

SAGINAW TOWNSHIP RECREATION

EIGHT PLAYER – ADULT FLAG FOOTBALL RULES

RULE 1 - PLAYERS, REGISTRATION, FEES AND CONDUCT

1. All fees must be paid by the first game.

FEE REFUND POLICY:

Team registration fees will be refunded less \$10 provided request for refund is filed at least **one week prior** to the official closing date of registration. Request for refund filed in the **last week of registration** will result in forfeiture of 25% of team fee. Requests for refund filed **after schedules are drawn or league season begins** will result in 100% forfeiture of team fee.

2. AGES - Adult Leagues - Minimum age is 18 by October 1st of the current year.
3. Player's name, address and birth date must be entered on the Official Team Roster before he is eligible to play. Also, the player's individual fee must be paid.

RULE 2 - EQUIPMENT AND FIELDS

1. No regular football equipment may be worn except short (1/2 inch limit) molded cleats are allowed. Soccer shoes or multi-purpose shoes are allowed as well as conventional street shoes or tennis shoes.
2. Illegal equipment includes: Any hard or unyielding substance on the hands, wrist, forearms or elbows, no matter how covered or padded; and any projection of metal or hard substance from a player's person or clothing.
3. TEAM AREA: Coaches and substitutes must remain between the two 30 yard lines. Officials have the right to forfeit game if coach or team members display repeated unsportsmanlike conduct.
4. Team losing pre-game toss gets choice in the second half. Teams change goals at half time only.

RULE 3 - TIMES

1. Forfeit time is ten (10) minutes past scheduled starting time. Team must have at least six (6) players to start and continue.
2. The length of a game is 48 minutes (running time), divided into four quarters of 12 minutes each. There is one (1) time out per half.
3. One minute rest between quarters. Three minute rest at halftime.

4. After ball is declared "ready-for-play", offense has 25 seconds to put it into play.
PENALTY FOR DELAY OF GAME: LOSS OF DOWN AND FIVE YARDS.

RULE 4 - PLAYING RULES

Generally, High School Rules will govern, exceptions are noted as follows:

1. The ball carrier is downed when one of his flags is missing from his belt. Defensive players pulling flags should hold them up for the officials to see. Ball carrier is also "downed" if any part of this body other than hands or feet touches the ground. DEFENSE MAY NOT PUSH BALL CARRIER OUT OF BOUNDS UNLESS IT IS IN THE PROCESS OF A LEGITIMATE ATTEMPT TO PULL A FLAG. (Penalty: 15 yards).
2. Runner shall not be thrown to the ground. 15 YARD PENALTY.
3. No stiff-arming by runner. Runner shall not use his hand or arm to ward off or push opponent and he shall not grasp a teammate. 15 YARD PENALTY.
4. Free substitution is allowed.
5. Field will be 100 yards divided into five (5) 20 yard zones.
6. NO 3 POINT OR 4 POINT STANCES.
7. AT LEAST 3 ON OFFENSIVE LINE.
8. All offensive players must be "set" for 1 second before snap. (Exception: Offense may have only one (1) backfield player in motion laterally or backwards at time of snap). ON DEFENSE: Linemen shall not make abrupt or menacing motions designed to cause offense to move or jump offsides. PENALTY 5 YARDS.

RULE 5 - PASSING

1. All players are eligible to catch a forward pass, including the player of offense who first receives the snap for center.
2. Offense may make only one (1) forward pass which goes beyond the line of scrimmage. Each forward pass must be thrown from behind the line of scrimmage. PENALTY: 5 YARDS AND LOSS OF DOWN.
3. FORWARD PASS INTERFERENCE:
If interference is by Defense, ball is placed at point of foul, (or 15 yards in advance of line of scrimmage, whichever benefits the offense most) and is awarded a first down.

If interference is by Offense, penalty is 15 yards from the line of scrimmage and loss of down.
4. Defense may run an intercepted pass out of its endzone if they so desire.
5. DEAD BALL: Any fumble or bad pass which touches the ground is "dead".

RULE 6 - PUNTS

1. Offense, if it wishes, may announce to referee it will punt. Punt must then be made. If punt is announced both teams maintain at least three (3) players on the line of scrimmage and no one on either team may cross the line of scrimmage until the ball is punted.
2. BLOCKED PUNTS: (When a team does not "announce" punt)

All blocked punts (whether blocked by defense or offense), are "dead" if they touch the ground. Ball belongs at that point to defense if punt was on the 4th down.
3. ALL KICKS - IMPORTANT: Punts which touch anything while the kicked ball is on or behind the receiver's goal line (plane) cause the ball to become "dead". It is a TOUCH-BACK (no points) and ball is placed on the 20 yard line where it is a 1st down.

