let you know when there are ten (10) seconds to snap then five (5) seconds and if you team has not snapped the ball there will be a ten (10) yard penalty. This will be in affect the entire game.
- Players are expected to promptly transition between offense and defense after scores and other dead ball situations. If a team is excessively celebrating or taking too much time during these transitions, the official may issue a warning and/or penalize the team with a delay of game penalty. The accepted amount of game clock between scores is 60 seconds.
- You may only get first downs once per zone, per possession.

### **Penalties**

- Illegal substitutions will be ten (10) yards from the line of scrimmage and replay or remain the previous down. You cannot break the huddle with more than seven (7) players in addition to snapping the ball with too many players on the field.
- Kick offs out of bounds will result in having the ball put in play at midfield.

- Encroachment will be a ten (10) yard penalty. That also means jumping into the neutral zone when the ball is snapped. The defense can get out of the neutral zone before the ball is snapped and there will be no penalty. If you are in the neutral zone and the ball is snapped you are off sides (play will not be whistled dead as offense has choice of result of down).
- Any false start or illegal procedure is a ten (10) yard penalty.
- Illegal motion is a ten (10) yard penalty.
- Illegal forward pass is a ten (10) yard penalty and loss of down. This includes any ball thrown beyond the line of scrimmage and going past the line of scrimmage then getting back behind it and throwing a pass. The line judge will remain on the line of scrimmage until the ball is no longer eligible to be passed.
- Pass interference will be a fifteen (15) yard penalty and automatic first down if on the defense and a fifteen (15) yard penalty and replay the down (if accepted) on the offense.
- Illegal contact will be a ten (10) yard penalty from the spot of the foul. Any illegal contact will be determined by the officials.
- You may not hold any players clothes to slow them down to pull a flag. You may not grab or hold a pass rusher in any way. This includes contacting them by sticking your arms, shoulders, or legs out to slow them down. These violations will result in a holding penalty. This is a ten (10) yard penalty from the line or the spot depending on where the foul occurred.
- Unsportsmanlike conduct will be a fifteen (15) yard penalty. This is all interpreted by the officials.
- If there is a breakaway and a team tackles the runner then a touchdown will be awarded and possible ejection of the tackler.
- If you are ejected from a game, you must sit (at least) an additional game. If you are ejected twice in a season, you are out of the league. The Recreation Superintendent has the right to expel any player from the league that they feel is a liability to themselves or anyone else.
- A delay of game penalty will be a ten (10) yard penalty that will be incurred upon expiration of the game clock as well as a discretion call by the officials during dead balls.
- If a team forfeits twice in a season, they are expelled from the league. This can be due to no-showing for games as well as behavior.

### **Officials**

- The officials may take any action to provide a better game or experience. They may eject players when they see necessary as well as make calls that they see necessary in a game.
- Officials will see that all players, coaches, and fans are in control. (Failure to do so could lead to a forfeit).
- If there is an inadvertent whistle during a play there will be a replay of the down.
- Protests are not allowed for a judgment call. The only protest allowed will be for player eligibility and a rule interpretation. These protests can

be made after the game to the Program Coordinator and if it is a specific rule you must notify the official before the next play. The game will continue and later be determined by the league managers how to handle the situation. If you have an ineligible player the result will be a forfeit.

- **No fighting, cussing, or unsportsmanlike conduct is to be permitted in this league.** You are subject to the rules and regulations of Bishop Park playing in this league.

## **League Information**

### **League Contact:**

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