

The Clinton Township Recreation Department has the authority to change or modify any rule or regulation in the best interest of the football program. Clinton Township Recreation Flag Football subscribes to the Michigan High School Athletics Association Football Rules with the following exceptions as detailed in this rule sheet. Where there is a conflict, the rules of Clinton Township Recreation Department will prevail. Flag Football players do not wear protective uniform equipment. They **should not** be taught or drilled to tackle.

### 1.0 SPORTSMANSHIP

- 1.1 Coaches and players shall conduct themselves in an orderly and sportsmanlike manner before, during, and after the game. Profanity or abusive language will not be tolerated. An "unsportsmanlike conduct" penalty will be assessed and an injection may occur.
- 1.2 Any player or coach ejected from a game for any reason will be suspended from their next scheduled game.
- 1.3 Parents and spectators shall conduct themselves in an orderly and sportsmanlike manner before, during, and after the game. Violation of the PAYS Code of Ethics may result in the removal from current and/or future games
- 1.4 Trash talking is not allowed. Officials and recreation staff have the right to determine this behavior. One warning will be given. If it continues, the player, fan or coach will be ejected from the game.
- 1.5 Spectator and team benches are to be in designated areas only.
- 1.6 The judgment of the referee or township representative is final!

### 2.0 BIRTH CERTIFICATE

- 2.1 Players are required to produce a copy of their birth certificate when they register.

### 3.0 PLAYER'S HEALTH CONCERNS

- 3.1 Players are required to produce a physical of the current year when they register.
- 3.2 Any injured player requiring assistance on the field must come off the field for at least one play.

### 4.0 TEAM ROSTER

- 4.1 Each player must be in the proper age division by the year ending date of December 1 of that calendar year.
- 4.2 The game is to be played with no more than 8 players and no less than 7 players. (If one team has 7 players, the other team has to put 7 players on the field also.)
- 4.3 Each team is allowed only players on the roster registered with Clinton Twp. Parks and Recreation Department.
- 4.4 If a coach loses a player for any reason, the coach must notify the Parks and Recreation Department within 48 hours.

### 5.0 UNIFORM AND CLOTHING

- 5.1 Parks and Recreation will provide a team jersey, mouthpiece, helmet and flags.
- 5.2 One piece cleated football or soccer shoes are allowed, no metal spikes, only nylon or rubber.
- 5.3 Flag belts will be provided. Each player shall wear two (2) flags positioned on each side of his body at belt level. Flags must be worn outside of the belt and over his shirt and pants. Any additional parts of flag belt must be tucked into pants.
- 5.4 No plastic pads will be allowed. Regular knee and elbow pads are legal.
- 5.5 Every player in the game must have a karate type helmet, mouthpiece and a cup (excluding females) to play.

### 6.0 EQUIPMENT

- 6.1 Teams must wear league issued shirts and helmets.
- 6.2 Shirts must be tucked into the player's pants if they interfere with the flags. Mouthpieces must be in the mouth and helmet chinstraps must be fastened during all play.
- 6.3 Teams must use league issued game ball.
- 6.4 Coaches are responsible for the return of all issued equipment and may be charged replacement fees for missing equipment

### 7.0 THE FIELD

- 7.1 The field is to be 60 yards by 33 yards, plus two ten yard end zones.
- 7.2 There is to be two qualified adult referees on the field; however in some rare instances 1 referee may officiate a game. The referees will have the authority to remove all unauthorized personnel. Further action may be taken by parks and recreation staff.
- 7.3 **Freshmen and Junior Varsity:** One coach may be on the field to call the plays for the sole purpose of setting his team's position, but they must stay back 10 yards from the play. A coach may remain in the field of play during the play, but may not interfere with the play or players. **Varsity:** Coaches may be on the field for the first four weeks of the season.

## 8.0 PRACTICES

- 8.1 The official beginning of the practice season will be determined by the Clinton Township Parks and Recreation Department. No practices will be allowed before the pre-determined date.
- 8.2 During the first three weeks of practice (8/23/09 – 9/12/09) no more than three (3) practices a week are allowed.
- 8.3 No more than two (2) practices a week are allowed during the season.
- 8.4 Practices must be no more than two hours long and should end fifteen (15) minutes before sundown.
- 8.5 Any violation of practice guidelines will result in a coach/es suspension of one game.
- 8.6 A practice week runs from Sunday - Saturday

## 9.0 UN-EXCUSED ABSENCES

- 9.1 A player is required to attend scheduled practices each week. If a player has two or more unexcused absences from scheduled practices or games, the coach is not required to play that player the minimum playing time. The coach may use his own discretion during the first game the player returns. Thereafter the player must play no less than the minimum time required.
- 9.2 Advanced notice of missed practice does not constitute an unexcused absence.

