

GENERAL FLAG FOOTBALL SUMMER LEAGUE RULES 2009

1. Rosters are not required. However, no player may participate without a prior submission of a Consent/Waiver Form signed by a parent or legal guardian. This form will be collected on opening night.
2. Each team shall have a minimum of 7 players. The offensive team may use an offensive center, however, he counts as 1 of the 7 offensive players. Only five receivers per play. The center is ineligible.
3. Each team must supply it's own football.
4. Games will be on the turf at LSRHS on Sunday evenings. Game time will be 5:00 PM, 6:00 PM, and 7:00 PM.
5. Players must wear football cleats or sneakers
6. Ejection from one game by the officials will result in ineligibility for the following game as well.
7. An EMT or Certified Athletic Trainer will be present for all games.
8. The league will provide mouthpieces. All players must wear mouthpieces at all times. If a player does not have a mouthpiece on offense it will result in a loss of down. No mouthpiece on defense results in a 10 yard penalty.
9. Summer league coaches are allowed on the field behind the offense. Coaches must be on the sideline when their team is on defense.
10. High school coaches must be in the bleachers. They cannot interact with their players during he game.

PLAYING RULES

1. The field will be 45 yards long and standard width. The game will be split into two, 25 minute halves.
2. The ball will be put into play at the 45 yard line. The offense will have 3 downs to score or attain 15 yards, resulting in a first down.
3. A player with the ball is 'tackled' when his flag is pulled by any defender, or when it accidentally falls off.
4. No rushing plays are allowed.
5. All forward passes must be thrown beyond the line of scrimmage.
6. There can be no more than 4 receivers to one side of the ball. There must be at least one receiver on each side of the ball.
7. Each play ends when either:
 - a. The QB has not released the ball within 4 seconds. Penalty= loss of down.
 - b. The pass is incomplete.
 - c. The receiver, having caught the ball has scored, his flag is pulled, or he steps out of bounds.
 - d. The 30 second clock expires. Penalty= loss of down.
8. Officials will determine when a first down has been attained.

9. Defensive points are allowed. Interceptions that result in a TD shall equal 6 points. Interceptions of a PAT that are run back shall equal 2 points. There is no blocking on interception returns. Interceptions that are not run back for scores result in a turnover and the ball goes back to the 45 yard line.
10. A two-minute warning shall be given before the end of the half and the end of the game.
11. Each team is allotted one time out per half.
12. All fumbles are dead on the spot. The offense shall retain possession.
13. Once the offensive team has received the ball blocking is not allowed. **There is no down field blocking.** Once the ball is caught, all receivers need to stop/freeze.
14. Flags and belts must be worn outside of T-shirts. Shirts must be tucked in. Shirts cannot be covering the top of the flag. Penalty= loss of down.
15. All procedural penalties, dead ball penalties, and player fouls shall apply as in high school football rules.
16. Motion is allowed just as in HS football
17. Straight arms or lowering of the shoulder or head are not allowed. Players are not allowed to protect their own flag. All of the above carry a penalty of loss of down, and a 5 yard penalty.
18. Bump and run defense is allowed, high school rules apply.
19. PATs shall be placed at the 5 yard line.
20. Cones will be placed every 15 yards for first down purposes.
21. Penalties: 5 yards for illegal procedure, delay of game etc. , 10 yards for all major penalties such as personal fouls, interference, etc.
22. Tie breakers- 1 play from the five yard line. Both teams have possession. Maximum of 2 possessions. If game is still tied, it shall end in a tie.