

City of Los Angeles
 Department of Recreation and Parks

Municipal Sports Section
 3900 West Chevy Chase Drive
 Los Angeles, CA 90039
 (213) 485-7611
 Fax (213) 847-2938

E-Mail: flagfootball.munisports@lacity.org
 League Web Site: www.laparks.org/dos/sports/flagfootball.htm

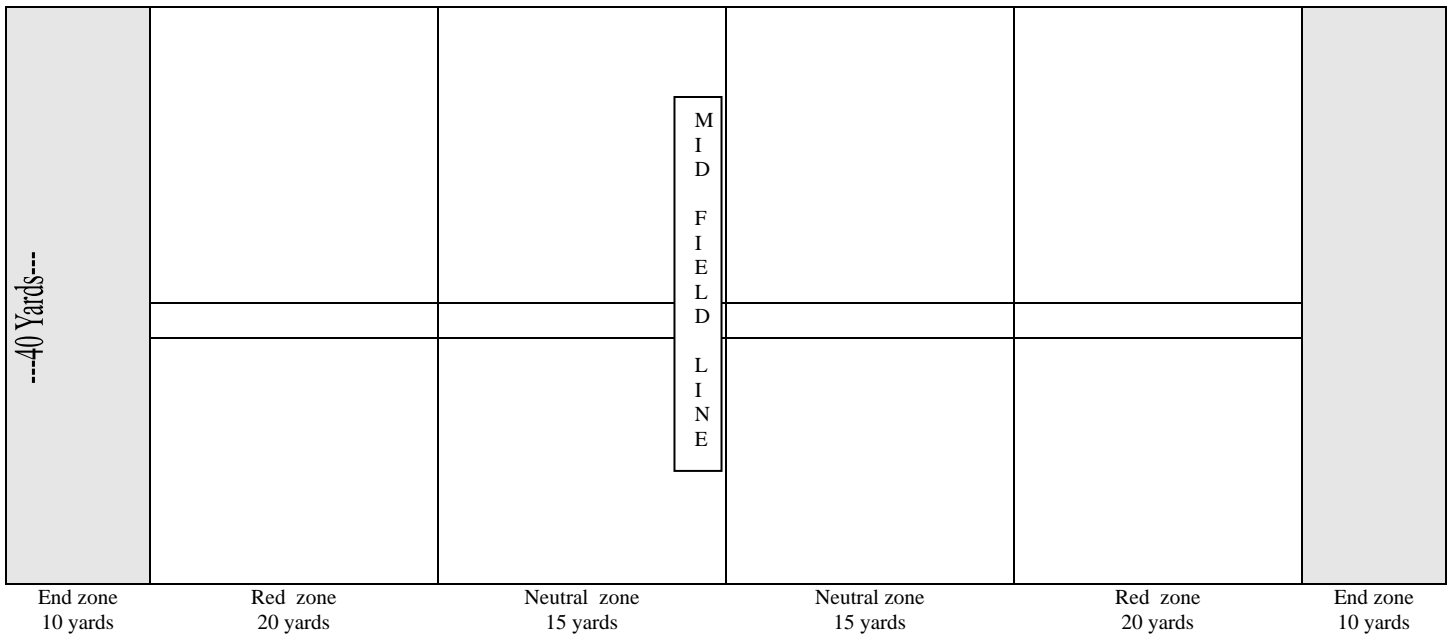
**ADULT 5-on-5 FLAG FOOTBALL LEAGUE
 2009 RULES AND REGULATIONS
 (Effective September 1 , 2009)**

Rules Governing Play

The current High School Federation Rule Book will govern play in the 2009 Municipal Sports Flag Football League with the following being the exceptions. The following is not an inclusive list of amendments and League Administration reserves the right to rule on issues that may arise during the course of the season.

Description of the Game

- A. The game of flag football is played with five players per team on the field. It is played similar to regulation football with the exception of the ball carrier being tackled; instead, the defensive player removes their flag belt. In addition, blocking is not allowed. All players are eligible to catch the football which makes the game of flag football a game of finnese unlike tackle football which is a game of strength. Any combination of players may be used for line or back field.
- B. The regulation dimension for the field shall be 70 yards in length and 40 yards in width, plus two 10-yard end-zones and two 5 yard no run zones.
- C. 1st Down line is mid field marker.



