

1. General:

- Game time is forfeit time! The winning team of a forfeited game will receive fourteen points for the point differential of that game.
 - Teams with less than the required number of participants at the scheduled start time will forfeit the contest.
- The home team is required to provide two officials for each game.
 - The officiating will be done by officials who are in absolute control of the game.
 - Time can be kept by volunteers. Home team responsible for securing.
- Teams are responsible for keeping their spectators under control.
 - Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection or forfeiture of the game.
 - Spectators must also remain off of the field and only in designated areas only.
- The official and or supervisor have the power to make decisions on any matters or questions not specifically covered in the rules.
- Each team is required to provide a scorekeeper and down marker operator, which will be assigned by the IM Supervisor.

2. Team Requirements

- A team shall consist of seven players. A team can play with a minimum of 5 players.
- The offensive team must have any 4 players on the line of scrimmage at the time of the snap.
- Substitutions are allowed between plays and during time outs.
- All players must be recorded on the roster and waiver form (with parental signature) before they are allowed to participate.
- The designated team area is located between the 20 yard lines, two yards off the sideline. This area is for all players and coaches.
- The spectator area is designated as five yards from the sideline. Spectators are not allowed in the team area.

2. Equipment and Facilities

- All players must wear shoes.
- Rubber cleated shoes will be allowed.
 - Open toe, open heel or hard soled shoes will not be allowed.
 - **No metal cleats.**
- Pants and/or shorts with belt loops and/or pockets are strictly prohibited.

- A player may not turn his or her shorts inside out or tape his or her pockets in order to play.
- Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.
- Covering Flags:
 - A team will get 2 warnings, and then a 10 yard penalty will be assessed.
- All flag belts must be free of knots.
 - Penalty: Unsportsmanlike conduct and ejection from the game.
- Each team must provide their own peewee size football.
 - There are no requirements regarding ball pressure and markings.
 - The official shall be the sole judge of any ball offered for play and may change the ball during play at his or her discretion.
- Equipment such as billed hats, bandana's, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, casts and all jewelry are strictly prohibited.
 - Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.
- Teams must use flags approved by the league.
- All team members must wear the same color shirt.
 - Shirts must be tucked in the pants or cut off a minimum of 4 inches above the waistline.
 - Shirts may not have pockets and may not be tied in knots.
 - No hooded sweatshirts on the outside
 - Hooded sweatshirts will be allowed, but only under the uniform shirt.

3. Start of the Game and Timing

- Toss of the Coin-Three minutes before the start of the game, the referee will conduct a captain's meeting.
- The captain winning the toss will have a choice of options for the first half or shall defer his/her option to the second half:
 - To choose whether his or her team will start on offense or defense.
 - To choose the goal his or her team will defend
 - The captain, not having the first choice of options for a half, shall exercise the remaining option.
- Two time-outs a half are allowed per team.
 - Each time out will be no longer than two minutes, then the play clock starts.
- The ball must be put into play no more than 25 seconds after the official has placed the ball.
- Games will consist of two 20 minute halves with a ten minute half time.

- Timing will be continuous for the first half.
 - Only team and official time-outs can stop the clock.
 - Approximately two minutes before the end of the second half the referee shall stop the clock and inform both captains of the time left on the clock.
 - The clock will restart on the snap.
- **Mercy Rule:**
 - If a team is leading by 50 at halftime or after or 19 points or more in the final two minutes of the game, the mercy rule will be put into effect and the ball game will be over.
- **2-minute Warning** (NIRSA 2009 & 2010 Rule Book Rule 3 Section 2 Article 7 pages 28 – 29)

During the final two (2) minutes of the second half the clock will stop for a:

1. Incomplete legal or incomplete illegal forward pass – clock starts on the snap.
2. Out-of- bounds – clock starts on the snap.
3. Safety – clock starts on the snap.
4. Team time-out - clock starts on the snap.
5. First down – dependent on the previous play.
6. Touchdown - clock starts on the snap (after the Try).
7. Penalty and administration – dependent on the previous play.
EXCEPTION: Delay of game – clock starts on the snap.
8. Referee's time-out – clock starts on the snap.
9. Touchback – clock starts on the snap.
10. Team A (offense) is awarded a new series – dependent on the previous play.
11. Team B (defense) is awarded a new series – starts on the snap. (ie. Interception)
12. Team attempting to conserve time illegally – clock starts on the ready.

