

**THE FOLLOWING RULES ARE ADAPTATIONS, WHICH SUPERCEDE
THE 2008-09 USFTL RULE BOOK FOR THE MUNICIPAL (CITY) FLAG
FOOTBALL MEN'S & WOMEN'S LEAGUES:**

REVISED 8/28/09

Pg. 16, Rule 1, Sec. 1, Article 1: **LIVE & DEAD BALL:**

A kick-off is considered a live ball until such time that either team has gained possession of the ball or until such time as the ball touches the ground after touching any player.

Pg. 16, Rule 1, Sec. 2, Article 1: **CONTACT BLOCKING:**

Two on one blocking shall be limited to the area on and behind the scrimmage line.

Pg. 18, Rule 1, Sec. 4, Article 4: **RECOVERY:**

The ball then becomes a dead ball, belonging to the *receiving* team.

Pg. 19, Rule 1, Sec. 7, Article 1 and Pg. 21, Rule 1, Sec. 22, Article 1: **DEFLAGGING AND FLAG REMOVAL:** If the flag inadvertently falls off, revert to 1-handed touch. The touch must be between the shoulders and the knees. Players may leave their feet to remove a flag.

Pg. 20, Rule 1, Sec. 16, Article 7: **PROTECTED SCRIMMAGE KICK:**

A protected scrimmage kick is made by team A under restrictions which prohibit either team from advancing beyond their scrimmage lines until the ball is kicked. All scrimmage kicks are protected and must be announced. The kick must occur within 5 seconds.

PENALTY: Delay - 5 yards; If repeated - 10 yards and loss of down.

Pg. 23, Rule 1, Sec. 29, Article 1: **TOUCHING:**

Touching is a simultaneous placing of one or both hands anywhere between the shoulders and knees of an opponent with the ball. This includes the ball in ball-carrier possession. The feet of the toucher may not leave the ground to make a touch. Pushing, striking, slapping and holding are not permitted. If the player trips the ball carrier in his attempt to make a tag, it is a penalty.

Pg. 23, Rule 2, Sec. 1, Article 1: **FLAG FOOTBALL:**

The game of flag football shall be played between two (2) teams of eight (8) players each.

Seven (7) players are required to avoid a forfeit.

Pg. 26, Rule 3, Sec. 1, Article 1: **ZONE MARKINGS:**

The abbreviated field size shall be 80 yards long and 50 yards wide with 10 yard end zones. There will be **two** inbounds hash marks dividing the field. All tries will be from the 3yd line.

Pg. 26, Rule 3, Sec. 1, Article 2: **TEAM AREA:**

Team areas will be designated on **one** side of the field. Both teams will occupy the same side.

Pg. 30, Rule 4, Sec. 2, Article 1: **FLAG REQUIREMENTS:**

Men's teams must use triple threat flags (*three flags permanently on the belt and the entire belt releases when pulled*); Women's teams must use flag belts with two (2) flags. The position of the flags on the belt must be: one on each hip and one on the tailbone. Please understand that flag belts in which the flag itself comes off when pulled are illegal and will not be allowed in MPS Flag Football Leagues. Teams not possessing the proper equipment will have to forfeit. Teams must supply their own flags. Flags must be of a different color than the player's shorts or pants. Flags must be worn over the shorts/pants and shirt must be tucked in.

Pg. 31, Rule 4, Sec. 3, Article 1: **JERSEY:**

Players of opposing team must wear contrasting colored jerseys. Jerseys must be tucked into pants or shorts so that the jersey does not cover the flags. Players must have a number on either the front or the back of the jersey and teams must have jerseys of the same color. Games may be forfeited if uniforms are not properly colored and numbered or are deemed inappropriate by MPS Recreation.

