

1-21-2018

# KEYSTONE FLAG FOOTBALL LEAGUE

## OVERVIEW

The Keystone Flag Football League (KFFL) is sponsored by SCPRA (Shippensburg Park and Rec Association.) It is a 9 vs 9 adult league. The objective of this league is to be competitive and bring sportsmanship to the area. Flag football is a growing sport and we hope to grow this league into a year in year out event to be held each spring. Games will be played at Shippensburg Memorial Park on Saturday mornings.

## PARAMETERS OF THE GAME

### ARTICLE:1 GAME CANCELLATION

Cancellation of games due to weather related issues will be relayed from the SCPRA down to league officials. At which time league officials will contact the designated team rep at which time it will be the responsibility of the team rep to contact the rest of the team. If a game needs rescheduled for any team related issue, the teams involved need to contact a league official and NOT the SCPRA. Canceled games shall be rescheduled at the discretion of the SCPRA and the KFFL.

### ARTICLE:2 FORFEITS

A team will suffer a forfeit for any of the following:

1. If a team does not have the required 9 players at game time. There will be a 5 minute grace period to field 9 players. After the grace period expires it will become a forfeit.
2. Fielding a player who is ineligible.
3. Failure to comply with the guidelines and the CODE OF CONDUCT set forth by the KFFL and SCPRA.

### ARTICLE:3 PLAYER ELIGIBILITY

All players must complete a waiver, code of conduct and team roster. All player must be 17 years of age no later than the first day of the league.

#### ARTICLE:4 PLAYER EJECTION

A player will be ejected from the game for the following infractions

1. Fighting
2. Excessive Profanity
3. Not following the Code of Conduct and any rules set forth by the SCPRA and KFFL.

#### ARTICLE:5 PROHIBITED ACTS

Prohibited acts are as follows:

1. No Fighting
2. Teams are not allowed to leave any trash on their sidelines. All teams are responsible for the items on their sidelines.

#### ARTICLE: 6 PLAYING FIELD

The KFFL will use the following field dimensions:

1. The game shall be played on an 80x40 yard field.
2. The end zones will be an additional 10 yards.
3. The field will be marked in twenty (20) yard intervals
4. First downs will be 20-40-20
5. The field will be clearly designated the Goal Lines, End Lines, and Sidelines.
6. Sideline players will remain between each twenty (20) yard marker.

#### ARTICLE: 7 OFFICIALS

Each team will be required to provided 2 officials for the game they are not playing in. So, there shall be 4 officials per game. 4 Officials shall be as follows:

1. Referee
2. Line Judge
3. Field Judge
4. Back Judge

#### ARTICLE: 8 EQUIPMENT

If a team has their own flags and they are of legal use you may use them. The SCPRA does provide flags for the league to use. Eventually I would like to see the league switch over to the Flag-A-Tag belt. All flags will be inspected at game time.

Teams will provide their own football. The size must be of COLLEGE or PRO size. These footballs will also be inspected at game time.

Some examples of ILLEGAL equipment is as follows:

1. NO metal cleats
2. NO caps with extended belts
3. The use of headgear (excluding head bands, athletic caps and baseball caps worn backwards) non-sports shades, shoulder pads, forearm pads, casts, boxing gloves, uncovered knee and elbow braces thigh pads, jewelry and any other unyielding equipment are not permissible. This includes but not limited to body cameras, face shields, training masks, and any other hard covering.
4. Baseball, football and golf gloves and legal.

#### ARTICLE: 9 UNIFORMS (UNIFORM POLICY)

Teams are required to have a uniformed look, meaning same basic color jerseys/tops with numbers on front and/or back and the same basic color pant/shorts/bottoms. Pants/shorts/bottoms must CONTRAST the color of the flag.

Team colors will be determined by the team at time of registration to prevent multiple teams having the same colors. If this should happen then a determination between the teams involved and league reps to find a solution will take place.

Teams will be required to maintain a uniformed look throughout the league season and into the playoffs.

Jerseys should be tucked in at all times and should not at any given point during the game cover any portion of the flags or flag belt.

#### ARTICLE: 10 ROSTER LIMITS

Team roster limits for KFFL will be a minimum of 12 with a max of 20.

