

**FLAG FOOTBALL
GENEVA PARK DISTRICT
RULES & REGULATIONS**

A. GENERAL

1. Officials will have sole power for enforcement of all rules and will be charged with the responsibility of controlling the game.
2. Team captains are responsible for their team's actions. ONLY captains may confer with referees and the league official.
3. All league fees and deposits are non-refundable.
4. The Geneva Park District does not provide insurance. Players participate at their own risk.
5. No alcoholic beverages will be allowed at games or in the parking lots.
6. Forfeit fee: \$25.00 per forfeit payable to the Geneva Park District prior to the next scheduled game.

B. ROSTER/PLAYER ELIGIBILITY

1. Roster limit is 20 players. All players must no longer be attending high school and at least 18 years of age.
2. A completed roster must be submitted to the Athletic Supervisor by the second playing date. Addresses, phone numbers and signatures must be on the roster before a player can participate.
3. Changes to the roster after the second playing date must be submitted in writing to the Athletic Supervisor for approval.
4. Any individual playing under an assumed name or not on the roster will be suspended from all season play. The team for which the player performed will forfeit all games in question.

C. GENERAL PLAYING RULES

1. The field is 80 yards from goal line to goal line. The end zones are 10 yards. First downs are every 20 yards. Cones will be set up on the sidelines every 20 yards for first down markers. Green cones placed on the sidelines will indicate the goal lines.
2. A typical game has eight (8) players per team on the field. A team can play with seven (7), but no fewer than seven (7). The game will be forfeited if at any time a team cannot field at least seven players.
3. A minimum of four players must be at the line on the snap.
4. Two, one minute time-outs per half are allowed.
5. Two, twenty minute halves will be used with a running clock; however, a regulation clock will be used for the last two (2) minutes of each half.
6. Scoring: TD = 6 pts.;
 Safety = 2 pts.
 Extra points: 1 pt. (Run, pass from 3 yard line)
 2 pts. (Run, pass from 10 yard line)
 2pts. for the opposite team (intercept the extra pt. and take it back for a TD)
7. Field goals and extra point field goals are not allowed.
8. No kickoffs are allowed. The ball starts at the 20 yard line.
9. All players on offense are eligible receivers.
10. 2 on 1 blocking IS allowed.
11. All players must have their shirts tucked in. NO half shirts are allowed.
12. Colored jerseys must be worn by players during game action. The Park District will supply the pennies or team's can supply their own color jerseys. Everyone on the team must wear the same color.
13. The huddle clock is 25 seconds.
14. Offensive players may line up in any formation as long as all players, except the center, are completely behind the ball. Any break with the plane of the ball will be considered offsides.

15. Players may wear cleats, but NO METAL baseball, track or golf shoes. Players must wear shoes.
16. Each team must designate an offensive and defensive captain who will make all decisions on penalty consultations. ONLY the captain may enter into discussion with the officials.
17. A coin toss will be used at the beginning of the game. The winner of the toss will have its choice of receiving the ball, defending a goal, or deferring the choice to the 2nd half.
18. At the start of the 2nd half, the team not making the choice in the 1st half will have the choice of receiving the ball or defending a goal.
19. Free substitution - offensive subs must report to the huddle before the next play. NO sleeper plays.
20. Halftime will be five minutes or less.
21. The clock will stop following an extra point attempt and will start when the next play begins.
22. If a team is up by 17 points or more with two minutes left in the game, the game is over.

D. EJECTIONS

1. Whenever, in the judgment of any game official, the following acts are deliberate or flagrant, the player or players involved shall be ejected from the game. Official decisions are final...
 - A. Using fists, kicking or kneeing
 - B. Using locked hands, elbows or any part of the forearms or hand
 - C. Tackling the ball carrier as in regulation football
 - D. Roughing the kicker
 - E. Committing any other flagrant or deliberate act that proves injurious to another player or official
 - F. Using any unsportsmanlike conduct such as:
 1. Abusive or insulting language
 2. Acts of unfair play
 3. Interference with the progress of the game
 4. Attempting to substitute a suspended player
2. The person or persons ejected shall be prohibited from playing in their next scheduled game. A player that is ejected from a game twice will be suspended from league play for one calendar year from the time of the second ejection.
3. In a case of a fist fight or bench clearing fight the game will be over at the point and ejections could be assessed. The winner of the game will be determined by the attendant and athletic supervisor at a later meeting.

E. PUNTS

1. On 4th down the offensive captain must declare to either punt or attempt a 1st down. Once declared, the decision cannot be changed unless a time-out is called. When coming out of a time-out a team must re-declare their decision. Rushing is not allowed on punts. Teams have 6 seconds to punt the ball.
2. The defensive team must have a minimum of six players on the line of scrimmage at the time of the punt. Players on the line of scrimmage must not move in either direction until the ball is punted away. Any kicked ball may be returned if caught in the air or picked off the ground cleanly without fumbling it.

