

Rule Modifications/Clarifications 2009

- ★ All players must have **equal playing time** (unless disciplinary action is needed - parents need to be informed).
- ★ All players must have the same amount of playing time on offense and defense (recommend half the season offense, half the season defense - or - first half game offense, second half game defense (or vice versa)).
- ★ All players must play a **minimum of four positions** throughout the season (Minimum: two offense, two defense). They must play at least 20 minutes at each of these four positions during the season.
- ★ Practices: Practice fields (one a week) will be provided for the NFL teams. Equipment (i.e. footballs, flag belts) will be provided by the NFL - if you need to borrow flag belts from Parks and Recreation till your equipment comes in, they will be available on a first-come-first-serve basis. No team will be permitted to require more than one practice in any Sunday to Saturday period (You may have more than one practice a week but can only require one).
- ★ Screening and blocking are not allowed.
- ★ **Shuttle passes** must go over the line of scrimmage. **No pitching** (1st - 3rd grade) - it must be a hand-off. Direct handoff (b/t legs), shot gun is allowed but if ball is dropped, the play is dead. 4th grade - pitching will be allowed but must be behind the QB-no laterals, no forward pitches (illegal pass). If the ball is dropped, it is a dead ball and LOD.
- ★ If running a play that the quarterback hands the **center** the ball back, the ball must be handed around the center and not back through their legs.
- ★ If a player **intentionally takes out another player**, they will be ejected from that game and must sit in the stands with their parents/guardians or leave the complex.
- ★ If a team enters into the **no running zone** on their side of the field, the no running zone does not take effect. Teams will be able to run with the ball. Refer to diagram on page 4 in rules book.
- ★ From endzone, turn and go other direction - start at the closest endzone.
- ★ 7 yards back-rush zone-cannot run 7 yards to line of scrimmage, has to be 7 yards back; **A running start will not be allowed!**
- ★ Determination of **possession** at beginning of first and second half (schedule determines possession - team listed first will have possession the 1st half; team listed 2nd will have possession the second half)
- ★ 2 minutes b/t halves

- ★ All players and coaches must remain in the **designated box** at midfield. One coach for each grade will be allowed to remain on the field at all times (out of the way of play) and one will be allowed to roam the length of the field.
- ★ Taking **pictures:** only authorized Parks and Recreation staff and/or approved professional photographers are allowed to take pictures along the sidelines. Any pictures taken by spectators, coaches, etc. must be taken behind the fence or behind the end zones. If there is only one field playing, pictures may be taken from the open field – not in the middle area separating the two fields.
- ★ Players may **not wear padding** (except elbow or knee pads) of any kind in the flag football leagues. During cold weather, they may wear clothing under their uniform shirt as long as it does not have any kind of padding. Players may wear **gloves**.
See rule book page 4 – IV. Equipment
- ★ **Intentional Delay of Game:** regular NFL rules with this addition: With 5 minutes or less left on the clock, if delay of game is called, the officials will stop the clock, award penalty and add a loss of down.
- ★ **NFL Rule Book** – Page 5, section VIII. Scoring - #5 and 6 will not be used. Teams are expected to respect each other and not run the score up.
- ★ Please refer to your NFL Rule Book for a full list of rules!