



2009 HILLSBORO MEN'S FLAG FOOTBALL LEAGUE RULES AND REGULATIONS

It is the responsibility of each team captain or coach to familiarize his team with the following league rules. These rules will be enforced beginning with the first league game. Penalty for not complying may be forfeiture.

1.) ROSTER

- a. Teams may have a maximum of 15 players. All players must be listed on the official roster. **Players can participate on no more than one football team within the Hillsboro league.** Rosters must have all information completed before they will be accepted. Release forms must be signed individually by all team members.
- b. Teams with fewer than 15 players on their roster may add players.
- c. The players being added must live within the Hillsboro School District limits. **Exception:** You may add an out-of-school district player only if you drop an out-of-school district player. A player addition form must be completed and all applicable fees must be paid before the player can participate in any game. **ADDITION DEADLINE IS 5:00 P.M., FRIDAY, OCTOBER 23, 2009.** Any addition requests made after this date must be approved by the Men's Flag Football Governing Board and/or the League Coordinator.
- d. A team shall forfeit all games in which non-roster players are used.

2.) AGE

- a. Players must be 18 years of age and not enrolled in high school.
- b. Anyone who has graduated from high school at the age of 17 will also be allowed to participate.

3.) UNIFORM

- a. All teams will have matching jerseys of the same color with a contrasting permanent colored number on the front and back of the jersey. The number must be plainly visible by the officials and either sewn on or stenciled on unless other arrangements have been made and granted by the Parks and Recreation Department.
- b. Turf shoes are recommended at Hillsboro Stadium, but any spikeless shoe is fine.

4.) THE GAME

- a. Game field is 70 yards in length and 35 yards in width. End zones are 10 yards in length. Teams will start at the 10 yard line. There are three offensive zones of 20 yards in length until the end zone is reached. Teams have four downs to reach the next offensive zone.
- b. One timeout of one (1) minute in length will be granted per half.
- c. **Overtime period will take place from the 20 yard line. Each team will have 2 plays to score from the 20 yard line. Each team will have an opportunity for an extra point attempt (1 or 2 points) if they score. If teams are tied after the overtime period, subsequent overtime periods will be played.**
- d. Starting times for the games will be 4:00, 5:30, & 7:00 p.m.
- e. **Teams must have five (5) players to start the game. Forfeit time is game time.**
- f. Teams must furnish their own warm-up footballs, scorebooks, and scorekeepers.
- g. Two officials will be scheduled for each game.
- h. Shower facilities will not be available.

5.) GAME PLAY

- a. Equipment
 - i. No bare feet, baseball or track shoes allowed.
 - ii. Flags must be league approved.
 - iii. Shirts must be tucked in and flags must be on the player's side (not front and back).
 - iv. Hanging towels can be pulled like a flag.
 - v. No flag turns into one hand touch anywhere.
 - vi. Game ball used by team must be official size (College or Pro).

- b. Game
 - i. Two halves of 30 min each, 5 min or less half time.
 - ii. At end of second half, 7 plays total are added. Extra point attempts do not count towards the 7 plays. If a team is ahead by 17 points or more at the end of the second half, or during the bonus time, the 7 additional plays will be suspended and the game will be over.
 - iii. 30 second huddles once ball is spotted, 1 time out per half.
 - iv. Toss coin for choice of side or ball, reverse in 2nd half.
 - v. No kickoff, ball starts on 10 yard line.
 - vi. 6 players per side, can play with 5, 4 = forfeit.
- c. Scoring
 - i. 6 point for a touchdown.
 - ii. 2 pat from the 7 yard line, 1 pat from the 3 yard line. The ball is dead if defense intercepts an extra point attempt.
 - iii. 2 points for a safety, ball goes to the defense on their own 10 yard line.

