



# **CITY OF MT. JULIET FLAG FOOTBALL (7 ON 7)**

## **RULES AND REGULATIONS**

**Athletic Supervisor: Tim Henson (615) 642-6130**

### **GENERAL RULES**

- a) The game will be played between (2) teams consisting of 7 players on each team. There is a maximum of 15 players allowed on a team's roster. The regular season/tournament champion and runner-up will each receive a trophy.
- b) All league fees MUST be paid in full before the start of the season.
- c) **UNIFORM REQUIREMENTS:** The home team is required to wear dark shirts and the away team is required to wear light shirts. Uniforms do not have to match, however, it is encouraged. The home team will be listed last on the schedule.
- d) Field Dimensions: 80 yards long and 40 yards wide with 10 yard end zones
- e) Teams have to gain (20) yards to obtain a first down.
- f) A team is only allowed (3) forfeits in a given season. If a team forfeits in an excess of (3) games they will be removed from the league with NO REFUND. Games that are not on the regular scheduled night will not count towards the forfeit rule if a team is not in attendance.
- g) To start and finish the game you must have a minimum of (5) players present.
- h) The game will be played with (2) officials: a referee and line official. The line official will be the line judge and official scorekeeper.
- i) The captain of each team is the only player allowed to deal with the officials.
- j) Players, substitutes, coaches, supporters, and other team representatives are subject to the rules and regulations. Failure to do so will result in disciplinary actions (revert to conduct in rules).
- k) After being ejected the player(s) MUST leave the premises and will be suspended for the next (2) games. If any player is ejected from (2) games in the same season they will be suspended for the remainder of the season and any post tournament play.
- l) **Protest Fee is \$100.00.** This fee is non-refundable if team loses protest. Team MUST announce the protest prior to the end of the game they are protesting. All fees MUST be turned in by 12:00 noon the day following the protest. After that time protest will not be allowed.

### **ROSTERS AND CONTRACTS**

- a) Your registration fee covers a whole team whether there are 7 players or 15 players.
- b) All rosters MUST be turned in prior to the second game. Rosters must be filled out completely before a player is allowed to play in a game.
- c) Leagues may be cancelled due to inclement weather conditions, dangerous or unplayable field conditions, facility constraints, etc. The Athletic Supervisor will then make the games up when scheduling allows.

## **STARTING THE GAME**

- a) Prior to the start of the game there will be a coin toss. The team winning the coin toss can: choose whether they want to start the game on offense or defense, and the team losing the coin toss has the option to choose which end of the field they want to defend.
- b) The ball will be kicked off from the (20) yard line to start each half and after each score.
- c) The offense must have at least (3) players on the line of scrimmage. One over the ball and one on each side. Failing to do so will result in a 10 yard penalty.
- d) The **HOME** team is the team last on the schedule listings.

## **SCORING**

Touchdown – 6 points

3 yard Extra Point Attempt – 1 point

10 yard Extra Point Attempt – 2 points

20 yard Extra Point Attempt – 3 points

If there is an interception of an extra point attempt run back for a touchdown the returning team will be awarded 3 points

\*\*After scoring, the scoring team can elect to give the opposing team the ball at the scoring team's 20 yard line to keep the opponent from using up the clock. This becomes a permanent decision of the scoring team's opponent. Once selecting this option a team cannot change their mind at anytime thereafter. This option is only allowed in the final (5) minutes of the game.

## **GAME CLOCK**

- a) Each game will consist of (2) twenty minute halves. Game clock will not stop until the last (2) minutes in each half unless an official or team timeout has been taken. During the final two minutes of each half the clock will be stopped according to traditional clock stoppage rules.
- b) **PLAY CLOCK:** There will be a 25 play clock that will start once the referee blows the whistle.

## **TIME OUTS**

Each team is allowed (2) timeouts per half. Each timeout will be (1) minute. Only (1) timeout will be allowed inside the 2 minute warning. Timeouts CANNOT carry over to the next half.

