

FREDERICK COUNTY PARKS & RECREATION  
OFFICIAL RULE BOOK  
MEN'S 8v8 FLAG FOOTBALL



## **FCP&R ADULT LEAGUES**

- All players must sign the FCP&R Adult Leagues Code of Conduct/Waiver form before playing in any game.
- All players must be signed up by the deadline stated for their specific league in the [recreator.com](http://recreator.com)
  - Any players registering after the deadline must pay a \$20 late fee.
  - Any refunds for the adult leagues must be made prior to the listed league registration deadline.
  - Players may not be added to the rosters after the third game has been played.
  - In the case of an injured player, ONE new player may be added with the approval of the League Director to replace that injured player, who will then no longer be able to participate in the league. Any injury replacements must occur prior to the last game of the regular season.
- ID checks will occur at the first game and sporadically throughout the season to make sure teams are compliant.
- Refrain from the use of profanity or obscene gestures.
- Any team that forfeits two games will be dropped from the league.

## **Rule Definitions**

### **Blocking:**

Blocking is allowed anywhere on the field. You may not leave your feet to block. Two on one blocking is allowed "in the box" on the line of scrimmage.

No contact allowed above shoulders or below waist. An open hand straight armed block, within the framework of the blockers body, is the ideal block to avoid unnecessary rough play. You may not flip an elbow to block. You may not block with your shoulder. No grabbing of the jersey is allowed.

Unnecessary blocks/blindsides to the run of play may be penalized.

You cannot make contact with a defender on the ground. He must be allowed to stand up without interference.

**Standing over a "decleated" defender may be penalized.**

Blocking downfield before the pass is caught is offensive pass interference. It does not matter if receiver is behind line of scrimmage.

***\*Penalty – Personal foul, 10 yards. For any block performed illegally.***

**Clipping** – running or diving into the back or throwing the body into the back or legs of an opponent or pushing the opponent in the back at any time. During pass blocking – the O-lineman is able to contact a rusher's back if he keeps hand on him during entire rush. If his

contact is interrupted and then he tries to block the defender by contacting his back it will be considered clipping. At any time if a “shove” or extended elbow push is initiated on the back of a defender it will be considered clipping.

**Encroachment** - any player who is illegally beyond their line of scrimmage. Any encroachment fouls will be considered a dead ball.

**Fair Catch (Punt)** – Punts are non-returnable, therefore, all punt catches are essentially a fair catch. *\*Punts are dead at the spot where touched or where the ball comes to rest.\**

**Free Kick** – a kick made under restrictions which prohibit either team from advancing beyond established lines until the ball is kicked. Teams can punt at any time and do not have to call for a free-kick. If they do not call for a free kick from the referee the defense can rush.

**Fumble**– loss of player possession other than by handing off passing or kicking the ball that is still in the air and has not hit the ground. A fumble which hits the ground is immediately considered dead. Defenders are not permitted to “force” a fumble. Defenders must go for the ball carrier’s flag at all times.

### **Rule Definitions (cont.)**

**Removing the Flag:** when the flag is clearly taken from the runner the down shall end and the ball is dead. The defender removing the flag should hold the flag above his/her head to assist the official in locating the spot. If a flag inadvertently falls to the ground, a one-hand tag between the shoulders and knees constitutes capture. Defenders may leave their feet to grab the flag.

**Contact while Removing the Flag:** Defensive players may contact the body of the ball carrier with their hands in an effort to remove the flag. No contact to the face, neck or head. Defensive players may not hold, push, or knock the ball carrier down in an attempt to remove the flag. Inadvertently holding up a ball carrier for a very brief time while trying to pull his flag is at the discretion of the officials.

**Zone-line-to-gain:** The next line on the playing field in the direction of, and parallel to, the opponent’s goal line. Offensive team needs to reach this to continue moving the ball down the field before 4 downs have been played.

