



PARKLAND FLAG FOOTBALL 2017 RULE BOOK

Our Mission: “To create an enjoyable and rewarding experience for all players, coaches and spectators.”

Our Vision: To teach all players the game of flag football while stressing the meaning of sportsmanship through careful and deliberate demonstrations by those coaching as well as other volunteers.

Our Core Values:

Integrity
Honesty
Trust
Positive Energy
Role Model

Mentoring
Dependability
Stewardship of Players
Consistency
Doing “good for all players” (not just the best athletes)

Please keep a copy with you during all games

INDEX:

Page #

A. GENERAL	1-2
B. UNIFORMS	2-3
C. PLAYING FIELDS	3
D. TIMING	3-4
E. KICKOFFS	4-5
F. PUNTS	5
G. OFFENSE	6-8
H. DEFENSE	8-9
I. SCORING	9-10
J. OVERTIME	10
K. PROTEST	10
L. UNSPORTSMANLIKE CONDUCT	10
M. PENALTIES (see attachment).....	11
N. PLAYOFFS	11
O. COACHES ON FIELD OF PLAY	11
P. CONDUCT OF PLAYERS, COACHES & OTHERS....	11-12

The game will be played in the manner and spirit of the following rules:

A. GENERAL

1. Six (6) players are required to avoid a forfeit in divisions that play 8v8. In the divisions that play 7v7 five (5) players are required to avoid a forfeit. Also, in the 5-year-old division a team can play with five (5) players to avoid a forfeit.
2. During the regular season, the teams will play to even strength. All divisions will play 8-on-8 with the exception of the Coed 12/14 and G12/14 who shall play 7-on-7, unless otherwise noted by the board.
3. A head coach must be selected to make all decisions and shall be the only one who addresses the officials.
4. Team representatives, including players, coaches, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.
5. Each player must touch the ball, having the ability to advance the ball each game. If a player has difficulty catching passes, it is recommended to hand the ball off [running play] to avoid discouraging incomplete pass.
6. Maximum of three (3) practices per week will be allowed prior to the start of the season. Once the season has started, a maximum of one practice per week will be allowed. Any coach violating this rule will be suspended for one (1) game per violation.
7. No team may have more than three (3) coaches - one (1) head coach and two (2) assistants on the sideline during the game. All coaches must be submitted to the Board of Directors prior to the season and have a cleared background from the City prior to participation.

8. NO BLOCKING

- a. Offense – The offensive shall not block, pick or screen. Players shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive block is illegal. **Penalty:** Personal Foul, 10 yards from the spot of the penalty
 - b. Defense – Defensive players must attempt to go around offensive players. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player. **Penalty:** Personal Foul, 10 yards from previous spot
 - c. Punts and Kickoffs – No blocking or screening. **Penalty:** Personal Foul, 10 yards from previous spot
9. **Player Substitution Rules & Compliance Process**
Each team is required to have their player rotation form completed prior to start of the game. The referees will make sure both team are compliant with this and ready for play.

Mandatory Substitution. Provided that a team has enough players to rotate for a game, the following player rotation rules must be followed. Teams will play even strength based on their respective division and will play down to 7-on-7 or 6-on-6 [evenly matched] if their opponent has fewer players than the other team:

No player shall sit twice until ALL players have been rotated for the required (6) consecutive plays.

Once your team has rotated all players for the minimum six (6) consecutive plays, you may implement any substitution pattern for the balance of the game with no player sitting more than four (4) consecutive plays for the remainder of the game.

All teams must use the league rotation form [downloadable from our website]. Opposing coaches must verify that their rotation forms include their complete player roster, then scratching absent / ineligible players from the form (similar to baseball roster to be used accordingly by both teams for managing compliance for rotation). No exceptions here.

Next, the coaches MUST notify the referee that the forms are compliant and they are ready for play.

If a team starts a game with the minimum number of players to field a team (per age division rules) the opposing team will have the option of not rotating out the number of players they have above the minimum amount. However, when the additional players arrive, the team must follow the substitution rules.

