



I. GENERAL INFORMATION

1. **The Players** - The game shall be played between 2 teams of 9 players each. Seven players are required to avoid a forfeit as five (5) players are required on the line at all times. If, due to injuries, a team drops below the minimum number of players (7) it may continue if the Referee feels they still have a chance to win.

2. **Team Captains** - Each team shall designate to the **Referee** a player as the field captain. This person is the only player who can communicate with the officials. The captain's first choice of any penalty option shall be irrevocable. The captain is responsible for any information contained in the Handbook.

3. **Persons Subject to the Rules** - Team representatives including: players, substitutes, replaced players, coaches, fans and other persons affiliated with the team, are subject to the rules of the game and shall be governed by decisions of officials assigned to the game. (USFTL & Sportspark® Rules)

II. THE FIELD

1. **Markings** - The field shall be a rectangular area 100 yards x 40 yards with lines and zones. End zones are 10 yards, then 20 yards between first down markers. Respective lines to gain (1st down) for each team in order are the 20, 40, 20. (Abbreviated field will be 80 yards x 30 yards w/shortened end zones)

2. **Inbound/Out of Bounds** - The lines bounding the sidelines and the end zones are out of bounds in their entirety, and the inbound area is bound by the lines. The entire width of each goal line shall be a part of the end zone.

3. **Team Areas** - Players, coaches, and fans shall stay between the 20 yard lines at all times. Repeated warnings about this rule will result in an Unsportsmanlike Conduct penalty against the Captain/player.

4. **Ball Spotter/Down Marker** - Referees will spot the ball with a ball marker (pucks) and move it after each down if yardage has changed.

III. EQUIPMENT

1. **The Ball** - The official ball shall be leather or rubber covered and shall meet the recommendations of size and shape for a regulation football. There are no requirements regarding ball pressure and markings.

2. **Flag Belt** - Each player must wear a one piece belt that is free of any knots. Flags shall be of contrasting color to team jerseys and also their opponents flags. Flags will be responsibility of each team on site. Shirts must be tucked in and flag belts must be worn on the outside of all clothing! {Flag-A-Tag Belts Recommended}

3. **Team Jerseys** - Teams shall wear shirts with numbers that are of the same color. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the official shall flip a coin to determine who will change. Jerseys may not be tied in a manner that creates any type of knot. Players need to have a light colored and dark colored jersey. (Light = white, yellow, light blue, etc. and Dark = black, navy, red, blue, etc.)

4. **Shoes** - Players must wear shoes, either soft soled soccer/football cleats, tennis, or Astroturf shoes. No sandals, boots, or metal/sharp plastic cleats will be allowed. No screw in or detachable cleats will be allowed.

5. **Supports, Braces, Gloves, and Pads** - No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least Omega inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Players may also wear gloves which consist of a soft, pliable nonabrasive material. Knee pads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Sportspark staff, and their decisions shall be final.

6. **Headwear** - Players may wear a one piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

7. **Protest Must Be In Writing** within 24 hours of game and accompanied by a \$50 protest fee to office.

** { Protest fee is refundable if protest is won only. Official's judgment calls are not protestable.} **

IV. PERIODS, TIME FACTORS, AND SUBSTITUTIONS

1. **Length of Game** - A legal game shall consist of two halves of twenty-four (24) minutes with the clock stopping the last two minutes of the each half and for all time-outs . Half-time shall be 5 minutes. If the score is tied after the two halves, overtime shall be played. Any team not ready to play five minutes after scheduled game time (flag belts on, minimum number of players on the field) will be given a forfeit.



2. **Coin Toss** - The Referee shall toss a coin and offer the winning Captain these options:

- a. To defer his/her option until the second half.
- b. To receive the ball first or play defense first.
- c. To defend a specific goal.

3. **At the start** of the second half, the loser of the first half coin toss shall have his/her option to be on offense or defense, or which goal to defend, unless the first half winner deferred his/her selection.

4. **Mercy Rule** - At 2 minutes left to play in the second half, or any time there after, if a team is **17** or more points ahead, the mercy rule will be in effect and the game shall end.

