

**CITY OF STAMFORD
MEN'S FLAG FOOTBALL LEAGUE
LEAGUE RULES**

1. ROSTERS

A. Team rosters are to be submitted to the Stamford Recreation office by the date announced. All rosters must show names, addresses and phone numbers of all players and are restricted to a maximum of 20 players .

B. Players participating in a game who do not appear on the team roster will cause that team to lose that game when it is brought to the attention of the league officials. Teams are also subject to dismissal from the league with no team fee refund. Team rosters will be available through the League Coordinator on game days.

C. Players will be allowed to change (switch) teams up to and including the second scheduled Sunday of games. No switching will be allowed after this time.

D. Team rosters are "frozen" after the 3rd Sunday of the original schedule. Until this time, teams may have additions and deletions to their roster provided there are no more than 20 players on the roster at any one time.

E. Players added to rosters on a game day, will not be allowed to play until the following week. This rule will be waived for the first week of play.

F. Sign-in Waivers: All players must sign the team roster sheet. Attendance at games is determined by players' signing in each week. Injured players can receive attendance credit by printing their names on the sign in sheet for that week and writing "Injured Reserve" next to their name. Each team has until halftime to hand in the weekly waiver to the Official. Waivers will be available at each field in the supply bin.

G. Playoff Eligibility: Each player must attend a minimum of 3 regular season games to be eligible to play in the playoffs. Attendance will be tracked as stated in Section F above.

2. LENGTH OF GAME & TIE GAMES

A. The game will be **40 minutes**, divided into two **20 minute** halves of running time except for the last **2 minutes** of each half, when the game clock will be stopped for incomplete passes, out of bounds, injury, etc.

B. During running time, the clock will on stop for time outs and/or at the discretion of the official.

C. Teams will have 30 seconds to snap the ball after referee spots the ball on line of scrimmage and signals putting it in play. Five yard penalty for delay.

D. During the last **2 minutes** of each half, the clock will stop on a change of possession and will be restarted on the center snap.

E. Each team will have 4 timeouts per game for the purpose of stopping the game clock only, (unless they inform the referee they wish to have up to 1 minute to regroup before the 30

second play clock begins), however, only 3 may be taken in a half of play. Team not using a timeout in the first half, will forfeit a time out going into the 2nd half of play.

F. There will be a 4-minute break between halves.

G. A 10 minute running time sudden death period will follow regulation play to break ties. During the last minute of this period, the time clock will be kept, as it is during the last 2 minutes of each half. Each team will be allowed one time out during overtime.

3. FORFEITS

A. Teams must have 6 players to avoid a forfeit.

B. Forfeit time is 10 minutes after game time begins for the first game on that field. Game time is the forfeit time for the 2nd and 3rd games played on that field.

C. Any team forfeiting 2 or more games during the season will be suspended from entering a team the following year.

4. FIELD

A. The field will be 80 yards long and 40 yards wide. It will be lined every 20 yards and have end zones 10 yards deep.

5. EQUIPMENT & PLAYER CLOTHING

A. As this game is not designed for heavy contact, the wearing of any hard protective material is prohibited.

B. Acceptable footwear includes sneakers, molded rubber sneakers/cleats, and cleats with plastic screw-ins. No metal spikes or metal tipped screw-ins are permitted. If unacceptable footwear is discovered, that player must leave the game until he is wearing acceptable footwear. Any delay of the game will result in charging that team with a time out.

C. All players, while participating on the field, must be wearing the same COLOR shirt. Not adhering to this rule will prohibit the player from playing. Any team showing up to the field in multiple colored shirts will be required to wear pinnies provided by the Recreation Department.

1) Should two teams be wearing identical colors for the game, the team listed on the left of the schedule will wear pinnies provided by the Recreation Department.

D. Players may not have any clothing covering any part of their flags.

E. Players may not wear shirts, shorts or pants of the same color as their flags (red or blue).

F. Each team is to supply their own official football to use while they are on offense.

6. PLAYERS, STANCES, LINE OF SCRIMMAGE

- A. The playing team will consist of 7 players. With the center being ineligible.
- B. -On offense, there must be at least 3 players on the line of scrimmage.
-Defense must have at least 2 players on the line of scrimmage
- C. The defensive team must maintain at least a 1-yard gap between their line and the offensive center with the ball.
- D. Three point stances by any player, other than the offensive center, will not be allowed. Players must use a two-point stance, either standing straight or bent over with hands on knees.
- E. The quarterback must be at least 5 yards from the line of scrimmage when receiving the center snap. Penalty is 5 yards from the line of scrimmage.
- F. There will be free substitutions, however, all substitutions must report to one of the officials when entering the game.
- G. All players on the sidelines must stay towards the middle of the field between the 20-yard lines. (5-yard penalty)

7. TEAM AND PLAYER CONDUCT

Teams shall conduct themselves in a sportsmanlike manner at all times. The Recreation and Players shall represent themselves, their team, and the league at all times and must never behave in a way that is detrimental to the integrity and high standards of sportsmanship of the Parks and Recreation Department. Managers are responsible for controlling the behavior of their players, coaches, and spectators at all times. The Recreation and Parks Commission reserves the right to exclude any player or team that does not act in accordance with this policy.