- If a team has 1 more player than their opponent; 1 player does not have to rotate out on other team
- If a team has 2 more players than their opponent; 2 players do not have to rotate out on other team
- If a team has 3 more players than their opponent; 3 players do not have to rotate out on other team

Then the players who will not be rotating out during the game must be identified to the opposing coach prior to the start of the game to be valid. It is the head coach's discretion which player they choose not to rotate out.

Both teams should be substituting players at the same time for the first round of rotations, pending injuries for the 6 consecutive plays as set forth above. Use your rotation sheets in conjunction with your opponents to ensure rotation is happening concurrently [same play intervals] for both teams until all players have rotated out for 6 consecutive plays.

Off-side and false start penalties are dead ball penalties DO NOT count as plays for rotation purposes.

10. All non-participating players, parents and coaches must stay between the ten (10) yard lines and off the playing field, except to attend to an injured player. Only one coach from each team will be permitted inside the ten (10) yard line to the goal line. Sidelines for teams and spectators will be designated with all coaches being informed. Only league recognized coaches and players are allowed on the team sideline. The referee will not begin, or continue, a game until this policy is adhered to.
11. Both teams must collectively recruit **enough volunteers for sideline duty as required by age division** - one to hold the down the marker and two to hold the yard stick **as may be required by age group**. Please attempt to recruit adults for this.
12. No smoking is permitted in city parks, effective 2005. We ask for everyone's cooperation.
13. In the spirit of good sportsmanship, all air horns, whistles and other disruptive devices are not to be used during games and playoffs. Positive encouragement and cheering is recommended, yet we seek to maintain proper displays that demonstrate respect for all players, coaches and parents.
14. No Jumping or Diving to advance the ball or avoid a flag pull. Lateral athletic moves are legal. The spot of the ball is based on the players hips at the time the flag is pulled; not the ball.

B. UNIFORMS & EQUIPMENT

1. All players must wear league approved uniforms. Players must wear black shorts without pockets or stripes on side. Players without the proper shorts will not be eligible to participate in games. Shorts without pockets are required for practices and games to help avoid injuries.

2. Unaltered mouthpieces must be in the player's mouth once the center touches the ball. No exceptions shall be made. Violations due to a player's failure to wear a mouthpiece, failure of a player to tuck his/her jersey into the shorts/pants, or player wearing jewelry:
 - *1st Violation - will be a warning to the offending team.
 - *2nd Violation - will be a 5-yard penalty to the offending team.
 - *Any subsequent violation(s) thereafter will be a 10-yard penalty for unsportsmanlike conduct.

3. 10-yard unsportsmanlike penalty will be assessed to the offending team should any of their players be caught altering, tying or improperly securing the flags to the belt, or tampering with any other equipment.

4. Game and Player Equipment (Legal)
 - a) Flag belt - Each player must wear a league-issued one-piece belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. Penalty: Dead Ball Foul - Failure to have flag belt legally attached prior to the snap, 5 yards from the succeeding spot.
 - b) Gloves - Players may wear gloves which must consist of a soft, pliable and nonabrasive material.
 - c) Headwear – Players may wear knit stocking caps, or elastic headbands. Hats may not have a bill.
 - d) Shoes – Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted. (See illegal player equipment)

5. Game and Player Equipment (Illegal) - A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:
 - a) Headgear containing any hard, unyielding, or stiff material, including billed hats.
 - b) Jewelry
 - c) Pads or braces worn above the waist.
 - d) Shoes with metal, ceramic, screw-in, or detachable cleats. Any team found wearing illegal equipment will be penalized 10 yards and player is ineligible to play.
 - e) Jerseys, which do not remain, tucked in.
 - f) Pants or shorts with any belt(s), belt loop(s), pocket(s) or exposed drawstring(s).
 - g) Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and is covered with at least 1/2 inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.
 - h) Casts are expressly prohibited.
 - i) Towels attached at the player's waist.

*An official time out shall be declared to permit prompt repair of equipment, which becomes illegal or defective through use.

C. PLAYING FIELDS

1. This is determined by the field provided by the City. Currently 70 yards long with center-field being the 35-yardline.

