

City of West Sacramento

Adult Flag Football Rulebook (9/16)

The Game

1. Visiting team call the coin toss.
2. Winner of coin toss gets to choose one of the following:
 - Choose to start on offense or defense
 - Side his team will defend
 - *The other team will get the choice that is not picked*
 - *Both teams will do the opposite in the second half (direction and offense or defense)*
3. Offense starts on the 5 yard line at the start of each half and after the other team scores.
4. Games shall be (2) - 20 minute running halves.
5. Half time is 5 minutes.
6. The clock will stop after every dead ball in the last two (2) minutes of the second half.
7. If a team has the lead with the ability to “run out the clock” the game is over. There is no mercy rule)
8. Field length is 80 yards
9. All 1st. downs are at the 20 yard markers.
(A team can start the game will a minimum of 5 players)

Overtime

10. Each team will receive 4 downs to score starting from their opponent’s 20-yard line. If a team scores, they must go for a 2 point conversion.
11. After both teams have had one possession and either scored or not score, the team with the highest score will be declared the winner or a tie.
12. If the game is still tied after overtime, the game will result in a tie except during the playoffs. During playoffs the game continues until someone has the higher score after both teams play their 4 downs.

Timeouts

20. Each team will be allowed **3 - 30 second timeouts per half.**

Forfeits

21. Team will receive a 5 minute grace period
22. There are no provisions to make up postponed games.
23. If a team cannot field a team following the grace period the game will result in a forfeit.

Rosters

24. Each team roster a maximum of 20 players and a minimum of 7 players on its roster. Players are allowed to play on multiple teams during the regular season as long as the team plays in the opposite division. *If the two teams you play on play each other in the playoffs, you must chose one team to play on.*
25. All changes made after the roster locks must be cleared by the league director.

Rules

26. The offense must have at least 3 players on the line of scrimmage.
27. The offense can have 4 players in the backfield before the snap.
28. Pitches, direct hand offs and multiple hand off are allowed in the backfield only.
29. Forwards pitches are to be declared a forward pass.
30. The player who receives the hand off can pass the ball.
31. Only 1 offensive player may be in motion at the time of the snap this motion must not be toward the line of scrimmage.
32. If two or more players go in motion before the snap, this is considered a shift and all players must come set for 1 full second prior to the snap.
33. All players are eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
34. **The receiver must have two feet inbounds to be considered a completed pass.**
35. The ball must cross the plane for a score. The player is down where the flag is pulled and not where the ball is.
36. Once a quarterback releases the ball, they may move downfield for a possible lateral play.
37. The offense has 7 seconds to either run or pass the ball past the line of scrimmage. *If the offense does not pass the line of scrimmage on the 7th second, the play will be called dead. The ball will be placed where the player with the ball was standing.*
38. 1 backwards lateral is allowed per play once the ball as past the line of scrimmage. Also only 1 backwards lateral is allowed after an interception.
39. The center can snap the ball between their legs or off to the side.
40. The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play.
41. The ball must be snapped in one continuous motion.
42. The ball must touch the ground before snapping the ball.
43. You can receive the snap from shotgun or directly under center.
44. A player is consider down if any part of his body except hands, touches the ground.
45. The offense has 30 seconds to put the ball in play once the referee has spotted the ball.
46. You can have multiple rushers.
47. The “Defensive Rusher” must line up 10 yards from the line of scrimmage or be considered off sides.
48. Defense must not pass the line of scrimmage unless the ball as been handed off or the defensive player started at the rush line after the snap.
49. If the ball is handed off, the 10-yard rush line is no longer in effect for all players.
50. The defense has the option to rush, roam or double team.
51. Offense cannot impede the rusher in any way. The rusher must have a CLEAR PATH to the QB and any interference that would impede his/her path to the QB will be considered an illegal pick.
52. Defense can bump the wide receivers once within 5 yards of the line of scrimmage. (Defense can only use hands to bump.)
53. Teams may not run “pick” plays.

