



BE LEGENDARY

OFFICIAL LEAGUE

RULE

TABLE OF CONTENTS

I. PLAYERS AND ROSTERS

- A. Divisions
- B. Team Rosters
- C. Players on More Than One Team

II. PLAYING FIELD

III. EQUIPMENT

- A. Uniforms
- B. Game Ball
- C. Prohibited Equipment

IV. GAME RULES

- A. Game Timing
- B. Playing Time
- C. Number of Players
- D. Players Substitutions
- E. Coaches Locations
- F. Offense
- G. Defense
- H. Interceptions
- I. Dead Ball
- J. Scores Values
- K. Mercy Rule
- L. Tiebreaker
- M. Ejections
- N. Forfeits
- O. Penalties

V. RULE REVIEW REQUEST

VI. AGE PROTEST PROCEDURE

PLAYERS AND ROSTERS

A.Divisions

- 6U ages 6 and under
- 8U ages 8 and under
- 10U ages 10 and under
- 12U ages 12 and under
- 14U ages 14 and under
- 16U ages 16 and under
- 18U ages 18 and under

Cut-off Date is August 30th

B. Team Rosters

The League will maintain a roster of eligible players, which may only be modified at the League's discretion.

Only players listed on the Official Rosters are allowed to play.

League Site Supervisor Will be checking each roster before each game. If a Team is found to be using a Non-roster player before the game, the Player WILL be removed and may not participate in the game.

C. PLAYERS ON MORE THAN ONE TEAM

A player cannot play on more than one Team on the same Division.

A player can play up on more than one Team in Different Division, if The player is registered on both Teams. His/Her Name has to be on the Official Roster and Approved by the site Supervisor.

Example ages 8U can play on 10U

II. PLAYING FIELD

Our field is 30 yards wide, 70 yards long. The field will include extra point markings at the 5 yards and two points at the 12 yards.

These dimensions may be modified as needed to better fit the space available. See Figure1.

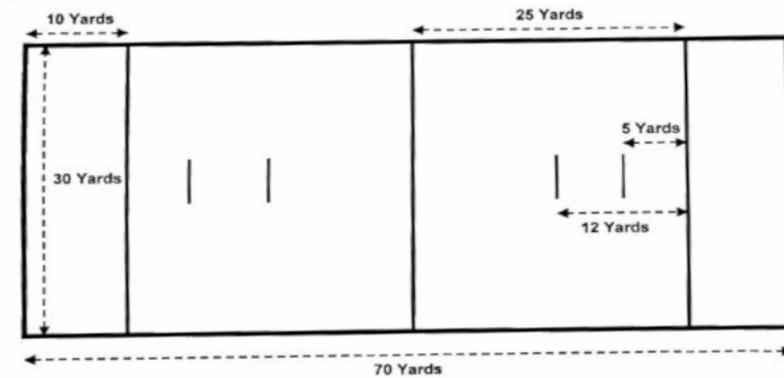


Figure 1 – Flag Football Playing Field

III. Equipment

A. Uniforms

- .Reversible Team Jersey
- .Shorts or Pants No pads No pockets
- .Football Cleats
- .Mouth guards
- .An official league flag belt

Uniforms Must be worn during Games.

Home Team will wear Dark colors and Away Team will wear Light colors.

Uniforms are subject to the following restrictions:

- .Jerseys must be tucked in all the time.
- .Football Cleats (No exposed metal)
- .Flag belt provided by League
- . Pants cannot be the same colors of the flag belt
- .Flag belts cannot be modified in any way.

B. Game Ball

Coaches are Welcome to Bring their own Game Ball.

Otherwise the Referee will use the league game ball and it shall be returned to the league at the end of the game.

Football sizes vary by age.

- . 6U k2
- . 8U k2
- .10U TDJ
- .12U TDY
- .15U TDY
- .18U TDY

All Footballs are subject to Approval by Site Supervisor.

C. Prohibited Equipment

- . Non-athletic shoes
- . shorts or pants with pockets, belt loops, belt or exposed draw strings
- .Padding of any kind. Hip pads, shoulder pads and knee pads
- .Sticky or grease substances
- .Jewelry of any kind, except Medical alert bracelets
- .Hats, eye glasses (unless of athletically approved construction and shatter-proof lenses)
- .Anything that endangers or confuses players. It is up to the discretion of The Officials or site Supervisors.

IV. GAME RULES

A. GAME TIMING

.A coin toss determines which team takes first possession of the game. The winner has the option to start offense or defense.

. At halftime Teams will switch directions of the field. Team who started Defense will now be on Offense.

. Games consist of two halves, each of 20 Minutes duration with a 5 Minute halftime.

. Each Team will have 3 timeouts per half. Each timeout will last 30 Seconds.