Uniforms

- A. All the team members must wear jerseys of the same color. Each player must have identifying numbers on front and back. Numbers must be at least 8" in size. *The penalty for a player not wearing a legal jersey is one point awarded to the other team.*
- B. All jerseys must be full length and must be tucked.
- C. The color of the flag belt must be different from the color of the pants worn by the individual players during the game. Note: pants may not have belt loops. League will provide the flag belts.
- D. Regular football equipment and pads are prohibited. Only elbow/knee pads and gloves are allowed. No jewelry, forearm pads, etc.
- E. A mouth piece is recommended for every player.
- F. Glasses will not be allowed. EXCEPTION: Sports goggles will be allowed.
- G. All players must wear shoes. Shoes with rubber cleats are permitted. Detachable cleats are also permitted. Street shoes and metal cleats are not permitted.
- H. Uniform rule will be in affect starting with the 2nd league game.

Game Ball

- A. The football may be no smaller than an official high school and no larger than NFL dimensions.
- B. Each team is to provide their own ball, and must comply with high school dimensions.

Time of the Game

- A. There will be two 20-minute halves, with a five-minute halftime.
- B. The clock shall be stopped for requested time outs. The clock will also be stopped after all touchdowns and safeties if the point differential is less than 20. The clock will resume with the ball placed on the ten-yard line following a touchdown or a safety.
- C. During the last two minutes of the game, the clock shall stop as per federation stop time rules if the point differential is less than 20. The clock will be stopped for placement of the first down, and then restarted by the referees whistle. The coach will be notified when they are with-in the last two minutes of the game. The clock will stop only for this notification and will be restarted immediately.
- D. Each team will be allowed two time outs per half. Any time outs remaining from the first half will not be carried over to the second half.
- E. During time outs, one coach will be allowed on the field to confer with the team.
- F. After halftime, the teams shall change goals.
- G. At least four players are needed in order for the game to be considered official. If a team has less four players they forfeit. If at any point in the game a team drops to less than four players they forfeit that game regardless of the score.
- H. Substitutions are unlimited.
- I. Scoring
 - a. Touchdown = 6pts
 - b. Safety = 2pts
 - c. P.A.T. conversions: from the three yard line, it will be 1pt. From the five yard line, it will be 2pts.
- J. Tie scores
 - a. In a regular season game, a tie score will be recorded as a tie.
 - b. If the game is a play-off game, it will go into sudden death (10 minute period) overtime. If the game remains tied after the sudden death, 10 minute period, the California tie breaker will be utilized to determine the winner.
 - i. California tie breaker
 - ii. Ball is placed on the 50 yard line.
 - iii. Teams shall run alternate plays until each team has run 4 offensive plays.

- iv. Teams that gains the most yards is declared the winner.
- v. Notes: interceptions are dead upon reception and ball is spotted on the mid field line or at the line of scrimmage whichever is most advantageous to the team who intercepted the ball. If a team scores a touchdown, they will attempt the point after touchdown (p.a.t.) the ball will then be placed on the mid-field line and the team will have 1 down to tie the score. If they are successful, California tie breaker repeats. If team fails, game is over. The winner of coin toss starts the California tie breaker as the defensive team.

Rules of Play

- A. To start play: the winner of the coin toss must choose one of the following two privileges – the loser takes the other:
 - a. Winner may choose to kick off or receive
 - b. Winner may choose goal/side to defend
- B. Before the start of the second half, the captain of the team that lost the pre-game toss is given their choice of kicking off or receiving. (Teams will switch sides to defend).
- C. No kick-offs. Ball is placed on the 10 yard line at the start of each half, after touchdowns and after safeties.
- D. Once a player, offensive or defensive, has established his position to make a play, the opposing player may not “go through him”, i.e. initiate contact.
 - a. If the ball carrier and defender are running towards each other in a straight line it is the ball carrier’s responsibility to avoid contact.
- E. Downs
 - a. Offensive team has four downs to cross mid field or score a touchdown.
 - b. If the offensive team fails to advance the ball to the mid field marker in four downs, they shall lose possession of the ball to their opponents.
 - c. On a turnover of downs the offensive team starts with the ball at the 10 yard line.
- F. Passing
 - a. All players are eligible to receive passes. The offensive team may throw as many forward passes as they wish, as long as the forward passes are thrown from behind the line of scrimmage. Penalty: illegal forward pass, loss of down and five (5) yards.
 - b. A forward pass may be completed behind the line of scrimmage. This is a pass play not a running play.
 - c. “Pick” plays are illegal and are defined as deliberate attempts by the offense to interfere with a defensive backs’s legal attempts to cover an offensive player.
 - d. Roughing the passer: it shall be a foul make contact with the quarterback in any way except for pulling his flags. This includes making contact with the ball while it is in the quarterbacks hand. Penalty: ten yards from the previous spot and automatic 1st down.
 - e. The quarterback has a 5 second pass clock if no defensive players rush. If a pass is not thrown within 5 seconds, play is dead, the down is consumed, and the ball is returned to the line of scrimmage. The clock starts when the quarterback receives the ball from the center.
- G. Running Plays
 - a. Set running line-play, with or without a handoff or lateral, shall not be permitted within one yard of either side of the offensive center. Running up the middle is only permitted on broken plays. This rule applies to defensive team as well. Defensive team may not rush the backfield from between the 2 yard zone. Penalty: loss of down and five yards
 - b. The quarterback may not advance the ball across the line-of-scrimmage.
 - c. Once the ball carrier crosses the line of scrimmage all other offensive players must stop moving (no “picks”) or an illegal contact penalty will be called.
 - d. No Run Zones –

1. Are located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones. Each offensive squad approaches only TWO no run zones in each drive – one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a TD.