### **The Playing Field**

**The field** - The field shall be 120 yds long and 53 yds wide with 10 yd end zones.

**Team area** – There are 2 Team areas between the 20 and 40 yd lines on both sides of the playing field. Your team, coaches, etc must stay in your team area.

**Inbounds/Out of Bounds** – the lines bounding the sidelines and the end-zones are out of bounds in their entirety, and the inbounds area is bound by the lines. The entire width of each

goal shall be part of the end zone.

**Ball spotter** – a bright colored spotter is used by the refs to mark the line of scrimmage

**Pylons** – pylons are placed at the intersection of the sidelines and goal lines. Pylons are considered in bounds as long as no other part of the body is touching out of bounds when they are hit.

**Important lines on the field –**

- **Goal lines**
- **2-yd line (1 pt try)**
- **5 yd line (“no run zone”)**
- **10-yd mark (2 pt try)**
- **20 yd lines (zone-line-to –gain)**
- **40 yd lines (zone-line-to –gain)**
- **Hashmarks (use by referees to place ball)**

**Basic Game Play Overview**

- 8 vs. 8 (16 man roster max)
- 6 needed on field at all times to avoid forfeit (no grace period)
- Minimum of 4 players at snap need to be on Line of Scrimmage
- All players are eligible to receive passes
- Ball must be snapped directly through the center’s legs
- Contact blocking is allowed all over the field.
- Ball carrier cannot dive to advance the ball
- No run plays in 5-yd No Run Zone with exception of P.A.T. conversion try
- 1 foot is required in-bounds for reception or INT
- 4 downs to reach each yard line which is zone to gain
- **Each team shall designate a field captain and only he is empowered to question the referee on rules and enforcement during a game**

**The Ball**

- The game ball shall be regulation sized pebble grained leather, or composite.
- FCPR League Director and game officials shall designate a specific football(s) for play.

**The Flags**

- Flags are provided by the league
- Each belt must have 3 flags that are completely visible to the referees and opposing team
- Jerseys/shirts must be tucked in completely prior to snap in order for fairness to defense during a flag-pull attempt
- Flag’s must be of contrasting color to a team’s shorts or pants
- If a belt is broken or flag is torn – that player must come out of the game for at least one play and have a substitute enter while a new flag is adorned
- Unsportsmanlike Conduct penalty will be assessed for tied or “rigged” belts

### Jerseys

- **Each team is responsible for providing their own jerseys**
- **Jerseys must have, at the very least, a number on the back**
- Must be tucked into pants or shorts during on field play
- Visiting team is responsible for avoidance of similar colors, but if there is a doubt, the referee may request either team to change or wear pennies

### Cleats/shoes

- Each player must wear cleats or tennis shoes
- Shoe should be made of a soft, pliable upper material (canvas, leather, synthetic) which covers the foot. Molded bottom and/or detachable cleats are allowed. Turf shoes are also allowed. Metal spikes or cleats with screws that are not part of the cleat are not permitted.

### Headwear

- Any type of hat is allowed, as long as there is no hard material in its composition.
- Baseball style hats with bills must be turned around facing backwards during play to be legal.

### Illegal equipment

- Any type of hard headgear is illegal
- Pads or braces worn above the waist are illegal
- Jewelry is illegal
- Metal cleats
- Hats with bills facing forward during play are illegal
- Stick-um is illegal (gloves/hands can be checked by referee)
- Sunglasses are not illegal, however, they are not recommended
- Sunglass retainers, or “froggies”, are illegal

\*if a player is found to have illegal equipment this player will not be permitted to play in the said game. This applies to any type of equipment or substances which, in the opinion of the referee, is dangerous, confusing or unfair.

### Gametime, Periods, Time factors and overtime

**Coin Toss:** 2 minutes before the scheduled start of a game the referee will toss a coin in the presence of opposing team captains. Home team will call the fall of the coin.