## 10.0 GAME LENGTH AND CLOCK

- 10.1 The game will consist of 2 twenty-five minute periods with a running clock. A five-minute half time will come at the end of the first half.
- 10.2 The only time the clock stops:
  - Kick-offs/ after a touchdown
  - Time out by either team or time out by an official
  - Injury
  - Two-minute warning at the end of the first and second half of play.
- 10.3 In case of a tied game at the end of the second half of play, the game will end in a tie.
- 10.4 At the end of the game, if you are going to down the ball, you must notify the coach on the other team so that the players will not rush in when the ball is snapped.
- 10.5 Forfeit time is game time plus five minutes. If a team cannot field enough players to meet the league requirement, the referee will declare forfeit. The referee is instructed to begin play as soon as a team can meet the minimum requirement, but not before scheduled game time.
- 10.6 Time outs and two-minute warnings should last a maximum of 1 minute.
- 10.7 A team has 35 seconds to put the ball in play after the ball is marked in play by one of the officials.

## 11.0 GAME PLAY

- 11.1 There are no field goals. Touchdowns=6 points or 7 points. Two-point conversions=2 points. Team may ONLY attempt a two-point conversion if they elected 6 points for their touchdown. Two point conversions are spotted at the 3-yard line.
- 11.2 The ball is dead when any part of the ball carrier other than his hands or feet touches the ground.
- 11.3 The ball is dead and no play can be made when a player carrying the ball has either flag taken by an opponent, or it falls off accidentally.
- 11.4 In the event that a player becomes a ball carrier that has one (1) or more flags previously removed, or has one (1) or more flags fall off prior to him becoming a ball carrier, the play shall be whistled dead at the point he becomes ball carrier. The rule will also apply to passing.
- 11.5 Any fumbled ball will be dead except on a 4<sup>th</sup> down declared punt.
- 11.6 No fumble that hits the ground can be recovered by the opposing team.
- 11.7 There is to be **no stiff-arming by the ball carrier**.
- 11.8 There is no flag guarding by the ball carrier to prevent his flag from being pulled. If the ball carrier is called for flag guarding, the play is a spot foul and opposing coach has the decision to take the penalty or the outcome of the play
- 11.9 Each player on a team must play approximately ½ of the executed plays during each half (actual number will vary).
- 11.10 Both teams must have 4 or more players on the offensive/defensive blocking line to start play. At least 4 players must be in the box. The box is established by where the 4 offensive players line up. Additional players may be on the line.

## 12.0 KICKOFFS AND PUNTING

- 12.1 A team will kick-off to begin the game and to begin the second half based upon a coin toss at the beginning of the game. If a kicked ball hits the ground, only the first player to touch the ball may advance it.
- 12.2 A team will kick-off following the score of a touchdown.
- 12.3 After a third down has been completed a team must declare whether or not they intend to punt on fourth down. The referee shall verify the decision with the other coach. Both teams must have four or more players on the scrimmage line and all players **must be stationary** until the time of the kick. The punting team cannot fumble a declared kick. The kicker may pick up the ball from the ground and proceed to kick it.
- 12.4 On punts only, a center snap that touches the ground is still considered to be live. The ball may be handed to the punter or snapped shotgun to the punter.
- 12.5 Punting a ball out of bounds; the ball will be put into play at the point where it went out of bounds.
- 12.6 Kick-off will be from the 20-yard line.
- 12.7 Ball placement after touchbacks and on kicks after safeties will be from the 15-yard line.
- 12.8 Kickoffs landing out of bounds will be brought to the 25-yard line.

### 13.0 PASSING

- 13.1 The passer may throw the ball backward, sideways, or forward. Only one forward pass per down.
- 13.2 Any defensive player may intercept and advance.
- 13.3 All players are eligible to receive a pass
- 13.4 Linemen are not eligible to receive a hand off
- 13.5 Defensive player may attempt to block a quarterback's pass, but will be penalized if any contact is made with the quarterback. Depending on the severity, either an unnecessary roughness (5 yards) or tackling (10 yards) penalty will be assessed.

