



2009 ADULT "5-MAN" FLAG FOOTBALL LEAGUE INFORMATION & RULES Dickinson Parks & Recreation (updated July 25, 2009)



SUBMIT WITH REGISTRATION:

- **ROSTER INFORMATION SHEET:** *Must be filled out completely!!! (6 player minimum).*
- **ALL FEES PAID:** **(Player Fee = \$27) (Sponsor Fee = \$60)**
All sponsor and player fees MUST BE PAID IN FULL when team registration is submitted to DPRD or it WILL NOT be accepted!!! It is the Team Manager's responsibility to collect all fees ahead of time and submit them as a team registration. DO NOT tell players to stop at DPRD and pay.
- **NO LATE REGISTRATION WILL BE ACCEPTED WITHOUT PRIOR APPROVAL FROM (Ryan D. Nelson, Recreation Supervisor).**

IMPORTANT DATES:

REGISTRATION DEADLINE: Tuesday, September 1, 2009 (By 5:00 p.m. @ DPRD Office)

MANDATORY MANAGER'S MEETING: Thursday, September 3, 2009 (7:30 p.m. @ WRCC)

LEAGUE PLAY: (Sept.: Th-10, Th-17, Sun-20, Th-24) (Oct.: Th-1, Th-8, Sun-11, Th-15, Sun-18)

*League Schedules will be posted on our Website: www.dickinsonparks.org

PLAYER ELIGIBILITY:

- All high school students are ineligible. Any high school graduate is eligible. If out of high school and not a graduate, you must be 18 years of age.
- Any player wanting to transfer from one team to another during the season must have a written release from the manager of the team they are leaving, and a written acceptance from the manager of the team being joined. This release must be dated and signed by all three persons involved. Teams must maintain their 6 player minimum.

LEAGUE STRUCTURE:

- **DPRD OFFICE HOURS:** Monday thru Friday, 8:00 a.m. – 5:00 p.m.
PHONE: 456-2074 **WEBSITE:** www.dickinsonparks.org **E-MAIL:** dprd@dickinsonparks.org
- League schedules and standings will be posted on DPRD website: www.dickinsonparks.org
DPRD will not mail out hard copies. Any team or player wishing to have a hard copy of the schedule may request one at DPRD office during normal business hours.
- All teams will play approximately 7 games + tournament.

- League play will be round robin format. Teams may not play everybody the same number of times (depends on the number of teams in the league).
- Any roster addition or change **MUST** be taken care of at the Recreation Office during normal business hours of Monday thru Friday, 8:00 a.m. – 5:00 p.m. **NO PLAYER IS ELIGIBLE TO PLAY UNTIL SIGNED UP ON THE LEGAL ROSTER & PAID IN FULL.** *This WILL NOT be accepted at the field site.*
- **REFUNDS** (player fee and/or sponsor fee) will only be given prior to the registration deadline. Individual player fee refund may be given after that on a case by case situation. Transfer of player fees from one player to another are not allowed if player being replaced has played in a game.
- **TOURNAMENT CHAMPIONS** will receive T-Shirts. League champion will be determined by: 1) Best Win – Loss Record; 2) If Tied = Head-to-Head Record; 3) If Still Tied = Pt. difference between tied teams; 4) If Still Tied = Pt. difference in all league games; If Still Tied = Least Amount of Points Given Up.
- **CANCELLATION** of any games due to weather, etc. will be made by 5:00 p.m. if possible. Listen to KDIX radio (1230 am radio) or check our website at www.dickinsonparks.org.
- **CHILDREN MUST BE SUPERVISED!!!** Please keep children seated a safe distance away from the playing area for their safety.
- **NO ALCOHOLIC BEVERAGES or SMOKING** allowed in the fenced field area.
- Dickinson Parks & Recreation does not carry insurance for participants in any city sponsored programs, and will not be held liable for injuries that occurred during the activity.