Team must start a game with 9 players as stated in ARTICLE 2 (FORFEITS). However due to injury or ejection a team can finish with 8 players less then 8 will result in forfeiture of the game.

Each team will have a chance to add/drop a max of 2 players by the midway point of the season schedule with approval from the league reps. This can be used to fill out roster or replace injured players. They must sign roster/ waiver and code of conduct before they play.

#### ARTICLE: 11 GAME TIME

All games including playoffs will have two 25 minute halves with a 5 minute half time.

During the first 23 minutes clock stops due to the following:

1. Injury
2. Time outs
3. Penalties
4. Incomplete passess

During the last 2 minutes clock stops due to the following:

1. Timeouts
2. Penalties
3. Scores
4. Incomplete passes
5. Player with ball going out of bounds
6. During extra point conversions

Half time will be 5 minutes and CAN NOT be less than 1 minute.

There will be a 25 second play clock.

During each half the clock will stop at the announcement of the 2 minute warning. The referee will give a short briefing of the game situation and the (regulation clock) will start back at the snap of the ball.

#### ARTICLE: 12      TIMEOUTS

Each time will be awarded 2 timeouts per half. In overtime each team will have 1 timeout to use. Time outs will only be recognized by players on the field, coach or assigned captain and granted by a game official. Time outs will be 1 minute long not to exceed 1 minute.

Consecutive timeouts by a team is permissible provided the team has the timeouts available.

Equipment and injury timeouts are at the game officials discretion.

#### ARTICLE:13      OVERTIME PLAY

In the event a game is tied at the end of regulation play, the start of each possession in overtime will be the 20 yard line “going in” with 4 downs to score and each team having a chance to score in overtime. One timeout will be awarded to each team in overtime. Timeouts will not carry over from regulation play. There will be a 5 minute intermission between the end of regulation and the start of overtime. Each time can score during overtime. All interceptions, and fumbles will be played to completion.

A coin toss will determine possession of the overtime period with the team winning the coin toss having the choice to play offense or defense first. The team losing the coin toss will have the choice of which end of the field to defend. If at the end of overtime the game is tied the game shall end in a tie due to time restraints of the field use.

Championship games will be determined by an overtime period until a winner is determined unless special circumstances regarding time or facility use.

#### ARTICLE: 14      GAME START TIME

The game will start no later than 5 minutes after the designated time set in the official league schedule. The first game of the day will receive a 10 minute maximum grace period that INCLUDES the 5 minute period before forfeiture for failing to have enough players after which it will be the referees discretion to forfeit the game.

Prior to the start of the game officials may conduct an equipment check on all bottoms of cleats, uniforms, shirts tucked in, and flag belts properly fitted. This equipment check may also be completed verbally by asking the team captain(s) or coach if all players are properly equipped.

Coach's are ultimately responsible for all their team's equipment checks.

#### ARTICLE: 15      SPEAKING CAPTAINS

Prior to the start of the game the Referee will ask a team to designate the SPEAKING CAPTAINS for the game. The designated player(s) or coach will be the representative for the team decisions during the entire game.

Each team may have no more than 3 representatives and a non-playing coach/captain that is listed on the roster. Sideline coaches are permitted and must identify themselves prior to the start of any game. Sideline coaches are permitted to solicit a rule clarification from the Referee when time permits. Speaking captains can refer to the coach prior to deciding the benefit of a Referee's infraction explanation. Speaking captains' initial decision is irrevocable.

#### ARTICLE: 16      COIN TOSS

The home team will call the coin toss. The team winning the coin toss will have the choice(s) (RECEIVE) take the ball, (KICK) conceding possession and choosing direction/goal to defend or (DEFER) their choice until the second half of the game. The losing team of the coin toss will have remaining choices with exception of the option to defer.

ARTICLE: 17        STARTING THE GAME/HALF

The clock will start no later than 1 minute after the coin toss. Kickoffs will be from the 35 yard line. Kickoffs will be implemented in this league for both halves of every game. After halftime the clock will start on the Referee's ready whistle after a 1 minute kick off warning.