5. **Overtime Procedure** - In case of a game ending with a tie score, the officials will bring both captains to the center of the field to explain the overtime procedure. There will be only one coin toss. The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. Both teams will go the same direction in overtime. Each team will be given a series of downs (4 downs) from the 10 yard line. The object is to score a touchdown. If the first team which is awarded the ball scores, the second team will still have a series of downs to attempt to win the game. Try for points will still be attempted in a normal manner by any team who scores a touchdown. If the defense intercepts the ball and returns it for a touchdown they will win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10 yard line to begin their series of downs. If the score is tied after both teams have had their series of downs, the game will end in a tie due to time constraints. Note: In the Post Season, the teams will rotate positions and continue until a winner is declared.

6. **Time-outs** - Each team is allowed two one minute time-outs per game half. (medical time-outs not included.)

7. **Substitutions** - Players may substitute at any time between downs. There shall be no limit to the number of substitutes. Substitutes shall be ready for play and cause no delay in the game. Penalty: Delay of Game, 5 yards.

V. BALL IN PLAY, DEAD BALL, OUT OF BOUNDS

1. **Ball in Play** - The offense must snap the ball within 25 seconds after the Referee has blown the whistle to put the ball in play. Penalty: Delay of Game, 5 yards.

2. **Dead Ball** - A live ball becomes dead as provided in the rules, or when an official sounds the whistle, or otherwise declares the ball dead. The ball is declared dead when:

- a. It goes out of bounds.
- b. Any part of the runner's person other than hand or foot touches the ground. Ball in possession is considered part of the hand.
- c. A touchdown, touchback, safety, or successful try-for-point is made.
- d. Any punt comes to rest on the ground and no player attempts to secure it.
- e. A forward pass strikes the ground or is caught simultaneously by opposing players (offense retains possession).
- f. A backward pass or fumble by a player strikes the ground, or is caught simultaneously by opposing players (offense retains possession). A ball snapped from scrimmage, or other backward pass, that hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.
- g. A forward pass is legally completed, or a loose ball is caught by a player on, above or behind the opponent's goal line.
- h. A runner has a flag belt removed legally by a defensive player.
- i. A runner is legally touched with one hand between the shoulders and the knees, including the deflagging.
- j. A passer is deflagged or legally touched before releasing the ball.
- k. A muff of a protected scrimmage kick strikes the ground.
- l. The official sounds the whistle inadvertently during a down. Result: Team in possession at time of whistle may choose to take the play from the spot of the ball at the whistle or replay the down. Note: Any penalties that occur during this down will be accepted or declined.

3. **Out-of-Bounds** - A ball in player possession is out-of-bounds when the runner or the ball touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner inbounds is touched by a player or an official on the sidelines out-of-bounds, the ball is still in play. A loose ball is out-of-bounds when it touches the ground, a player, or anything else which is on or outside a boundary line. A player who is catching a forward pass is considered out-of-bounds when any part of his/her person contacts that area declared out-of-bounds. One foot inbounds is needed for a legal reception.

VI. SERIES OF DOWNS, NUMBER OF DOWNS

1. **Number of Downs** - The team in possession of the ball shall have four consecutive downs to advance to the next zone line-to-gain. A new series of downs shall be awarded when a team moves the ball into the next zone.



2. Line to Gain - The zone line-to-gain in any series shall be the zone in advance of the ball, unless the distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor if a line to gain has been achieved.

KICKING THE BALL

Kickoffs - There **will be a free kick** to start the game, or the second half, or after touchdowns or safeties. Or, the ball will be put in play at the 20 yard line to begin each half and after each touchdown or safety. (Team discretion prior to game at coin flip.)

I. PROTECTED SCRIMMAGE KICK (PUNT) - (K = Kicking Team • R = Receiving Team)

1. Decision to Punt - Prior to making the ball ready for play on fourth down, the Referee will ask the offensive captain if he/she wants a protected scrimmage kick (Punt). The Referee will then communicate this decision to the defensive team captain. The offense may request a punt on any down. After such announcement, the ball must be kicked. Exception: If a) a team time-out is called, or b) a penalty occurs anytime during this down which results in the right of the kicking team to repeat the down again. The Referee must then again ask the offensive captain whether he/she wants a punt.

2. Formation - Neither K nor R may advance beyond their respective scrimmage lines until the ball is kicked. After receiving the snap, the kicker must immediately kick and in a continuous motion. Defensive players may not jump in an attempt to block the kick.