D. TIMING

1. A game will consist of two (2) halves.
 - (a) 5-year-old division will have 22-minute running halves.
 - (b) All other divisions will have 22-minute halves with stopped time as set forth below.
 - (c) In all divisions, at a point near the half way mark of each half an official timeout will be called for a mandatory water break.

2. Ready for play
 - (a) In the 5-year-old division - 40 seconds
 - (b) All other divisions - 30 seconds
 - (c) The ready-for-play signal will not be marked until all offensive players are on their side of the ball.
3. Each team in each division will be allowed two (2) one-minute time outs per half.
 - a) The Referee shall declare time-out when he/she suspends the play for any reason.
 - b) The Referee may declare an official's time-out for any contingency not covered elsewhere by the Rules.
4. The clock will run continuously except as follows:
 - (a) Official timeouts - clock starts on the snap.
 - (b) Team timeout - clock starts on the snap.
 - (c) At the two-minute warning of each half - clock starts on the snap.
 - (d) During the final two minutes of each half when:
 - i) There is an incomplete pass.
 - ii) A runner runs out of bounds.
 - iii) A penalty is called (However, the clock will continue to run if the stoppage of the clock benefits the penalized team. The clock will then immediately start upon placement of the ball.
 - iv) A score occurs - the clock shall start on the ensuing kick-off or within 45 seconds of the score.
 - v) Change in possession
 - vi) First down - clock starts on the set of the ball and chains.
 - (d) During kickoffs, the clock starts when the receiving team touches the ball, and will stop to set the ball when the play is signaled down Effect: clock starts on the snap of the ball (see E1 below).
5. Timing Errors - The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period had officially ended.
6. Coach-Referee Conference - When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the Referee will confer with the team's head coach [no assistant coaches]. The request must be made prior to the time the ball becomes alive following the play to be reviewed unless the period has officially ended.
7. An injured or apparently injured player shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding or has an open wound must have the wound bandaged to re-enter the game.

E. KICKOFFS

1. **KICKOFFS WILL ONLY OCCUR IN THE FOLLOWING DIVISIONS: 5'S and COED 6/7. Kickoffs will be from mid-field and only done to begin each half. No kickoffs after scoring plays.**
2. Kickoffs must be off a kicking tee.
3. KICK OFF RULES:
 - a) At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall kick the ball. The visiting team shall call the toss.
 - b) The winner of the coin toss has the choice of kicking or receiving. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half.
 - c) There will be 2 kickoffs per game, one to start the game and one to start the second half.

- d) The clock will start when the offensive player gains possession of the ball (or when the defense downs the ball). The ball must stay inbounds and/or advance 10 yards or more. If the ball does not advance 10 yards or goes out of bounds the teams will line up again and re-kick until offensive possession is gained or the defense downs the ball.
- e) On the kickoff if the ball tips or glances off a receiving player, another offensive player may gain possession of the ball.
- f) The ball will be spotted on the 20-yard line after touchdowns instead of having a kickoff after a team scores.
- g) If ball is kicked through the end zone it is a touchback. Clock starts on snap of first play.

4. The receiving team must have a minimum of four players between ten and fifteen yards from the free kick line. Players in this area cannot move out of this area until the ball has been kicked.

5. Anyone on the receiving team may advance the ball. The play will continue until the flag is pulled. If fumbled during the return (not muffed) the ball is dead at the spot of the fumble.

6. No blocking during kick-offs in all divisions. Moving pics are not permitted. Once a returner obtains control of the ball, receiving team players must not "escort" the ball carrier or interfere with a defender. Penalty is 5 yards from spot of the infraction.

7. Kicking team may not contact any player other than the ball carrier.

8. On-sides Kicks – Not Permitted

F. PUNTS

New Punt Rule for 5, coed 6/7, coed 8/9 and girls 7/9 divisions only:

In the event the offensive team is on their own half of the field and elect to "punt" on 4th down, the ball will then be placed 30 yards away...net result would act as if it is a 30-yard punt. It will then be first down for the "receiving" team. A team is still allowed to go for it on 4th down anytime they like.

