

City of Wichita Adult Flag Football

Rules and Regulations

Please Note: Players may not participate on more than one team in a season

There will be a five (5) minute grace period for teams unprepared to play. After 5 minutes the unprepared team will be charged with a forfeit loss.

I. The Game, Field, Players and Equipment

- a. The Game shall be played between two teams of 7 players
- b. First downs are achieved by crossing the “zone line to gain.” Zone lines are 20 yards apart.
- c. The official field is 50 x 80 yards, with 10 yard end zones.
- d. Shirts/jerseys must be long enough so they remain tucked into the flag belts. Shirts are to remain tucked in for the entire game.
- e. All players must wear athletic shoes made of soft-soled, leather, or canvas composition. (No metal cleats)
- f. Towels may not be attached at the player’s waist.
- g. Roster size is limited to 15 players
 - i. An official roster must be turned in to the league office prior to first day of games

II. Captain’s Meeting

- a. A coin toss shall be conducted during the captain’s meeting. The captain who wins the coin toss shall have the option to:
 - i. Start the game playing offense or defense or,
 - ii. Select which side his team starts the game
- b. In the second half, both teams shall switch sides and the team who picked offense first will play defense at the start of the second half.

III. Periods, Time Factors, Substitutions

- a. Games will be 40 minutes in length, split into two 20-minute halves
- b. The Clock will run continuously for the first 37 minutes of the game. The clock will be stopped for an injury time out, official’s time out, team time out, a touchdown and extra point. Clock will restart after the official has placed the ball in play, not at the snap of ball.
- c. During the final 3 minutes of the 2nd half, the clock will operate under regular high school football rules.
- d. Each team is entitled to two 60-second time-outs throughout the entire game.

- e. The ball shall be put in play within 25 second after it is declared ready for play by the referee.
- f. Games ending in a tied score will remain a tie, during regular season play.
- g. The clock will run continuously during the last three minutes of the second half if a team is ahead by 15 points or more.
- h. No substitute shall enter during a live ball. All substitutions must enter the game during a dead ball situation.

IV. Mercy Rule

- a. A game shall end if a team is behind by 25 points or more at the start or during the last 3 minutes of the second half.
 - i. If a team is behind by 50 points at any point during the game, the game will be ended.

V. Ball in Play, Dead Ball, Out of Bounds

- a. A player is out of bounds when any part of him touches anything, other than another player or game official, which is on or outside the sideline or end line. The player touching the line is out of bounds.
 - i. The line is out.
- b. When any part of the runner other than a hand or foot touches the ground the ball is dead. (Knee, shoulder, elbow, the ball itself = dead ball.)
- c. Only one forward pass is allowed per down. When a backward pass, fumble, or snap touches the ground, the ball is dead and the ball is placed at the spot of the fumble.
- d. When a runner has a flag belt removed legally by a defensive player, the ball is dead.
- e. When a runner has a flag belt partially removed and then the flag drops to the ground, the play shall be dead and the ball will be spotted at the point where the flag fell.
- f. Jamming another player is illegal. 10 yard penalty for illegal contact.
- g. If a player's flag falls off unintentionally, the player is still an eligible receiver, but the play will be dead as soon as that player catches the ball. The ball will be spotted where he gains possession of the ball.

VI. Punts

- a. When a punt touches the ground anywhere on the field, any player on the receiving team may pick up the ball and run with it. If a receiver attempts to catch the ball but drops it, the ball is dead and the ball is spotted where the ball hit the ground.

- b. If a punt touches the ground behind the goal line, a player may pick up the ball and attempt to return the ball. Or the player can down the ball in the end zone and a touchback will be called. The clock will continue to run.
 - i. Touchbacks will be spotted 10 yards from the endzone.
- c. There are no on-side kicks.
- d. The kicking team must remain motionless until the ball has left the foot of the kicker.

VII. Snapping, Handing, and Passing the Ball

- a. The offensive team must have at least 4 players on the line of scrimmage at the time of the snap.
- b. 3 and 4 points stances are illegal.
- c. All players of either team are eligible to touch or catch a pass.
- d. Only one forward pass can be thrown per down.
 - i. The forward pass must be an over-the-shoulder throw. No shovel passes will be allowed
- e. A player must have at least one foot in bounds for a catch to be considered complete.

VIII. Scoring Plays

- a. 6 points will be rewarded for all touchdowns
 - i. After a touch down is scored, teams will be able to attempt a 1 point, 2 point, or 3 point extra-point.
 - 1. 1 point EP is from the 3 yard line
 - 2. 2 point EP is from the 10 yard line
 - 3. 3 point EP is from the 20 yard line
- b. A safety is worth 2 points
 - i. The team that suffered the safety will punt the ball to the opposing team from the 3 yard line
- c. A defensive player intercepting the ball and returning it to the opposition's end zone on an extra point play will be rewarded with the amount of points that the offensive team initially went for.
- d. Clock will stop after a touchdown and during the extra point play. Clock will restart when the official blows the whistle to put the ball back in play.

IX. Blocking

- a. Offensive Screen
 - i. The offensive screen block shall take place with little to no contact
 - ii. The screen blocker shall have his hands and arms at his side or behind his back

- iii. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen is illegal. 10 yard penalty
 - b. Defense
 - i. Defensive players must go around the offensive player's screen block.
 - ii. The arms and hands may not be used to contact an opponent except when capturing a flag belt.
 - iii. Attempting to steal, punch, or strip the ball from a player is illegal.
 - iv. Holding, pushing, or tackling a runner is illegal.
 - 1. Any excessive contact may result in an ejection from the game
 - v. Grabbing on to the shirt or shorts is illegal
 - 1. This is a judgment call by the official. If the player is making an attempt at the flags and catches the offensive player's shirt/shorts, but immediately let's go, there will be no penalty.
 - vi. The swim maneuver is prohibited and shall be deemed illegal.
 - c. Offense
 - i. Guarding of the flag belts with any part of the body to avoid being de-flagged is illegal
 - ii. A player is not allowed to stiff arm a defender to avoid being de-flagged
 - iii. A player may not deliberately drive or run into an opponent, or lower their head and shoulders, causing any contact.

X. Quarterback

- a. Defensive players may not push, pull, hold, tackle, trip, or hit a quarterback while he is attempting to make a play. Automatic first down
- b. Quarterback may not push, flag guard, or stiff arm a defensive player while he is trying to go for the flag.

XI. League Rules

- a. Quarterbacks cannot run with the ball for extra yards. Loss of down, ball is returned to previous spot
 - i. If the quarterback is being rushed by a defensive player, he may scramble, but not advance the ball past the line of scrimmage
- b. To be eligible to rush the quarterback, the rusher must start the play behind the rush line
 - i. The rush line will be indicated by a cone marked off by the official – 10 yards off the line of scrimmage
- c. No running plays
- d. Prior to making the ball ready for play on fourth down, the referee must ask the offense if they want a protected punt or to go for the first down. The referee must communicate this decision to the defensive team and the other official.