H. The Huddle

- a. There shall be a 30 second limit to anyone huddle. Penalty: 5 yards
- b. No hideouts will be permitted. All plays must start within ten yards of the ball. Penalty: loss 10 yards.
- c. The team does not have to huddle

I. Centering the Ball

- a. The ball must be passed from between the legs of the center to a teammate. Penalty: illegal procedure - 5 yards.
- b. Encroachment: no player shall encroach on the neutral zone after the ball is ready for play and before the snap. By touching the ball or an opponent or by being beyond the neutral zone to give defensive signals to hinder or deceive an opponent. After the snapper has made his final adjustment of the ball, it is encroachment for any player to break the plane or the line of scrimmage, except for the snapper's right to be over the ball.
- c. The official must spot the ball before the offense can execute a legal snap.

J. Rushing the Quarterback

- a. All players who rush the QB must start behind the rush line (imaginary line running across the field 8 yards (into the defensive side) from the line of scrimmage.)
- b. Rush line will be designated by a cone in the center of the field.

A legal rush is:

1. Any rush from a point 8 yards from the defensive line of scrimmage
2. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
3. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback
4. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.

A penalty may be called if:

1. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass - Illegal rush , 5 yards automatic first down

Special Circumstances:

1. Teams are not required to rush the quarterback, five second clock in effect.
2. If a rusher leaves the rush line before the snap he may immediately drop back to act as a defender with no offside penalty enforced.
3. Offense cannot impede the rushers in any way.

K. Penalties

A. 5 Yard Penalties

- Illegal Equipment

- Offside
- Illegal Motion
- Illegal Forward pass
- Delay of game
- Defense Illegal contact (holding, blocking, etc.)
- Defense Illegal rushing (starting rush from inside 7-yard marker)

B. Spot Fouls

- Flag guarding 10 yards & loss of down
- Charging 10 yards & loss of down
- Defensive Pass Interference first down
- Stripping 10 yards & loss of down
- Offensive unnecessary roughness 10 yards & loss of down
- Screening , Blocking or running with the ball carrier.....5 yards & loss of down
- Defensive unnecessary roughness.....10 yards & automatic 1st down

C. Defensive Penalties

- Illegal Contact (Holding, blocking, etc).....5 yards from the LOS & automatic 1st down
- Roughing the passer.....10 yards from the LOS & automatic 1st down
- Taunting.....10 yards from the LOS & automatic 1st down

D. Offensive Penalties

- Offensive pass interference (illegal pick play, pushing off/away defender)..5 yards from the LOS & loss of down
- Flag guardingSpot Foul, 10 yards & loss of down

League Procedures

A. Official's/Timekeeper's fees are \$42.00 per game. This fee must be paid in cash to the head official prior to the start of the game.

Sportsmanship

- Only the manager or captain is allowed to talk with the officials.
- Unsportsmanlike conduct violation(s) may result in ejection from the game(s). Note: any player ejected from a game for unsportsmanlike conduct will automatically be suspended from at least his team's next game and up to suspension from the league (pending severity).
- Any player(s) who engages in a physical altercation will be:
 - Suspended from the league.
 - Will forfeit their team bond.
 - Teams will need to replenish their bonds in their entirety by 5:00pm the following Wednesday.
- City ordinance prohibits alcoholic beverages at city recreation centers.

Forfeit Bond

- A. Forfeit bond will be utilized to pay officials in the event your team forfeits a game at a rate of \$84.00 per game.
- B. Forfeit bond will be lost in its entirety if a team(s) engages in a physical altercation. This applies to both instigator and retaliator.
- C. Forfeit bond balance must always be \$160.00. Team must replenish any portion of the bond that is lost for whatever reason by 5:00pm of the next Wednesday. Failure to comply will result in forfeiture of game.
- D. Failure to comply shall result in team dropped from league.
- E. Forfeit Bond will be refunded upon written request from Team Manager. NOTE: Forfeit bonds left dormant for a period of 3 years will be lost.