. The play clock only stops during Timeouts, halftime, injuries, officials conferences or site Supervisor discretions.

B. PLAYING TIME

It is the Goal of our Coaches to provide every child the opportunity to develop as an athlete.

With this in mind, we ask for 100% effort in practices from every athlete.

Every child is guaranteed a Minimum of 10 Plays per game based on how He/she performs during practices.

C. NUMBER OF PLAYERS

We play 6 on 6. A Team with only 5 players shall be allowed to play.

Opposing Team will play with 5 as well. Anything under that is left to the decision of the site Supervisors.

D. PLAYER SUBSTITUTIONS

Players may be freely substituted after any dead ball.

D.COACHES LOCATION

6U AND 8U One Coach allowed on the field to instruct players.

Coaches Must be 10yds away from players before the ball is snapped.

10U and up ALL Coaches Must be on the sidelines

F. OFFENSE

SNAPPING THE BALL

The Center must snap the ball between His/Her Legs to the quarterback for a legal play. Shotgun snaps are allowed.

Handoffs to center are allowed, however He/She may Not receive a handoff between the legs.

NUMBER OR DOWNS

The Offense has four downs to move the ball across the first down marker.

If the offense fails to move the ball to the 1st down or score in 3 attempts, they can choose to go for the 1st down or punt the ball.

Punting Must be Disclose to the referees.

After crossing the first down mark, the offense will get a new four downs to advance the ball and try to score.

BALL POSITION

The location of the runner's front Foot (NOT THE BALL) determines the spot of the ball.

RUNNING

The player that received the snap will be the quarterback.

Quarterback cannot run with the ball, unless He/She hand it off to another player and get it back as a form of pitch or handoff.

Spin moves are allowed.

Ball carrier Must avoid any/all collisions with any defender.

Unintentional contact shall not be penalized.

Charging by the ball carrier shall be penalized.

LATERALS AND HANDOFFS

Backwards laterals are allowed and there is no limit to the number of laterals that may occur.

Handoffs may occur behind the line scrimmage.

PASSING

No more than one forward pass is allowed on the same play.

Quarterbacks have 7 sec to pass the ball.

If time expires, the ball will be returned to the original line of scrimmage.

Quarterback is eligible to receive the ball as long as He/She pitches the ball behind the line of scrimmage.

BLOCKING

Blocking is not allowed of any kind.

RECEIVING

A completion results when the receiver has control of the ball with one foot in bounds.

If the receiver drop his/her belt and catches the ball, it becomes an incomplete pass.

MOTION

One player at a time may be in motion and may Not move towards the line of scrimmage.

RESTRICTIONS

No stiff arms

No flag guarding

No charging

No diving

No taunting of any kind

G. DEFENSE

FLAG PULLING

Defender is allowed to place the flag on the floor or hand it to the player.

Defender is allowed to pull the flag from the runners belt or get in his/her path to force the runner out of bounce.

No intentional Contact is allowed. That includes Tackling, pushing, grasping and bumping.

If the ball carrier's flags fall off without being touched, he/she is down at the spot of the flag.

RUSHING

Rushing line is 7yrds from the line of scrimmage.

Any Defensive players are eligible to rush the quarterback if he/she is behind the rushing line when the ball is snapped.

If the ball is handed it off, any player is allowed to rush from any point of the line of scrimmage.

H. INTERCEPTIONS

An interception pass result in a change of possession and can be returned until the ball is dead.

The line of scrimmage then moves to point where the ball was ruled dead.

I. DEAD BALL

The ball shall be declared dead when:

- . Any part of the ball carrier touches the ground
 - Hands or knees
- . The ball touches the ground
- . The ball carrier's flag is pulled or falls off
- . The ball carrier steps out of bounds
- . The seven second clock expires by the referee

J. SCORE VALUES

- . Touchdown 6 points
- . Extra points
 - From the 5 yards 1point
 - From the 12 yards 2points
- . Safety 2 points
- . PAT attempt returned 2points
(even if the offense was going for 1 point)

K. MERCY RULE

NOTE: Teams can waive this rule at the coin Toss.

If a Team has scored more than 30 points.

The team with the lead may only run the ball.

Mercy rule stops when the lead falls under 30 points.

L. TIEBREAKER

If a game ends in a tie, on regulation time,

A coin toss will determine who gets possession of the ball.

The ball will be placed at mid-field and the team will have four chances to score.

First Team to score a TD wins the game.

If defense intercept the pass, then Team on defense will go on offence and take possession at mid-field.

M. EJECTIONS

At the official's discretion, a player/parent/coach may be ejected from the field for unsportsmanlike conduct or any flagrant violation of the rules.

The official shall notify the Coach, who is sole responsible for his entire Team.(including parents) with a warning.

The official may stop the game to discuss the issue with a site Supervisor.