If the offensive team is at mid field or on the opposing teams side they must physically kick the ball and all punt rules stated in Section F 1-5 will apply.

1. The offensive team must notify the referee of their intent to punt. The referee will then advise the defensive team and allow time to set up for a return. Once a team declares its intent to punt, it may not change the play unless a team time-out is called and the defensive team is informed of the change.

2. After the ball is snapped, the ball must be kicked within eight (8) seconds. If not, the ball is dead where it is when the 8th second elapsed.

3. Anyone on the receiving team may receive and advance the ball even if the ball is touched prior by another player on return team. Play continues until flag pulled. If a returner fumbles the ball after maintaining possession for two steps, the play is ruled dead at the spot of the fumble.

4. No player on the "punting" team may move forward, except for the kicker, until the ball has been kicked.

5. The defensive team must have at least three (3) players between five and ten yards from the line of scrimmage. All other players may position themselves anywhere on the field of play behind those players.

6. No blocking by either team. All other players from the receiving team must not obstruct the defenses ability to pull a flag, including screening, or "escorting" the ball carrier. Illegal block penalty will be assessed.

G. OFFENSE

LINE-TO-GAIN for first downs - for all divisions except the 5's and Coed 6/7.

In lieu of kickoffs, the ball is placed at the 16-yard line where the offensive drive begins. There are 3 blue lines: one at each 20-yard line and the other at mid-field [35-yard line].

1. Each team receives four (4) downs to pass the zone-line-to-gain or end zone.
2. The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain.
3. A new series of downs shall be awarded when a team moves the ball into the next "zone" [blue line on the field] on a play, or:
 - a. a penalty against the opponents moves the ball into the next zone; or
 - b. an accepted penalty against the opponents involves an automatic first down (regardless of the spot of the ball).
4. Passing and Receiving
 - a) There is no **diving** while running with the ball. A receiver may dive to catch a ball. A defensive player may dive for to try to remove a flag or intercept a pass.
 - b) All players are eligible to catch a pass.
5. Roughing the passer – Defensive players must make a definite effort to avoid charging into the passer after it is clear the ball has been thrown, also there should be no attempts to hit the player's arm during a throwing motion. Roughing the Passer: 10-yard penalty and automatic first down.
6. Running and Flag Belt Removal
 - i. Flag Belt Removal - When the flag belt is clearly taken from the runner in possession of the ball, the down shall end and the ball is declared dead **at the point of the players hips**. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred.
 - a) Ball carrier must have possession of the ball before a defender can pull their flag.
 - b) When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The de-flagging reverts to a one-hand tag of the runner between the shoulders and knees.
 - c) In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
 - d) A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. The official shall warn the team, any further penalty will result in an unsportsmanlike conduct.
 - e) Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. **Unsportsmanlike conduct** – 10-yard penalty
 - f) A player may leave his/her feet when trying to remove the flag.
7. Contact - In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt. **Penalty:** Defensive Holding, 10 yards from spot
8. Flag Guarding - A runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. A player may use a spin move, however;

must keep their arms away from their flag to avoid flag guarding. **Penalty:** Flag guarding, spot foul from the spot of infraction.

9. Stiff Arm – A runner shall be prohibited from contacting an opponent with an extended hand or arm which includes the use of a “stiff arm” to flag guard. **Penalty:** Stiff Arm, 10 yards from the spot of the penalty
10. The “Two Consecutive Touch” rule – Applicable to all games in all age divisions. No offensive player is permitted to have more than two successive touches (i.e. carrying or catching the ball) of the football while on offense. After two consecutive touches, the next play is a “CLOSED DOWN” for that player [ineligible to advance the ball on a closed down]. Broken plays count as touches. Incomplete passes do not constitute as a successful touch for the intended receiver. Again, best to do a running play for kids that have trouble catching.