**Winning captain shall choose ONE of the following options:**

- To defer choice to opposing team
- To start on offense
- Designate which goal his team will defend

**\*Losing captain makes choice of any remaining options\***

**Forfeit Time –**

- game time is forfeit time
- 6 players are needed to avoid a forfeit at game time
- If your game was scheduled to start at 9:00am - You must have at least 6 players from your roster who are on the field, ready to play; to avoid a forfeit.
- 6 players are also needed to avoid forfeit during game play – Ex. – Team A is playing Team B with only 6 players on the field. Team A is winning but has an injury to a player which leaves them with only 5 players. Team A must forfeit to Team B.

**Playing time, intermissions and game timer**

- 44 minutes total regulation game time
- 2 halves of 22 minutes each
- 3 minute intermission between halves
- When overtime is needed there will be a 1-minute intermission
- Game timer – playing time shall be kept on a portable scorer's clock or stopwatch and operated by the referee or a table attendant. The game clock, and scoreboard, is under the supervision of the referees at all times.

**Shortening of Periods:**

Before the start of a period the playing time may be shortened by the referee due to storm or other technicality which the referee deems appropriate. Anytime during the game, the playing time of any remaining period(s) may be shortened by mutual agreement of the opposing captains and the referee.

**Last 2 minutes:**

during the final 2 minutes of the 2nd half, the clock will stop for:

- Incomplete pass – starts on snap
- Out of bounds – starts on snap
- Score –(touchdown or safety) – starts when opposing team snaps
- Timeouts – starts on snap
- Penalty on the defensive team
- Change of possession in 2<sup>nd</sup> half only
- Administration purposes/referee's time-out

**Exceptions:**

- delay of game on the offense does not stop the clock
- referee's timeout – starts at his discretion
- change of possession – 1<sup>st</sup> half
- team attempting to conserve time illegally – starts on ref ready
- team attempting to consume time illegally – starts on snap
- inadvertent whistle – starts on the ready

### **Correcting timing errors**

- referees have authority to correct any obvious timing errors if discovery is made prior to the next snap following the error unless the period has ended

### **Charged time-outs**

- each team is entitled to 2 timeouts per half
- a timeout requested by any player/coach will be 30 seconds in length
- the referee shall warn the teams 5 seconds before the timeout is about to expire. The offense then has 25 seconds to snap the ball
- when 2 timeouts have been used in a half the referee will notify the team captain or on-field players
- unused timeouts do not roll-over to 2<sup>nd</sup> half or overtime

### **Injured player**

- shall be replaced for at least 1 down unless halftime or end of period occurs
- a player who is bleeding, has blood or bodily fluids on them or uniform, has an open wound shall be considered an injured player
- players shall be replaced for at least 1 down and until the issue (new jersey, dress injury) has been taken care of

### **Coach/referee conference**

When a team requests a charged time out for a rule interpretation, the referee will confer with the team captain. If the referee changes his ruling it will be an official's timeout. If the ruling is not changed it will be a charged timeout. If the team has used all of it's timeouts before the conference, a delay of game penalty will be accessed.

\*delay of game – 5 yds from spot

### **Basic Game Play Rules and Procedures**

**Delay of game**      25 seconds to snap ball – 5 yd. penalty

**False Start**      5 yds from previous spot

**Encroachment**      5 yds

**Min Line Players**      4 players minimum on line of scrimmage / illegal proc. **5 yds**

- remaining players must be on line of scrimmage or in backfield

**Motion**      1 player only at a time but not in motion towards opponent goalline /  
**illegal motion 5 yds.**

**Dead Ball**      ball is dead at spot where it touches ground except during free kick in which case it is dead where it is touched or comes to rest