Pg. 32, Rule 4, Sec. 5, Article 1: **ILLEGAL EQUIPMENT:**

Players wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the referee, is dangerous or confusing. Some of these include but are not limited to:

- a. headwear containing hard or unyielding material
- b. jewelry
- c. pads or braces worn above the waist
- d. shoes with metal, ceramic, screw-in, or detachable cleats
- e. flag belts that do not comply with the above flag requirements

Pg. 31, Rule 4, Sec. 4, Article 4: **MOUTH AND TOOTH PROTECTOR:**

The Adult Sports Office (City) strongly recommends that each player wear a mouth guard for player safety and protection.

Pg. 32, Rule 5, Sec. 1, Article 2: **FORFEIT TIME:**

(See Muni Adaptations pg. 59, Rule 11, Sec. 8, Article 1. Forfeited Game and League Policy and Procedures)

Pg. 33, Rule 5, Sec. 2, Article 4: **GAME TIMER:**

Omit referee, use field judge.

Pg. 33, Rule 5, Sec. 2, Article 5: **GAME TIME:**

In the first 22 minutes of each half, the clock will run continuously except for a charged team time-out or at the referee's discretion. The clock will **not** stop after a score (touchdown, field goal, safety). Teams will have one minute to put the ball in play following a scoring play.

Penalty: *5 yards - delay of game.* The referee has the authority to start or stop the clock if this rule is abused by either team. The official rules will govern the last two (2) minutes of each half.

Pg. 33, Rule 5, Sec. 2, Article 7: **GAME CLOCK**

During the last two minutes of the 2nd half, the game clock, if running, will stop at the end of the 3rd down to receive the 4th down option from the offensive team captain.

The clock will resume running on the referee's ready-for-play signal unless otherwise stopped by Rule. (incomplete pass, out-of-bounds, etc.)

Pg. 34, Rule 5, Sec. 3, Article 5: **LENGTH OF TIME OUT:**

A charged time-out shall not exceed one minute.

Pg. 36, Rule 5, Sec. 5: **OVERTIME:**

There will be no overtime periods. Games that end in ties will be considered complete games.

EXCEPTIONS: If a play-off is needed to decide league championship and game is tied at the end of regulation play, game will be decided by special overtime procedure. Each team will have four downs to score from the 20-yard line.

Pg. 38, Rule 7, Sec. 1, Article 2, D7: **PASSER'S ARM:**

The passer is considered "down" if he is legally deflagged before the ball has left his hand.

Pg. 39, Rule 8, Sec. 1, Article 4: **SPOTTING THE BALL:**

The position of the ball when de-flagged will determine where it will be spotted, Not the position of the runner

Pg. 41, Rule 9, Sec. 1, Article 3: **STANCES:** No 3 or 4-point stances allowed.

Pg. 42, Rule 9, Sec. 3, Article 1: **LEGAL POSITION:**

All players must be within 15 yards of the ball spot when the ball is marked ready for play.

Pg. 44-45, Rule 9, Sec. 6, Article 1, 4E & F: **LEGAL FORWARD PASS:**

The passing team may make as many forward passes as desired from within or behind the line of scrimmage.

Pg. 47, Rule 9, Sec. 9, Article 3: **5 YARD ZONE:**

No contact beyond 5 yards of line of scrimmage.

Pg. 48, Rule 10, Sec. 1, Article 5: **ON-SIDE KICK:**

Not allowed.

Pg. 49, Rule 10, Sec. 1, Article 12 and Sec. 8, Article 2: **KICK-OFF OPTION:**

Scoring Team must kick off after a score.

Pg. 49, Rule 10, Sec. 1, Article 11: **FREE KICK AFTER A SCORE:**

After a score the team has one minute to put the ball into play.

Pg. 49, Rule 10, Sec. 3, Article 1: **LEGAL KICK:**

A legal scrimmage kick is an announced punt or field goal attempt made in accordance with the rules.

Pg. 50, Rule 10, Sec. 3, Article 4: **KICKING THE BALL:**

Add 5-second time limit.

Pg. 51, Rule 10, Sec. 3, Article 13F: **PROTECTED SCRIMMAGE KICK:**

Delete *other than a punt*.