The following are NOT considered “touches” for purposes of this rule:

- a. intercepting the ball
- b. kicking off
- c. punting
- d. returning a kickoff or punt
- e. snapping, passing or handing off the ball
- f. incomplete passes do not count as a touch for the intended receiver. [Use running plays for kids that may have difficulty catching]

This rule applies regardless of first downs and change of possession. The same player cannot touch the ball for more than two consecutive offensive plays as defined above regardless of intervening first downs, turnovers, touchdowns or change in possession.

In the event of a CLOSED DOWN violation [third consecutive touch], the defensive teams head coach must immediately notify a referee and the coach rotating players from the team on offense about this rule infraction prior to the next snap. If the alleged penalty is not reported by the defense, the offense will not be assessed a penalty. So please pay careful attention. If it is determined that there was an infraction, the penalties will be as follows:

- 1st infraction – 5-yard penalty from LOS
- 2nd infraction – 5-yard penalty from LOS and loss of down
- 3rd infraction – 10-yard unsportsmanlike conduct penalty from LOS and loss of down. The Board will be notified through the head referee and the Age Division Director will monitor. If this is a recurring problem with a team/coach, the coach will be suspended.

The defense will not be charged with a time out if there was an infraction of the touch rule; otherwise it costs the defense one time out - - 5-yard delay of game penalty. This will limit unwarranted stoppages in play resulting from unsubstantiated allegations by the defense. Remember that each team is only allotted two time outs per half.

11. There must be a minimum of three (3) players on the LOS. (A player is at the LOS if their feet are within one (1) yard of the LOS).
12. At the snap, all players on the LOS must be set for one (1) second. If they go into a set position, they cannot have their hands below the knees. They must rest or position their hands on their knees or above.
13. Three (3) or four (4) point stances are not allowed. [5-yard penalty].
14. Only one person may call signals after the center has put their hands on the ball.

15. The “Fumblerski” is a legal play in all divisions. To execute the fumbleroski, the quarterback must be set under center and must touch the ball after the snap takes place. Once the quarterback touches the ball the play is now live and another offensive player may take the ball from the center’s hands. Please note, the center cannot move, once the ball is snapped, until the ball is removed by an offensive player.
 - i. If the “rooskie” snap falls to the ground or is fumbled by the quarterback it is considered a “muff” and the quarterback is the only player that may pick up the ball and advance it.
 - ii. If the quarterback fumbles after a muff, or if any other offensive or defensive player touches the ball other than the quarterback, the play is dead at the spot of the fumble.
16. Any player or coach can request a timeout. However, only head coaches are permitted to speak directly with a referee or challenge a call: NOT assistant coaches. The head coach must have a copy of the rules in his/her possession to point out the specific rule being challenged.
17. The ball is ruled dead where fumbled. However, if the QB muffs the snap (direct or shotgun) they have one chance to pick up the ball and continue the play. After they regain possession and then fumbles the ball; the play is ruled dead and the ball will be spotted where it hit the ground.
18. If the ball carrier falls down, the play is dead at that point. The player is down when any part of the body except the hand contacts the ground.
19. Tagging a ball carrier without a flag belt – When a flag belt falls off accidentally during the play, a defender can “Tag” the ball carrier by placing one hand anywhere between the shoulders and knees of an opponent with the ball. The tagger may leave his/her feet to make the tag. Pushing, striking, slapping, and holding are not permitted. If a player trips the runner in his/her attempt to make a diving tag, it is a penalty.
20. If a player purposely removes his/her flag belt while in possession of the ball, the play will become dead at the spot where the flags were removed, and a 10-yard unsportsmanlike penalty will be assessed from the POF.
21. Any player is eligible to catch a pass. A player is considered eligible if they break the huddle or are lined up within where the “hash” marks would be on a playing field so as to be properly recognized by the defense. A player may not come off the sideline (“hidden player”) to catch a pass or be an active participant (ball carrier) in a play. “Illegal participation” called with a 5-yard penalty from previous spot.
22. No center sneak play is allowed [even for the “fumbleroski”]. Effect: Loss of down and ball is returned to previous spot.
23. A referee may accidentally / prematurely blow their whistle. The team in possession has the option of replaying the down or taking the result of the play up to the time of the whistle.
24. A ball carrier cannot jump or dive. – The spot of the ball is based on the players hips not the ball at the time the flag is pulled.

