

## ***Intermediate Passing League Flag Football 2014 Rules***

1.) Field Dimensions (if ever full Mokena / Frankfort Main Park fields are not able to be cut in half):

- A. Field Length – 55 yards long. Field Width – 160 feet (600 feet to hash mark, 40 in between). End Zone – 10 yards deep.

2.) Starting the game:

- A. A central time keeper will be designated, usually one of the two referees on the field. All games will begin and end on this person's instructions. He will also announce the time remaining at the 10, 5, and 2 minute mark. If someone aside from the referee is designated he / she is considered an official as well.
- B. A coin flip will determine first possession.
- C. Ball always placed on right hash mark when at the starting 10 yard line.
- D. Two game balls will be selected at the start of the game, with the non-in play ball maintained by a member of the chain gang. Balls will be exchanged at the referee's discretion to avoid delays in play.
- E. 2 coaches may be on the field of play for both offense and defense.

3.) Moving the ball:

- A. No kicking/punting.
- B. Possession always begins at the 0 yard line, but no penalties or sacks can push the offensive team into a safety scenario when starting at the 45.
- C. Offense has 3 downs to get 15 yards for 1<sup>st</sup> down, then another 3 downs to get another 15 yards for 1<sup>st</sup> down, and then 4 downs to score.
- D. Offenses always move in the same direction.
- E. All passes must be forward. No passes behind the line of scrimmage.
- F. No running plays or laterals of any type are allowed, including QB sneaks / runs, hook and ladder, etc.
- G. Every play must begin with either 1) a snap from center or, 2) a slap of the ball by the QB at the line of scrimmage. No starting in "shotgun" formation unless ball is being snapped from center after mandatory huddle.
- H. All teams will use the same cadence: "Ready, Set, Hike." There will be no silent counts or variations. All shifting and motion must be completed by the "Set" command, with all players having come to a full stop before the snap of the ball. If offsides is called after the "Set" command, players must remain in their given positions and may NOT go through their motion routine a second time.

4.) Special Rules:

- A. No motion will be allowed until the 3rd game of the season. Once motion is allowed, only one player may shift / move in motion at a time.
- B. No hands off body blocking, but players (offense or defense) must go around defenders – not directly through – even on a turnover.
- C. No intentional pick plays.

- D. Receiver/Ball carrier is legally down when any of the flags are pulled or out of bounds.
- E. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. Count will begin when the ball hits the ground.
- F. If a player falls to the ground in any fashion and his knee, elbow, etc. touch while he is in possession of the ball, he is down at the point of contact.
- G. Each team will have 30 seconds to snap the ball once it has been marked ready for play; Delay of game will result in a 5 yard penalty.
- H. The QB is allowed 5.0 seconds to throw the ball. The referee will start the verbal count (“One Thousand-1, One Thousand-2, etc.”) as soon as the ball reaches the QBs hands and stops the count as soon as the QB releases the ball. If the ball is released in under the 5.0 seconds the play goes on. If the ball does not leave the QBs hands by “One Thousand-5”, the play is dead and the ball is returned to the original line of scrimmage with loss of the down.
- I. The defense may rush upon completion of the “One Thousand-3” verbal count by the referee and his arm drops. There is no limit to how many players may rush the QB.
- J. The QB can never cross the line of scrimmage, even when being blitzed, or the play will result in a dead ball / loss of down.
- K. Two delay of game penalties on the same possession results in a turnover. The opposing team receives possession of the ball on their own 10 yard line.
- L. Defensive pass interference will be a “spot foul” (First down at the spot of contact.)
- M. Responsibility to avoid contact is with the defense. There will be NO deliberate bumping or grabbing, whether at the line or when in route. These actions will result in a “tack on” penalty at the end of the play (5 yard penalty.) Excessive force will result in the players’ expulsion.
- N. Offensive pass interference is a 15 yard penalty.
- O. Interceptions may be returned (“no hands off body blocking” rule applies). If the intercepting team does not score, they will retain the ball on offense starting at the “number of yards out” they were from the defending team’s endzone. It is the referee’s job and discretion to flip the placement and mark the appropriate yardage / starting point for the offense to take over. First down yardage markers do not change and number of downs to achieve a first down do not change.
- P. Defensive team is responsible for retrieving and returning the ball to the referee or the line of scrimmage. Clock does not stop and any overt delay made by the defense to not retrieve and return the ball will result in a 5 yard penalty.
- Q. The center will be responsible for setting or re-positioning the referee’s bean bag at the line of scrimmage after each play.
- R. No taunting or “trash talking.” (Will result in a 5 yard penalty and player expulsion if repeated.)
- S. Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Flagrant fouls and/or unsportsmanlike conduct will result in the expulsion of player(s) at the referee’s discretion.

- T. The offense must gain at least 15 yards in the first 3 plays or the defense takes over (There is no kickoffs or punting.) Four down territory occurs when offense proceeds to or inside of the defensive 10 yard line.
- U. If offense receives a loss of yardage penalty while starting on their own 10 yard line, the ball will remain at the 10 yard line and the offense will lose a down.
- V. In the event of player injury all games on the field will halt until the injured player is removed as safety dictates.
- W. Coaches are allowed in the huddles on both offense and defense, but are not allowed to physically contact their players once the huddle is broken. Verbal cues only.
- X. Defensive coach must backpedal immediately upon the huddle breaking and not interfere with the field of play.
- Y. If the Defensive coach on the field interferes in any way with the play being executed it will be treated the same as defensive pass interference.
- Z. Stripping the ball from the ball carrier is not allowed. If this occurs, the play is dead and spotted where the ball was stripped just as if a flag had been removed from the ball carrier.

5.) Scoring:

- A. Touchdowns are 7 points.
- B. Official score is kept by the field referee and game manager and winning coach will be responsible for reporting scores to commissioner by Tuesday following.

6.) Time:

- A. Each game will be played with two 25 minute halves, separated by a 5 minute half time.
- B. Each team will get 1 timeout per half during the game at 60 seconds each.
- C. Clock will stop for all dead ball situations the last 2 minutes of both first and second half as defined as an incomplete pass, player injury, fumbles, out of bounds, and change of possession. (Note: First downs do NOT stop the clock.)
- D. Aside from the above, the clock will only stop in the event of player injury at the referee's discretion during regular playing time.
- E. Overtime will take place if the two teams are tied at the end of regulation. A coin flip will determine first possession in overtime and each team will alternate a 4 down series from the 20 yard line. Winner is determined when one team scores on their possession and the other does not.

7.) 4 TD Lead Rule:

- A. If one team is up by 28 points or greater, the leading team must play all their 9 year old (or younger exception) players on both offense and defense (barring injury) at all times until the score gap is 21 points or less.
- B. Starting QBs will not be allowed to continue once the lead is 28 points or greater as well, and a second string player or below must be played.
- C. If/when the scoring gap has closed to 21 points or less, the winning team may play any combination of players that they choose once again.

8.) Playoffs / Flag Bowl:

- A. Playoff seeding will be determined by regular season record. Teams with identical records will have 1) head to head record, then 2) total points scored against, the 3) random draw as the tie breakers.
- B. As with the regular season, overtime will take place if the two teams are tied at the end of regulation. A coin flip will determine first possession in overtime and each team will alternate a 4 down series from the 20 yard line. Winner is determined when one team scores on their possession and the other does not.