<b><u>Eligible lineman</u></b>	All players, including lineman, are eligible to receive a pass.
<b><u>Intentional Grounding</u></b>	passer may not intentionally throw ball into ground to avoid loss of yardage. If QB is outside the hashmarks/tackles he may throw ball away – <b>10 yds from previous spot</b>
<b><u>QB Spiking Ball</u></b>	is allowed <b>during last 2 minutes of 2<sup>nd</sup> half</b> and must be immediately thrown between tackles after snap received
<b><u>Completed pass / interception</u></b>	players must have 1 foot inbounds for a legal catch or interception / eligibility to *receive a pass is lost by offensive player if he goes out of bounds on his own accord
<b><u>Simultaneous Catch</u></b>	catch goes to the offense at spot where caught – ball is dead and there can be no advancement
<b><u>Def. Pass Interference</u></b>	no contact allowed beyond the 5 yd chuck area / also interference if receiver is de-flagged or touched prior to touching the ball – <b>auto 1<sup>st</sup> down and spot of foul penalty</b>
<b><u>Off. Pass Interference</u></b>	<b>10 yd from previous spot and loss of down</b> – blocking downfield when the ball is in the air is interference
<b><u>Unsportsmanlike Conduct</u></b>	<b>15 yds and loss of down (can be added on to any other infraction)</b>
<b><u>Stripping the ball</u></b>	slapping or trying to strip the ball is not allowed. Defenders must go after the flag and not the ball at all times. <b>Trying to strip the ball will be considered defensive holding and 10 additional yards will be added to the end of the play</b>
<b><u>Touchdown</u></b>	6 pts awarded, captain must choose 1 pt try (kick, run or pass from 2yd line) or 2 pt. try (run or pass only from 10 yd line)
<b><u>Turnover on Conv. try</u></b>	defense cannot return an interception on a conversion try for 2 pts.
<b><u>Safety</u></b>	2 points awarded to defensive team / offensive team must punt from their 20 yd line (free punt and ball is dead at spot caught, touched down or comes to stop, receiving team must be behind 40 yd line during free punt)
<b><u>Substitute Infraction</u></b>	any sub infraction is 5 yd penalty
<b><u>Next play after score</u></b>	1 <sup>st</sup> and zone to gain at 20 yd line



**Forfeited score**

any forfeit the score shall be 6-0 / if the game was already in progress that score stands

**Roughing the Passer**

charging into the passer at any time is not allowed – defender must go after the flag until the ball has left the QB hands. Defender in pursuit can jump to “bat” ball but must not make contact with QB at any time  
**(15 yds, automatic 1<sup>st</sup> down plus gained yardage, if any)**

**Illegal Forward Pass**

QB throws the ball after crossing the line of scrimmage – **10 yd from previous spot and loss of down**

**Holding**

**Offense – 10 yd. / Defense – 10 yd.**

**Flag Guarding**

intentional use of hands to slap defender away from pulling flag. “Stiff arming” is not allowed– **10 yds from spot of foul and loss of down**

**Punting**

offense can elect to declare for free kick. If they call for free kick they must punt. Fake punts are only allowed if “free kick” is not declared. The ball is dead where it is first touched by the offense. There are no punt returns.

**Speedy Clock rule**

if a team is losing by 17 or more pts the clock will not stop in the 2<sup>nd</sup> half

**Inadvertent Whistle**

at the time of the inadvertent whistle the team with possession of the ball has the option of replaying the down or the result of the play at the time of the whistle stoppage. However, during a legal forward pass or free kick the ball is returned to the previous spot and the down replayed

**Rosters**

**16** player max at season start, players can be removed, replaced for various reasons during the course of the season but at no time should there be any team over 16 players on the roster. Players cannot be added after the regular season is over and not during playoff tournament. Team captains can remove players from official roster; however, after a player is removed he cannot be reactivated for that season

**FIELD CONDUCT, ALCOHOL, DRUGS, and EJECTION**

A. No person connected with the team in any capacity, including team followers (spectators) shall taunt, bait, insult or threaten an opponent or a game official by language or gesture that is deemed profane, threatening, racial or in bad taste.

B. Any acts or threats by any person connected with a team (including followers) directed at

any game official before, during or after the game, shall call for a suspension of that person for a period of time deemed mutually fair by the league and its officials or suspension of the game or both. Acts to be considered are striking, shoving, harassing, refusing to leave when ordered, confronting at any time and at any location, etc.