ARTICLE: 18        4<sup>TH</sup> DOWN POSSESSION

On 4<sup>th</sup> down, a team must declare it's option to punt or play to the Referee, which will be declared as the "official" decision unless an offensive timeout is called prior to the play or the defensive team commits a penalty that changes the field position for the team possessing the ball. Once the offense has declared they are punting all punting guidelines will be enforced for that play.

ARTICLE: 19        ADVANCEMENT

The ball carrier cannot dive to advance the ball in order to gain an advantage. This is and will be enforced as a form of flag-guarding. The ball may be extended for extra gain to cross a plane for advancement or score; it will take precedence over the ball carriers body. The spot of the ball is at the discretion of the officials.

ARTICLE: 20        SCORING

Touchdowns (6) by run, pass. A team can score a maximum of six (6) points for the ball carrier successfully crossing the opponent goal line at any given time of the game.

Extra points (1 or 2) are determined by yardage. An offensive team captain will declare one (1) point or two (2) points to the official and can not be altered without calling an offensive timeout.

1. One (1) point when set at the three (3) yard line by run or pass.
2. Two (2) points when set at the ten (10) yard line by run or pass.

A defensive player may advance to the opponent's end zone on a turnover during a run, pass extra point attempt for the points attempted one (1) or two (2) points.

Safety (2): a team without possession of the ball (Defense) can score by de-flagging and offensive player in the possessing team's end zone or benefiting from an offensive penalty in the end zone.

1. If the offensive team gets trapped and de-flagged in it's own end zone with the preceding spot established beyond the goal line the defensive team scores 2 points.

2. If the offensive team drops the ball or commits a penalty in their end zone with preceding spot established beyond the goal line the defensive team scores 2 points.
3. If a player on the defense gains possession of the ball in their end zone and is de-flagged there, it is a touchback, not a safety.
4. If a player makes an interception outside of the end zone and his momentum carries him into the end zone and he is de-flagged in the end zone the team making the interception will get the ball at the spot of the interception.

Forfeits (18): A team that forfeits a game will be given a loss and scored as 0-18, with their opponent receiving a corresponding score of 18-0 and a win.

#### ARTICLE: 21      MERCY RULE

The mercy rule is applicable during the KFFL season. If the point differential reaches 36 points at any given point of the 2<sup>nd</sup> half, it will be considered a "Skunk" and will end no matter who owns the next possession.

#### ARTICLE: 22      BLOCKING

You are allowed to implore multiple styles of blocking:

1. Hands extended outward, palms down fingers upward between shoulders and waist frame only.
2. Chest to chest.
3. 2 on 1 block down field and at the line of scrimmage.
4. Protect yourself with a forearm during block. (must not extend forearm to "restricted areas")

While blocking you are not allowed to:

1. Hold
2. Pull
3. Hook
4. Hug
5. Lay on a downed opponent
6. Elbow
7. Lead with the head
8. Make contact with a player above the shoulders or below the waist.
9. Hit a player in the back
10. Trip
11. Crack back or blind side block a player.
12. Leave feet to block

### 13. Clip (Blocking in back below the waist)

#### ARTICLE: 23 CATCHING

A legal catch by either an offensive or defensive player is showing complete control of the ball with one (1) foot in bounds. A receiver making a catch near boundaries must completely control the ball while in bounds and show complete control while the player is falling out of bounds even when they hit the ground.

#### ARTICLE: 24 5 YARD BUMP

The 5yard bump is where a defender can make contact with an eligible receiver within 5 yards. The defender may maintain one (1) sustained bump within the 5 yards as long as the ball is not in the air. Contact outside the 5 yard bump is illegal contact and may result in a penalty.

#### ARTICLE: 25 DE-FLAGGING

##### Flag Removal

1. The defend must make a “legitimate attempt” at the flag(s) for the de-flag by reaching for the flag(s) at all times with both hands and by keeping his head and shoulders up during contact for the de-flag attempt.
2. If the ball carrier hit the ground as a result of a “legitimate attempt” by the defender the ball will be dead at the spot the ball carrier hits the ground or if the ball carrier hits the ground on his own he must be touched by the defender with one (1) hand.
3. If the flag belt falls off the ball carrier during or after any contact by the defender the ball will be spotted at the point of contact by the defender.
4. A defender can not illegally hold, grab or prevent a runner from advancing when attempting to de-flag a ball carrier.
5. If the ball carrier has only 1 flag on or no flags on at all then the defender must touch the ball carrier with one hand.

