



Adult Flag Football

A. Players, Equipment, and Clothing

- a. No equipment, which in the opinion of the referee could endanger others, shall be used.
- b. Helmets, Hats, or Pads are not allowed. (Stocking caps are allowed).
- c. No Jewelry and rubber bands of any kind.
- d. Metal Spikes or Cleats are not allowed.
- e. No jerseys that have been altered in any manner which produces a knot like protrusion.
- f. Towels may not hang from a participants waist.
- g. Teams must have a minimum of 5 players to begin the game or a forfeit will be declared.
- h. A maximum of 7 players on a field to start a game will be allowed.
- i. The park district will provide the flags and balls. If teams want to use a different football, both teams must agree upon using that football.

B. Time

- a. The game will consist of two 20-minute halves. The clock will run continuous except when:
 - i. Time outs
 - ii. 1-minute warning of both halves
 - iii. Injury
 - iv. Officials Time Out

C. Timeouts

- a. Two 30 second timeouts per half are allowed

D. Scoring

- a. Touchdown -6 points
- b. Extra Point-1 point from 3-yard line
- c. Extra Point try from the 10-yard line-2 points
- d. Safety- 2 points

E. Kickoff

- a. There will be no kickoff to start game.
- b. Offense will start with the ball at the 10-yard line

F. Line of Scrimmage/Downs

- a. One center and two tackle must be on line at all times.
- b. The center cannot retain a snap, the ball must be exchanged to a player in the backfield.
- c. All linemen are eligible receivers.
- d. A first down will be awarded once a team gets to the 35- yard line. No other first downs will be awarded.

G. Flags

- a. Flags may not be wrapped or tied and will be checked after every score.
- b. All players must wear flags while on the field
- c. The spot on the field where the flag belt is pulled from the ball carrier is where the down ends, and the ball is next put in play
- d. If a player's flags are inadvertently lost, they are still eligible to handle the ball and will be down immediately after touching the ball.
- e. All flags must be worn over the shirt and shirts must be tucked in.
- f. If the quarterback's flags inadvertently fall off, the play will be blown dead and the down will be replayed.

H. Blocking

- a. ALL BLOCKING IS SCREEN BLOCKING
- b. OFFENSIVE Blocking-the offensive screen blocker shall have his/her hands and arms at their sides, folded across the chest or behind the back. Any use of hands, arms, elbows, legs or body to initiate contact during a screen block is illegal. A player must be on his/her feet before, during and after screen blocking.
- c. Defense must go around the offensive player and may not use arms or hands to go through an opponent.

I. Punting

- a. Prior to making the ball ready for play on 4th down, the Referee must ask the offensive team captain if they want to punt. The team captain may request to punt on any down. After such announcement the ball must be punted, unless a charged time out is called.
- b. No one may move across the scrimmage line until the ball is actually kicked.
- c. A punter must punt the ball within 5 seconds of receiving the ball from the snapper.
- d. A punted ball that hits the ground may be advanced
- e. The ball will be declared dead if the punting team downs the ball or if the receiver doesn't field the ball cleanly.
- f. When a punt breaks the plane of the receiving team's goal line it is a touchback.

J. Hurdling

- a. No hurdling is allowed.
- b. Hurdling is any attempt by a player to jump with one or both feet or knees foremost over an opponent. (A player may not attempt to leap over another player)

K. Fumbles

- a. Any fumble or forward pass that is intercepted or caught in the air may be advanced.
- b. A fumbled or muffed ball is dead when it strikes the ground; the ball will be spotted at the appropriate spot.

L. First Downs

- a. Each team will have a series of 4 downs to advance the ball from one endzone to the next.
- b. Failure to advance the ball to the next zone line to gain results in a turnover on downs.
- c. There is one first down at the 35-yard line.

M. Securing the Flag

- a. The defensive player may not tackle, block, trip or hold the ball carrier while attempting to de-flag the ball carrier, such acts will result in a 10-yard penalty. Intentionally pulling the flag of an offensive player without that offensive player having possession of the ball is illegal.
- b. If an offensive player loses his/her flag prior to being de-flagged, that player may be downed by one hand touch between the shoulders and knees.
- c. After a score is made, the player should go to the closest official for flag belt removal. If the flag doesn't come off with a reasonable attempt, the score does not count. (additional 10- yard penalty from the spot and the player is ejected).

N. Flag Guarding

- a. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to remove the flag belt.
- b. A runner or receiver is also down if any part of his/her body touches the ground other than the hands or feet.

O. Returns from End Zone

- a. Passes, interceptions, and punts may be returned from end zones.
- b. An interception from the endzone can be advanced or downed for a touchback. Ball placed on 5- yard line for a touchback.
- c. A player that moves the ball out of the endzone and then scrambles back into the end zone and is de-flagged will result in a safety.

P. Blood Rule

- a. If and when an official observes a player is bleeding, or has an open wound, or has an excessive amount of blood on his/her uniform (clothing), the player must leave the game.

- b. In an instance that a substitute is not available, the official may allow time for the player to receive medical attention.
- c. If there is a substitute available the player may not re- enter until the clock has ran and a substitution opportunity occurs.

Q. Rushing

- a. The defense may rush the passer after 3 seconds. The official may signal when this is allowed.

R. Rainout

- a. RAIN OUT INFO -For rain out information, call the Quincy Park District HOTLINE at 223-9625. Please call after 11:00a.m. on gameday. Or, you may visit www.quincyparkdistrict.com or our facebook page at www.facebook.com/QuincyParkDistrict.
- S. Flagrant Conduct: Flagrant conduct is any action of a physical or verbal nature, initiated by that person with the intent to demean, berate, intimidate, cause harm to or that which could endanger any other person on the Quincy Park District premises. The offending player or coach shall be immediately and automatically disqualified from that game and the next two (2) scheduled games. The Referee shall notify the Quincy Park District League Officials and file a written report of the incident with the Quincy Park District within 24 hours. League officials will review the case and render a decision. Any player or coaches deemed guilty of a flagrant conduct will be subject to possible further game suspensions and/or criminal prosecution.