3. Recovery - If a punt touches a player on either team and then hits the ground it is dead and belongs to R. If a punt hits an R player, and is then caught in the air by R it can be advanced. If a punt hits an R player, and is caught in the air by K it belongs to K at that spot. If R catches a punt and then fumbles, and K catches the fumble in the air before it hits the ground it can be advanced by K.

4. Out of Bounds and Ball at Rest - If a punted ball goes out of bounds anytime before being touched, or comes to rest between the goal lines, it shall belong to R at that spot. If the ball goes into the end zone it may be taken as a touchback and put in play at R's 15 yard line or R may advance it out of the end zone.

II. KICK CATCH INTERFERENCE, FIRST TOUCHING, FAIR CATCH

1. Kick Catch Interference - No member of K may interfere with the ability of R to catch a protected scrimmage kick. This includes anytime K touches the ball or any R player while the ball is in flight. Penalty: Kick Catch Interference. R may take the ball at the spot of the foul, or accept a 10 yard penalty from previous spot and replay the down.

2. First Touching (ball not in flight) - If any member of K touches the kicked ball first, after it crosses the line of scrimmage, it is referred to as first touching and R may take the ball at that spot or at the spot determined by the action that follows first touching. R loses the right to take the spot of first touching if during the return a foul is committed by R, or any penalty is accepted by R.

3. Fair Catch - **NO FAIR CATCH.** There are no signals, fair catch or otherwise, during kicks.

SNAPPING, HANDING, AND PASSING THE BALL

I. THE SCRIMMAGE AND SNAP

1. The Snap - The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hands. They do not have to pass the ball between the legs.

a. Following the ready for play signal, no defensive player may break the plane of the restraining line at any time until the ball is snapped. Penalty: Dead Ball Foul, Encroachment, 5 yards. If this occurs twice in same dead ball interval, the penalty will be 10 yards for the second encroachment foul, if accepted.

b. No offensive player shall make a false start, or any action that simulates the start of play. This penalty may be enforced regardless if the ball is snapped. Penalty: Dead Ball Foul, Illegal Procedure, 5 yards.

c. The snapper must have both feet behind the scrimmage line. They may also not simulate the start of the snap. Penalty: Dead Ball Foul, Illegal Procedure, 5 yards.

d. The player receiving the snap must be at least 2 yards behind the scrimmage line at the time of the snap. Penalty: Illegal Procedure, 5 yards.

2. Legal Positions - All players are subject to motion, position, and illegal procedure rules.

a. Anytime at or after the ball is ready for play, each Team A player must momentarily be within 15 yards of the ball before the snap. Penalty: Illegal Procedure, 5 yards.

b. During the snap, the offense must have at least 4 players on their scrimmage line. Penalty: Illegal Procedure, 5 yards.





- c. Two, three, and four point stances are legal.
 - d. One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Penalty: Illegal Motion, 5 yards.
 - e. Following a huddle or shift, all offensive players must come to a complete stop and remain stationary for one full second before the snap. Penalty: Illegal Shift, 5 yards.
3. After the Play - Offensive players are responsible for retrieving the ball after the scrimmage down.

II. HANDING THE BALL

A. Handing

- 1. Any player may hand the ball backward at any time.
- 2. The ball may be handed forward only behind the line of scrimmage. Penalty: Illegal Handing, 5 yards and loss of down.