#### ARTICLE: 26 DIVING

Diving to pull a flag is LEGAL. Diving to advance the ball gaining an advantage against the defender or for extra yardage is ILLEGAL.

1. Diving being defined as a non-football move by which the ball carrier completely leaves his feet to advance the ball towards the end zone or any direction to avoid a flag pull: JUDGEMENT CALL.
2. ENFORCEMENT SAME AS FLAG GUARDING

3. Diving to block is illegal. Enforcement: personal foul, unnecessary roughness (15yds.)

ARTICLE: 27                    ENCROACHMENT/OFFSIDES/NEUTRAL ZONE INFRACTION

SEE SUMMARY OF PENALTIES

ARTICLE: 28                    END ZONE CELEBRATIONS

End zone celebrations are acceptable within the context of the SCPRA Code of Conduct guidelines. Penalty for excessive celebration can be assessed on the extra point try, the succeeding kick off or succeeding spot in lieu of kick offs.

ARTICLE:29                    EXTENDED PLAYING TIME

An un-timed down(s) may extend the 1<sup>st</sup> half, or the end of the game only when the last timed down one of the following occurs:

1. Offsetting penalties
2. Inadvertent whistle
3. Penalties committed by the defense at the expiration of the 1<sup>st</sup> half or end of the game.
4. PENALTIES ON THE OFFENSIVE TEAM WILL NOT EXTEND THE HALF OR GAME UNLESS THE DEFENSE DECLINES THE PENALTY ON A SCORING PLAY AND THE EXTRA POINT TRY IS PENDING.

ARTICLE: 30                    FIRST DOWNS

First downs will be awarded when the offensive team advances the ball from one 20yard increment zone to the next 20yard increment zone within 4 downs or change of possession. First downs may be awarded by advancement due to the application of a penalty which advances the ball into the next 20yard increment zone.

An offensive team may be awarded an automatic first down as a result of selective penalties by the defense. SEE SUMMARY OF PENALTIES.

ARTICLE: 31                    FLAG(S) FALLS OFF INADVERTENTLY

If the ball carrier flag(s) falls off on its own without any contact from the defender the play will continue and the ball carrier must be touched with one (1) hand or the remaining flag pulled. If a defender intercepts the ball any does not have any flags on at all the ball will be blown dead at the spot and the defense will retain the ball at that spot barring any pre-possession penalties.

If an INELIGIBLE lineman receives a tipped pass the ball is blown dead at the spot of possession.

ARTICLE: 32

FLAG GUARDING

A player may not guard against being de-flagged by using any part of his body or the ball past his flag belt either intentionally or unintentionally. A player's natural running motion causing a part of the body to temporarily break the plane of the flag belt may not be called by the official as flag guarding. It is the official's judgement regarding natural running motion. The official may over rule natural running motion if he feels that the ball carrier gained a decisive advantage over the defender and the running motion caused a part of the ball carrier's body to block the de-flag attempt. Bending over to make football moves may not be considered a natural running motion. Quick steps to cut by dropping hips, short hops to cut, and legal spin moves may be considered a natural running motion. Contact made by a defender placing the running in an unusual position may not be considered a natural running motion but must be considered on attempts for the de-flag in which the ball carrier may need to maintain balance to gain additional yardage.

Jumping to throw the ball by the quarterback/passers is legal. If the quarterback/passer jumps while being pressed by a defender and does not throw the ball it will be considered flag guarding. If the quarterback/passer jumps any contact made in attempt to de-flag will not be considered a personal foul as long as the contact is not excessive or to the arm and/or above the shoulders of the quarterback/passers.

STIFF ARMING IS ILLEGAL. This is flag guarding.

ARTICLE: 33

KICK OFFS

Starts the game, each half or after a score and extra point attempt. The ball can be kicked using a kicking tee, held upright on the field by a member of the kicking team, or placed on the field and kicked. Barring any penalties the kicking team will kick from their own 35 yard line. The teams line up 10 yards apart.