Pg. 55, Rule 10, Sec. 8, Article 11A.1 & 2: **MISSED FIELD GOAL:** (review this in 2008)

A missed field goal in the end zone which is attempted from inside the 20-yard line will not result in the ball being automatically placed on the 20-yard line. The team will have the option of taking the ball at the spot of the snap or the 20-yard line. If the line of scrimmage (spot of snap) is located outside the 20-yard line on an unsuccessful field goal attempt that reaches the goal line (touchback), the ball will be placed at the spot of the snap instead of the 20-yard line. Missed field goal attempts that do not reach the end zone will be given to the receiving team at the spot where the ball became dead.

Pg. 55, Rule 10, Sec. 8, Article 11B.2 & 3: **BLOCKED FIELD GOAL:**

If a field goal is blocked and hits the ground, the defense shall have the option of taking the ball at the original spot of the snap or where it hit the ground and/or became dead.

Pg. 56, Rule 11, Sec. 1, Article 1: **POINTS SCORED:**

A) Touchdown	- 6 points
B) Field Goal	- 3 points
C) Safety	- 2 points
D) Extra Point (run or pass)*	- 2 points
E) Extra Point (place kick)*	- 1 point
F) Forfeit	- 1 point
G) Return of Extra Point Attempt by Defense	- 2 points

* From the 3 yard line

Pg. 59, Rule 12, Sec. 1, Article 2F: **CONDUCT OF PLAYERS**

Use of profanity, abusive, insulting, or vulgar language or gesture directed toward an official or an opponent will result in a 15-yard penalty (unsportsmanlike conduct).

Pg. 59, Rule 11, Sec. 8, Article 1: **FORFEITED GAME:**

A five-minute grace period will be in effect for all Municipal (City) games.

EXCEPTION (City Rule): An extra five-minute grace period may be given by the opposing manager, but the total time will be deducted from the original playing time.

Pg 61, Rule 12, Sec. 3, Article 1O: **SIDELINE TACKLE:**

When a ball carrier is near the sideline, the defender(s) must make an attempt at the flags n the ball carrier, not just push out of bounds. Penalty: 10yds

Pg. 62 Rule 12, Sec. 3, Article 2: **ROUGHING THE PASSER**

After a scoring play, touchdown or two-point conversion, if roughing the passer is called, the penalty will be assessed on the ensuing kick-off.

Pg. 63, Rule 12, Sec. 5, Article 1: **FLAG GUARDING:**

Players shall not guard their flag to prevent de-flagging. Flag guarding includes but is not limited to, stiff-arming or swatting at an opponents hand or arm. Penalty: 10yds and loss of down.

Pg. 64, Rule 12, Sec. 5, Article 4: **OBSTRUCTION OF THE RUNNER:**

The defensive player cannot hold, grasp or obstruct the forward progress of a runner in their attempt to make a tag or pull a flag. Penalty: 10yds

Pg. 64, Rule 12, Sec. 5, Article 5: **DIVING TO ADVANCE THE BALL:**

Diving to advance the ball is an illegal advancement. Penalty: 10yds

Pg. 65, Rule 12, Sec. 7, Article 1A: **LEGAL AND ILLEGAL FLAG REMOVAL:**

Players must have possession of the ball before they can be legally de-flagged. **Diving to remove a flag is LEGAL.** (This rule change is new to the 2009 season)

Pg. 65, Rule 12, Sec. 7, Article 1C: In circumstance where the flag is removed illegally, play should continue with the option of the penalty or the play.

Pg. 65, Rule 12, Sec. 7, Article 1D: Defensive player intentionally pulling a flag from an offensive player without the ball is illegal. Penalty: 10yds

Pg. 65, Rule 12, Sec. 7, Article 1E: Tampering with the flag in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. Penalty: 10yds from the previous spot, loss of down, and player disqualification.

Pg. 68, Rule 13, Sec. 2, Article 4: **ALL-BUT-ONE ENFORCEMENT PHILOSOPHY (flag guarding)**

When flag guarding occurs behind the line of scrimmage, the enforcement spot is the line of scrimmage. When flag guarding occurs beyond the line of scrimmage the enforcement spot is the spot of the foul.