H. DEFENSE

1. The defensive players must line up at least three (3) yards off the LOS or the first down line on goal line if that is less than the 3-yard requirement. Effect: 5 yard off sides penalty from LOS.
2. Defensive players must provide a 5-yards neutral zone from LOS or the first down line or goal line whichever is less. **In the 5’s and 6/7 divisions defensive players must provide a 7-yard neutral zone from LOS or the first down line or goal line whichever is less.**
3. The defensive players shall not use their hands to strike, grasp, block or hold any offensive player.

4. The tackler must grab for the flag(s). The tackler shall not hold, tug on clothing, push, or run through the ball carrier, but play the flag rather than the carrier. This includes pushing the ball carrier out of bounds, or any action against the players with the ball other than pulling the flag.
5. Attempting to block passes is a legitimate football play, provided there is no contact with the passer while passing the ball. If the defender makes contact with the passer while throwing, the penalty is 5 yards from the previous spot + automatic first down. This judgment call is at the discretion of the referee(s) and cannot be challenged. The "halo rule" penalty has been removed.
6. Illegal tackles - 5 yards and 1st down from point of foul. If the offensive player has a "clear path" to the end zone (no defensive player in a position to pull the flag) and is pushed, tackled or held, a touchdown will be awarded to the scoring offense team by the referee. This for when an illegal tackle, illegal contact or tactics were used by the defense on a play that ordinarily would have resulted in a scoring play.
7. If a defensive player engages, pushes or blocks a player on offense, they will be penalized 5 yards for illegal blocking. This rule is in place to avoid injuries, as flag football is not a contact sport.

I. SCORING – New for 2017

1. **NEW:** The league will keep W/L records for the regular season games to help determine playoff seeding. Total points scored in a game will have no bearing on your playoff seeding. At the end of the regular season tie breakers will be determined using the
 - a. McLaughlin Index $(Wins*2 + Ties)/(Games*2)$
 - b. Strength of Schedule (again, total points are not a factor)
 - c. If necessary, the division head will have the final decision on play off seeding's.
2. Coaches and ref's must keep score, and at the end of the game the coaches will confirm the winning team with each other. In the event of a dispute the referee's score will be final. It is required of the winning coach to promptly email their division head indicating:
 - a. "WIN"
 - b. Your team name
 - c. Your opponent
 - d. Division age group for clarity. This will determine your teams' playoff seeding.
3. Wins and Losses will determine your playoff seeding and will be posted on our website [scores are NOT posted are not relevant to seeding position].
4. IN THIS FIRST YEAR OF KEEPING SCORE DURING REGULAR SEASON GAMES, THE BOARD MAKES IT EXPRESSLY CLEAR THAT RUNNING UP THE SCORE ON AN OPPONENT DOES NOT AFFECT PLAYOFF SEEDING AND IS REGARDED AS UNSPORTSMANLIKE. ADDITIONALLY, A COMMANDING LEAD CALLS FOR COACHES TO REQUIRE OTHER PLAYERS TO PLAY QUARTERBACK, USE RUNNING PLAYS AND GIVE EXTRA TOUCHES TO MID AND LATE ROUND DRAFT PICKS. USE THIS OPPORTUNITY WISELY AND IN SPORTSMANSHIP-LIKE CONDUCT. **Result:** 10-yard unsportsmanlike conduct penalty.
 - a. *Touchdowns* are worth six (6) points. The touchdown is determined once the **hip** of the ball carrier (not the ball) breaks the plane of the goal line.
 - b. *Extra points.* There are two types: one (1) point conversion and a two (2) point conversion. A one (1) point conversion is from the 3-yard line, whether a run or pass; and the two (2) point conversion is from the 5-yard line, run or pass. A 3-yard buffer applies for our youngest divisions so that the defense can line up on the two-yard line without being off-sides. All other divisions' defenses will still line up on the goal line.

- c. A *safety* shall be worth two (2) points.
 - d. On an *extra point* attempt after a touchdown is scored, if the defense secures possession and returns it across their goal line, two (2) points will be awarded to the defensive team.
- The above scoring is for all divisions.

