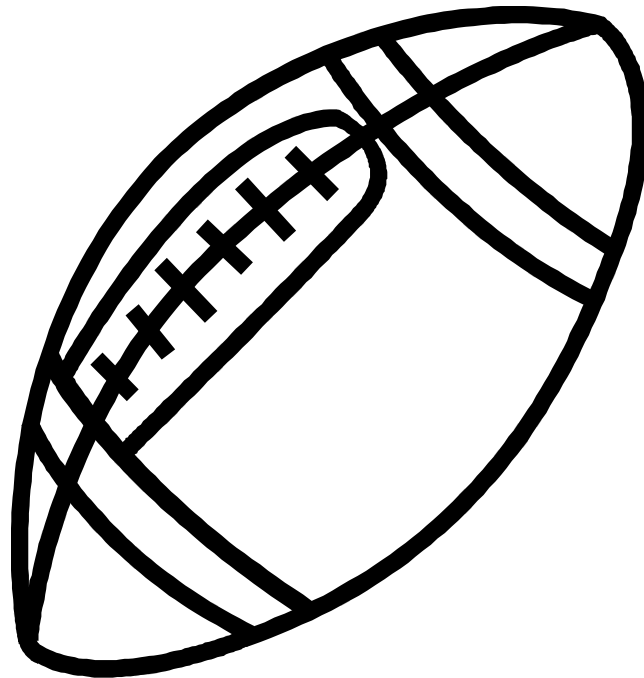


**LOWER PAXTON TOWNSHIP
PARKS & RECREATION**

2008

FLAG FOOTBALL LEAGUE



**REGISTRATION / INFORMATION
RULES / REGULATIONS**

Team Registration Packet

ALL TEAM CAPTAINS ARE RESPONSIBLE FOR PASSING ON THIS INFORMATION TO THEIR PLAYERS.

Since players in flag football cannot have protective equipment, it is essential that necessary safety rules be followed at all times without exception. It is essential for all players to enter the game with the attitude that this is a recreational activity, that contact can occur but is to be avoided and that good sportsmanship will always prevail.

League

League will run on Saturday mornings, at Brightbill Park.

Games and Fees:

The entry fee will be \$350 for any team representing a sponsor from Lower Paxton Township or having 50% or more of its players as residents. Teams not falling into either category will be charged forty dollars (\$40) more. The season will run from September 13 – Late November, early December. Cancellation due to weather (hopefully none this year), will only occur if there is thunder and lightning. The league plans on playing in snow, rain or shine. **Coordinator has the right to cancel games due to field conditions.**

Playoffs will be held immediately following regular season play. The number of teams in the playoffs will be half or less than the number of teams in the league. Seeding of teams for playoffs is determined by the season's overall won/lost record/percentages. In the event of a tie see "League Standing Ties." A single elimination playoff at the end of the season will determine the champion of the league.

Registration Requirements:

Each team must have a completed roster with names, addresses, and phone numbers of all players. Each team must have a minimum of 7 players on their roster with a maximum of 15. This roster is due no later than August 15, 2008.

Roster Requirements and Changes

Players may play on one team only. Team managers can make changes with their rosters during the first 2 weeks of the season. After this time the rosters will be final. Teams using un-rostered players will forfeit the game. Each team member must have a picture I.D. to prove that they are on the roster in case of protest. If they do not have a picture I.D. the person will be considered ineligible.

Rules of the league

Lower Paxton Township rules will apply. Lower Paxton Township rules are will be provided upon request.

Age Limits

All participants in the Adult Flag Football Leagues must be eighteen (18) years of age before they can participate.

Equipment:

Lower Paxton Township will provide the flags for game play. All three flags must be visible and correctly attached to the belt.

A game ball will be provided by Lower Paxton Township. Another game ball will be permitted if both teams agree to the ball.

Shoes – Cleats & Turf shoes are permitted. Screw in cleats must have plastic tips. (No metal cleats permitted.)

Teams must wear jerseys of same colors with a visible number. No article of clothing may cover any portion of a player's flag. Jersey's must be long enough to be tucked in or short enough so that there is a minimum of four (4) inches from the bottom of the jersey to the waist line.

Dangerous or confusing equipment shall not be allowed by the official or supervisor. This will include: 1) projecting metal or other hard substances, 2) finger rings, 3) tape or bandage on the hand or forearm unless approved by the official, 4) excessively large shirts, 5) any other pads normally associated with tackle football, including but not limited to headgear, shoulder pads, body pads, forearm pads, elbow pads, 6) team members shall wear neither red or yellow colored shorts or pants or similar colors. Stickum (on body, gloves, ball) of any kind is not permitted. Officials and supervisors have the final decision concerning the allowability of questionable protective equipment.

Liabilities and Injuries

Lower Paxton Township will not be liable for injuries to players nor responsible for articles lost or stolen while participating in the program. Lower Paxton Township does not provide insurance for injuries while playing in the adult flag football leagues.