Offense

- i. Ball must be hiked between legs or sideways.
 - ii. Limit of 1 man in motion parallel or away from LOS.
 - iii. Offense is at fault when rusher is impeded.
- d. Running the ball
 - i. Handoffs are not allowed (two different players touching the ball at the same time). Offense can pitch the ball (forward and backwards) and then every defense player can then cross the line of scrimmage. The QB cannot run past the line of scrimmage.
 - e. Receiving
 - i. Only one foot inbounds for catch. First foot to hit ground must be inbounds for catch.
 - f. Backfield
 - i. You are allowed 2 people in the backfield one of them being the quarterback but they cannot actively block. They can stand still until rusher is past them and then go out for passes. The rusher cannot run into them to get to QB. *** No one can line up within 1 yard on either side of center***
 - g. Fumbles
 - i. Fumbles are dead where the ball touches the ground.
 - ii. The ball must hit the ground for it to be a fumble.
 - iii. If a WR goes to tuck the ball in and it slips out and the defender catches it in mid air, or a ball carrier has the ball slip out of his hands into the defenders while running, ETC... it is a turnover as long as the defense A) Took control of the ball in mid air and B) The ball carrier lost the ball under his own power, he was not stripped or slapped at in anyway.
 - iv. Any muffed snap or contact with the QB's body in any way and the ball is dead at the spot it hit the ground. If the ball hits ground without touching him, 1 clean pick up is allowed by the QB.
 - v. There is no stripping of any kind!
 - vi. This includes a pass rusher taking the ball out of the QB's Hand.
 - h. Throwing past the line of scrimmage
 - i. 5 yards and loss of down.
 - i. Offensive pass interference
 - i. 10 yard penalty and loss of down.
 - j. Blocking by offense after a catch is made
 - i. Other offensive players cannot block or impede while defense chases down receiver. May follow for backward laterals: Penalty-Ball dead at the spot of foul. Five yard penalty.
 - k. Running into / Impeding the rusher
 - i. Center may stand still until rusher passes but cannot actively block or cause the pass rusher to alter his route by running at or in his path. Penalty: Play dead 5 yard penalty down over. However, if defense intercepts on play, has a choice of keeping the ball.
 - l. False Start
 - i. An offensive player must be in a set position (with the exception of 1 player in motion parallel to LOS) and cannot have any forward momentum until the ball is snapped. Penalty 5 yards and replays the down.

Defense

- a. Rusher starts 7 yards from LOS. QB has 7 seconds to release the ball or the play will be called dead from the previous spot (loss of down). Referee will make the 7 second call.
- b. Only one rusher & they must declare themselves as such to the offense.
- c. Defense can cross the line of scrimmage when and only when the ball leaves the QB's hand.

- d. Punting
 - ii. Offense can punt on any down but must announce they are punting. Offensive team cannot run downfield until the punt leaves the foot.
- e. Diving
 - iii. Any player that leaves his feet in the attempt to grab a flag and makes contact with offensive player in any way other than his hands the diving player is out of the game.

6.)