J. OVERTIME

Due to time constraints, there are no overtime games during the regular season and these games shall result in a tie and reported as such for playoff seeding. In playoffs, all ties must be broken and will be decided by utilizing the Kansas City Tiebreaker from the ten (10) yard line. After the second OT, the offense must go for two-point conversions until the game is over.

K. PROTEST

1. There are no game protests allowed, only challenges to the "rules." Judgment calls cannot be challenged.
2. Challenging a rule in the Rule Book. A rule may be challenged, only by a head coach, if they believe the rule was misapplied or incorrect by a referee. The head coach must have a current rule book in their possession in order to appeal, thus being able to prove the error. Judgment calls are not appealable and include: ball spotting, out of bounds, blowing a play dead, illegal blocking, flag guarding, or any call where a referee must use best judgement / discretion.
3. The league nor its referees will tolerate any inappropriate actions, gestures, or language by any coach or player towards the referees. The referees have the authority to eject any player or coach without issuing a warning or waiting for a second unsportsmanlike call. Additionally, if a Board member not participating as a coach in the game may ask the referee to penalize or eject a player or coach in the event the referee was not in a position to hear or witness the egregious infraction.

L. COACH UNSPORTSMANLIKE CONDUCT

1. All coaches of the Parkland Flag Football League will, always, conduct themselves in a manner that the youth of this organization can look up to and respect.
2. At no time will unsportsmanlike conduct be tolerated by the coaches, players or parents. A 5-yard unsportsmanlike penalty + automatic first down will be called on any inappropriate comments or actions by coaches, players and parents. Coaches are responsible for the actions of the parents and players during the game. Failure to comply with this rule will result in at least an unsportsmanlike penalty and can result in eviction from the park at the sole discretion of the referees.
3. Any person ejected from a game due to unsportsmanlike conduct, will automatically be ineligible to participate in their next game. The Board of Directors may add any additional penalties that they see fit.
4. Board Member Authority. Members of our Board have a protected interest to keep and manage sportsmanship and other related rules up to and including warning or suspending for a game any team player or coach. Board Members, therefore, have the authority to have a referee eject a player or coach for cause, especially with regard to sportsmanship or egregious rule violations, particularly if it were done behind a referee's back. The Board will not, however, interfere with a referee's play-officiating calls. The Board Member authority does not apply if a that board member is coaching or participating in that actual game.
5. Showboating, spiking the ball or flag is illegal and will result in a 10-yard penalty + automatic first down for unsportsmanlike conduct.

M. PENALTIES

1. Penalties are either live or dead ball fouls. There are also player and non-player fouls.
2. Administration of the foul is either from the point of the foul (POF), previous line of scrimmage (LOS), or from where the spot where the play ended.
3. Yardage and spot of walk-off. SEE LAST PAGE FOR DETAILS
 - a. Penalties are either 5 or 10 yards
 - b. Unsportsmanlike conduct penalties are 10 yards from previous spot + automatic first down
 - c. Attempting to injure another player - 10 yards from previous spot, automatic first down and player ejection including their next full game. League must be notified.
 - d. Two unsportsmanlike penalties in a game by the same player or coach will result in ejection + suspension for the following game.

N. PLAYOFFS

1. 5-year-old division - no playoffs
2. All other divisions - double elimination.
3. Games in all divisions will be played until one team wins. If overtime, a coin toss will determine which team receives the ball to start the Kansas City Tiebreaker and the ball will be placed on the 10-yard line.

O. COACHES ON FIELD OF PLAY

1. One coach per team is permitted during all plays in the 5, 6/7 & 8/9 divisions, including G7/9 & G10/11 divisions. However, they will not be allowed to "coach or direct" any player once the offensive huddle has been broken. 5-yard penalty from previous spot. Repeat infractions may result in unsportsmanlike conduct against the coach.
2. Coaches on the field for these age groups to speed up play and allow ALL players to participate in plays being called. The league wants to allow the children to learn the game, enjoy playing and to improve their overall experience with the game. Coaches are the key to achieving this.