Game Time

Scheduled game time is forfeit time. However, in case of mitigating circumstances, forfeiture will be left to the discretion of the league officials.

A team must have at least 5 eligible players to start and finish a game. If a team has no substitutes to replace an injured player, the game will be forfeited.

Forfeits/No-Show

If a team is unable to play a scheduled game, the opposing team will take a 20-0 forfeit.

A team that does not show up for a scheduled game automatically loses that game, the opposing team will take a 20-0 forfeit.

After a game has been forfeited, both teams may use the field until ten minutes before the next scheduled game. Forfeited games will not be officiated.

Regulation Game

Games will be two 25-minute running halves.

Two 30 second timeouts per team will be allowed per game, 1 per half.

Half times will be no more than 5 minutes long. The league coordinator and or officials may shorten the length of half time due to time constraints. In case of a tie game, see Tiebreaker in the Rules and Regulation Packet.

League Standings Ties

Ties between teams after all league matches have been completed will be broken by utilizing the total number of games won between the teams involved. If there is still a tie, then the total number of points scored between the teams involved will be used to break the tie.

Protests

Referee decisions are final and may not be protested.

Unsportsmanlike Personal Foul

- a. First Unsportsmanlike personal foul shall result in the player's removal from the game for a "cooling off" period of 3 game minutes. (Game minutes do not include timeouts or halftime). The officials ultimately determine the severity of the penalty. Even a first penalty on an individual can result in an ejection.
- b. Second unsportsmanlike personal foul shall result in an automatic ejection from the game and field and disqualification from participation in the team's next game.
- c. If any team accumulates three unsportsmanlike penalties the game will be forfeited and all players must vacate the field.
- d. If any one player receives three unsportsmanlike personal fouls during the season he or she will be disqualified from playing in at least the next three scheduled games and at most for the remainder of the season. If the player receives these fouls during the latter part of the season disqualification will carry on to the next football season.

Player code of conduct/penalties

- a. No individual shall be guilty of objectionable demonstration of dissent by throwing a ball or any other forceful actions.
- b. No individual shall discuss with referee, in any manner, the decision reached by the official except the manager.

- c. No individual shall appear on the field of play at any time in an intoxicated condition or under the influence of any type of drug.
- d. No individual shall be guilty of any demonstration of unsportsmanlike conduct before, during or after league or tournament play.
- e. No individual shall be guilty of an abusive verbal attack upon any official or individual on or off the playing field.
- f. No individual shall at any time lay a hand upon, shove, strike, or threaten to strike an official or individual.
- g. No individual shall be guilty of using unnecessary rough tactics during the play of the game.
- h. No individual shall be guilty of physical attack as an aggressor upon any individual.

The league coordinator shall have complete charge of the league. The league coordinator will act upon any and all situations and all decisions shall be final.

Disciplinary guidelines:

- Individuals receiving an ejection from a game will be suspended from the next game. Anyone ejected from a game must leave the park immediately.
- Players who are suspended from a game may not attend that game or any games held that day.
- Individual players receiving a second ejection in one season will be suspended from the remainder of the season.

* Fighting will not be tolerated and will result in your permanent removal from the league and is subjected to charges brought by and filed to the Lower Paxton Township Police. There will be no exceptions to this ruling.

Additional league rules

No jewelry or watches will be allowed.

Knee braces must be such that they will not injure another player should they come in contact with the brace.

Lower Paxton Township Adult Flag Football Rules and Regulations

THE GAME

The game shall be played between two teams of 5 players each. There will be a 25 minute time clock for each half. The clock will not stop at all during the half unless either team calls a timeout. Each team will have one 30 second timeout per half.

A coin toss determines first possession. The home team has the choice to call coin flip.

To start the game, half or after a score the ball is placed on the 5 yard mark beyond their defending goal line. At halftime, teams, change ends. And the teams that received the first half, is on the defense to start the second half. (No Kickoffs)

The offensive team takes possession of the ball at its 5 yard line and has 4 plays to cross midfield. Once a team crosses midfield (1st down), it has (4) plays to score a touchdown.

Scoring:

Touchdown = 6 Point

Extra Point = 2 Points (scored with a pass)

Extra Point = 1 Point (scored with a run)

Safety = 2 Points.

-Extra points will begin from the line of scrimmage 5 yards off the goal line.

- Change of possession on an extra point is deemed dead ball.

Tiebreaker:

If a tie exists at the end of regulation time, tiebreaker is as follows. The ball is placed on the midfield line, a coin is tossed for possession, last team to score points gets to make the call. Team winning the coin toss, has 4 downs to score a TD, and the other team will get to counter with 4 downs to score a TD from mid-field. If the first team scores and the second team follows with a score, we repeat the process, until one side scores and the subsequent team does not, determining the winner.

Guidelines:

No blitzing at anytime.

No fumbles. Balls dropped or fumbled are dead at the spot of the offensive player when ball was lost. (Not where the ball hits the ground.)