F. FUMBLES

If a ball is fumbled and it strikes the ground, the ball is dead and declared down where the ball struck the ground, but never farther up field than the player had advanced.

G. SCORING

1. A touchdown or extra point is scored when the ball carrier's flags break the plane of the goal line. No diving is allowed at any time.

2. A team has the option of trying for one or two points after a touchdown. Once the team has declared which try they are attempting, that team CANNOT change its decision regardless of penalties. As in punting, the decision may be changed after a time-out. When coming out of the time-out your team must declare their decision.

H. OVERTIME

1. A coin toss will be used to determine which team will get the ball first. Home team will call the coin toss.
2. An overtime period consist of each team trying to score from the 20-yard line.
3. **REGULAR SEASON OVERTIME** - The ball will be placed on the 20-yard line and each team will be given four chances to score. Whichever team scores or gets closest to the goal line on the fewest number of plays wins the game. For example, if team "A" scores on their second play and team "B" scores on their third, then team "A" wins. If team "A" fails to score in four plays they will then mark where they ended the series, then team "B" will start from the 20-yard line and have four plays to score. If Team "B" passes the spot of Team "A" or scores they win. If Team "B" DOESN'T score and doesn't get passed the spots of Team "A" then they lose.
4. **PLAYOFF OVERTIME** - The ball will be placed on the 20-yard line and each team will be given four chances to score. Whichever team scores on the fewest number of plays wins the game. For example, if team "A" scores on their second play and team "B" scores on their third, then team "A" wins. If team "A" fails to score in four plays, then team "B" will start from the 20-yard line and have four plays to score. If Team "B" scores they win. If Team "B" doesn't score the process starts over.
5. If the first team throws an interception, the ball is dead, no run back, the spot where the line of scrimmage was before the interception will be the spot to beat. The second team would then get the ball have four plays to get passed that spot. If the second team throws an interception, the ball is dead and they forfeit any remaining plays. The team gained more yards would win.
6. Each team gets one timeout per overtime. A five minute regulation clock will be used in overtime. Up to three overtime periods may be played. If still tied after three overtime periods then the game is declared a tie.
7. During the tournament the overtimes will continue until we have a declared winner.

I. OFFENSIVE RULES

1. An offensive player carrying the ball may not lower his shoulder in an attempt to run through a defensive player. An offensive player must always attempt to avoid the defensive players. Penalty – 10 yards from the line of scrimmage plus loss of down.
2. A team is awarded a first down each time it advances the ball past a 20-yard line. (Exception: if a penalty puts the ball behind a line, the ball must be advanced to the 20-yard line beyond the original line of scrimmage.)
3. If the offense loses control of the ball and the ball touches the ground, the ball is dead. It is then spotted at the point at which it makes contact with the ground, but no farther up field than the player had advanced. Examples:
 - A. The center snap
 - B. Lateral passes
 - C. Fumbles by any ball carrier
4. The ball carrier may not use his hands to guard the flag or the play will be blown dead at the location of the infraction.
5. Stiff-arming a player attempting to grab a flag will result in a 10-yard penalty from the point of the infraction. If a new first down line is made, it is awarded and the penalty is stepped off. The new first down line is the next line from where the play originally ended.
6. If a ball carrier's knee touches the ground, the ball is dead at the spot.
7. All snaps that hit the ground are dead. Direct snaps are legal.

Exception: On a declared punt, the punter must be at least 5 yards back and must kick the ball within six seconds.

8. Only one forward pass per down.
9. On 4th down, a team must declare a punt or an attempt to gain a 1st down. This decision cannot be changed unless:

- A. A time-out is called by either team
- B. A penalty changes the spot of the ball

If a team wishes to change its decision, they must re-declare after the time-out or the penalty has been walked off. This rule is applied on extra point attempts only when time-out is called.

The ball must contact a back before being advanced. Players are not allowed to grab, push, pull or lift a teammate from the ground in an effort to advance motion of the play. Penalty - 5-yards.

10. When a receiver goes into the air for a catch near the sidelines, he must have at least one foot in bounds when he hits the ground.
11. A player on the line of scrimmage cannot receive a snap.
12. If a QB is not avoiding a sack, he can take the snap and immediately ground the ball by throwing it straight down to stop the clock under 2 minutes in the each half.
13. Only one man can be in motion at the snap of the ball. If two men are in motion before the snap of the ball, only one has to stop and get set for one second. Shifting is legal at any time. All players who shift still must reset for one second.

J. HURDLING

Hurdling is the act of one player leaping over another player to gain an advantage. No player will be allowed to jump over a player who is upright, on his knees or higher. (Jumping over players lying on the ground is not considered hurdling.) The penalty for hurdling is 10 yards.