PLAY: Team A, losing, is de-flagged with 10 seconds remaining in the game. They line up quickly and snap the ball prior to the Referee making it ready for play. There are 2 seconds on the clock. **RULING:** Delay of game penalty. The Referee will start the game clock on the ready as Team A is attempting to conserve time. Prior to sounding the whistle, the Referee will inform Team A captain that the game clock will start on the ready.

13. Team B, attempting to consume time illegally – clock starts on the snap.

PLAY: During the second half, Team A leads Team B 14-12 with the game clock running. Player A false starts with 50 seconds remaining on the game clocks. **RULING:** Enforce false start, if accepted. The Referee will order the game clock to start on the snap due to Team A attempting to consume time.

- Inadvertent whistle – clock starts on the ready.

4. Game Rules

- Field dimensions are 40 yards by approximately 20 yards (sidelines will be marked inside the numbers on standard field of play) with 10 yard end-zones. Yard markings every 10 yards.
- NO RUN ZONE
 - No run zone will be placed five yards from the end-zone.
 - No team can run while inside of the no run zone.
 - Five yard penalty will be given for any violation.
- The ball will be placed on the 45 yard line after every touchdown and play will resume heading towards the respective end-zone.
- First downs will be achieved after the offense has moved 10 yards or more in four downs or less.
 - A team shall have four consecutive downs to advance to the next zone line to gain (and earn a first down).
 - The zone line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain.
 - A new series of downs will be awarded when a team moves the ball into the next zone.
- Flag Belt Removal
 - When the flag belt is taken from the runner, the down shall end and the ball is declared dead.
 - The spot of the ball is determined at the point where the clip of the flag belt becomes detached, not where the belt falls to the ground.
 - If a flag belt inadvertently falls off.
 - A one hand tag between the shoulders and the knees constitutes a capture.
 - A player may leave their feet to remove a flag.
 - The ball becomes dead when:
 - A legal de-flagging occurs.
 - The ball carrier touches the ground with any part of their body other than the hands or feet.
 - A fumble hits the ground.
 - A quarterback fumbles the ball after receiving the snap.
 - Official's discretion on the call of snap touching the ground.
- Each member of the offensive team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
- The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play.

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- The ball must be snapped in one continuous motion, not necessarily between the center's legs, from the spot designated by the ball marker.
 - The ball may be moved with approval by the official due to poor field conditions.
 - The player receiving the snap must be 2 yards from the line of scrimmage during a scrimmage play.
- Before the snap, all offensive players must come to a complete stop for at least 1 full second.
 - Only one offensive player may be in motion, and may not be moving towards the opponent's goal line at the time of the snap.
 - If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.
- For a legal catch, a pass receiver must come down with at least one foot in bounds.
- Rush-The defense must line up at least seven yards from the line of scrimmage.
- All offensive players must be momentarily within 15 yards of the ball. It must be clear who the seven offensive players are on each play. The intent of this rule is to eliminate all sleeper or hideout plays. These plays will result in a 10 yard penalty for illegal participation.
- Fumbles
 - Fumbles are dead when the ball touches the ground.
 - The ball is put into play at the point where the ball first touched the ground.
 - Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.
 - A ball fumbled into the offensive team's end zone will result in a safety. If the ball is fumbled into the opponent's end zone the result is a touchback (opponent's ball on their 15 yard line).
- The ball is placed on the 45 yard line after a safety.
 - The team receiving the 2 points for the safety will put the ball into play with a series of downs.
- Touchdowns are 6 points.
- Extra Point attempts will be taken from the 7 yard line.
 - One point for a successful run.
 - Two points for a successful pass.
 - If the defense should intercept a pass, they may return it for a score.
 - The return will be to the opposite 45 yard line.
 - A score will equal two points.
- Tie score at the end of regulation during the playoffs-The field captains shall be brought together and a coin toss will be conducted.
- During the playoffs, the overtime format will be repeated until a winner is declared.
- The winner of the toss shall be given the option of either offense or defense.