III. PASSING AND RECEIVING

- 1. Legal and Illegal Forward Passing - All players are eligible to touch or catch a forward pass. Only ONE forward pass may be thrown per down. A forward pass is Illegal:
 - a. if either of the passer's feet are beyond the offensive line of scrimmage when the ball leaves his/her hand;
 - b. if thrown after team possession has changed during the down;
 - c. if intentionally grounded to save loss of yardage;
 - d. if a passer catches his/her untouched forward pass;
 - e. if there is more than one forward pass per down.
- 2. Backward Pass and Fumble -
 - a. A runner may pass the ball backward at anytime.
 - b. A backward pass or fumble may be caught or intercepted in flight inbounds by any player and advanced.
 - c. A backward pass or fumble which goes out of bounds between the goal lines belongs to the team last in possession at the out of bounds spot.
 - d. A backward pass or fumble which touches the ground between the goal lines is at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.
 - e. A backward pass or fumble by the offense that first hits the ground in a) the team's own end zone is a safety, or b) in the opponent's end zone is a touchback.
- 3. Pass Interference - Flag Football is **NOT a CONTACT** sport, however, incidental contact will occur.
 - a. There shall be no offensive screening/blocking beyond the scrimmage line when a legal forward pass crosses the offensive scrimmage line. Penalty: Offensive Pass Interference, 10 yards from the previous spot and loss of down.
 - b. There shall be no defensive pass interference beyond the scrimmage line while a ball is in flight which crosses the offensive scrimmage line. Penalty: Defensive Pass Interference, 10 yards from the previous spot and an automatic first down.
 - c. In #1 and #2 above, pass interference is defined as bumping, pushing, or unnecessary contact with an opponent OR restricting a player from access to a pass while on offense or defense.
 - d. Players may **NOT** "go through opponents" to get to a ball that is in flight.
- 4. General Information -
 - a. A pass is any exchange of the ball that involves air time. This can be a forward or backward, overhand pass, underhand pitch, or any other toss or flip of the ball.
 - b. The pass begins when the ball is released from the passer's hand. The ball is dead if the passer is deflagged or legally touched before the release.
 - c. The initial direction of a pass determines whether a pass is forward or backward.
 - d. If a forward or backward pass is caught simultaneously by opposing players, the ball becomes dead, is considered a completed pass, and belongs to the offensive team.



SCORING PLAYS AND TOUCHBACK

I. SCORING

- 1. Touchdown - Touchdowns are 6 points.



2. Try-for-point (extra point) - Ball in play from the 3 yard line = 1 point
Ball in play from the 10 yard line = 2 points
(Note: An intercepted pass or fumble during the try that is returned for a touchdown = 2 points. The try is over when a) Team A commits a foul during the try, or, b) Team B commits a foul following a change in possession during the try.
3. Safety - When a safety is scored (2 points) the ball belongs to the scoring team at their own 15 yard line.
4. General Information - After any score, the ball shall be placed in play at the opposing team's 15 yard line, unless moved by penalty.
 - a. To be ruled a touchdown, the ball must be on or over the goal line.
 - b. The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the official determines the flag belt has been secured illegally, the touchdown will be disallowed. Penalty: Unsportsmanlike Conduct, player automatically disqualified from the game, and 10 yards from the previous spot.
 - c. Once the captain makes the choice for one or two points after a touchdown, he/she may change the decision only after an offensive or defensive charged team time-out.
 - d. A team which intercepts a pass in its own end zone may advance the ball out of the end zone. It is a touchback if the interceptor is deflagged before leaving his/her end zone.

II. CONDUCT OF PLAYERS

1. PERSONAL FOULS - No player, substitute, or coach shall commit a personal foul. Personal fouls may include but are not limited to:
 - a. Using fist, foot, knee, or leg to contact an opponent.
 - b. Tackling the ball carrier (automatic ejection).
 - c. Steal, attempt to steal or strip, or bat the ball from a player in possession.
 - d. Illegal Contact.
 - e. Hurdling an upright player, tripping, clipping, etc.
 - f. Unnecessary roughness.
 - g. Touching a player or ball carrier with undo force.
 - h. Roughing the passer (automatic first down) - applies only to the player throwing a legal forward pass behind the offensive line of scrimmage. If a defender contacts the passer in any fashion, whether or not he/she touches the pass, it is roughing the passer. Penalty: All of the above (1-8): Personal Foul, 10 yards, flagrant offenders will be disqualified.
2. The runner may not -
 - a. Be aided by a teammate (grabbed, pushed, or pulled).
 - b. Stiff-arm an opponent.
 - c. Guard their flags by blocking with arms, hands, or the ball, and thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag Guarding, 10 yards from the spot of the foul.



III. UNFAIR ACTS

No player, substitute, coach or others subject to the Rules shall use disconcerting words or phrases or commit any act not in accordance with the spirit for the purpose of confusing the opponent (for example, defense can not simulate snap count). Penalty: Personal Foul, Unfair Act, 10 yards.

