

City of Tallmadge Parks & Recreation Department



Men's Flag Football League Rules

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Men's Flag Football League Rules

Disclaimer

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Special Rules

Team Forfeits
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1. ROSTERS

- 1.1. Players may only be on one roster per season.
- 1.2. Teams must turn in a completed roster by the end of the second game. This will be referenced for roster challenges.
- 1.3. A team may challenge whether a player is on the roster of the opposing team at any point before the end of the game.
 - 1.3.1. The challenging team must present their challenge to the referee.
 - 1.3.2. The player being challenged must present a photo ID to verify their name matches a name on the roster.
 - 1.3.3. The roster on file with the Recreation Center will be the official roster. If there is no roster on file for that team, they will automatically forfeit the game.

2. EQUIPMENT

- 2.1. Teams must provide their own uniforms in the same color. Numbers on the reverse are optional.
- 2.2. Shirts must be tucked in at all times.
- 2.3. No pads permitted unless medically necessary.
- 2.4. No football shoes or spikes permitted. All players must wear tennis shoes only.
- 2.5. Teams must provide their own footballs for warmups.
- 2.6. All players must wear the flag belts provided by the Tallmadge Recreation Center. No other belts are permitted.

3. GAME PLAY

- 3.1. Teams must have 5 players to start the game.
- 3.2. Coin Toss
 - 3.2.1. A coin toss will determine who gets possession to start the game.
 - 3.2.2. During playoff games, there will be no coin toss. The highest seeded team will have the choice of possession.
- 3.3. Game Length and Clock
 - 3.3.1. The Recreation Center reserve the right to start games 10 minutes early providing each time has at least five (5) players present, and the referee or league director deems it necessary.
 - 3.3.2. Games consist of two (2) 22-minute halves. Clock stops only with the official's whistle.
 - 3.3.3. Halftime will be 3 minutes in length.
 - 3.3.4. Teams will be given one (1) time-out to be used in the last 2 minutes of each half only. Timeouts do not carry over to the next half.
 - 3.3.5. Game clock will start when the ball is set on the ground. Teams have 10 seconds to snap the ball. If the ball is not snapped, it will result in a delay of game penalty and the clock will stop. The result will be a 10-yard penalty and loss of down.
- 3.4. Overtime
 - 3.4.1. If the game is tied at the end of regulation, each team will have four (4) plays to score.
 - 3.4.2. If the game remains tied after one (1) overtime period, a second overtime will be played.
 - 3.4.3. If the teams are still tied after two (2) overtime periods, the game will end in a tie.

3.5. Scoring

3.5.1. Touchdowns are worth six (6) points each.

3.5.2. Extra points:

3.5.2.1. One (1) point if played from 5-yard line.

3.5.2.2. Two (2) points if played from 12-yard line.

3.5.2.3. Two (2) points awarded if the defense returns an extra point attempt for a touchdown.

3.6. Field of play

3.6.1. The dotted line around the field serves as the out of bounds line.

3.7. Dead Balls

3.7.1. The ball must be snapped between the legs, not off to one side, to start play.

3.7.1.1. Once the ball is snapped, the quarterback has 7 seconds to pass the ball. If the ball is not passed, the play will be ruled dead and result in a loss of down (see 4.2.1)

3.7.2. Play is ruled "dead" when:

3.7.2.1. The ball carrier's flag is pulled.

3.7.2.2. Ball carrier steps out of bounds.

3.7.2.3. Touchdown or safety is scored.

3.7.2.4. Ball carrier's knee hits the ground.

3.7.2.5. Ball carrier's flag falls off.

3.7.3. Substitutions may be made on any dead ball.

3.7.4. There are no fumbles. The ball is spotted where the ball hits the ground.

4. OFFENSIVE GAME PLAY

4.1. Receiving

4.1.1. No bump and run permitted.

4.1.2. All players are eligible to receive passes, including the quarterback if the ball has been handed off behind the line of scrimmage.

4.1.3. Only one (1) player may be in motion at a time.

4.1.4. Players must have at least one (1) foot inbounds when making a reception.

4.2. Passing

4.2.1. The quarterback has a 7-second pass clock. If a pass is not thrown within 7 seconds, the play is dead and results in a loss of down.