- C. Profanity during the game will not be tolerated.
  - At the coin flip teams will be warned about profanity anywhere on the field/bench area.
  - First time offenders: Unsportsmanlike penalty (15 yards).
  - Second time offenders: Unsportsmanlike penalty (15 yards) and ejection from the game.
- D. Penalty for violation of Rules A, B, or C is 15 yards. If a repeated and/or flagrant offense, the penalty is disqualification or suspension of the game. The FCPR League Coordinators may forfeit against the offending team(s).
- E. All alcoholic beverages and illegal drugs will not be permitted on or near the playing fields. The permit from Frederick County Parks and Recreation states that violation of this rule jeopardizes future use of the field. The officials at the respective fields will strictly enforce this rule and each official will be given the authority to quell any behavior damaging to the league. Offending teams and/or individuals will be subject to probation and/or suspension for a period of one season or the remainder thereof. In extreme cases, offending teams may be ejected from the league without refund of any fees. In the event the offending team wishes to appeal the decision, such action must be directed to the Frederick County Division of Parks & Recreation.
- F. Any player ejected from 1 game will be suspended from playing in the next 2, season or post season, games. Any player ejected from two (2) games forfeits his right to participation in all remaining season and postseason games. The officials have full authority to make any decisions necessary to control behavior both on and off the field of play. As discussed numerous times, the purpose of this league is to bring together adults for good, clean competitive flag football and to provide enjoyment for all concerned. In addition, the officials may sideline a player for five (5) plays. This will be a cooling-off period to help avoid a player from being ejected from a game.
- G. Any team that forfeits 2 games will be suspended from play for the remainder of the season and surrender all team fees.

### **TIEBREAKER**

- A. When two (2) or more teams are tied in wins and losses the TIEBREAKER rules decide which team(s) participates in the playoffs. TIE BREAKER rules are as follows:
  - 1) If a team has a forfeit they automatically lose any tiebreaker.
  - 2) Best record in head to head competition.
  - 3) Total points scored in head to head competition.
  - 4) The greater difference between points scored and points allowed.
  - 5) Number of wins against common opponents.
  - 6) Coin-Flip

## **LINE OF SCRIMMAGE**

- A. Offense - No less than four (4) players must be on line of scrimmage at the snap of the ball.  
Defense – can line up any way as long as they are 2 yd back from center
- B. Within the five (5) yard line, all defensive players can line up directly (nose-to-nose is allowed) on the line of scrimmage.
- C. Only one man can be in motion at the snap of the ball.
  - 1) If two (2) men are in motion before the snap, all have to stop and get set for one second.
  - 2) Shifting is legal at any time.
  - 3) All players who shift still must reset for one (1) second.
- D. If a Q.B. is not avoiding a sack, he can take the snap and immediately ground the ball by throwing it straight down to stop the clock only in the final two (2) minutes of 2nd half.

## **REMOVING THE FLAG**

- A. Flag Removal: When the flag is clearly taken from the runner the down shall end and the ball is declared dead. A player who removes the flag from the runner should immediately hold the flag above his head to assist the official in locating the spot where the capture occurred. If the flag inadvertently falls to the ground, a one-handed tag between the shoulders and knees constitutes capture.
- B. Contact: In an attempt to remove a flag from a ball carrier, defensive players may contact the body around the waste with their hands, but not their face or any party 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. If the defensive player steals the ball a turnover will not result.
- C. Dropped Flag: The flag may be dropped at the spot of capture by the defense with no penalty.
- D. If the quarterback's arm is moving forward with the ball in hand and the defensive player removes the flag, the quarterback is down.
- E. Head slaps are not allowed. It is considered unsportsmanlike conduct. (**Stiff-arming is likewise not allowed**).
- F. Diving to remove the flag is legal.
- G. Roughing the Q.B.: An automatic 1st down, plus a 15-yard penalty. Penalty yardage will be tacked on to any gain. If an oncoming rusher hits the Q.B. arm at any time this is roughing the Q.B. **Defenders should be attempting to pull the flag at all times.**
- A. Any receiver, offense or defense, must have **one foot** inbound for a catch to count.

