

SHELDON RECREATION DEPARTMENT

**Men's Flag Football League
Registration Form - 2018**

Registration Deadline is Wednesday, August 29 at 4:30pm

- League Starts on Monday, September 10
- Games will be played on Monday Evenings at City Park
- Top 4 teams advancing to the playoffs
- Winners will receive money and league champ t-shirts
- League Questions? Call the Recreation Office at 324-2769

Team Name _____

Team Captain _____ Captain Cell Phone # _____

Secondary Phone # _____ Mailing Address _____

E-mail Address _____

PLEASE PRINT CLEARLY

Registration Fee: \$150 – Registration Fee must accompany this registration form to complete the Registration Process. Drop this form off at the City Recreation Office located in the Community Center.

	<u>PRINT NAME</u>	<u>SIGNATURE</u>	<u>CELL PHONE #</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____

This is to certify that the above signed have given consent to participate in the Sheldon Recreation Adult Flag Football League. I fully recognize the City of Sheldon, Recreation Director and/or staff are not to be held liable in case of an accident or injury.



Adult Flag Football Rules

The Basics

The team listed first on the schedule will wear black; the second team listed will wear white. A game of Rock Paper Scissors will indicate who starts with the ball. The winning team may take the ball or defer to the second half. Losing team will decide which way the teams will go.

The offensive team takes possession of the ball at its 5-yard line and has four downs to cross midfield. Once a team crosses midfield, it has four downs to score a touchdown. If the offense fails to score the ball changes possession and the new offensive team takes the ball over on its 5-yard line. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

All possession changes, except interceptions, start on the offense's 5-yard line. There is no kicking off or punting. You have 4 downs to cross mid-field and then 4 downs to score

Teams will change sides after the first 20 minutes. The teams that started with the ball in the first half will start on defense the second half.

Players/Game Schedules

Teams must field a minimum of 4 players at all times, if they don't have 4 players it is a forfeit. Teams will consist of 12 players' total. There will be 6 players playing at one time. If a team is short a player on league night they may use a player from another team. You can't however recruit high level players to fill in. Players are only allowed to play on one team during the playoffs and super bowl and have to have played at least 3 games during the regular season to be eligible.

Timing/Overtime

2 - 20 minute halves with a 2-minute intermission. The clock only stops on an injury, or in last two minutes of the **second half** on an incomplete pass, out of bounds, time out or a score. It doesn't stop for arguing a penalty or play. The referee's will be responsible for keeping the score and reporting those scores to the onsite supervisor.

Teams will forfeit if not present **5 minutes** after scheduled game time!!

Each time the ball is spotted, a team has 20 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

Each team will have two 30-second time outs per half. Timeouts out will not carry over.

If the score is tied after regulation, teams will move directly into overtime. **The first team to score wins.** Overtime will be 5 minutes long, if after the five minutes the score is still tied the game will end in a tie. Each team will be given one 30 second time out in the overtime. Timeouts will not carry over to overtime. Possession for overtime will be decided by Rock, Paper, and Scissors by each team's representative. The team that wins can decide if they want the ball or a certain end of the field first. We will use 2nd half timing rules for overtime meaning the clock will stop the 2 minutes of OT.

Scoring

Touchdown- 6 points

Extra point- 1 point (played from 5-yard line / quarterback isn't able to run), or 2 points (played from the 10 yard line / quarterback is able to run)

Safety- 2 points

Mercy Rule

If a team is 25 points or more ahead when the referee announces the two minute warning for the second half the game is over. If a team scores during the last two minutes of the second half and that score creates a differential of 25 or more the game is over.

Running

The quarterback can only run if rushed and once the defensive rusher breaks the line of scrimmage (This includes the "No Running Zones").

"No running zones" located five yards from each end zone and five yards on either side of midfield are designed to avoid short yardage, power running situations.

If an offense player receives a handoff, toss, or lateral pass they are eligible to throw the ball from behind the line of scrimmage in the "No Running Zones." This player may also run in the "No Running Zones" if the defensive player passes the line of scrimmage.

Once the ball has been handed off, all defensive players are eligible to rush.

Stiff arming and flag guarding (holding off hand in front of ball or swatting with it) **and are not permitted.** You must avoid flag laterally. Each will receive a penalty from the spot of the foul.

The ball is spotted where the flag was pulled, not where the ball is.

Receiving

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage). Only one player is allowed in motion at a time. A player must have at least one foot inbounds when making a reception.