PLAYING RULES

1. **GAME TIME IS FORFEIT TIME!** (We go by “Time & Temp” # 483-5555) Any team that has 2 unannounced game forfeits may be dropped from the league and all players would be ineligible to be picked up by another team or play in any tournament games.
2. Players **MAY NOT** wear caps with a hard bill, etc. Bandana’s & headbands are legal.
3. **NO PROTESTS!** The Official’s decision is final.
4. Only the **Team Manager** (identified before the game starts) may discuss **rule interpretations** with the officials. **JUDGEMENT CALLS BY THE OFFICIAL ARE NOT QUESTIONABLE!**

FIELD

- Length = 50 yds (150 ft) + 8 yd (24 ft) end zones
- Width = 26 2/3 yds (80 ft)
- Cut lines every 5 yds

TEAM

- Play 5 on 5; must have 4 to play or forfeit.
- Display good sportsmanship at all times.
- Roster must have 6 registered players.

SCORING

- Touchdown will be 6 points; safety 2 points; extra point 1 point (10 yard line) 2 points (20 yard line). Defense may intercept extra point pass and run it back for 1 point / 2 points.

TIMING

- 40 minutes / two 20 minute halves.
- Clock will run continuously during both halves with the following exceptions.

- Official may stop clock at his discretion for any excessive delays.
- Clock will stop the last 2 minutes of 2nd half only if score is within 10 points. (Clock stops when ball is downed or incomplete. Clock will start as soon as offense and defense are on their respective side of the neutral zone and ball is properly spotted).

GAME

- Coin flip choices: (1) Offense, (2) Defense, (3) Goal to Defend. Teams automatically switch ends at the half. Half-time is 2 minutes.
- 3 time-outs per game. (1 minute in length)

KICKING

- Kick offs will not be used. **Ball will be placed on the 10 yard line prior to the start of each half and following any score.**

PUNTING

- Punts will not be used. Offensive team must go for 1st down or touchdown.

OFFENSE

- Offense is responsible for moving marking stick down the field.
- Teams have 30 seconds to put ball in play, starts when ball is spotted.
- Offense must use one forward pass only, to a receiver behind or beyond the line of scrimmage before the ball can be advanced.
- **Offense may use unlimited backward laterals before and/or after the required forward pass.**
- 1st down will be given one time per possession when you cross the mid field line.
- All players are eligible to receive passes.
- The snapper is the only player required to be on the line of scrimmage, all other players may be in motion at any time.
- **The person receiving the snap must be a minimum of 3 yards behind the line of scrimmage.**
- Any ball that hits the ground is dead immediately. No Fumbles!
- The receiver must have one foot down inbounds with complete control of the ball.

DEFENSE

- Defense is responsible for spotting ball in middle of field in a timely fashion.
- Defensive players must be 2 yards off the line of scrimmage. (Neutral zone stick).
- **Defense must rush at least one man on each play.** They may rush more than 1 player.
- There shall be no tackling, violent rushing, or stripping of ball from the runner.
- It is a sack if passer is de-flagged while ball is still in contact with his hand.

OVERTIME

PROCEDURE

- Coin toss (offense or defense) other team chooses goal to defend.
- Spot ball on 20 yard line. Maximum of 4 downs to score. Overtime TD is followed by 1 or 2 point conversion attempt.
- Defensive team may return interception of scrimmage pass.
- Team on offense 2nd may score in less plays than 1st team to win or same number of plays to send game into 2nd overtime.

FUMBLES

- All fumbled balls touching the ground are dead immediately at the spot the ball hit the ground.
- All incomplete laterals or passes hitting the ground behind the line of scrimmage will be spotted where they hit.
- The offensive team may not fumble a ball forward in mid-air to advance the ball.

FLAG BELTS & TACKLES

- Every player must have their shirt tucked in their pants.
- If a player loses his flag belt and has possession of the ball, the defense must touch them with one hand between the lower chest area and upper knee.