## **DEFENSE**

- a. **Illegal contact/holding** (10 yd penalty, auto 1<sup>st</sup> down.)-- Defender may not make original contact with a receiver, nor may he use his hands or arms to hang onto or encircle a receiver. The defender cannot extend his arms to cut off or hook a receiver causing contact that impedes and restricts the receiver as the play is developing, nor may he maintain contact with the receiver. "Bumping/Chucking" by defender is permitted within 5 yds of the L.O.S.
  
- b. **Defensive pass interference** ( spot of foul, auto 1<sup>st</sup> down / If within end zone ball is spotted at the one yd. Line). It is pass interference by either team when any player movement beyond the offensive line significantly hinders the progress of an eligible player or such player's opportunity to catch the ball during a forward pass. When players are competing for position to make a play on the ball, any contact by hands, arms or body shall be considered incidental unless prohibited. Prohibited conduct shall be when a player physically restricts or impedes the opponent in a manner that is visually evident and materially affects the opponent's opportunity to gain position or retain his position to catch the ball. If a player has gained position, he shall not be considered to have impeded or restricted his opponent in a prohibited manner if all of his actions are a bona fide effort to go to and catch the ball.

## **ROSTER PROTESTS**

- A. If any field captain or head coach questions the status of an opposing player, he must petition the league coordinator at the game. The official then obtains the name or name(s) of the player(s) in question by signature. After checking his roster copy, the officials are authorized to decide the validity of the player's presence. The officials report to the League director after the game of their decision. If fraud is in evidence, the game is scored a 6-0 forfeit.
  
- B. All players participating in the post-season games must bring positive ID with them to the game. Failure to do so will result in play ineligibility if questioned.

## **BLOCKING, PASS BLOCKING, USE OF HANDS**

- A. Blocking is allowed anywhere on field. You may not leave your feet to block. Two on one blocking is allowed "in the box" on the line of scrimmage.
  
- B. No contact allowed above shoulders or below waist. An open hand straight armed block, within the framework of the blockers body, is the ideal block to avoid unnecessary rough play. You may not flip an elbow to block. You may not block with your shoulder. No grabbing of the jersey is allowed.
  
- C. Unnecessary blocks/blindsides to the run of play may be penalized.
  
- D. You cannot make contact with a defender on the ground. He must be allowed to stand up without interference.
  
- E. **Standing over a "decleated" defender may be penalized.**

- F. Blocking downfield before the pass is caught is offensive pass interference. It does not matter if receiver is behind line of scrimmage.

### **SCORING**

- A. Touchdown            6 points  
    Safety                2 points  
    Field Goals          3 points (no rush)  
    Extra point          1 point (Run, throw, or kick from opponent's 2-yard line following TD)  
    2 Point conversion    (Run or throw from opponents 10 yard line following TD)
- B. Captain may change his mind on 1-point try from the 3 or 2 pt. try from the 10, if he has a time-out.
- C. No spiking or throwing of the ball whether in anger or glee. Penalty: ten (10) yards. **No Warning.**

### **BEGIN PLAY/OFFENSE START**

- A. Offense - Their own 20 yard line  
    Team that wins the coin toss will elect to have ball (offense) or play defense and the end of the field they which to start at. Once referee blows whistle the 25-second play clock is in effect and ball must be snapped before play clock runs out.
- B. At the beginning of the second half the team that was on defense at the start of the game will start on offense on the opposite side of the field where they played offense during the 1<sup>st</sup> half.

### **FUMBLES**

- A. Any ball touching the ground after possession is ruled "dead" at that point. If a punt is touched by any player and immediately touches the ground, this constitutes a "dead" ball as well.