54. When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle is blown and play must resume from that point.
55. An interception can be returned (including conversions).
56. Fumbles are dead at the point of when the ball contacts the ground and is considered a dead ball.
57. On the 4th. down the offense can choose to punt.
58. If the defense gets a safety, the offense must punt the ball from their 20 yard line.
59. Spinning is allowed.
60. Offensive player may not run over a defender who has established position.
61. Tackling, holding or pushing a player out of bounds is not allowed.
62. The offensive player cannot leave his feet to advance the ball (no hurdling or diving).
63. The designated manager is the sole representative to the officials, and accepts or declines all penalties, and provides a lineup of first and last names to the West Sacramento City Staff member.
64. **Trash talking/profanity will not be allowed.**
65. Violation of this rule will result in a loss of down.
66. No Stripping of the ball
67. 2 repeated violations will result in the ejection of the player.

Flag Rule

68. If a receiver's flag falls off their waist while running a route, they are still eligible to catch a pass but are down where he catches the ball.
69. If flags fall off a player while he has possession of the ball and is running down field, a defender must touch the player with at least one hand.
70. If a Quarterback begins the play without a flag the player is down at the spot of contact with the ball.
71. A receiver can begin the play without a flag but is down at the spot of possession
72. All Flags must be in position on the start of the play
73. Any player with a shirt over the flags (Not tucked in) will be down at the spot of possession

Punt Returns

- A. Teams receiving a punt can return the punt for yardage. A player must catch the punt in the air to be allowed to return it. If the player drops the ball the ball is dead on spot. **If the punted ball hits the ground, the ball is not dead until either the receiving team or punting team touches the ball. The ball will be spotted where the player touched the ball. Once the ball hits the ground, it cannot be returned for yardage.**
- B. The punting team and receiving team must have at least 4 players on the line. The punting team cannot cross the line of scrimmage until the ball has been punted.
- C. The returning team is not allowed to block or impede the punting team's players in any way. Once the ball is punted, the players on the returning team must stand still.

PENALTY YARDS

Defensive

- A. **Offsides/Encroachment** – 5 yards and repeat the down.
- B. **Pass Interference** – 10 yards from the line of scrimmage and automatic first down.
- C. **Illegal contact (holding, blocking, etc.)** – 10 yards and automatic first down.
- D. **Illegal flag pull (before receiver has ball)** – 10 yards and automatic first down.
- E. **Illegal rushing (starting rush inside 10 yard marker)** – 10 yards and repeat the down
- F. **Roughing the Passer (incidental & accidental)** – 15 yards and automatic first down.
- G. **Unsportsmanlike Conduct** – 15 yards, automatic first down and possible ejection
- H. **Extra point tries (any defensive penalty)** – Offense retains possession with the ball placed half the distance to the goal line.
- I. **Half cannot end on a defensive penalty**

Offensive

- A. **Illegal motion (more than one person in motion, false start, illegal shift)** – 5 yards from the line of scrimmage.
- B. **Offensive pass interference (illegal pick play, pushing off/away defender)** – 10 yards from the line of scrimmage and loss of down.
- C. **Illegal Forward Pass (pass thrown behind line of scrimmage)** – 5 yards and a loss of down.
- D. **Flag guarding** – 5 yards (from the spot of the violation) and loss of down.
- E. **Delay of game** – (After last offense play the new play has to start within 30 second or it will be a delay of game). 5 yards and loss of down.
- F. **Intentional grounding** – 10 yard penalty and loss of down.
- G. **Intentional grounding in the end zone** – Safety
- H. **Unsportsmanlike Conduct** – 15 yards, automatic first down and possible ejection

Scoring

Touchdown	=	6 points
Conversion from 15 yard line	=	2 points

Conversion from 5 yard line	=	1 point
Safety	=	2 points
Conversion Return	=	equal to attempt

Uniforms/Equipment/Field

- A. All teams must be uniformed in some way.**
- B. Uniforms shall consist of matching color shirts or jerseys. Shorts/pants WITHOUT pockets if you have pockets you will not be able to participate in the game until you have the right uniform.
- C. Flags are provided by the league and are worn around the waist with one on each hip.
- D. All shirts must be tucked in.
- E. No metal cleats will be allowed if you wear them you will **NOT** be able to participate.
- F. No "junior size" footballs are allowed.
- G. **NO** Jewelry allowed if you wear jewelry you will **NOT** be able to Participate.

All players on the sidelines must stay between the 20 yard lines on each side of the field. Consider moving elsewhere