

April 25, 2010

ROCKVILLE FOOTBALL LEAGUE FLAG DIVISION

BEFORE THE START OF THE GAME: The Referee will call the captains together for a toss of the coin to decide a choice of Offense or Defense. The losing captains will have the same choice at the beginning of the second half.

PLAYERS: The game is played between two (2) teams of eight players each. Game may be played with 6 or 7 players but teams must have equal number of players.

TIME: The game will consist of two 20-minute halves (Running Clock). A two (2) minute warning will be given at the end of each half. The clock will be stopped to notify each coach of the 2-minute warning. The referee will then restart the clock. The last two (2) minutes of each half will be played within the USA Football rules. Half-time will be 5 min in length. Each team has two (2) time-outs per game.

PLAY:

1. Two games will be played simultaneously, one on each side of the 50 yard-line
 - 1a. The offense will always drive in the same direction
2. Play begins on the 40-yard line.
3. Each Team will have four (4) consecutive downs to advance the ball into the next 20-yard zone or to score a touchdown. Once a team enters the next zone it is a first down. If a first down is not achieved, place the ball on the 40-yard line and it will be first down for the opponent. If a turn-over (interception) occurs the defensive player can return the interception until de-flagged or reaches the 40-yard line. The ball will be placed on the 40-yard line regardless of where the interception was returned.
4. There are no fumbles. If the ball carrier drops the ball it is dead at the point the ball is dropped and hits the ground. If the offensive snap hit the ground, the ball is dead at the point it contacts the ground.

1. DE-FLAGGING

- a. There shall be no tackling of the ball carrier or passer.
- b. The player carrying or having possession of the ball is considered down when the flag is removed from his or waist (De-flagged).
- c. The de-flagging defensive player will hold the flag above his or her head and the ball will be declared dead at that spot.
- d. The ball carrier with less than 2 flags will be deemed down at the spot that he or she receives the ball..
- e. The defender may not leave his or her feet in an effort to de-flag the opponent.
- f. A defender may not intentionally hold, grab or otherwise impede a ball carrier.

2. DEFENSE

- a. A defensive player may not push or hold the ball carrier to remove his or her flag.
- b. A defensive player must go for the passers flag and may not go for the passers arm.
- c. NO defensive player on the line of scrimmage may line up either across from the Snapper or in the "A" gap. (The "A" gap may not be wider than 1 yard).

3. CHUCKING: Is the only recognized BLOCKING technique. It consists of bent elbows pointing down, open palms away from the body and straight fingers pointing up. The action is that of a spring but elbows must never be locked (Straight arming).

- a. A blocker must be on his feet while CHUCKING.
- b. All lineman must assume an upright position and await the snap. Anything but a 2 point upright stance is prohibited except the center and even the center must be upright before he or she throws a block (Chuck).
- c. PROHIBITED BLOCKS
 - (1) Two on one blocks beyond the line of scrimmage.
 - (2) Leaving one's feet.

4. The OFFENSE must have at least 5 players on the line before snapping the ball. The ball must be snapped between the snappers legs. The offense may not run the ball directly over the center or through the "A" Gap.

5. BALL CARRIERS

- a. May not use hands or arms to protect his or flag.
- b. May not lower head to drive or run into an opponent.
- c. May not hurdle an opponent to prevent de-flagging.
- d. May not stiff-arm an opponent.
- e. May not spin like a top to avoid de-flagging. May spin one time around.

6. SCOREKEEPING

- a. **NO SCORE WILL BE KEPT. NO EXTRA POINTS**

7. PENALTY

- a. THIRTY-FIVE SECOND RULE: Failure to get the play off within 35 seconds of the referee declaring the ball “ready for play”. First violation; Stop the clock and warn the coach; Second violation: 5-yard penalty. All further violations: 5-yard penalty and loss of down. This rule will be strictly enforced.
- b. All 15 yard penalties will only be 10 yards when play is on a 50 yard field.
- c. DE-FLAGGING Penalty: Ten yards (10) from point of infraction.
- d. TACKLING, DIVING FOR THE FLAG, IMPEDING THE BALL CARRIER, Ten yards (10) from point of infraction.
- e. ILLEGAL SPINNING, ILLEGAL USE OF HANDS BY BALL CARRIER: Ten yards (10) from point of infraction.
- f. “A” GAP VIOLATIONS: Offense / Defense: 5 yard penalty (Immediate dead ball). Do not let play continue.

NOTES: 1. USA Football rules shall be used as a guideline for any rule not covered.

2. The Officials can use discretion and restrict a player to the bench for as long as they deem necessary rather than ejection for serious offenses.

Delays for Injury, Thunder, Lightning

Thunder or lightning: Clear field, Must wait 30 minutes between from the last occurrence.

Injury or Thunder or lightning: Game will end if delay interferes with the following game.