

# City of Lincoln

## Adult Flag Football Rules

### I. Eligibility

- A. Rosters must be submitted before your first game. Each roster must consist of 6 – 12 players. A player may play on only one team in the league. The minimum age is 18.
- B. After game one, players may be added to the roster through week 5 by completing and submitting a “Team Roster Add Form” along with a \$5 fee for each player added. Players may not be added to a roster after week 5.
- C. Any team that’s found to be playing with an ineligible player or a player not on their roster will immediately forfeit the game they are playing.
- D. Any protest a team has regarding the eligibility of a player on the opposing team must come from the team’s captain and be made towards the staff person in charge during the course of the game. No action will be taken if the protest is made upon conclusion of the game or made by any person other than the team’s captain.

### II. Field/Equipment

- A. The Playing field is 80 yards in length, 50 yards wide & divided into four 20 yard zones.
- B. The ball may be any size equal to standard adult intermediate size football. The league provides a ball, but teams may use their own if agreed upon by both teams.
- C. Flags are provided by the league and are worn around the waist with one on each hip & one at the rear.
- D. Uniform shirts must be like-colored & bottoms must not have pockets. No metal cleats.

### III. Scoring

- A. Six points for a touchdown, with the option of a two point conversion attempted from the 10 yard line or the one point conversion from the 5 yard line. Two points awarded for a safety.

### IV. Players

- A. Six players play at a time. Four can start. Anytime a team goes below four, they forfeit.
- B. Offense may have only one player (QB) off the line of scrimmage. All players must be at least five yards from the sidelines at the time of the snap.
- C. The designated Captain is the sole representative to the officials, and accepts or declines all penalties, calls all time outs, and provides a lineup of first and last names to the scorer before the start of each game.

### V. Playing Rules

- A. The game is two 20 minute running halves. There will be a 2-minute warning at the end of the 2<sup>nd</sup> half. During this 2-minute period, time will stop for incomplete passes, plays taken out-of-bounds & on change of possession. Two time outs allowed per half, per team. Game time plus 5 minutes on the scorekeeper’s clock is forfeit time. *(There will be a \$30 forfeit fee that must be paid to the opposing team, no exceptions!)* A coin flip at the beginning of play determines possession and direction of play. The team winning the coin flip can elect to start on offense or choose the goal to defend. Possession and direction of play alternates at the start of the 2<sup>nd</sup> half. Play will begin with a kickoff from the 30-yard line to begin each half and after a touchdown or safety.



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- B. Game is passing only. QB must release pass within 7 seconds or is considered sacked at that point. Defensive “rushers” must line up 10 yards in front of the line of scrimmage or be considered offsides. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- C. The offense has 30 seconds to put the ball in play once the referee has spotted the ball. Only one player is allowed in motion at a time.
- D. There is NO blocking allowed anywhere on the field.
- E. All players are eligible to receive passes.
- F. All passes must be forward and received beyond the line of scrimmage.
- G. Players must have at least (1) foot in-bounds when making a catch.
- H. Shovel passes are allowed but must be received beyond the line of scrimmage.
- I. One backwards lateral is allowed per possession.
- J. The person with the ball is “down” when: ball carrier’s flag is pulled, ball carrier’s flag falls off, ball carrier steps out of bounds, ball carrier’s knee hits the ground, ball touches the ground, touchdown or safety is scored.
- K. The ball is spotted from where the ball carrier’s feet are when their flag is pulled.
- L. There are no fumbles. The ball is spotted where the ball hits the ground.
- M. Teams have four downs to make the next (first down) line, regardless of where they started. A team can opt to punt on fourth down. Punts cannot be returned. A punt is dead where it is caught, touched or stops. Punts that roll into the end zone will be brought out to the 15 yard line.
- N. Spinning is allowed. Offense cannot run over a defender who has established position. The offensive player cannot leave their feet (hurdling or diving) to advance the ball. Tackling, holding or pushing a player out of bounds is not allowed.
- O. The use of a “stiff arm” to ward off an opponent is prohibited.
- P. Overtime: Each team will receive four plays starting from their own 5-yard line. The team to accumulate the most yardage or score in the least amount of plays will be declared the winner. Interceptions will result in the end of the offensive team’s possession.
- Q. Penalty yards will be awarded as follows:

**Defensive** (all defensive penalties are assessed from where the infraction occurred)

Offsides.....	5 yards / repeat the down
Interference.....	10 yards / automatic first down
Illegal contact (holding, blocking, pushing, etc.).....	10 yards / automatic first down
Illegal Flag Pull (before receiver has ball).....	10 yards / automatic first down

**Offensive** (all offensive penalties are assessed from the line of scrimmage)

Illegal motion (more than one person moving, false start).....	5 yards
Illegal forward pass (pass received behind line of scrimmage)...	5 yards
Illegal contact (holding, blocking, pushing, etc.).....	10 yards
Offensive pass interference.....	10 yards
Flag guarding (hand swipe, stiff arm, hurdling, diving).....	10 yards
Delay of game.....	Clock stops, 10 yards

- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it