

LEAGUE RULES

SEASON PLAY

Version 6.0 - REC LEAGUE RULES

(This serves as a guide to season Play, and is meant to specify season play with the NFL Flag rulebook.)

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COACHES

- Coaches must be identified on the team roster to be an official coach and are **REQUIRED** to wear the coach's shirt provided for the **current season** of play. Without this shirt, coaches are not permitted on the field.
- All coaches, both offensive and defensive, must move to the **sidelines** prior to the snap of the ball. **Exception: Lombardi division coaches** can remain on the field during a play on **offense only**.
- Coaches are responsible for having a rulebook and schedule.

DIVISIONS

- Players are placed on teams using a variety of methods including but not limited to school, grade, and buddy requests.
- Teams are placed into divisions based on grade level/age
- Divisions may be separate or combined depending on the number of children registered.
- Divisions are as follows:
    - o Lombardi Division (Usually 1st grade and younger)
    - o Shula Division (Usually 2nd/ 3rd grade)
    - o Madden Division (Usually 4th grade and older)

MINIMUM PLAYER RULE

- The game is played with five (5) players. However, a minimum of three (3) players must be on the field at all times.
- **Teams may play with 3** - Decision is left up to the coach

SUBSTITUTES

A team may substitute a player not listed on the current roster during **league play only.** Player must:

- Be Registered and currently on a Chiefs Flag Football Roster for that specific season of play
- Be able to play in current division or above (e*xample:* Lombardi up to Shula division) - **Player may not compete in a lower division** (e*xample:* Shula down to Lombardi division)
- Must be cleared with league coordinator, with a $20 game pass permitted
- Must have written agreement on score card from home and away coaches, thus bypassing the forfeit (if applicable) - The final results will be recorded for that week.

PLAYER ATTIRE

- Players are designated as home or away based on the schedule. The away team will wear the white side of the jersey and the home team will wear the colored side.
- **Players are required to wear protective mouthpieces at all times during both games and practices.**
- Players must wear the official NFL jersey provided by the league for games. If a player arrives at the game without his/her jersey, he/she may not be permitted to play.
- Jerseys must be tucked in at all times. If a jersey is hanging out, flag guarding may be called.
- All players must start with their mouth pieces in, jerseys tucked in, lag belts on, and flags properly secured at the hips of each player with the lags pointing outward.
- Molded and screw-in cleats are permitted. **No metal cleats are allowed.**
- No jewelry, or hand warmers are permitted during the games. Hats with a brim, may be worn backwards only.
- Towels are not permitted on the waist of players.
- Shorts and pants cannot have open pockets. All open pockets must be taped.

EQUIPMENT - FLAGS & BALLS

- The league will provide each team with its NFL jerseys, flags, and football. These footballs are the mandatory game balls used for all divisions. No other footballs are permitted during game play.
- Flags must be NFL FLAG sanctioned. Only yellow, green, red or blue flags are allowed.
- Team shorts and lags cannot be the same color, i.e. if your flags are blue, you cannot wear blue shorts or pants. Intentionally tampering with equipment will result in ejection from the playing field with potential suspension for the remainder of the event, season, or program.

BALL TYPE

- Lombardi Division: FRANKLIN – RED NERF NFL Flag ball
- Shula Division: NFL FLAG (BLUE BALL)
- Madden Division: NFL FLAG (BROWN BALL)



OFFICIAL "NO SHOW" POLICY

- This must be brought to the field coordinators attention, in which we have outlined steps to take to address.
- In the worst case scenario, and we are unable to field a referee replacement, the plan is as follows:
  - A coach from each team will be asked to co-officiate the game. One coach will keep track of time (24- minute halves) while the other coach will keep track of score.
  - Coaches will need to be cognizant of downs, 7 second passing clock, and rush marker (7 yards –Madden Division Only).
  - On the ref card, please print your name legibly.