Any player/parent/coach that has been ejected by

The officials, must leave the field within two Minutes to avoid a forfeit.

The player/parent/coach shall be put on probation with possible suspension.

The Board Member will determine the length of the suspension.

Our league is intended to provide a family-oriented environment for the enjoyment of our kids. ALL players, Coaches and spectators are expected to show good sportsmanship.

The league, at its sole discretion, reserve the right to eject, suspend, or dismiss anyone for inappropriate behavior.

N. FORFEITS

.If a Team is 10 Minutes late for their game start time.

.If the Team cannot field at least 5 players.

.If a player/parent/coach has been ejected and refuse to leave the field.

.The score of the forfeits is 10-0

O. PENALTIES

All procedural penalties are five yards. All other penalties are ten yards. Some infractions may carry additional penalties, including loss of down, automatic first down, or ejections.

Penalties are either imposed from the basic spot or from the point at which the foul occurred.

For fouls that occur before or during (prior to the catch) a legal forward pass, the basic spot is the original line of scrimmage. Otherwise, the basic spot is the point at which the ball would be spotted if no penalty had occurred.

The offended Team always has the option to accept or decline the penalty. When the penalty is greater than the distance to the goal line, it shall be half of the distance to the goal line.

A period of play cannot end on a defensive penalty, unless the offense chooses to decline it.

In the event of a defensive penalty that is not declined and time has expired, the offense receives another play. (along with an extra point attempt, if the offense scores).

LOSS OF 5 YARDS

- . Delay of game
- . Encroachment
- . False start
- . Illegal Motion
- . Offensive pass interference (loss of down)
- . Illegal rushing the Quarterback
- . Defensive pass interference (Automatic first down)
- . Roughing the passer
- . Removing receiver's flag belt before he/she contacts the Ball
- . Tackling, hitting or shoving the ball carrier
- . Obstruction or holding the ball carrier
- . Interference by a Coach on the field
- . 2nd Sideline warning
- . Too many players on the field
- . Blocking or screening

LOSS OF 10 YARDS

- . Unsportsmanlike conduct (automatic first down)
- . Spiking, kicking or inappropriately throwing the ball
- . Using profanity, taunting, or using insulting or vulgar language or gestures
- . Stripping or attempting to strip the ball
- . Intentionally contacting an official

- . Fighting (ejection)
- . Ejected player entering the game

LOSS OF 10 YARDS FROM SPOT OF FOUL (DO NOT REPEAT DOWN)

- . Flag guarding
- . Stiff arming
- . Diving by the ball carrier
- . Charging or failure to attempt to avoid defender by ball Carrier

POSSIBLE EJECTION (AT OFFICIAL'S DISCRETION)

IN ADDITION TO PENALTY

- . Flagrant unsportsmanlike conduct
- . Flagrant personal foul (Tackling, charging, fighting)
- . Intentionally tampering with equipment

V. RULE REVIEW REQUEST

A Head Coach may request a conference with the Officials to review a call if he/she feels it is inconsistent with the current rule book. (in the case of a judgement call, the official's word as well as the site Supervisor is Final and may not be appealed) This request must be made immediately after the play in question and prior to the next snap.To request a review, the head coach Must Call time out and inform the head official the he/she is requesting a review of the rule.

A site supervisor will be on the field if need it to explain the ruling.

If the Final decision is in the Coach's favor, the time out will be returned, otherwise the timeout is forfeited.

If a Team does Not have any timeouts remaining, they may Not request a rule review.

In response to a request, the head official shall meet with the Head Coach (if requested by the Head Official) and a Site Supervisor on the field.

Only Head Official, Head Coach, one Assistant Coach and site Supervisor may participate in this Conference.

The Final ruling is to be made by the Head Official or the Site Supervisor and may not be appealed at a later time.

VI. AGE PROTEST PROCEDURE

If a Head Coach believes that a player on another Team is older than allowed for the age Division. He/She may request an age protest.

- . Head Coach must request in writing an age protest.
- . The league will Notify the Head Coach of the Team In question, that an age protest has been filed.
- . The Head Coach Must provide the league with the legal documentations for the player in question.
- . If the Team or the Head Coach Fails to comply with the leagues request. The player may Not participate until the request from the league has been met.
- . If the player is shown to be within the divisional age requirements, the protest will be denied, otherwise it will be upheld.
- . If the protest is denied, The requested Head Coach will No longer ask for another age protest.

To ensure the player's privacy, only the league Board Members, Head Coaches and Parents of the protest child shall view Documentation.

It is solely at the League's Board Members discretion to judge whether proof of age is genuine and sufficient.

The League's Board Members decision is Final.

Our Goal is to have Fun with ALL of our kids.

BE UNSTOPPABLE, BE LEGENDARY, BE A FLAGLER BULL SHARK!