4.2.2. Shovel passes are permitted.

4.2.3. Interceptions are live balls until a flag is pulled.

4.3. Rushing

4.3.1. Rushing plays are not permitted.

4.4. Punting

4.4.1. Teams must alert the referee if they choose to punt.

4.4.2. No kick is needed. The ball is placed on the 20-yard line.

5. DEFENSIVE GAME PLAY

5.1. Rushing the Passer

5.1.1. All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped.

- 5.1.2. Any number of players may rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
 - 5.1.3. Once the ball is handed off, the seven-yard rule is no longer in effect and all defenders may go past the line of scrimmage. A special marker or the referee will designate seven (7) yards from the line of scrimmage. No blocking or tackling is allowed.
- 5.2. Interceptions
- 5.2.1. All balls intercepted will be considered a live ball until a flag is pulled.

6. **PENALTIES**

- 6.1. The referee will call all penalties.
- 6.2. Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage
- 6.3. Only the team captain may ask the referee questions about the rule clarification and interpretations. Players cannot question judgment calls.
- 6.4. Games cannot end on a defensive penalty unless the offense declines it.
- 6.5. General Penalties
 - 6.5.1. Illegal participation/Too many players on the field
 - 6.5.1.1. If penalty is on the defense, it will result in ten (10) yards from the line of scrimmage and an automatic first down.
 - 6.5.1.2. If penalty is on the offense, it will result in ten (10) yards from the line of scrimmage and a loss of down.
 - 6.5.2. Unsportsmanlike conduct penalty
 - 6.5.2.1. Unsportsmanlike conduct on the defense will result in fifteen (15) yards from the spot of the ball and an automatic first down.
 - 6.5.2.2. Unsportsmanlike conduct on the offense will result in fifteen (15) yards from the line of scrimmage and loss of down.
 - 6.5.2.3. Touchdown celebrations will result in the ball being marked one yard before mid-field on the ensuing kick-off.
- 6.6. Defensive Penalties
 - 6.6.1. No defensive player is permitted to call out the cadence of quarterback or call out the time remaining on the 10-second play clock. This will result in ten (10) yards from the line of scrimmage and an automatic first down.
 - 6.6.2. No defender is allowed to strip the ball from an offensive player. This will result in ten (10) yards from the spot of the foul and an automatic first down.
 - 6.6.3. Offsides will result in five (5) yards from the line of scrimmage and an automatic first down.
 - 6.6.4. Pass Interference results in the ball being placed at the spot of the foul and an automatic first down.
 - 6.6.5. Illegal Contact, such as holding or blocking, will result in ten (10) yards from the line of scrimmage and an automatic first down.
 - 6.6.6. Pulling the receivers flag before he has the ball results in the ball being placed at the spot of the foul and an automatic first down.
 - 6.6.7. Illegal rushing and illegal tackling (no tackling is allowed) results in ten (10) yards from the spot of the tackle and automatic first down.

6.7. Offensive Penalties

- 6.7.1. Illegal motion, such as more than one person moving, or a false start will result in ten (10) yards from line of scrimmage.
 - 6.7.1.1. During the last two minutes of game, any illegal motion will result in a loss of ten (10) yards from line of scrimmage and a loss of down.
- 6.7.2. Illegal forward pass is called when a pass is thrown from beyond the line of scrimmage. This will result in a dead ball and the ball placed at the spot of the foul.
- 6.7.3. Offensive pass interference (Illegal pick play, pushing off/away defender) will result in ten (10) yards from line of scrimmage.
- 6.7.4. The ball carrier may not spin, jump or dive to avoid having his flags removed. This results in a dead ball placed at the spot of the foul. Diving to catch a pass is allowed.
- 6.7.5. The offensive team has 10 seconds to snap the ball to avoid a delay of game penalty. If the ball is not snapped, a delay of game penalty will be called, and the clock will stop. The result will be a 10-yard penalty and loss of down.
- 6.7.6. Hands must be below the waist in the front or back of body to avoid a blocking/shielding penalty. This penalty results in ten (10) yards from the spot of the foul and loss of down.
- 6.7.7. If the quarterback does not pass the ball in 7 seconds, the ball will be placed at the line of scrimmage and there will be a loss of down.