P. CONDUCT OF PLAYERS, COACHES AND OTHERS

Unsportsmanlike Conduct

1. Prohibited Acts - There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the Rules. Examples include, but are not limited to:
 - a) Attempting to influence a decision by an official.
 - b) Disrespectfully addressing an official.
 - c) Indicating objections to an official's decision.
 - d) Holding an unauthorized conference, or being on the field illegally.
 - e) Using profanity, insulting or vulgar language or gestures.
 - f) Intentionally contacting a game official physically during the game by persons subject to the rules.
2. Personal Fouls - No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul. No player shall:

- a) Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- b) Trip an opponent.
- c) Contact an opponent who is on the ground.
- d) Throw the runner to the ground.
- e) Hurdle any other player.
- f) Contact an opponent either before or after the ball is declared dead.
- g) Make any contact with an opponent that is deemed unnecessary of any nature including using fists, locked hands, elbows, or any part of the forearm or hand, except according to Flag Rules.
- h) Deliberately drive or run into a defensive player.
- i) Clip an opponent.
- j) Tackling the runner.

Make your season a positive experience for your players so that they truly aspire to come back next season. Encourage, inspire and challenge your players to learn the sport and about the meaning of sportsmanship. The best way to teach sportsmanship is to exhibit it, especially when things do go your team way. Better to bite you lip than regret what you've said or done.

2017 Penalties

Penalty	Yardag	Status
False Start (Dead ball infraction)	5 from Prev Spot	Repeat down
Off sides (Dead ball infraction)	5 from Prev Spot	Repeat down
Illegal procedure (including equipment violations, mouth guard, flags, etc.)	5 from Prev Spot	Repeat down
Delay of Game	5 from Prev Spot	Repeat down
Jumping / Diving (offensive)	5 yards from jump spot	Down counts
More than Two Consecutive Touches	5 from Prev Spot	Repeat down
Flag Guarding	Spot Foul	Down
Holding (offensive)	5 from Prev Spot	Repeat down
Holding (defensive)	5 from Prev Spot	Automatic 1st
Illegal Block by offense [Screening / Blocking / Escorting the Ball Carrier]	5 from Prev Spot	Repeat down
Illegal Block (defensive penalty) a.k.a "Charging"	5 from Prev Spot	Automatic 1st
Intentional Grounding	Spot Foul	Loss of
Pass Interference (offensive)	5 from Prev Spot	Repeat down
Pass Interference (defensive)	5 from Prev Spot	Automatic 1st
Tackling	5 after the play	Automatic 1st
Pushing (the runner out of bounds)	5 after the play	Automatic 1st
Straight Arming a defender	5 from Prev Spot	Repeat down
Roughing the passer	5 from Prev Spot	Automatic 1st
Illegal Use of Hands (defensive)	5 from Prev Spot	Automatic 1st
Illegal Use of Hands (offensive)	5 from Prev Spot	Repeat down
Interference by a defensive coach on the field of play	5 from Prev Spot	Repeat down
Interference by an offensive coach on the field of play	5 from Prev Spot	Repeat down
Unsportsmanlike Conduct Penalties*	10 Yards after the play	Penalty may result in 1st down
Altering or removing their flag	10 Yards from Prev Spot	Repeat down / Warning w/ ejection if happens again
Intentional aggression / taunting	10 Yards after the play	Penalty may result in 1st down
Spiking or kicking the ball after a play	10 Yards after the play	Penalty may result in 1st down
Cursing / Foul Language	10 Yards after the play	Penalty may result in 1st down
Unsportsmanlike Non-player foul*	10 Yards after the play	Penalty may result in 1st down
Flagrant Infractions / Blatant tackling	10 Yards after the play	Automatic 1st down / player ejection +1 game
Fighting or attempting to injure another	10 Yards after the play	Penalty may result in 1st down / player ejection +1
*2 unsportsmanlike on a player or coach is suspension + next game		
Unsportsman on Extra Points are assessed on next possession	10-yard penalty on the ensuing possession	