- A. Referees and League Officials have the authority to eject and/or banish, without warning, player(s) for any misconduct towards other players, referees, officials, coaches and spectators. This includes:
 - 1- Verbal abuse in such form as cursing, yelling, and taunting.
 - 2- Emotional abuse: Includes spoken or written forms of insults, threats, mocking, demeaning behavior, or abusive statements.
 - 3- Any physical abuse including hitting quarterback after ball is released and intentional charging, striking, kicking, hitting, biting or inappropriate touching.
 - 4- Verbal/Emotional abuse – At a minimum, player will be ejected from the game and suspended for the next scheduled game (including playoffs). City reserves the right to banish a player from the Stamford Recreation Leagues for failing to adhere to the policy prohibiting verbal and emotional abuse.
 - 5- Physical abuse – At a minimum, player will be ejected from game and suspended anywhere from 3-6 games (including playoffs). City reserves the right to banish a player from the Stamford Recreation Leagues for failing to adhere to the policy prohibiting physical abuse.

For 1-2-3- above, team will be assessed a 15 yard unsportsmanlike conduct penalty.

8. INJURED PLAYERS

ASSUMPTION OF RISK

Participants in recreation activities sponsored by the Parks & Recreation Department are not covered in any manner for personal liability or property damage. This means that players are competing in this program at their own risk

- A. Any player hurt on a play or who is in apparent difficulty, as determined by the game official, shall be removed from the game for at least 2 plays.
- B. Any serious injury is to be reported to the League Director, and an accident report is to be completed before the player leaves the facility.
- C. Captains are to inform team members that there is no accident/medical insurance provided by the City of Stamford. Players play at their own risk.

9. SCORING

- A. Touchdowns are worth 6 points.
- B. Extra Points - from 5-yard line are worth 1 point
 - from 15 yard line are worth 2 points
 - should the defensive team intercept the extra point pass (or legally obtain the ball in another manner, which can be advanced) and advance it into their opponents end zone the defensive team will score the point value equivalent to the extra point attempt.
- C. After a touchdown, the ball will be put in play on the 20-yard line.
- D. Safety- Worth 2 points and opposing team starts the ball on their own 40-yard line.

10. KICKOFFS

A. No Kickoffs. The team having possession of the ball at the beginning of each half will start on its own 20-yard line.

11. DOWNS & PUNTS

- A. Offensive team will have 4 downs to make 20 yards for a first down.
- B. When the offensive team wishes to punt, they must notify the game officials of their intention. The players will line up, the official will give the ball to the punter, and there will be no rushing the punter or movement by either team until the ball is kicked.
- C. Regular rules apply for fair catches and position of the ball when it goes out of bounds.
- D. Notification of officials and no rushing rule do not apply to quick kicks.

12. PLAYER DOWN, HURDLING, SPOTTING

A. The player carrying the ball is considered down when a defensive player succeeds in obtaining one of the flags from the ball carriers belt. Once an offensive player has possession of the ball, the defensive players must go for the ball carriers flags only. Defensive players may not try to pull the ball away from the ball carrier. This will be penalized as a holding penalty.

B. Ball carriers may not hurdle over a defensive player or dive to advance the ball. Hurdling is not "jumping" (i.e player jumps to the side or forward/back to avoid a flag pulled).

C. If the ball carrier has the flag pulled or is on the ground, the ball is to be spotted at the location of his hips where the carrier is downed.

D. If a ball carrier or receiver has the belt fall off prior to possessing the ball, or while running with the ball, play will continue until the ball carrier is touched by a defensive player. Play will be whistled dead at the touch.

E. Intentional pulling of flags by the defense of men who are not ball carriers, will give the offensive team the choice of: 1-taking the play or 2-receiving an automatic 1st down at the next 1st down marker.

13. BLOCKING

A. Both feet must be on the ground.

B. Use of hands is permitted while blocking provided the hands are open, in front of and away from the blockers body.

C. Blocking is only permitted between the waist and shoulders.

D. If blockers are on the ground while making the block or after they've blocked, it will be a 5-yard penalty.

E. Clipping and offensive use of hands are major infractions and will be a 10-yard penalty assessed from the line of scrimmage for that play. On a change of possession, the 10-yard penalty will be assessed from the spot where the change of possession occurred.

14. FORWARD PASS & RECEIVING

A. Forward passes and laterals are allowed exactly as in regular football.

B. Receivers need only one foot in bounds after catching a pass to be a legal catch.

15. FUMBLES

A. All fumbles are dead, and will be ruled as "player down". Includes laterals, and passes behind line of scrimmage.

16. PENALTIES

- A. No tackling -- 10 yards from spot
- B. Flag guarding not permitted -- 5 yards from spot
- C. Intentionally securing flag belt -- dead ball at the spot and 15-yard unsportsmanlike conduct penalty from spot.
- D. No stiff arming -- 5 yards from spot
- E. Intentional grounding of pass -- 10 yards from line of scrimmage and LOD
- F. Backfield in motion -- 5 yard penalty
- G. Defensive holding -- 5-yard penalty & first down
- H. Defensive pass interference -- first down at point of infraction
- I. Offensive interference -- 5 yard penalty and loss of down
- J. Offensive holding -- 10-yard penalty from the line of scrimmage
- K. Intentional bumping out of bounds -- 5 yards from spot
- L. Unsportsmanlike conduct -- 15 yards from spot
- M. Offensive pick -- 5 yards from spot and loss of down

17. PAYING OFFICIALS

Teams are responsible for paying officials at the field prior to each game (Includes playoffs- If requested: A third umpire will be divided by both teams)

18. THE CITY OF STAMFORD RECREATION DEPARTMENT RESERVES THE RIGHT TO ADD, DELETE AND/OR MODIFY ANY OF THE ABOVE RULES WHICH IT FEELS WILL PROTECT THE SAFETY AND WELL BEING OF THE PARTICIPANTS.