MERCY PRECAUTIONS

1. Mercies are discouraged in this league. Coaches are asked to do what they can to avoid this result. In an attempt to assist with the prevention of a mercy in recreational play, we have implemented the following:
2. If at any point during the game, there is a 28-point differential, the winning team will forfeit a defensive player. The winning team will only play with 4 players on defense until the point differential is lowered below 28 points or a mercy has been declared.
3. The losing team may add a 6th player to their defense until the point differential is lowered below 28 points or a mercy has been declared.
4. A Mercy is declared once a 35-point differential has been obtained. The game is officially declared over

FORFEITS

1. In order to keep games on time, teams arriving more than ten minutes later than their originally scheduled start time will forfeit the game. However, when said team does arrive, though the game is officially over, both teams may agree to play a scrimmage with the remaining game time.
2. Teams are required to have a minimum of three players to play a game; if a team is unable to field at least three players, the game will be forfeited. See Substitution rule on page 3.

PROTEST RULE

1. A coach has the right to protest one rule interpretation per game. The head coach MUST **show the rule in question to the head official** and call a **"Protest Time Out"**. The protest must take place before the next play starts. The official must stop the clock and read the rule in question. If no agreeable solution is determined, then an event liaison may arbitrate and will have the final say. If a team protests a rule interpretation and is proven wrong, the team will be charged a timeout. If the team doesn't have a timeout then that team will be penalized for delay of game. **Note; you cannot protest a judgement call. A judgement call is at the official's discretion**

WARNINGS

- At the official's discretion a warning may be given in place of a penalty to a player or coach for any of the stated rules. Coaches and players should not expect to receive more than one warning if any.

EJECTIONS

- Flagrant unsportsmanlike conduct or personal fouls (tackling, pass interference, charging, intentional contact).
- Intentionally tampering with equipment.
- At the official's discretion, a player or a coach may be ejected from the field for unsportsmanlike conduct or any flagrant violation of the rules. To eject a player or a coach the referee will call an official's time out and get the event liaison **PRIOR** to making this call.
- Any person ejected will be asked to leave the field before play resumes. If an ejected player/fan/parent does not leave the field, a delay of game penalty will be called and will continue to be called until the situation is addressed.
- Any player or coach ejected may be put on probation with possible suspension for the remainder of the event, season, or program depending upon the severity of the incident. National Flag Football will have full discretion when imposing penalties.

SPORTSMANSHIP

- Trash talking is not allowed. Trash talking is offensive language used against coaches, players, officials, league personnel, or spectators. Disciplinary action may be taken.
- If any league personnel or official witness any act of rough housing, including but not limited to, tackling, elbowing, cheap shots, intentional contact, or any other unsportsmanlike act, the game will be stopped, and that player may be ejected. Further disciplinary action may follow including league expulsion.
- After the game, teams are expected to form a line at midfield and SHAKE HANDS to congratulate the opposing team - regardless of the outcome of the game.

REPLAY OF DOWN/INADVERTENT WHISTLE

- If there is an inadvertent whistle during a play, the offense has the choice of either the result of the play at the point the whistle was blown or replaying the down.
- If there is an inadvertent whistle during a passing play and the ball is in light, the down is replayed.
- Lombardi Division Only: If a ball falls to or touches the ground during the initial center to quarterback exchange, the play is ruled a "do over" with no loss of down.

DEAD BALLS

- A play is ruled dead when the ball carrier's flag is pulled, the ball carrier's lag inadvertently falls off, the ball carrier steps out of bounds, any part of the ball carrier's body other than hands touch the ground, the ball carrier lets the ball hit the ground, a penalty occurs, QB runs out of time, inadvertent whistle, or after a touchdown or extra point is scored.
- There are no fumbles. The ball is spotted where the ball hits the ground, unless the ball carrier loses control of the ball moving forward. It will be placed where the carrier's feet are when possession is lost.