Passing

Shovel passes are allowed. Interceptions can be run back. Interceptions are the only changes of possession that do not start on the 5-yard line.

Offensive Blocking---make sure all players understand this rule!!!!

Offensive Screen Blocking - this shall take place without contact. The blocker(s) shall have his/her hands and arms at his side, or behind the back. Movement is allowed in the same direction and path of an opponent's movement. Any use of the arms, elbows or legs during an offensive players screen block is illegal. (5 yd. penalty for illegal blocks).

Defensive Rush---make sure all players understand this rule

A defensive player **must go around** the offensive blocker and not through them. The defensive player may use their hands and arms only to maintain their balance or break a fall. They may make incidental contact but **may not force** their way through the blocker. **Pushing, pulling, or running over a blocker is a violation.** (10 yd. Penalty)

Rushing the Quarterback

Offensive teams are in charge of picking up the blitzing marker (orange dot). If you don't pick up the marker and proceed to start a new play the defensive team may blitz from the line of scrimmage. **(New Rule 2016)**

All players who rush must be a minimum of 5 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

Once the ball is handed off, the 5 yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. The referee will designate 5 yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

Dead Balls

The snap does not have to be between the snappers legs. Center may snap from the side. Substitutions may be made on any dead ball.

Play is ruled "dead" when:

- The ball carrier has his flag pulled.

- The ball carrier steps out of bounds

- A touchdown or safety is scored

- Ball carrier's knee hits the ground

- When the snap hits the ground

- If the ball carrier loses his flags at any point during a play, the ball will be marked where the flag had fallen.

- If your flag falls off during a play and you catch the ball. The ball will be marked where you caught it; there will be NO further advancement in the play.

Sportsmanship/Roughing

If the site supervisor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any other unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **Foul Play Will Not Be Tolerated!! Suspensions may be administered.**

Trash talking is illegal. Officials and the site supervisor have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If trash talking continues, the player or players will be ejected from that game and possibly future games.

Penalties

Defense:

Offsides- 5 yards

Illegal contact (holding, blocking, etc.)- 5 yards

Illegal rushing (starting rush from inside the 5 yard marker) - 5 yards

Pass Interference- ball placed at the spot of the penalty and an automatic first down

Offense:

Illegal motion (more than one person moving, false start, etc.)- 5 yards

Illegal Run (running in the no run zone) – 10 yards and a loss of down.

Delay of game- 5 yards

Illegal forward pass (a pass thrown beyond the line of scrimmage) - 5 yards and loss of down

Offensive pass interference (illegal pick play, pushing off/away defender) - 5 yards and loss of down

Stiff arming, flag guarding - 5 yards from the spot of the foul

All players must have their flags on before the ball is snapped; if they do not it will result in a 5 yard penalty. **(New Rule 2016)**

All offense of players must have their shirts tucked in while in field of play, if you don't your team will be charged a 5 yard penalty.

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage except a defensive pass interference, which will be placed at the spot of the foul, and an automatic first down. Stiff arming and flag guarding which will be marked off from spot of foul.

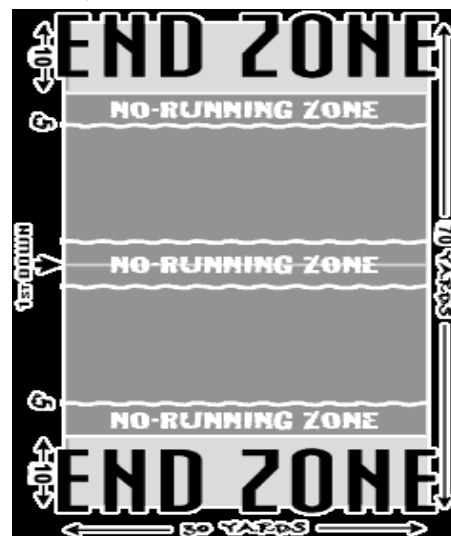
Only the team captain may ask the referee questions about a rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

Any contact below the neck can be considered contact. Intention will be decided by referees.

No tackle or rough play, any one seen doing this will be ejected.

This is a non-contact league. All general rules will be used according to regular high school football rules. All defensive penalties are a replay of down.



Cleats must be rubber or football cleats. **No steel cleats allowed.**

Each team that is scheduled to referee will be required to provide two referees. If you don't show up to referee you will be disqualified from the league with no refund.

Any weather related announcements will be texted to your team, Remind App, or Captain's cell phone and announced on KIWA.

HAVE FUN!