

FLAG FOOTBALL RULES AND REGULATIONS

7 on 7 Format

1. ROSTERS:

- A. Each team will be permitted a maximum of 16 players.
- B. The legality of players is the MANAGER'S responsibility.
- C. Rosters are due to the Athletic Office before the 4th game and will become frozen. Failure to submit a properly executed roster prior to play will result in forfeiture of each game played. Exceptions can be requested by calling the Athletic Department.
- D. Any player who's name is not signed to the roster will not be eligible to participate. The penalty for use of a non-rostered player is forfeiture of each game in which he ineligibly participates, and a 2 game suspension for the player.
- E. Protest concerning illegal players must be made before the end of the game. If it's found that an illegal player participated in any games during the season, those games will become forfeits also.
- F. Protests – complaints will be handled by the team manager only.
- G. The penalty for a player who participates under a name other than his own is SIX MONTH'S suspension from further participation in the Flag Football League and forfeiture of each game in which he ineligibly participated.
- H. Each player is allowed to play on ONE team per night only.
- I. All players must be at least 16 years of age on or before the day of the 1st game.

2. PLAYER CONDUCT / SUSPENSION:

- A. The conduct of the players and spectators is the MANAGER'S responsibility.

B. No player may VERBALLY or PHYSICALLY taunt or threaten a referee, opponent, or staff member. No individual may use loud, excessive or abusive profane language, directed at another individual or not.

1. Profane language can result in a 5-yard penalty.

Excessive profane language will result in an unsportsmanlike conduct penalty, which is a 15-yard penalty.

2. 2 unsportsmanlike penalties in one game by 1 player will automatically be ejected and suspended for the following game.

C. Alcoholic beverages are not allowed on City property (field, stands, parking lot areas, etc.) before, during, or after a game. This includes spectators. This is the MANAGER'S responsibility to control.

D. A player who is ejected from a game by the referee or staff is automatically suspended from play for the remainder of that game, the next 1 game, and **MUST** leave the City property immediately or that player's team will forfeit the game of which he was suspended. This 1 game suspension will go through the week if the player plays on multiple nights.

1. For instance if you play on Monday and Tuesday and are suspended during the game on Monday, you will be suspended for the game on Tuesday as well as the following Monday.

A player who is suspended is not allowed on ANY City property during the time of suspension. A player may be suspended for a longer period by the Athletic Director if this behavior is considered serious. A player receiving 2 suspensions in one season will be suspended for a minimum of 5 games. Any player who plays while under suspension will be eliminated from further play for a period of 1 year and his team will forfeit each game in which he played while under suspension.

E. Tackling of another player is not permitted. Intentional tackling, which is a judgmental decision of the officials, is an automatic 1 game suspension.

3. GAME PROCEDURES:

A. All games will be played in accordance with the FFFL Men's Flag

Football Rules, **EXCEPT AS MODIFIED HEREIN:**

1. A team must have a minimum of 6 players to start a game, and 6 players to finish a game. Exception: If a team only has 5 players, the opposing manager has 2 options:
 - a. Take the forfeit.
 - b. Wait 10 minutes until a 6th player arrives by starting the game clock. If the 6th player arrives, play will resume with the time that is left on the clock. If the 6th player does not arrive in the 10 minutes that is allotted, the game will become an automatic forfeiture. If one of the teams is late for the coin toss, the other team can be awarded the ball the first and second half.
 2. The 1st game of the night gets a 5 minute grace period to field a full team.
- B. Teams will provide a regulation football for play.
- C. Teams will provide their own FFFL flagbelt which is the Triple Threat Flagbelt. Flags issued by the triple Threat company as part of the Triple Threat Flagbelt measure 14 1/2” in length. Flags may be no shorter than this specified length.
- D. Playing Time:
1. Four- 10 minute quarters with 2 minutes between halves.
 2. During the last 2 minutes of either half, the clock always stops for a timeout, injury, scoring play, punt, first down, penalty, incomplete pass, or out-of-bounds play.
 3. There will be 30 seconds between plays, beginning with the end of the previous play.
 4. Each team has 2 timeouts per half.

5. UNIFORMS:

- A. Shirts of similar color are required for league games.

B. Shorts or pants- **NO POCKETS.** If a player has pockets, they will not be allowed to play in the game, no exceptions.

6. INSURANCE:

A. Teams are urged to purchase insurance covering injury to team members. **The City of Largo Recreation, Parks & Arts Department will not be responsible for doctor or hospital bills.**

7. AWARDS:

A. First Place (Playoff Champion)- your choice of a team trophy, money off next season, or a team party at the Largo Golf Course.

8. PLAYOFFS / STANDINGS:

A. Playoffs will be determined by the number of teams in each division.

B. The playoffs will start the week after the regular season ends.

C. Playoffs could vary night to night, depending on the number of teams and the number of games played.

D. If final standings are tied, the department will revert to tie breakers as follows:

1. Head-to-head competition
2. Total points scored against in league play
3. Point Differential
4. Total Points Scored

E. Standings can be viewed at www.largosports.com

9. RAIN-OUTS:

A. We will make up all rain-outs at the end of the schedule.

B. If a game is called due to weather prior to half time, the game will not count in the books, and will be rescheduled. If a game is called anytime at or after half time, then it will count as a complete game.

10. Penalties / Yardage

Dead Ball Penalties

False Start – 5 yards from previous spot

Offsides – 5 yards from previous spot

Illegal Motion – 5 yards from previous spot

Delay of Game – 5 yards from previous spot

Unsportsmanlike Conduct – 15 yards from previous spot / dead ball spot

Second UC – Ejection from game and premises, subject to further suspension

Live Ball Penalties

Holding – 10 yards from the spot of the foul

Pass Interference – 10 yards from previous spot, Automatic First Down

Roughing the Passer – 5 yards from previous spot, Automatic First Down,

*If Deemed Intentional – 15 yards, Automatic First Down

Illegal Contact – 5 yards from previous spot

Flag Guarding – 5 yards from the spot of the foul, loss of down

Illegal Forward Pass – 5 yards from spot of the foul, loss of down

Inadvertent Whistle

When the referee blows the whistle before a play actually ends, the team in possession of the ball at the time of the quick whistle has the option of either keeping the yardage gained up to the point of the quick whistle or of returning the ball to the previous spot and replaying the down.

a. In the event of a pass or of a kick that is in the air at the time of the quick whistle, the ball is dead and returned to the previous spot and the down is replayed.

b. The referee may award a touchdown if he judges that a ball carrier would have scored had the quick whistle not occurred.

Questions or concerns contact Athletics at 727-593-6165.