



Nampa Parks and Recreation Department

City League Adult Flag Football

Rules and Guidelines

The goal of the Nampa Parks & Recreation Department is to provide opportunities for physical exercise, socialization, and healthy competition for participants through sports programs. Please remember that regardless of the league or caliber of competition, the main goal of the program is to **have fun** and provide physical activity.

GAME DAYS AND TIMES:

Game days will be on Saturday mornings. In the event of inclement weather call 250-5670 to hear a recorded message regarding game decision.

FEES:

Fees are set to cover the direct expenses of the program only. The player fees are additional fees used for improvements in all parks and recreation facilities. Player fees are not refundable or transferable. **Players' fees must be paid in full by the first game!**

GAME BALL:

The Nampa Recreation Department will supply a game ball for all games. All games must be played with the ball that is provided.

FLAGS:

Each player on the field will wear 3 flags attached at the waist. (Triple Threat Flag) The flag belt must be worn snug around the waist to prevent the turning of the flag belt when being removed. The flags must be of 12 inches long and 1 – ½ inches wide.

FIELD:

100 yards long by 50 yards wide with a 10-yard end zone. The playing portion of the field is divided into four 20-yard zones.

NUMBER OF PLAYERS:

A team may not start a game with less than six (6) players on the field. The offensive unit must have at least three (3) **members on the line of scrimmage when the ball is snapped. Receivers and backs are not part of the line of scrimmage.** Play will be eight players on offense and eight on defense.

SUBSTITUTES:

Unlimited substitutions are permitted on any dead ball. Players on offense must report to the huddle upon entering the game. *If a team starts play without a huddle, all substitutes must report to the referee.*

EQUIPMENT OF PLAYERS:

No player may wear or use protective equipment nor any device in which may endanger another player. All jewelry will be prohibited. Only molded turf shoes will be allowed, cleats that screw onto a post are **illegal. ABSOLUTELY NO METAL CLEATS ARE ALLOWED.** *No shoes with detachable cleats that screw ON are allowed; however, shoes with detachable cleats that screw INTO the shoe are allowed.* Street shoes and boots will not be allowed. Teams must supply their own jerseys or shirts with a 6- inch number on the back.

SCORING:

- Touchdown 6 points
- Safety 2 points
- Point After Touchdown (running or passing) 1 point (3 yds out)
- 2 points (10 yds out)
- 5 points (20 yds out)

A lead of 21 points or greater at the 2-minute mark results in a mercy-rule and the game is over.

LENGTH OF GAME:

- The play clock will be 25 seconds.
- A game shall consist of two 20-minute halves, running time. The clock will be stopped for officials' time-outs only during running time. *The clock will be stopped as in regular high school football for the last two minutes of the game.*

TIE GAME:

If the game is tied at the end of second period, the following overtime procedure will occur:

- A. The ball will be placed on the 20-yard line and a team will be given 4 downs to score. Then the opposite team will be given 4 downs. When one team scores and the other does not, a winner is declared.*
- B. If team A scores in 2 plays on their first drive, team B has just, 2 plays to score or team A is the winner. If team A uses 4 downs to score and team B scores on their first try, team B is the winner.*
- C. If neither team scores in two sets of downs, the team making the most yards on the second set of downs is the winner.*
- D. Penalties -- Penalties shall be assessed according to the regular rules of the game.*
- E. Running and Passing -- Each play shall begin from scrimmage and shall be limited to running and passing plays.*
- F. Interceptions cannot be returned for points in overtime. Example – Team A wins toss and elects to go second in the first OT. Team B does not score on their four downs. Team A throws an interception on their first play from scrimmage. Result – Go into second OT. If it happens in second OT, team B wins. In 2nd OT interception counts as 0 yards. If Team B has an interception, because they went first, Team A begins their set of downs. If there is an interception, it will be total yards from the previous scrimmage line. If team A goes negative yards and team B is intercepted, team A wins because they did not throw an interception.*

PLAY:

- A coin toss shall determine the offensive and defensive teams to start the game. Each half shall begin with the ball placed on the 20-yard line of the team on offense. Following a touchdown or a safety, the ball will be placed on the 20-yard line of the offensive team.
- A player may not leave his or her feet or dive to advance the ball. When spinning, one foot must be in contact with the ground at all times. **Penalty:** 5 yards from the spot of the infraction.

TIME-OUTS:

Each team shall have two time-outs per half. Time-outs will not carry over to the next period. **Over time – one will be given to each team for every overtime period!**

FIRST DOWNS:

A team has four consecutive downs to advance the ball to the next 20-yard zone. If a first down is not made, the ball shall belong to the opposing team.

DE-FLAGGING THE BALL CARRIER:

- A. When the flag belt is clearly taken from the ball carrier, the down shall end, and the ball is declared dead. A player who removes the flag belt from the ball carrier should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred. (If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and knees constitutes capture.) ***A de-flagger may leave his/her feet to dive for a flag.****
- B. In an attempt to remove the flag belt from a ball carrier, defensive players may contact the body and shoulders of an opponent with their hands, but not their face or any part of their neck or head. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag.*
- C. The flag belt may be dropped at the spot of capture by the defense with no penalty.*
- D. No article of clothing may cover any portion of a players' flag belt or flag. (Tuck in all shirts).*
- E. No pushing ball carrier out of bounds. (5 yd penalty from spot of foul.)*

GUARDING THE FLAG BELT:

Ball carriers shall not guard their flags by blocking with arms or hands reducing the opportunity for an opponent to pull or remove the flag belt.