Fighting

- A. This league has zero tolerance for fighting (instigator or retaliator), and it is cause for indefinite and immediate suspension from the league.
- B. Any player ejected for fighting will automatically lose their team's forfeit bond.
- C. The team will have until Wednesday of the upcoming week to replace the forfeit bond. The ejected player will be discharged from the league.

Rosters

- A. The maximum number of players per roster is 16.
- B. **The roster must be turned in prior to the start of the league. However, roster changes may be made during the first 4 games.**
- C. **No roster changes will be allowed after the 4th game.**
- D. **Rosters are final after the 4th game of the first round.**
- E. In order for players to be eligible for playoffs, they must have signed Official score sheet at least 4 games.
- F. **Teams that don't turn in their roster by November 1, 2009 will only receive 1 point for a victory.**

Protests

- A. Protests on rule misinterpretations will be allowed.
- B. Protest procedure goes as follows:
 1. Team must notify the Head Official that they are playing the game under protest before the next play. EXCEPTION: Protesting a player's eligibility can be done at any point of the game.
 2. Written protest must be submitted to league office with 48 hours of the game in question.
 3. A Check in the amount of \$25.00 must accompany the written protest.
 4. If protest is up-held, \$25.00 fee will be refunded and League Commissioner will advise as to what next.
 5. If protest is denied, \$25.00 fee will be deposited into the Recreation & Parks account.

Game Set-Up

- A. All games will be played on Sundays at Eagle Rock Recreation Center, 1100 Eagle Vista Drive, Los Angeles, CA. 90041. 323-257-6948. Call the field conditions hotline if the status of the game is in question, i.e. rain, fires causing poor air quality, etc (818) 765-0743.
- B. League standings will be determined by a point system:
Win = 2points, Tie = 1point, Loss = 0 points, Forfeit = -1 point.
- C. In the event of a tie in the standings, the following will be the means for breaking the tie:
 - 1) head to head confrontation.
 - 2) Divisional record if applicable.
 - 3) Record against teams with winning records of at least .500.
 - 4) Coin toss.

House Rules and Other Information

- A Player Eligibility
 - a. 16 player team roster limit
 - b. All players must be at least 18 years of age as of the start of the season.**
 - c. Once a player has signed the official League Roster, that player may no longer play for any other team in the league for the same season.
 - d. Each player must completely fill out the appropriate information on the team roster to be eligible for league play. Failure to comply shall result in forfeiture of the game(s).
- B There will be a ten minute grace period allowed; grace period is from the game starting time.
- C There are two twenty-minute halves and the game clock will only stop after the two-minute warning of the second half. During the two minutes of the second half, if a point differential of sixteen points or greater exists, the clock will not stop.
- D The city of Los Angeles Department of Recreation and Parks does not provide insurance. All participants assume their own responsibility.
- E A player who gains control of ball and does not have a flag belt will be declared down once he establishes possession.
- F Intentional removal of a player's flag belt by a defender will result in an unsportsmanlike conduct penalty 15 yards.
- G **No bumping the ball carrier out of bounds.** Defender must go for the flags. Penalty: unnecessary roughness; 10 yards from the end of the play and automatic 1st down
- H No fumbles. Ball is dead at the point that it hits the ground. A snapped ball that makes contact with the turf before reaching the quarterback is dead at that point.
- I No blocking of any kind is allowed. Penalty: sportsmanlike conduct, 10 yards & loss of down. Note: if flagrant, player will be ejected from the game.
- J Flag guarding: player may not utilize any part of his body and or the ball in effort to keep defender from removing his flags. Penalty: 10 yards from the Spot of Foul (s.o.f) & loss of down.
- K Hurdling: ball carrier may not hurdle over a defender in effort to avoid his flag belt from being pulled: penalty: 10 yards from the Spot of Foul (s.o.f.) & loss of down.
- L Straight arm or ramming: ball carrier may not straight arm or ram into a defender in effort to avoid his flag belt from being pulled: penalty: 10 yards from the Spot of Foul (s.o.f.) & loss of down.
- M In the event that a ball carrier hangs a towel from his waist, the ball carrier will be declared down if the defender should remove the towel instead of the flags.
- N Inadvertent whistle results in the play being called dead at the point the whistle was blown.
- O All players must treat all other players, officials and league administrators with respect.**
- P No refunds of any sort unless league is canceled.
- Q League commissioner for this season is David Gadelha, 818-765-0743;
flagfootball.munisports@lacity.org
- R For updated league information visit our web site www.laparks.org/dos/sports/flagfootball.htm
- S Changes to schedule will not be allowed unless deemed necessary by the league administration.
- T It is the Manager's responsibility to inform their entire team about the league's rules & conduct.**
- U Individual awards will be given to the 1st place team.
- V Team awards will be given to top 2 teams.
- W Failure to comply any of the rules may result in forfeiture of game.
- X Good luck to all teams.