IV. BLOCKING AND SCREENING

1. Blocking, as in regulation football, is prohibited. A player may not use his/her hands or body to block or ward off an opponent. Penalty: Personal Foul, 10 yards.
2. Offensive players may protect the runner by screening. The offensive screen block shall take place without contact and the screener may maintain a position (moving or stationary) between the defensive player and the runner. The screen blocker shall have his/her arms at their sides or behind their back. Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use a hand or arm to break a fall or retain balance. Player's must remain on their feet before, during, and after screen blocking. No part of the screener's body, except their feet, may be in contact with the ground. Penalty: Illegal Contact, 10 yards.
3. Defensive players must avoid the offensive player's screen block. Penalty: Personal Foul, 10 yards.
4. The runner may not stiff arm or lower a shoulder into an opponent. Penalty: Personal Foul, 10 yards.
5. Illegal contact between the blocker/rusher will be called against the player determined to have initiated contact (similar to "block/charge" in basketball). Penalty: Personal Foul, 10 yards. Repeated illegal contact could result in ejection from the game.

V. FLAG REMOVAL



1. Deflagging (removal of the flag by a player) or legal touching is allowed only under special circumstances similar to tackling in football in that players must have possession of the ball before they can be deflagged or touched legally.

2. When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one hand tag of the runner between the shoulders and the knees.

3. In circumstances where the flag belt is removed illegally, play should continue with the option of the penalty or the result of the play. Penalty: Personal Foul, 10 yards.

4. Pulling or removing a flag belt from an offensive player without the ball or intentionally touching an offensive player without the ball is a foul. Penalty: Personal Foul, 10 yards.

5. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is a foul. Penalty: Unsportsmanlike Conduct, 10 yards from the previous spot, loss of down, and player disqualification.

VI. SPORTSMANSHIP

All players, coaches, and fans are expected to comply with the Sportsmanship Policy as outlined in the 2000-2001 IMRS Handbook. Participants are expected to treat the Sportspark® staff, officials, equipment, and one another with courtesy and respect.

SUMMARY OF FLAG FOOTBALL PENALTIES

PENALTIES AND YARDAGE

1. Loss of 5 yards

- a. Encroachment (Dead Ball)
- b. False start (Dead Ball)
- c. Illegal snap (Dead Ball)
- d. Delay of game (Dead Ball)
- e. Infraction of free kick formation (Dead Ball)
- f. Encroachment of free kick lines (Dead Ball)
- g. Illegal motion
- h. Illegal shift
- i. Illegal procedure, free kicks, punts, scrimmage, number of players on the line, etc.
- j. Intentional grounding (Loss of down)
- k. Illegal substitution
- l. Free kick out of bounds
- m. Required equipment worn illegally
- n. Player receiving snap within 2 yards of scrimmage line
- o. Helping the runner
- p. Illegally handing ball forward (Loss of down for offense)
- q. Illegal forward pass (Loss of down for offense)

2. Loss of 10 yards

- a. Kick catch interference
- b. Two or more consecutive encroachments during same down interval
- c. Forward pass interference (Defensive = Automatic first down, Offensive = Loss of Down)
- d. Illegally secured flag belt on touchdown (Loss of down) and disqualification
- e. Unsportsmanlike player, coach, or fan conduct
- f. Spiking, throwing, kicking, or not returning the ball to the official
- g. Steal, strike, or attempt to strip the ball
- h. Trip, hurdle, tackle, clip, stiff arm, or any unnecessary contact of any nature
- i. Roughing the passer (Automatic first down)
- j. Illegal offensive screen blocking
- k. Flag guarding by offense, illegal removal by defense
- l. Obstruction of runner
- m. Illegal participation
- n. Defensive illegal use of hands



Note: Any flagrant activities associated with 5 or 10 yard penalties will result in immediate disqualification.



GENERAL POLICIES

1. Misconduct

Managers and players ejected/removed from a game should leave the field and immediate vicinity without further abuse, to prevent harsher penalties that may be imposed. Penalty is 1 & 1 game suspension.

2. Weather - (Weather Hotline is (585) 889-1320) We Normally Play In All Weather !

Games may be postponed or rescheduled due to weather conditions. This call is made by the Sportspark® Sports Director or by the referee of your game. Games will be rescheduled at Sportspark®'s convenience. It is the managers' responsibility to call Sportspark® for your rescheduled times if needed.

3. Food and Beverages

Sportspark® does not allow food and/or beverages brought into the park. (No ice chests or glass containers) We do allow unopened plastic water bottles or empty squeeze bottles. Security personnel have the right to confiscate glass containers, ice chests and cans. **No tailgating is allowed in the parking lot.**

4. Gate Fees

There is a \$2.00 fee to enter Sportspark® for everyone 6 years of age and over. In return, you will receive a ticket worth \$1.00 redeemable towards a beverage only at the concession stand. Your hand must be stamped at the front gate for reentry into the complex. Sportspark® may change the gate fee and the ticket system at any time for charity events, promotions or special events.