GENERAL DEFENSE

1. **NO INTENTIONAL CONTACT** of any kind is permitted and may also result in an unsportsmanlike conduct penalty, and/or player ejection.
2. Defensive players cannot pass the line of scrimmage, until the ball is handed off. *Exception: Madden Division
3. Defenders must only attempt to grab an offensive players flags when trying to get them down.
4. If a defender attempts to pull an offensive player's flags and inadvertently grabs their jersey, the defender must immediately and completely release the jersey before they can reattempt to pull the lag. Failure to do so will result in a holding penalty.
5. All defensive players must give the offense a one-yard cushion prior to the snap of the ball. Diving after a flag **IS** allowed.

FLAG PULLING/GUARDING

1. Flag Guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder or covering the lags with the football jersey.
2. A legal flag pull takes place when the ball carrier is in full possession of the ball.
3. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
4. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
5. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
6. The flag belts (not the flags themselves) must be secured to ensure they do not hang appearing to be a lag. If the belt is hanging, flag guarding may be called.
7. Shirts/jerseys must be tucked in always. If a shirt/jersey is hanging out, lag guarding may be called.

INTERCEPTIONS

1. **Two-way fields** – Interceptions can be returned.
2. In the event of an interception, all other defenders on the field must stop and cannot block or impede offensive players from pursuing the ball carrier.
3. The ball will be spotted at the point the ball carrier is ruled down (flag is pulled, flag falls off, any part of the body other than the hand touches the ground, the ball is dropped, running out of bounds, a touchdown is scored, or a penalty is committed).

NO RUN ZONES

1. "No Run Zones" are only enforced in the Madden Division.
2. "No Run Zones" are designed to avoid short-yardage situations.
3. "No Run Zones" come into effect only when the offensive team is approaching a first down or the end zone. Exception: If the offensive team has already achieved a first down but has been pushed back into a "No Run Zone", then the "No Run Zone" is no longer in effect.
4. Whenever within the "No Run Zone" the offense must pass.
5. If a run play occurs while inside the "No Run Zone", the play is immediately dead with the consumption of a down.

RUSHING OF THE QUARTERBACK

1. **You may only rush the quarterback in the Madden Division.**
2. Any number of players may rush the quarterback as long as they are behind the rush marker when the ball is snapped.

GENERAL PENALTY INFORMATION

- Only head coaches may approach the referee. Judgment calls cannot be argued.
- A game or half will not end on any accepted live ball defensive penalty or inadvertent whistle.
- Any offensive penalty in your own end zone results in a safety (2 points) on a two-way field only.
- A second penalty on an extra point, will equate to the number of points the offensive team was attempting and be awarded.
- If the offense throws an interception and commits an infraction after the interception, when the opposing team takes offensive possession, they will get an additional 5 yards from the line of scrimmage.

OFFENSIVE PENALTIES - 5 Yards from Line of Scrimmage and Loss of that Down

- False start
- Offsides
- Illegal motion
- Offensive impeding
- Delay of game

DEFENSIVE PENALTIES - 5 Yards from the Line of Scrimmage, Automatic First Down

- Roughing the passer
- Intentionally removing a receiver's lag belt before he/she contacts the ball
- Illegally rushing the quarterback
- Too many players on the field
- Coach interference – (remaining on the field during a play)
- Improper equipment - (equipment tampering, lack of mouth guard, pants or shorts with pockets, jersey untucked, illegal cleats, missing or improperly placed flags)

DEFENSIVE PENALTIES - 5 Yards from the Spot of Infraction, Automatic First Down

- Defensive pass interference
- Intentional contact – (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

DEFENSIVE UNSPORTSMANLIKE CONDUCT- 15 Yards from End of Play, Automatic First Down
OFFENSIVE UNSPORTSMANLIKE CONDUCT- 15 Yards from Line of Scrimmage and Loss of Down

Chiefs Flag Football has and always will provide an atmosphere where players, friends, and families can feel comfortable enjoying a day of football. Any coaches, players, or spectators that jeopardize that environment will be asked to leave. Chiefs Flag Football operates under a **ZERO TOLERANCE POLICY.**