No tackling or rough play. The defender cannot hold the offensive player to gain the flag. This includes any grasp of the jersey or pants, even by mistake in attempt.

When a player falls to the ground, having control of the ball without being touched or a flag grabbed, they will be considered down at that point.

A ball carrier must avoid the tackler. Use of elbows, shoulders, etc. will warrant an unnecessary roughness penalty.

The offense has 15 seconds in the huddle. Time begins when the ball is set on the line of scrimmage by the referee.

Defenders must go for flags at all times. Players may not wrestle the ball away from another player. If a player is not going for flags, the play will be called dead at the spot and a penalty will be assessed of five yards and an automatic first down.

Players may only dive to catch a pass, if he can avoid collision with opponent. At no other time may any player dive to gain yardage or first down line or end zone while carrying the ball.

Players may not hurdle another player, same team or not. Avoidance of collision is the exception but ball must not advance beyond where this occurs.

Flags must always be exposed. If a player is found without a flag or an improperly affixed flag, the ball is dead at the point the player gains control of the ball if a player's flag inadvertently falls off during a play, play stops. If a receiver's flag falls off while he is catching the ball, the catch counts and the play stops.

Only one foot is required in bounds by the receiver to count as a catch. There will be no pushing a player out of bounds. Violations of this rule will result in a penalty of 5 yards from the spot of the foul.

Definitions:

RUSHING: All rushing player who wish to cross line of scrimmage to pursue the QB must begin five yards off the line of scrimmage prior to the snap of the ball. Those not rushing may of course line up on the line of scrimmage. Rushers must avoid blockers at all cost. If this does not occur, a bullrush will be called and a penalty of 5 yds. will be assessed. If a rusher spins to avoid contact, the blocker must reposition themselves to block the rusher. Blocks to the back or holds will be strictly enforced. Blocking players must keep arms inside and not above the rushing player's chest. Arms cannot be used at full extension to knock rusher back. Only used to keep space between him and rushing player to AVOID contact or being bull rushed.

FIRST DOWN- One first down can be achieved by passing mid-field, or by way of penalty accessed to defense, as described above. Once you pass mid-field and have been awarded a first down, you cannot pass that same line again for another during that drive, by way of loss of yardage and recrossing mid-field.

SNAP: All snaps of the ball will be between the offensive players legs. Snap of the ball to the quarterback may not be fielded on one bounce. If the snap hits the QBs hands and then bounces to the ground the ball is dead at that point. If the ball is snapped and dropped in the end zone, the ball will be placed on the one yard line. Balls snapped over the head of the QB will be dead at the point the ball hits the ground. Same ruling applies to ball landing in end zone.

PUNTING: No punts allowed. On fourth down if a team has not crossed midfield, they may choose to either attempt 4th down and try for the first down or give the ball to the opponent on the opponents 45 yard line. This spot will be marked on both sides of midfield for the officials to spot the ball.

SAFETY: Player holding the ball in his possession (deemed by the official) and then dropped while standing inside the end zone will be ruled as a safety and 2 points will be awarded. In the event of a QB standing in the end zone receiving the snap and it hits him but he did not clearly have possession it will be deemed a loss of down and the ball will be placed on the 1 yard line. If the QB or player has possession clearly on that snap (deemed by the official) and then drops the ball and the ball lands in the end zone it will be ruled as a fumble and the Defense will be awarded 2 points. If the snap is centered over the QBs head and hits the wall beyond the end zone it will be ruled a safety and 2 points will be awarded to the defensive team.

Penalties

- 1) Offsides- Offense, Play is dead, 5 yards and replay of down. Defense, play continues, 5 yards.
- 2) Delay of game – 5 yards and replay of down.
- 3) Offensive Interference - 5 yards and replay of down.
- 4) Flag/Flagbelt is tied or illegally fastened- 5 yards and replay of down.
- 5) Shirt not tucked in- 5 yards and replay of down.
- 6) Flag guarding/Stiff Arming- Ball is dead at spot of foul and loss of 5 yards from that point.
- 7) Defensive Interference- Where the infraction occurs and automatic first down. (If in endzone ball is placed on the goal line)
- 8) Holding- Offensive, 5yards from the spot of the foul. Defense- 5 yards
- 9) Block in the Back- Offense-5yards and replay of down. Defense- 5 yards from spot of foul.
- 10) Hitting below the waist and clipping- 5 yards and subject to ejection.

- 11) Unnecessary Roughness or Personal Foul- 5 yards and subject to ejection.
- 12) Illegal Motion – Offensive player in motion failed to move parallel to, or away from the line of scrimmage when the ball was snapped. – 5 yards and replay of down.
- 13) Illegal Forward Pass- When passer releases the ball after crossing the line of scrimmage. 5 yards and replay of down.
- 14) Roughing the Passer- 5 yd and automatic 1st down.
- 15) Holding the player with the ball to make a tag- is 5 yd penalty and automatic 1st down.

These are the obvious rules, and is not a complete list. Other rules may and will be enforced when necessary.