5. First Aid (Only Certified personnel may administer first aid.)

Sportspark® has very limited first aid supplies. These are located in the first aid machines in the Office building by the stairs. Paramedics, fire, police and ambulatory services are within minutes of the facility. In case of injury or security, we will need permission from the victim or family member before we can call for assistance. {Only under certain circumstances will a Sportspark® employee or Referee administer first aid.}

6. Lost and Found

"Lost and Found" is located in the Sports Office. To retrieve an item, you must be able to describe it in detail. We strongly recommend labeling all equipment. Sportspark® is not responsible for lost or stolen items. Articles are kept for a short period of time and then given to charity.

7. Registration

Please fill out registration forms completely. Fees may be paid by one check, one credit card, or cash. There is a **\$35.00 service fee** for each returned check and the team will automatically be dropped until other arrangements are made. Your team may sign up for any available Sunday League division you request, but is subject to change to accommodate fair and competitive leagues. Refunds will be given only when Sportspark® is unable to fill a league. There is a "No Refund" policy for teams who wish to drop out after league play has started. All teams are identified with a team number for league and a number for tournaments. Please refer to your number so that we may serve you more efficiently.

8. Concessions Stand, Deck and Sports Bar

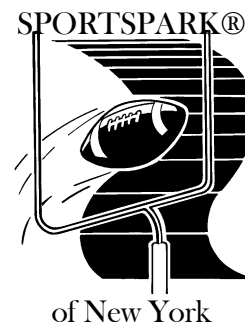
No pitchers of beer are allowed past the volleyball areas. Any person participating or intending to participate in a game shall refrain from consuming alcohol before or during the game. Persons may be ejected from the premises. Any individual involved in a confrontation in Sportspark® Concession area will be subject to the same penalties as if it took place on the field.

9. Team Insurance

It is mandatory, and included in your league fee, that all teams carry \$2 Million Dollars in General Liability Insurance coverage and \$1000,000.00 in access Medical coverage to participate in the league here at Sportspark® Of New York.

10. The Monroe County Sheriff's office will be called for any blatant acts of Unsportsmanlike Conduct against players, officials, fans or park staff. Violators will be prosecuted to the full extent of the law.

© Sportspark® Of New York, Rochester, NY. - All rights reserved.





"Quality Service Since 1969"

RULES

"Recreation Sports Programs"

Flag Football Manager Handbook

Visit Us At:
The Team Store

www.Sportspark.net/teamstore/



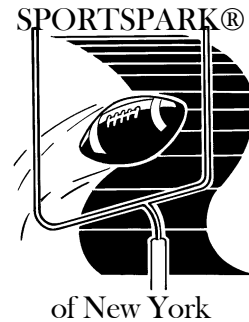
© 2004 SPNY

~ I N D E X ~

- I. GENERAL INFORMATION
- II. THE FIELD
- III. EQUIPMENT
- IV. PERIODS, TIME FACTORS, AND SUBSTITUTIONS
- V. BALL IN PLAY, DEAD BALL, OUT OF BOUNDS
- VI. SERIES OF DOWNS, NUMBER OF DOWNS
- ... KICKING THE BALL ...
- KICK CATCH INTERFERENCE, FIRST TOUCHING, FAIR CATCH
- ... SNAPPING, HANDING, AND PASSING THE BALL ...




- I. THE SCRIMMAGE AND SNAP
- II. HANDING THE BALL
- III. PASSING AND RECEIVING
- ... SCORING PLAYS AND TOUCHBACK ...



- I. SCORING
- II. CONDUCT OF PLAYERS
- III. UNFAIR ACTS
- IV. BLOCKING AND SCREENING
- V. FLAG REMOVAL
- VI. SPORTSMANSHIP
- ... SUMMARY OF FLAG FOOTBALL PENALTIES ...
- ... GENERAL POLICIES ...

© Sportspark® Of New York, Rochester, NY. - All rights reserved.

www.Sportspark.net



Park Office
(585)
889-1320

SPORTSPARK® *525 Ballantyne Road
Rochester, NY 14623* **Of New York**



Corporate Office
(585)
426-2215