

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
BARRINGTON RECREATION CENTER
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BARRINGTON NFL FLAG FOOTBALL



RULES

1. A coin toss determines first possession.
2. A Spalding Mitey Mite PopWarner football will be used for Rookies/Bantams. A Junior size football will be used for Minors/Majors.
3. Game consists of four (4) ten minute running time quarters for Bantam, Minor, and Majors. Rookies play with eight minute quarters
4. The substitution rule is as follows: Clear your bench at each substitution. Each player must play a minimum of 20 minutes per game. **With 6 players present, each player must sit once prior to the 4th quarter; or each player must sit once per half with 7 or more players.** (Mandatory Substitution Rule. Substitutions are only allowed at the four or five-minute mark. Player injury is the only exception.)
5. The clock will stop on timeouts, after touchdowns, on delay of game penalties, and on a dead ball during the last two minutes of the 4th quarter.
6. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
7. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
8. Each time the ball is spotted the offensive team has 40 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
9. All possession changes, except interceptions, start on the offense's 5 yard line.
10. If the game is tied at the end of regulation, teams move directly into overtime. Both teams will have one offensive series to score. This process will repeat until the tie is broken.

SCORING

1. Touchdown: 6 points
2. Extra point: 1 point (played from 5 yard line)
2 points (played from 12 yard line)
- Safety: 2 points

Note: Intercepted extra point attempts may be run back for the corresponding point value of the attempt: 1 or 2 points.

RUNNING

1. “No-running zones,” located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. **Note: Once a ball is spotted in the no-run zone, it will continue to be a no-run situation for the remainder of the 4-down series, regardless of penalties or any other loss of yardage resulting from play.**
2. Passes in the no-run zone must be forward passes **beyond** the line of scrimmage. If a player runs past the line of scrimmage after a reception behind the line of scrimmage in a no-run zone, the play will be blown dead.
3. The player who takes the handoff can throw the ball from behind the line of scrimmage.
4. Once the ball is handed off, all defensive players are eligible to rush.
5. Spinning is allowed, but players cannot leave their feet to avoid a defensive player.
6. The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage.)
2. As in the NFL, only one player is allowed in motion at a time.
3. A player must have at least one foot inbounds when making a reception.

PASSING

1. The quarterback has a seven-second “pass clock.” If a pass is not thrown within seven seconds, the play is ruled dead with a loss of down. Once the ball is handed off, the seven second rule is no longer in effect.
2. Pitches and passes are allowed behind the line of scrimmage only.
3. **No quarterback runs.**

DEAD BALLS

Play is ruled “dead” when:

- Ball carrier’s flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- Ball carrier’s knee hits the ground.

Note: There are no fumbles. The ball is spotted where the ball hits the ground. A forward fumble will be spotted where the ball carrier’s feet were at the time of the fumble.

Note: If a player’s flags fall off in the open field (i.e. – not pulled by the opposing team), the play will continue with the 1-hand touch rule in effect.

RUSHING THE QUARTERBACK

1. All players who rush the quarterback must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
2. Any number of players can rush the quarterback.
3. Players not rushing the quarterback may defend on the line of scrimmage.

BLOCKING/ SCREENING

1. There is no blocking or initiated contact allowed. Offensive players are allowed to use a screen behind the line of scrimmage, but may not initiate contact with a defensive player. An offensive or defensive player that initiates contact when rushing or screening may be called for an illegal contact penalty.
2. All screens must take place behind the line of scrimmage. Example: Center picking a spot in the backfield to create a pocket for the QB. Rusher must try to get around center without initiating contact. Illegal contact will be determined by the official.
3. Once a ball carrier crosses the line of scrimmage, offensive players must make an effort to avoid the play (official’s discretion).

PENALTIES

General

1. Referees will call all penalties.
2. Referees determine incidental contact.
3. All penalties will be assessed from the line of scrimmage (LOS), except as noted (spot fouls).
4. Only the head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
5. Games cannot end on a defensive penalty, unless the offense declines it.
6. Penalties will be assessed half the distance to the goal line if the distance to the goal line is less than the penalty yardage.

Spot Fouls

- Flag guarding.....10 yards & loss of down
- Running with the ball carrier..... 10 yards & loss of down
- Stripping..... 10 yards & automatic 1st down
- Unnecessary Roughness.....10 yards & automatic 1st down

Defense

- Offsides.....5 yards & repeat the down
- Defensive pass interference.....10 yards & automatic 1st down
- Illegal contact (Not avoiding screens, etc.).....10 yards & automatic 1st down
- Illegal flag pull (Before receiver has ball).....10 yards & automatic 1st down
- Illegal rushing (Starting rush from inside 7-yard marker).....10 yards & automatic 1st down
- Roughing the passer10 yards & automatic 1st down
- Taunting10 yards & automatic 1st down
- Unnecessary Roughness..... Spot foul, 10 yards & automatic 1st down
- Stripping..... Spot foul, 10 yards & automatic 1st down

Offense

- Illegal motion (More than one person moving, false start, etc.).....5 yards & repeat the down
- Illegal forward pass (Passes made after crossing the line of scrimmage, 2 forward passes)..... loss of down
- Offensive pass interference (Illegal pick play, pushing off/away defender)10 yards & loss of down
- Illegal contact (Holding, blocking, etc.).....10 yards & loss of down
- Delay of game.....5 yards & repeat the down, clock stops
- Running with the ball carrier.....Spot foul, 10 yards & loss of down
- Flag guarding.....Spot foul, 10 yards & loss of down

(If first down is gained before a penalty for flag guarding or running with the ball carrier, the 10 yards will be assessed from the spot of the foul with a first down)

Taunting and Unsportsmanlike conduct will result in a 10 yard penalty.

(After a touchdown, the offense receives 10 yard penalty from the yard line of PAT attempt).

One warning will be given to the player and team before ejection. Any ejection may result in further disciplinary action to be determined by league director, Eric Mellem. This may include suspension of games & probation.