K. BLOCKING

1. Blocking rules will follow the IHSA rules which state:

Teammates of the runner or passer may contact opponents with their arms or hands provided the technique is legal. The legal techniques are as follows:

- A. Closed or cupped hand technique
 1. The elbows may be inside or outside the shoulders
 2. The hands must be closed or cupped with palms not facing the opponent
 3. The forearms are extended no more than 45 degrees from the body. If the forearms are extended more than 45 degrees from the body, the hands must be open with the palms facing the opponent.
- B. Open hand technique. The hand(s) shall be:
 1. In advance of the elbow
 2. Inside the frame of the blocker's body. The frame of the blocker's body is the front of the body at or below the shoulders
 3. Inside the opponent's body, except when the opponent turns his back to the blocker during the block or after the blocker is committed to his charge. The frame of the opponent's body is at the shoulders or below other than the back.
 4. At or below the shoulders of the blocker and the opponent, except when the opponent squats, ducks or submarines during the block or after the blocker is committed to his charge.
 5. Open, when the palm(s) are facing the frame of the opponent or when the forearms are extended beyond the 45-degree angle from the body.

2. The blocker's hand may not be locked nor may he swing, throw or flip the elbow or forearm so that it is moving faster than the blocker's shoulders at the time the elbow, forearm or shoulder

contacts the opponent. The blocker may not initiate contact with his arm or hand against an opponent above the opponent's shoulder, but he may use his hand or arm to break a fall or maintain his balance.

L. DEFENSIVE RULES

1. The defense must be one yard off the line of scrimmage when the ball is snapped. Once a defensive player crosses the line, an offsides penalty will be called, and the play is dead. They cannot attempt to "jam" the offensive team's signals.
2. A defensive player may only "chuck" a receiver within five yards of the line of scrimmage.
3. When avoiding a block, the defense may use his hands to push the blocker away. He may not strike with closed fist. Penalty = Automatic first down at the point of infraction or at the point where the play ended, whichever advances the ball the farthest.
4. When pulling the flag, the defensive player may not grab the ball carrier by his body or clothing. He may not hold the ball carrier; he may not stop his progress first and then grab the flag. Penalty = First down at the point of the infraction or where the play ended, whichever advances the ball the farthest.
5. The defense may not push the ball carrier out of bounds. Penalty = 10 yards and automatic first down.
6. If a tackle is judged to be intentional, the penalty is possible player ejection from the game and first down and 10 yards marked on from the point of the infraction. If the penalty causes the ball to cross the goal line or occurs within the 10-yard line, the play will be marked first and goal at the one-yard line.
7. An unintentional tackle, which is considered a judgment call, will receive a five-yard penalty. If it is obvious that a touchdown would have been scored had the player not been tackled, the official will award the touchdown.

M. PENALTIES

1. 5 yard penalties
 - A. Illegal procedure
 - B. Offsides
 - C. Delay of game
 - D. Too many players on the field
 - E. Passer beyond the line of scrimmage – plus loss of down
 - F. Intentional grounding – plus loss of down
 - G. Unintentional tackle
 - H. Physically assisting ball carrier
2. 10 yard penalties
 - A. Hurdling
 - B. Offensive holding
 - C. Clipping
 - D. Illegal blocking
 - E. Unnecessary roughness
 - F. Roughing the passer – from the end of the play or line of scrimmage, whichever is further
 - G. Blocking or pushing the ball carrier out of bounds – plus first down
 - H. Unsportsmanlike conduct – plus possible ejection
 - I. Offensive pass interference – plus loss of down
 - J. Intentional tackling – plus possible ejection – automatic first down – if the penalty occurs inside the 20 yard line, the ball will be spotted first and goal at the one yard line – if an obvious breakaway, the touchdown will be awarded
 - K. Intentional pulling of flags on non-ball carrying player

- L. Offensive ball carrier intentionally lowering shoulder/making contact with the player
- M. Defensive pass interference – automatic first down – if in the end zone and within the 20 yard line then half the distance to the goal and 1st down

N. TIE BREAKERS

1. If there is a tie in the standings the following tie breakers will be used to determine standings.
 - a) Most wins (or winning percentage if teams didn't play equal amount of games)
 - b) Head-to-head competition.
 - c) Points allowed head-to-head.
 - d) Points scored head-to-head.
 - e) Points allowed overall.
 - f) Points scored overall.

If teams are still tied, a coin toss will be used to for standings and seeding for the tournament.

2. A forfeit will be scored as 21 – 0. The team that forfeited will be 0 and the team that won the forfeit will receive 21.

****ALL RULES NOT STATED HEREIN WILL FOLLOW USFTL RULES.**

ATHLETIC SUPERVISOR: MIKE CONTRERAS
Office: (630) 262-2212 or
Email: mcontreras@genevaparks.com

WEATHER HOTLINE: (630) 232-7868 (after 11:30 am)