## **OVERTIME**

- a) Coin toss before overtime will determine who starts on offense or defense (revert to coin toss rule)
- b) Overtime will be based on a traditional collegiate format. Each team will be awarded the ball on the 20 yard line with 4 plays to score. If neither team scores in the allotted 4 plays then they will go into an additional overtime. There will be a (2) overtime maximum in regular season play. Games will be played until a winner is awarded in any tournament play.
- c) Teams must attempt a 10 yard extra point after (2) overtimes (in tournament).
- d) Each team will be awarded (1) time out in overtime. Timeouts do not rollover in additional overtimes.

## **EQUIPMENT**

- a) The triple threat flag belt is the only acceptable belt. Belts will be provided by Parks Department. Flags are not to be tied in any way. Belts must be over top of tucked in shirts and jackets. Wrapping, taping, or securing flags in any way is prohibited.
- b) Footballs (provided by each team) must be NFL, collegiate, or high school size balls. Any other type is prohibited.
- c) No Metal/steel cleats are allowed. Regular tennis/athletic shoes or rubber cleats are the only shoes allowed. The player must leave the game until they are removed. Players may not play in bare feet or stockings.
- d) No hard football pads may be worn.
- e) Mouthpieces are recommended.
- f) No hard billed hats.
- g) No knotted bandanas.
- h) No jewelry (necklaces, earrings, bracelets, etc.). Wedding rings can be worn.
- i) No pockets are allowed (you WILL NOT be allowed to play with pockets and you will not be allowed to tape the pockets).

## **INADVERTANT WHISTLE**

In case of an inadvertent whistle, the offense has choice of yardage gain/spot of the ball at the time of the inadvertent whistle or they can choose to replay the down. In the case of expired time one more play will be allowed. If the ball has been intercepted and then an inadvertent whistle happens the ball is dead at that spot and the intercepting team takes over offense.

## **PUNT**

When an offense declares a punt they must have all players on the line of scrimmage with the punter being the exception. The ball must be snapped and the offensive players cannot advance until the ball has been kicked. If the clock is stopped the clock will start as soon as the punter makes contact with the ball.

## **CONTACT and BLOCKING**

- a) Absolutely NO CONTACT is allowed.
- b) Backfield Blocking: Arms must be to player's side and there is to be no separation of the arm from the body. Blockers can move left, right, or backwards. They are never allowed to initiate contact with the defense. The blocker cannot run in between the rusher and ball carrier.
- c) A non-moving basketball like screen is the only acceptable blocking allowed downfield. Hands/arms must be placed at player's side, behind their backs, or across their chests.

## **SPOTTING THE BALL**

The spot of the ball is always where the ball is at the time of flag removal or one hand touch (when players flag inadvertently falls off, the defense must touch the ball carrier with one hand to down them).

## **FUMBLES**

- a) If at any time the ball is fumbled, the ball is downed at the spot of the fumble. The offense will keep possession.

- b) If the offensive player fumbles the ball into the end zone it will result in a touchback. If the defense caused the ball to go into the end zone, the play will be dead at the spot the defensive player made contact with the ball and the team in possession will retain the ball.

**GENERAL OFFENSIVE RULES**

- a) Muffed or wild snaps are dead at spot ball lands.
- b) A snap must be attempted to another player other than the center to be a legal play at a minimum of 2 yards behind the line of scrimmage.
- c) Only (1) forward pass is allowed behind the line of scrimmage per down.
- d) All players are eligible to receive the ball.
- e) Four (4) players must be at the line of scrimmage when ball is snapped.
- f) Shovel passes are permitted.
- g) Multiple lateral passes are allowed.
- h) The ball carrier is down when the flag is taken by the defense, out of bounds, or when one knee touches the ground. If the ball carrier loses the belt while the play is still underway he will not be deemed down until he is touched by the other team.
- i) Ball carrier or receiver cannot make a catch on the ground and advance. Ball is downed at spot of the catch.
- j) Flag guarding is not allowed.
- k) Illegal contact by the ball carrier is not allowed to gain an advantage.
- l) Receiver must have one (1) foot inbounds for a legal reception.
- m) If a player goes out of bounds on their own they are not allowed to reenter play.
- n) The quarterback is considered sacked if the flag is pulled while in the act of throwing.