ADMINISTRATIVE ADAPTATIONS

1. Player Participation

- A. A player may register to play on only one team in the Flag Football Program unless officially released in accordance with rule 24.
- B. For municipal leagues, there is no deadline for adding players to a team's roster, however, any player added after Friday, October 2, 2009 will not be eligible to participate in any post season play.

2. Length of Game

Playing time will be 48 minutes total, divided into two (24) minute halves. There will be a five minute half-time.

3. Downs Marker Operator

The team winning the toss at the beginning of the game shall supply a person to operate the downs marker for the first half. The other team must supply a person to operate the downs marker for the second half. Team managers should notify the referee prior to the start of the game who these people are so that they can receive any pertinent instructions for the officials.

4. GAME BALL (Equipment):

Each team must furnish an official leather or synthetic football. The ball must be in good, playable condition. Each team has the option to use their own ball during their possession. Flags can be purchased at Dunn's Sporting Goods (6034 W. National Ave. PH: 414-453-7200).

5. FIELD DIMENSIONS

Field Dimensions will be 80yds Long x 50yds Wide

6. AWARDS

Voucher system only to the first place team in each division. Tournament Award presented to the All-City Tournament Champion.

7. TIE-BREAKER PROCEDURES:

If there is a tie between **two** teams the following will be used to determine league winners and play-off berths for the tournament series:

- Head to Head Results
- Playoff game if time permits (to be determined at full discretion of the Adult Sports Office)
- First half points allowed per game vs. common opponent
- First half points scored per game vs. common opponent
- Coin Flip

If there is a tie between **more than two** teams the following will be used to determine league winners and play-off berths for the tournament series:

- Head to Head Results
- Playoff game if time permits (to be determined at full discretion of the Adult Sports Office)
- First half points allowed per game vs. common opponent
- First half points scored per game vs. common opponent
- Coin Flip

Please note that when more than two teams are involved in a tie, the above measures will be used to determine top two teams that would be involved in the possible playoff game for league champion or tournament berth.

8. ALL-CITY TOURNAMENT:

The dates of the All-City Tournament are to be determined. A special memo will be sent to all managers once the dates are finalized. If a division winner is not determined by the Thursday previous to the opening of the All-City Tournament, a play-off game for first place will be arranged prior to the start of the All-City Tournament, if possible. The tournament and play-off schedules are at the full discretion of the Adult Sports Office. All Tuesday, MF-105 Power League teams will advance to the playoffs.

MUNICIPAL (CITY) FLAG FOOTBALL LEAGUE PLAY: THE FOLLOWING RULES DO NOT APPLY TO THE

- 1-3-1: CASH PRIZE
- 1-21-1: PROFESSIONAL FOOTBALL PLAYERS
- 2-2-1: SUPERVISION
- 2-2-6: NUMBER OF PLAYERS NEEDED TO AVOID A FORFEIT
- 3-1-1: ZONE MARKINGS
- 4-1-1: BALL SPECIFICATION
- 4-3-1: JERSEY REQUIREMENTS
- 10-1-11: FREE KICK AFTER A SCORE
- 10-7-8: RUSHING BETWEEN CENTER & GUARD (EXTRA POINT ATTEMPT)
- 10-7-11A-3: ROUGHING KICKER, HOLDER OR CENTER
- 10-7-11A-5: ROUGHING KICKER, HOLDER OR CENTER
- 10-8-7: RUSHING BETWEEN CENTER & GUARD (FIELD GOAL ATTEMPT)
- 10-9-1: CHANGE OF POSSESSION DURING LAST 2 MINUTES OF SECOND HALF
- 10-9-2: FOUL DURING RETURN IN LAST 2 MINUTES OF SECOND HALF
- 14-1-1C: FORMULA FOR IDENTICAL RECORDS (refer to league rules and regulations)
- 15-1-1G: PROTEST PROCEDURE (refer to league rules and regulations)