- If additional overtime periods are necessary, captains will alternate choices.
- Each team will be given 4 downs from the same 20 yard line to score a touchdown.
- If the first team scores, then the second team will still have 4 downs to attempt to win or tie the game.
- If the defense intercepts the ball and returns it for a touchdown, the game will be over.
 - If not, the ball will be placed at the 20 yard line to begin the series of four downs. Conversion attempts will be held as in regulation play.
 - Each team is entitled to one time out per overtime period.

5. Flag Belt Removal

- In an attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his or her hands.
- A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag.
- No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier.
 - Penalty: personal foul, 10 yards (flagrant offenders will be ejected from the game and possibly suspended for the remainder of the season).

8. Clarification

8.1 A defensive player may not remove an offensive player's flag when the offensive player does not have the ball. Similarly, the defensive player may not remove the quarterback's flag after the ball has been thrown. Penalty: Illegal flag belt removal, 10 yards.

8.2 A defensive player may not remove an offensive receiver's belt prior to the receiver touching the ball. Penalty: defensive pass interference, 10 yards and automatic first down.

8.3 A defensive player must avoid running into the quarterback behind the line of scrimmage if the quarterback does not have the ball. Penalty: 10 yards and automatic first down.

8.4 A player may not fasten his or her flags to his or her uniform or belt other than prescribed in the rules. Penalty: 10 yards for first offense. Automatic disqualification for second offense. The official will check the flags of each person who scores a touchdown or conversion. **Following a touchdown or conversion, if a player**

removes their flag belt prior to being checked by the official the score will be nullified.

8.5 Pushing or chucking a receiver/defender is not allowed. Penalty: Illegal use of hands. 10 yards.

8.6 An offensive player may not dive or hurdle over, through or into an opponent who is on their feet.

8.7 Any dead-ball penalty occurring after a touchdown will be assessed on the extra point. Any dead ball penalty occurring after a conversion will be assessed on the next play from scrimmage..

8.8 An offensive player may not stiff arm or guard his or her flags by blocking them with their hands or the ball.

8.9 When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown has the option of accepting the play or replaying the down.

8.10 All players on the field must wear flags. Failure to do so will result in a five yard penalty, if noticed prior to the ball being snapped. If noticed after the ball has been snapped, then the player without a flag belt must be touched with one hand between the shoulders and the knees (after the ball has been snapped, a penalty cannot be assessed).

8.11 Spiking/Kneeling the ball will only be done by the quarterback from the under center position. Any other spiking of the ball will result in un-sportsmanlike conduct, penalty of 10 yards.

8.12 The offensive team is responsible for retrieving the ball after a play.

8.13 The 25 second clock begins when the official signals "ready for play."

SUMMARY OF FOULS AND PENALTIES

Loss of 5 yards:

1. Required equipment worn illegally.
2. Delay of game.

3. Illegal Snap.

4. False start.

5. Encroachment.

When a player comes within 7 yards of the offense before the ball is snapped.

6. Illegal Procedure.

7. Illegal forward pass (5 yards from point of pass and loss of down).

8. Intentional grounding (5 yards from point of pass and loss of down).

9. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

Loss of 10 yards:

1. Delaying the start of either half.

2. Two or more consecutive encroachments during same interval between downs.

The initial encroachment 5 yards.

3. Illegal participation.

4. Offensive pass interference. (Loss of down)

5. Defensive pass interference. (Automatic 1st down, ball will be placed at the spot of the foul)

6. Illegally secured belt on touchdown. (Revoke touchdown and loss of down)

7. Unsportsmanlike Conduct.

8. Spiking the ball or not returning the ball to the official during the dead ball.

9. Attempt to steal the ball from the carrier. 2nd offense is unsportsmanlike conduct (may be disqualified).

10. Hurdling.

11. Unnecessary contact of any sort.

12. Roughing the passer. (Automatic 1st Down)

13. Defensive use of hands.

14. Guarding the flag belt (and stiff arming).

15. Illegal batting.

16. Illegal flag belt removal.

17. Personal foul.

18. Flagrant un-sportsmanlike conduct. (Disqualification)

19. Flagrant personal fouls. (Disqualification)

20. Intentionally tampering with flag belt. (Disqualification)

21. Illegal equipment.