RULE 7 - BLOCKING: USE OF HANDS

1. Blocker is allowed to contact only that portion of the opponent's body above the waist.
2. In all instances a blocker must be on his feet when blocking. No player shall block in a manner that would cause his feet, knees or legs to strike an opponent.
4. In blocking, hands and arms shall be kept in a elbows shall NOT be further apart than blocker's shoulders.
5. PENALTY FOR ILLEGAL BLOCK OR ILLEGAL USE OF HANDS - 15 YARDS.
6. No "Dumping" or roughing of center. PENALTY - 15 YARDS.

RULE 8 - PENALTIES

1. Remember, the purpose of this program is to have fun. Since most of us also have to go to work or school, let's just play the game.
2. Severe, unnecessary roughness or unsportsmanlike conduct will result in the player being ejected from the game. (A player ejected has to sit out as least his team's next game).
3. Any player striking an official will be automatically suspended from the league. Repeated incidents may cause a team to be dropped also.
4. A player cursing or using abusive language **will be** ejected from the game. Managers will be held responsible for the conduct of their players.

5. There shall be no tackling, blocking or tripping of the ball carrier, passer or kicker. Unnecessary roughness such as attempting to run over or batter down an opponent will not be allowed. Also, there is to be no unnecessary hard pushing of the runner out of bounds.

We wish to re-emphasize all sections of this rule and advise all teams that they will be rigidly enforced. Our officials will be advised to call games closely and repeated violations of this rule definitely result in suspensions.

6. **FIVE YARD PENALTIES INCLUDE:**

Delay of game (also loss of down)

Offside or encroachment

Too many players on the field

Illegal motion of offensive player

Defense using tactics or movements designed to "draw" offense offside or cause them to "jump" before snap

Offense player being closer than 5 yards from sidelines before snap

Illegal forward pass (also loss of down). Includes intentional grounding ball

Less than 3 players on offensive line

Punting situation violations (other than roughing the punter).

7. **FIFTEEN YARD PENALTIES INCLUDE:**

Blocking below opponents waist

Anyone (except center) getting into 3 or 4 point stance for final 1 second before snap

Rough play (tackling, tripping, elbowing, stiff-arming etc.)

Illegal use of hands or arms, or holding (No automatic 1st down)

Clipping

Roughing the passer

Leaving the feet when blocking, or using a rolling or crossing block

Throwing a block at the ball-carrier

Forward pass interference by defense (results in placing ball at spot of foul or at least 15 yards beyond line of scrimmage and awarding offense 1st down)

Fair catch interference. (While any kick is in flight, no member of the kicking team shall touch the ball or a receiver, nor obstruct a receiver's path to the ball).

Abusive language or conduct

8. No player shall contact an opponent obviously out of the play either before or after the ball is declared "dead".

9. PENALTIES WHICH RESULT IN AUTOMATIC 1ST DOWN OR LOSS OF DOWN INCLUDE:

Automatic 1st down - Defense past interference

Roughing the punter

Loss of down - Offense pass interference

Offense delay of game

Illegal forward pass

10. CLIPPING DEFINED: No player on offense or defense may clip. "Clipping" is throwing the body across the back of the leg of an opponent or falling into the back of an opponent. Doubtful cases involving a side block of the opponent turning his back to a blocker are to be judged according to whether the opponent was able to see or ward off the blocker.

11. ADMINISTRATION OF PENALTIES: All penalties involving yardage will be stepped off from the line of scrimmage or the point of the foul (whichever hurts the offending team the most).

12. DOUBLE FOUL: Penalties offset each other. Occurs when both teams commit a foul during the same play. The play does not count.

13. FOUL: During a down in which possession changes hands, team which ends up with the ball gets to keep the ball. UNLESS THAT TEAM FOULED BEFORE IT FINALLY GAINED POSSESSION.

Example 1: Team A throws pass, which is intercepted by B. Team B clips during the runback. Ruling: Penalize B 15 yards and it is B's ball, 1st down.

Example 2: Team B is offside at snap. B then intercepts a pass. Ruling: Bring ball back to line of scrimmage, Penalize B 5 yards and ball still belongs to A.

Example 3: Team A is offside. Team B then intercepts a pass during its runback B clips. Ruling: Ball belongs to team B after B is penalized 15 yards. Disregard A's offside penalty.

14. If a penalty occurs on the final play of a quarter, this is procedure: If the foul is on the offense, or if there is a double foul (a foul by each team) the period is ended. The line exception is when a member of a kicking team commits "fair catch interference". If the foul is on the Defense only and the penalty is accepted the period is extended by one play.