7. **MISCONDUCT AND SUSPENSION**

7.1. Team and Spectator Conduct

- 7.1.1. Coaches are responsible for the behavior of every person on their side of the field, including players, spectators, and themselves. A coach may receive ejections from the referee without warning.
- 7.1.2. Only coaches and rostered players are permitted on the bench or field during the game. Coaches and players not currently in the game are permitted on the bench.
- 7.1.3. Fighting by any persons, either in the game or on the sidelines, and/or loud verbal abuse or physical/verbal assault of the referee, shall be grounds to immediately suspend the game at the discretion of the referee and TRC management. If play is suspended due to disciplinary issues, the outcome of the game will be decided by Recreation Center Management.
- 7.1.4. Yelling and other unsportsmanlike conduct while in the bleacher area will not be tolerated and may result in a suspension.

- 7.2. The Recreation Department offers this league for the benefit & enjoyment of those who participate. Individuals who display poor sportsmanship are not welcome. Any player, spectator or coach ejected from a game for unsportsmanlike conduct, abusive language, fighting, touching officials or any other reason detrimental to league play must leave the playing field and/or facility immediately. Failure to do so may result in his team's forfeiture of the game. Ejected individuals are automatically suspended from participating in the next 2 scheduled games/weeks (whichever is longer) or longer depending on each individual league rules and may not enter the Recreation Center during the suspension. Any player or coach ejected for fighting or any other reason determined by the League Director to be detrimental to the league can be subject to suspension for the remainder of the season or longer.

- 7.2.1. All individuals ejected from the facility, including spectators, shall not be permitted to enter the Recreation Center for two (2) weeks.

- 7.2.2. Ejected individuals may be asked to provide photo I.D. to aid management in proper identification and completion of incident reports.
- 7.2.3. Once an individual's suspension has been finalized by Recreation Center management, a suspension letter will be issued to the coach and/or person being suspended. This letter will include the date the suspended individual will be able to return to the Recreation Center.

8. TOURNAMENT AND TIE BREAKERS

- 8.1 Playoff seeding is determined by the overall win-loss record of the teams. If a tie occurs with the win-loss record, the following tie breaker steps will take place.
 - Head-to-head record
 - Lowest points allowed (all teams, rewards defense)
 - Point differential, maximum of 15 points per game
 - Total points scored
- 8.2 If a scenario occurs where a forfeited game determines a playoff team or a potential playoff team, the following steps will take place:
 - An average of all total points allowed will be used in the totals for points allowed.
 - An average of all total points scored will be used in the totals for points allowed.
 - Example: Team A forfeited one game during their 8-game season. Their total points allowed in the other 7 games was 280 points, giving them an average of 40 points allowed per game. This total is used as their points allowed for the 8th game and added to the 280 points allowed in the 7 games they played for a total of 320 points allowed during the season.
- 8.3 Playoff champions will receive ten (10) t-shirts.

9. GENERAL RULES

- 9.1. All spectators must remain in the 2nd floor bleacher area, including players watching games before and/or after their own. Players must remain in the 2nd floor bleacher area until there are 2 minutes remaining in the game prior to theirs.
- 9.2. Only rostered players are permitted on the field and in the players' boxes. Children, family members and other spectators must be seated in the bleacher area. Children ages 12 and under must be accompanied by an adult, age 18 or older.
- 9.3. No changing of clothes or shoes may be done in the concessions area. Changing of clothes must be done in the locker rooms. Shoes may be changed in the bleacher area.

SPECIAL RULES

FORFEIT FEES

- If a team is unable to play its scheduled game the coach must call the Recreation Center at least 4 hours before scheduled game time and ask to speak to the supervisor on duty. DO NOT LEAVE A MESSAGE OR SEND E-MAIL. Provide the supervisor with the following information: why you are forfeiting your game, your name, your team name and the game date/time.

- Failure to contact the Recreation Center prior to your forfeit will result in a \$30.00 forfeit fee. This fee must be paid before the team's next scheduled game or it will result in another forfeit until fee is paid.
- A forfeited game will always count as a win for the opposing team and a loss for the team who forfeited.

REFEREE FEES

- All teams must pay the referee fee of \$25 cash/per team/per game before the start of each game.