Penalty: 5 yards from spot.

INTENTIONAL ILLEGAL DE-FLAGGING OF OFFENSIVE PLAYER WITHOUT THE BALL:

Pulling or removing a flag belt from an offensive player without the ball will result in a 10-yard misconduct penalty from spot.

OBSTRUCTION OF BALL CARRIER:

The defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flag belt or making a legal tag. Penalty: 10 yards from spot.

OFF SIDE/ENCROACHMENT/LINING UP IN THE NEUTRAL ZONE:

The neutral zone is defined as the 1-yard space located between the orange cone (line of scrimmage) and the yellow cone (defensive line of scrimmage). It is a dead ball penalty if either the offense or defense crosses this line before the ball is snapped. **The defensive player lining up over the center must be 3 yards off the line of scrimmage.** Penalty: 5 yards from the line of scrimmage.

TWO (2) POINT STANCE:

All offensive and defensive players, regardless of their position on the field, may use only a two (2) point stance. (Standing on both feet and nothing else in contact with the ground constitutes a two (2) point stance) Penalty: 5 yards from line of scrimmage, down over.

OFFENSIVE LINEMEN/BLOCKING BACK BLOCKING:

Offensive linemen can use their arms while blocking. Arms can only **extend** and come in contact with the defensive player inside the shoulders. **Arms must remain extended throughout the block.** Any use of arms, hands, elbows to initiate contact above the shoulders is illegal. Penalty: Personal Foul, 10 yards from spot

Play: Larry, a blocking back, raises his/her arms while blocking, but causes no contact. Ruling. The officials must determine if Larry gained an advantage. If so, penalize 10 yards; however, if no advantage was gained do not penalize. Once the down has ended, inform Larry about proper arm position. If Larry then continues to raise his/her arms, penalize.

Screen Blocking Fundamentals.

A player who screens shall not:

- A. **When he/she is behind a stationary opponent:** take a position closer than a normal step from him/her.
- B. **When he/she assumes a position at the side or in front of a stationary opponent:** make contact with him/her.
- C. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.
- D. After assuming his/her legal screening position move to maintain it, unless he/she moves in the same direction and path of his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul.

Penalty: Personal Foul, 10 yards from spot of foul.

DOWN FIELD/SCREEN BLOCKING:

Beyond the line of scrimmage, no more than one (1) screen blocker may precede the ball carrier. Penalty: 5 yards from spot of foul.

BLOCKING AND INTERLOCKED INTERFERENCE:

Teammates of a runner or passer may interfere for him/her by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner. **Penalty:** Personal Foul, 10 yards from spot of foul.

USE OF HANDS OR ARMS BY THE DEFENSE:

Defensive players must go around the **offensive** player's screen block. The arms and hands may not be used as a wedge to contact the opponent. **The application of this rule depends entirely on the judgment of the official.** A blocker may use his/her arms or hands to break a fall or retain his/her balance. **Penalty:** Personal Foul, 10 yards from line of scrimmage.

INTERCEPTIONS:

- If a player intercepts a **LEGAL** or **ILLEGAL** forward pass, the ball **CAN** be returned, and the offense will **NOT** receive any of their remaining downs.
- If the defense intercepts a point after touchdown, and returns the interception for a touchdown, the returned touchdown is scored as the value of the attempted point after touchdown.
 - Example: If Harrison (defensive player) intercepts Aaron (offensive player) attempting a 5-point point after touchdown, and returns the interception Harrison's team is awarded the 5 points that were attempted.

ROUGHING THE PASSER:

If the defender contacts the passer's arm, it is a foul. **Jumping to block a pass IS allowed.** 10-yard penalty plus automatic 1st down from line of scrimmage.

FORWARD PASS INTERFERENCE:

- Offensive Pass Interference - After the ball is snapped and until it has been touched by a receiver, there shall be no offensive interference allowed beyond the line of scrimmage while the ball is in flight. Penalty 10 yards from the previous spot and loss of down.
- Defensive Pass Interference - After the pass is thrown by the passer, and until it is touched, there shall be no defensive interference beyond the line of scrimmage while the ball is in flight. Penalty: 10 yards from the line of scrimmage and an automatic first down.

FORWARD PASSES:

One forward pass may be thrown from the line of scrimmage during a down. Any player who has not stepped out of bounds during the play is an eligible receiver.

LATERAL PASSES:

Any number of lateral or backward passes may be thrown anywhere on the field.

MOTION:

One offensive player may be in motion, either parallel to or away from the line of scrimmage, when the ball is snapped. Except for a single player in motion, all offensive players must be in a stationary position and set when the ball is snapped.