Penalties

- a. Any defensive penalty within the last 7 untimed plays, the play is replayed and penalty is applied. The game cannot end on a defensive penalty!
- b. Flag guarding- Blocking flag with hand, lower your shoulder, or slap at a defenders hand in any way (including the QB) - penalty, down at the point of infraction.
- c. Defensive pass interference
 - i. Contact with a receiver when receiver is going for a catch, either in attempts to block it or intercept. (See illegal contact def.) Same rule for any defender who is standing still waiting for ball and receiver runs into defender. Receiver at fault. Exception: Pass must be coming to receiver. Penalty 15 yards or at the point of foul, whichever is greater. Within 15 yards from spot of foul to the goal line, ball will be spotted half way to goal. In end zone, ball placed on one yard line automatic first down.
 - ii. Example QB Jukes- Rusher runs into him accidentally in his quest to get his flag and tries to avoid contact. Penalty 5 yards down over. If the pass is complete, offense has a choice of penalty or completed pass/down counts.
- d. Defensive Holding
 - i. The defense holds the guy in order to slow him down. Standing in front of receiver and not allowing forward progress.
 - ii. Penalty-5 yards, repeat down.
 - iii. Defense cannot try to false start offense by calling out cadence penalty first time warning repeat down second time 10 yards first down.
 - iv. Pass rusher just be in a set position at the time of the snap. He can not have any forward momentum before the snap no matter how far behind the 7 yard marker he is. This includes any running or walking up to the marker in attempt to time the snap. Penalty 5 yards and replays the down.
- e. Hitting the QB's Arm / Upper Body
 - i. Any contact made above QB's waist. Penalty, 10 yards from the line of scrimmage and automatic first down. If pass is complete, offense has a choice of penalty or completed pass. If pass was incomplete, penalty applies. The pass rusher is not allowed to rush the passer for the rest of the drive, so he must switch positions with another defender. Always go for flag.
 - ii. Must go for the QB's flags at all times. Halo rule- a pass rusher can attempt to bat at or knock down a pass if he is more than 2 yards away from the QB. Once he is in the halo of 2 yards he can no longer go for the ball he must commit to going for the QB's flags. Penalty replay down and the pass rusher is not allowed to rush the passer for the rest of the drive, so he must switch positions with another defender.
 - iii. If a QB pumps or fakes and makes contact with the pass rusher it is incidental as long as the QB's arm is not in a throwing motion.
- f. Illegal contact definition:
 - i. Any contact with receivers trunk of body that causes the receiver to fall or drop ball.
 - ii. No stripping of ball after the receiver has control of the ball (it does not have to be tucked away). Contact with hands ok when both players going for ball and there is no trunk contact. No contact with head in any way shape or form allowed. Always go for flag, not ball.
 - iii. Players cannot grab the body of a player, or clothing, and then grab for the flag with another hand.
- g. Running into a receiver
 - i. Accidental contact which lasts for a quick second "play on". Contact with a receiver intentionally or unintentionally longer than one second or repeatedly. Penalty 5 yards and down counts. If 4th down offense receives a 1st down.
- h. Tackling Runner:
 - i. Any contact by defender which causes receiver to be knocked down or pushed out of bounds in attempt to get a flag or stop the runner. (Applies to defenders returning interceptions as well.) Penalty 15 yards automatic first down, and the guilty player must sit out the next play and his team cannot replace him on the field so they have to play the next play a man down. If this infraction occurs within the final 7 untimed plays the play is replayed and the above penalties applied.

- i. Intentionally impeding
 - i. If you intentionally impeding (includes hugging, grabbing, tackling, pushing the receiver out of bounds, etc...) A receiver or ball carrier (applies to defenders returning interceptions as well) in any way (the ball need not be coming to receiver) Penalty 15 yards, automatic first down, and the guilty player must sit out the next play and his team cannot replace him on the field so they have to play the next play a man down. If this infraction occurs with in the final 7 untimed plays the play is replayed and the above penalties applied. We can't allow any contact to be "ok" even if the game is on the line.

7.) CONDUCT

Players & Spectators

- a. Team captains will be responsible for the conduct of their players before, during and after the games. There shall be no arguing with officials or disputing their decisions. Unsportsmanlike conduct, unnecessary roughness, fighting, abusive language, or any other such conduct will not be tolerated.
- b. Team captains will be responsible for the conduct of their spectators.
- c. Any player or coach who lays a hand on any official will be removed from the program for the entire season. Teams may also be removed.
- d. Smoking is not permitted inside Hillsboro Stadium. Alcoholic beverages are not permitted inside Gordon Faber Sports Complex.

Unsportsmanlike Conduct

- a. Abusive or inappropriate language used by any player either on the field or on the bench will be treated as an unsportsmanlike conduct penalty. Continued abusive language will mean a second unsportsmanlike conduct penalty and ejection from the stadium. If a player refuses to leave the facility, the game will be forfeited to the opposing team.
- b. **Any player who receives two (2) conduct related unsportsmanlike conduct penalty during one game will be ejected from the game (and the stadium). Conduct related penalties can be assessed before, during and after a game. Any player ejected from a game, whether or not he receives 2 technical fouls, will automatically be suspended for the next game. Any player ejected from two games will be suspended for the remainder of the season.**
- c. **Any player who accumulates three (3) conduct related penalties during the course of the season will be suspended for the remainder of the season.**
- d. Conduct related penalties given to the bench will be assessed to the captain/coach and be counted towards his limit of three for the season. In the case that the coach is not a rostered player, the designated floor captain will be assessed the conduct penalty.
- e. If a captain/coach has been warned about the behavior of spectators, unsportsmanlike conduct penalties may be assessed to the captain/coach if the problem is not corrected.

The penalty for any player or team disregarding any section(s) of Rule 7 may include ejection from the game, suspension, forfeit of game and/or dismissal from the league as determined by the Parks and Recreation Department and the Men's Flag Football Governing Board.