### **FIRST DOWN**

- A. A first down occurs when the offense advances the ball to the next line-to-gain. (20/40/G)

### **SPORTS LEAGUE COMMITTEE (FCPR)**

- A. A. The Frederick County Sports League Committee shall be comprised of: the respective FCPR league specialists and coordinators, the Recreation supervisor, and one (1) game official. Final say in all matters, not specifically mentioned herein, rests with the committee.
- B. All rules and penalties not specifically set herein are to be the same as practiced by NCAA.

### **OVERTIME (NCAA rules)**

- A. The regular season: In the event of a tie after the game clock has expired, there will be a coin toss to determine possession of the ball. Each team has 4 downs from the 20 yd line to score. Teams can go for a 1 or 2 pt. conversion following a score. If score remains tied after 2 series for both teams the game is ruled a tie.
- B. The playoffs and championships (NCAA rules): The sudden death overtime series is played until one-team outscores the other. Series continue until the score is no longer tied.
- C. At any time during an OT period, if the defense intercepts a pass and returns it for a touchdown – the defensive team is awarded 6 pts and the game is over. If the defensive team intercepts but is unable to return for a TD, the offensive teams possession is ended and there is a change of possession in the same manner as if the offensive team had failed to score after 4 downs.

### **BUMP RULE**

- A. A defensive player may ward off or "bump" an opposing player only once and only within five (5) yards of the line of scrimmage.

### **SNAPS**

- A. All snaps that hit the ground are dead.
- B. A player on the line of scrimmage CANNOT receive the snap.
- C. Center: you cannot touch the center until he takes one step toward his pattern, or assumes a blocking position.
- D. QB sneaks from under center are not permitted since the defense cannot line up over the center

### **PLAYOFFS AND CHAMPIONSHIP GAME**

- A. All teams make at least one of two single elimination playoff systems. There will be a playoff system for the Top Regular season teams and a Consolation Tournament for the remaining teams. The division winner will be seeded 1<sup>st</sup>, in some instances receive a bye, and will play the lowest seeded team and so forth.
- B. The 2 teams that go undefeated during playoff games shall play for the league/consolation championships. Home team will be designated as the team with the best record.

### **RULE CHANGES**

- A. Any part of these rules may be waived or changed at any time by the League Director.

### **Field Goals / Extra Points**

- A. Field goals can be attempted at any time and must be declared. No rush. If a declared field goal is asked for, you must kick. If you change your mind, you must call for a time-out

first.

- B. Kicked Extra points can be attempted from the 3 yd line after touchdowns. No rush. Just like a field goal, a kicked extra point must be declared beforehand. If you change your mind, you must call for a time-out first.

### **PUNTS**

- C. A team will either declare a punt or declare or undeclare a punt. No fake punts.

### **Turnovers**

- a. A change of possession can only occur due to downs or an interception on a forward pass.
- b. A fumble is not a turnover (the ball is dead at the spot of the fumble).
- c. A lateral is not a forward pass but can be advanced if intercepted.
- d. A catch is an act of establishing player possession of a live ball in flight. A catch of an opponent's pass or fumble before it hits the ground is an interception. If a player attempts a catch/interception in the air, the ball must be in control when the player returns to the ground in bounds.

### **ELIGIBLE PLAYERS**

- A. Any individual that is male and over the age of 18 years old that completes the specified registration requirements is eligible to play in this league.
- B. League Coordinators or Frederick County Parks & Recreation can revoke eligibility if registration requirements are not complete. Eligibility may also be revoked if the above rules and procedures are not adhered to.

### **INCLEMENT WEATHER**

- A. Call the **Program Cancellation Line at 301-600-6291 (option 2)** for updates throughout the day. In certain circumstance team captains will be called in advance and are responsible for informing their team/players.

### **WEBSITE**

Check [Men's Flag Football League | Frederick County Parks and Recreation, MD \(recreater.com\)](http://recreater.com) throughout the week for schedules, scores, and standings.

**League Director Contact info**

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