- A flag guarding penalty will be called if a ball carrier uses his hands, arms, the ball, or clothing to hide or prevent an opponent from pulling the flag belt.
- Any player caught wearing the belt illegally will be ejected from the game.
- The ball is dead if any part of the body other than the foot or hand touch the ground.

BLOCKING

- The only type of blocking allowed is screen blocking.
- All blocking must be made with the blocker in an upright position with both hands clasped in front of or behind their backs or directly at their sides.
- No player may use his hand to go through, over, or around an opponent.
- No body blocks, roll blocks, knee blocks, or shoulder blocks are allowed at anytime. Offensive players may not keep their elbows out when blocking; they must be against the body.

INADVERTENT

WHISTLE

- The team with the ball at the time of the whistle has the option of replaying the down, or taking the ball at the spot where it was when the whistle was blown.

PLAYER CODE OF CONDUCT

All players are expected to conduct themselves in a sportsmanlike manner at all times!!! This is a recreational program. The “Heat of the Moment” excuse is not acceptable. This is not an all-inclusive list. Items and situations not listed will be ruled upon by the proper DPRD Program Supervisors.

Possession of and/or under the influence of alcohol, drugs, or stimulants while participating shall carry a minimum penalty of two match suspension and probation for one year in all DPRD programs.

NOTE: There should be very little incidental contact, IF ANY AT ALL, on blocking for and rushing of the quarterback. There will be incidental (unintentional) contact involved when de-flagging the ball carrier or defending pass receptions. All shirts must be tucked in. Try to avoid wearing pants/shorts with pockets or belts.

- 1. Any act of intentional roughness will result in immediate ejection. Player must sit out remainder of that game plus the next scheduled game. A 2nd offense will result in suspension for the remainder of the season.**
- 2. 5 MINUTE COOL DOWN.** (This is an alternative to ejection). A 5 yard penalty and loss of down will be administered if on offense / 5 yard penalty and automatic 1st down will be administered if on defense. At the official’s discretion, if he feels a player or players are acting or playing in an unsportsmanlike manner, he may direct a player or players to **sit out five minutes of actual game time off the clock to cool down.** After that point, the player or players may re-enter the game. **A player will only be allowed one cool down per game; the second time will be an ejection.** NOTE: Depending on the severity of the unsportsmanlike act, an official may eject a player without a cool down period.
- 3. Profanity directed toward an official or another player will result in ejection (includes 5 yd. penalty & loss of down or automatic 1st down). General profanity will result in a 5 minute cool down.**
- 4. No player shall at any time lay a hand upon, shove, strike or threaten an official, player or spectator. Officials are required to suspend the player immediately from further play and report such player to the league director. Such player shall remain suspended until the case has been considered by the league officials.**

ANY VIOLATION OF THE FOLLOWING IS A PENALTY:

5 Yard Dead Ball Fouls: Delay of game and encroachment (neutral zone infraction).

No Defensive Rush: 5 yard live ball foul if accepted.

OFFENSIVE BLOCKER: *(Penalty - 5 yds from spot of foul)*

DEFENSIVE RUSHER: *(Penalty - 5 yds from line of scrimmage)*

* You may jump to block a pass, but if any contact occurs on the blocker or quarterback as a result of your actions, it is a foul.

PASS PATTERNS: *(Penalty - 5 yds from line of scrimmage)*

* Both offensive and defensive players are entitled to their established positions.

* Defense cannot block or chuck any offensive player at any time.

* Offense cannot make contact with any defensive player.

* Both offensive and defensive players must try to avoid contact when running or defending pass routes.

* Offensive pass interference - (penalty includes loss of down).

* Defensive pass interference - (penalty includes automatic 1st down).

RUNNING WITH BALL: *(Penalty - 5 yds from spot of foul)*

*Ball carrier cannot flag guard.

*Ball carrier cannot initiate contact or run over/into defensive player.

*Defense must go directly for the flag.

*Defense cannot grab ball carrier in any way to slow him down, etc. to grab the flag.