### 14.0 POSSESSION

- 14.1 There shall be no exchange of possession on a fumble. A fumbled ball will be spotted at the point that the ball touches the ground.
- 14.2 Kickoffs and punts can be fielded after being touched. Defense cannot recover for any reason.

### 15.0 BLOCKING *THESE RULES MUST BE ENFORCED!*

- 15.1 Blocking shall be done by use of arms and body **without the use of hands. Arms should be crossed against the chest with palms flat against the shoulder blades.** No upward lifting of the arm.
- 15.2 Both feet must remain on ground when blocking. **NO DIVING!**
- 15.3 Defensive player can absorb the block with his hands; **the player may not grab or throw the offensive blocker to the side, or push offensive blocker using fully extended arms. Blockers may not run over the opposing team player.**
- 15.4 Blocking or pushing a ball carrier that is running near the sidelines for the purpose of knocking him out of bounds and stopping his progress is a five yard penalty.

### 16.0 NO TACKLING

- 16.1 No tackling. If a player is called for tackling it is an unsportsmanlike 10-yard penalty and it is ruled an automatic first down. If a penalty is called within the 10-yard line, it is an automatic first down and the ball is to be placed half the distance from the goal line.
- 16.2 Any player to be flagged for two tackling or two unsportsmanlike penalties must sit out a full offensive and defensive series before being reinserted.

### 17.0 PENALTIES

- 17.1 An "unnecessary roughness" penalty shall be a five (5) yard penalty.
- 17.2 Minor Penalties shall be 5-yards
  - Minor penalties from the line of scrimmage: off sides, false start , illegal motion
  - Minor Penalties from the spot: Flag Obstruction, defensive holding, stiff arm, offensive holding
- 17.3 Major penalties shall be 10 yards from the spot plus an automatic first down
  - Tackling
  - Unsportsmanlike Conduct
- 17.4 Defensive player holding offensive man while attempting to pull a flag will be guilty of defensive holding
- 17.5 Interference:
  - Offensive: team is penalized 5 yards from the line of scrimmage.
  - Defensive: pass considered complete at point of the foul and it is an automatic first down.
  - Defensive man pulling offensive man's flag before offensive man catches the ball shall also constitute pass interference. If penalty occurs in the end zone, ball will be placed on the one- yard line.
- 17.6 Unsportsmanlike conduct by coach, player or spectator will result in 10- yard penalty and possible removal from game.
- 17.7 Failure to wear mouth guard during play will result in a 5- yard penalty from the end of the play.
- 17.8 The ball carrier is not allowed to dive to score, gain any additional yardage or to avoid flag being pulled. A 5-yard penalty from the spot of the foul is awarded to the defense. Likewise, defenders cannot leave both feet (superman) in his/her attempt to pull a flag. (Spin moves are okay if one foot remains on the ground). A player is allowed to leave his feet to catch the ball.
- 17.9 Continuous intentional game delay= loss of down.

### 18.0 TIME OUTS

- 18.1 Each team will be allowed two time-outs each half. Time outs shall be 60 seconds in length.

### 19.0 EJECTIONS

- 19.1 The referee will notify the Clinton Township Parks and Recreation Department/Field Supervisor of any ejections.
- 19.2 Any coach or player that has been ejected from a game will be required to sit out a minimum of the next game as well.

### 20.0 SCORING

- 20.1 Touchdown = 6 points or 7 points
- 20.2 2 Point Conversion= 2 points (may ONLY be attempted if offensive team elected 6 pts. for their touchdown)
- 20.3 Safety = 2 points
- 20.4 There are no field goals or kicked extra points.

**21.0 STANDINGS**

21.1 No formal standings will be kept

**22.0 INCLEMENT WEATHER**

22.1 Games will be delayed when a lightening strike is detected within 8 miles. Game will resume when an all clear signal is given by a Recreation Staff member. The game will be cancelled after a ½ hour delay.

22.2 Practices may be delayed at first sign of thunder or lightening and may resume ½ hour after the last lightening or thunder occurrence.

22.3 Games will be rescheduled if possible and at the discretion of the Recreation Department

**23.0 MISCELLANEUS**

23.1 Any football functions outside of practices and games cannot utilize Clinton Township equipment.

23.2 Teams may not leave the field before completion of the game. If a team leaves the field before the completion of a game the head coach must meet with the Clinton Township Parks and Recreation Staff before his/her team may practice or take part in any games.

23.3 Down markers must be on the opposite side of the field from the Field Supervisor for the full game.