All kicked balls must stay in bounds. If kicked out of bounds a penalty will be assessed.

1. If a kick off goes out of bounds the receiving team may elect to spot the ball at their 35 yard line or the spot where the ball goes out of bounds whichever is the greater outcome.

There are only 3 scenarios for a re-kick in which case on any of the penalties the team benefiting from the penalty may decline the penalty.

1. In the case of an offside penalty on the kicking team, the receiving team has a choice of a 5 yard penalty added to the end of the run or a 5 yard penalty enforced from the kicking team's restraining line and a re-kick.
2. In the case of an illegal formation on the return team{not enough players on the restraining line(5)}, the kicking team has a choice of a 5 yard penalty enforced from the end of the run or a 5 yard penalty added to the kicking team's restraining line and a re-kick.
3. Offsetting live ball penalties on the kick-off will result in a re-kick.

The kicking team must remain behind the restraining line until the ball is kicked. After the ball is kicked and goes less than 10 yards and is touched or possessed by the kicking team, the receiving team will take possession of the ball at the spot where it was touched by the kicking team.

The receiving team must line up five (5) players 10 yards from the kicking team's restraining line. The returning player has no "halo" but can not be touched by a member of the kick off team prior to receiving the ball. The returning player may not be interfered with during an attempt to catch the ball. If a player muffs the ball on a kick off the ball is "live" and in play for either team to recover as long as it travels the initial 10 yards.

#### FREE KICK AFTER SAFETY

1. Team must either punt the ball or kick the ball using a holder or a tee.
2. The ball will be kicked from the team's 20 yard line barring any penalties with the receiving team lining up 10 yards from the kicking team's restraining line.
3. If the ball is kicked out of bounds the receiving team will have a choice to receive the ball 25 yards from the kick or where the ball went out of bounds.

#### ARTICLE: 34

#### DECLARING KICKS (PUNTS)

The team punting the ball must declare they are punting. The declaration on 4<sup>th</sup> down to punt cannot be changed unless an offensive timeout is called prior to the play or the defensive team commits a penalty that changes the field position for the team possessing the ball.

The punter can not take a snap directly under center. Punter must be a minimum of 5 yards behind the line of scrimmage. If the ball is dropped before punting it becomes a "live" ball (fumble).



1. Blocking downfield on a forward pass beyond the line of scrimmage by an offensive player prior to the ball being touched.
2. Initiating contact with a defender by shoving or pushing off thus creating a separation in an attempt to catch a pass.
3. Driving thru a defender who has established a position on the field.

ARTICLE: 37

PLAY CLOCK

The play clock is 25 seconds which does not start until the referee's ready for play whistle has been blown. The count down of the play clock by the officials is a courtesy. If the offense does not snap the ball before the play clock expires it will result in a penalty. Either the Referee or the Back Judge will maintain the play clock.

ARTICLE: 38

RUSHING

Rushers are allowed to rush immediately at the snap of the ball

Rushers are ALLOWED to do the following:

1. Spin
2. Rip
3. Swim
4. Dip
5. Bull rush
6. Use hands to discard blocker
7. Block pass attempt after the ball has completely left the passer's hand.

Rushers are NOT ALLOWED to do the following:

1. Hit a player above his shoulders nor below his waist.
2. Hold
3. Trip
4. Drive thru the center prior to him raising his head or making an attempt to block.
5. Dive into a would be blocker.
6. Simulate the start of the play in order to induce the offensive player into a false start (Judgement by the Official(s)).
7. Tackle a player (coming up with the flag is irrelevant)

ARTICLE: 39

SCRIMMAGE FORMATIONS

At all times the team with possession must have at least five (5) players on the line of scrimmage. An offensive player cannot enter the field of play when the formation



2. A captain's choice cannot be reversed once the Referee is informed of their decision and the Referee acknowledges that decision.

ARTICLE: 44

SPOT FOULS/LOSS OF DOWN FOULS/PENALTIES

SEE ATTACHED SUMMARY OF PENALTIES AND THEIR DESCRIPTION.