**GENERAL DEFENSIVE RULES**

- a) Defense cannot push the ball carrier out of bounds
- b) Defense cannot use contact to break up a pass
- c) There is no ball stripping or flag pulling before player receives the ball
- d) Defense can advance interceptions
- e) Defense must line up (1) yard from spot of the ball
- f) Defense can rush immediately upon the snap of the ball
- g) Defenders is not allowed to make a play on any player impeding their progress forward or lateral
- h) Defense cannot strip the ball from the offense

**COMMON PENALTIES (FOR A FULL LIST REFER TO THE OFFICIAL FLAG FOOTBALL RULE BOOK)**

LEGEND

LOD	LOSS OF DOWN
LOS	LINE OF SCRIMMAGE
EOP	END OF PLAY
SPOT	SPOT OF PENALTY
ROD	REPLAY OF DOWN

- ILLEGAL MOTION: 5 YARDS – ROD
- LLEGAL USE OF CLOCK: 5 YARDS – LOD
- FALSE START: 5 YARDS – ROD
- ILLEGAL BLOCKING: 10 YARDS ROD
- OFFENSIVE PASS INTERFERENCE: 10 YARDS – LOD

- FLAG GUARDING: 5 YARDS – LOD
- ILLEGAL FORWARD PASS: 5 YARDS – LOD
- ILLEGAL EQUIPMENT: 5 YARDS – ROD
- UNSPORTSMANLIKE CONDUCT: 10 YARDS – ROD
- HOLDING/IMPEDING PROGRESS: 10 YARDS – ROD
- DEFENSIVE PASS INTERFERENCE: SPOT – 1<sup>ST</sup> DOWN (10 YARD MIN)
- OFFSIDES: 5 YARDS – ROD
- ROUGHING THE PASSER: 10 YARDS – 1<sup>ST</sup> DOWN
- ILLEGAL CONTACT: 10 YARDS – ROD

Penalties after a touchdown – Administered on the first play from scrimmage from the next series. Game cannot end on a defensive penalty.

When both teams commit a foul on the same play it will result in offsetting penalties and a replay of downs

### **CONDUCT and CONSEQUENCES**

1. All that is dishonorable and unsportsmanlike is particularly and expressly condemned, and the player or team responsible will be penalized at the discretion of the Parks Department.
2. **No player, sponsor, or manager shall be allowed to smoke on the playing field or player's bench at any time.**
3. The coach or manager is responsible for his/her players conduct at all times.
4. Players, managers, coaches, and fans guilty of unsportsmanlike behavior will incur one of the following penalties at the discretion of the assigned official or Parks staff:
  - a) Suspension for the remainder of the current game.
  - b) Suspension from the current game PLUS the next scheduled game.
  - c) Suspension from the current game PLUS the next (2) scheduled games.
  - d) A more serious offense will be dealt with by the Parks Department.

#### **Minor Offenses:**

1. Using profane language, throwing equipment, and other unsportsmanlike conduct.

**PENALTY: Umpires discretion (Up to two (2) games)**

2. Threatening an official with physical harm.

**PENALTY: Three game suspension and probation for remainder of season**

3. Failure of manager, coach, or team official to maintain team control and team responsibility.

**PENALTY: (Minimum) probation period**

4. Any player, manager, coach, or fan suspended from game play will be required to vacate the park area.

**Major Offenses:**

1. Physically bumping, shoving, attacking, or assaulting an official.

**PENALTY: Minimum of three years and Maximum of seven years suspension and two years probation.**

2. Serious acts, such as enticing a riot/disrupting progress of the game or related conduct.

**PENALTY: Minimum of one year suspension and one year probation**

3. Deliberate act that causes bodily harm to another player.

**PENALTY: Minimum of two years suspension and two years probation**

4. Physically touching an official.

**PENALTY: Minimum of one year suspension and one year probation**

5. Commission of a MAJOR OFFENSE while on probation.

**PENALTY: EXPULSION!!**