MUFFED OR FUMBLED BALL:

Whenever a live ball is muffed or fumbled, and it touches the ground, it immediately becomes dead at that point. When a centered ball touches the ground before reaching the quarterback, it will be dead at that point.

NO RETURNS ON PUNTS:

THE PUNTING TEAM IS NOT ALLOWED TO COVER THE PUNT. THE PUNTER MUST BE 5 YARDS OFF THE LINE OF SCRIMMAGE.

Punts will play out as follows:

- A. The receiving team must designate (2) two players as punt “catchers.” PUNTS CAN BE CAUGHT BY THE RECEIVING TEAM!
- B. If punts are muffed by the punt “catchers” and the ball bounces **forwards**, the ball will be placed at the point where the ball was first touched.
- C. If punts are muffed by the punt “catchers” and the ball bounces **backwards**, the ball will be placed at the point where the ball comes to rest or where the receiving team gains control of the ball
- D. If the ball is punted in the direction of the sideline and crosses the sideline out of bounds, the ball will be placed where the ball crosses the sideline.
- E. If the ball is punted and lands in or beyond the end zone for a touch back.

In (E) the ball is placed on the 20-yard line. (B) Both offensive and defensive teams must have at least three (3) players on the line of scrimmage since there are no run backs, there is no need for movement before the ball is snapped.

PENALTIES:

- Enforcement of penalties shall be in accordance with the NIRSA Flag Football rules.
- **10 Yard Penalties:** Illegal blocking, tripping, illegal use of hands or elbows, pass interference, unnecessary roughness, unsportsmanlike conduct, using illegal equipment, obstructing ball carrier, and intentional de-flagging of offensive player without ball.
- **5 Yard Penalties:** Off-side, delay of game, false start, illegal motion or formation, illegal forward pass, and too many players on the field, guarding the flag.
- **Disqualifications:** Misconduct by a player, coach, or spectator, Any abusive actions toward officials or opposing players will not be tolerated and will result in ejection.
- **Ejections:** If a player is ejected, he must sit out 10 minutes of game time, 2nd ejection is 20 minutes of game time, 3rd ejection is barred from playing the remainder of season.

SPORTSMANSHIP:

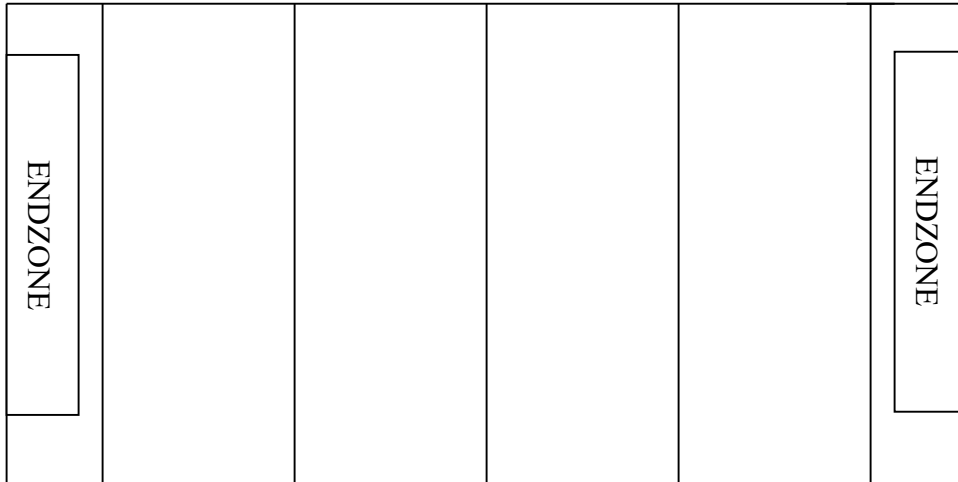
Profanity will not be tolerated from players or spectators; profanity will be interpreted by the judgment of the referee and could lead to immediate ejection from the premises. Any player, coach or fan that throws a punch in any activity associated with the City of Nampa is automatically suspended for one year from all activities.

TIE-BREAKER FOR SEEDING PURPOSES:

In the event that two teams have the same record going into the playoffs, the tie-breaker will be as follows:

- A. Head-to-head competition.
- B. Total points allowed defensively.
- C. Total points scored offensively.
- D. Left to the discretion of the Nampa Recreation Department coordinators and supervisors.

DIAGRAM OF FIELD:



Field Dimensions

100yds x 50yds

80 yds between the goal lines (20 yd sections)

End zones are 10yds

RULE CLARIFICATIONS

RULE:

The offensive unit must have at least three (3) members on the line of scrimmage when the ball is snapped. Receivers and backs are not part of the line of scrimmage.

CLARIFICATION:

The offensive line **MUST** consist of one (1) center and (2) guards. The left guard will line up on the left side of the center and the right guard will line up on the right side of the center. **The line of scrimmage is defined as the center, left guard and right guard. Receivers and backs are not part of the line of scrimmage.**

RULE:

Ball carriers shall not guard their flags by blocking with arms and hand reducing the opportunity for an opponent to pull or remove the flag belt.

CLARIFICATION:

This includes stiff arming. Stiff arming is NOT allowed.