

Carroll County Sports Complex
2012 Carroll County Men's Flag Football League Rules

The Carroll County Men's Flag Football League expects all players, coaches, and spectators to conduct themselves in a respectful manner at all times. Therefore, foul language, taunting, excessive celebration, threats, retaliatory actions, and arguing with game officials or league officials WILL NOT be tolerated. Failure to conduct oneself to the high standard expected of our participants will result in ejection, suspension, and possible banishment from the league. This is a recreation activity, not the NFL.

GENERAL RULES:

Player's area: The players area will be marked off from the 20 yard lines back approximately 20 feet. Only team personnel is allowed in this area. Team personnel consists of players and one (1) coach of the team that is playing in the assigned time slot. Players shall not encroach from the player's area during the game.

Spectator's area: Spectators may watch the game from the any point behind the players area. No spectators may stand within 10 feet of the sidelines on any side of the field.

Smoking: Smoking and use of any tobacco product is prohibited on the grass areas of the Sports Complex football fields. Smoking is allowed in the parking lot. Please dispose of all smoking products in the appropriate receptacle.

Alcohol: Alcoholic beverages are prohibited at the Carroll County Sports Complex.

Parking: Players and spectators are to park in designated parking areas only.

ROSTER

1. Roster size 18 man. All players MUST sign roster.
2. All players must be 18 years old and out of high school.
3. All players on roster must show photo ID to play. Players without ID will NOT play.
4. Rosters lock after Week 3 (no exceptions).
5. Injured player may be placed on Injured Reserve and replaced on roster.
 - A. Player may be replaced because of injury ONLY.
 - B. Player placed on IR is done for the season.
 - C. Injured player must personally verify with the league commissioner that he is injured and cannot play.

GAME

6. 7 vs. 7 on the field, two 22 minute halves.
7. PRE GAME COIN TOSS
 - A. Winner will choose either offense or defense/side of field.
 - B. Other team will choose the option that is leftover.
 - C. Teams will start the 2nd half opposite of how they started the 1st half.
8. Show up at least 15 minutes prior to your scheduled start time for check-ins.
9. FORFEIT TIME IS GAME TIME!
 - A. Teams can start with 6 players if the other team agrees.
 - B. Game will be played 7 vs. 6.
 - C. If 7th player shows up game returns to 7 vs. 7.
 - D. If you agree to play 7 vs. 6 the game counts/no forfeit after game starts.
10. IF YOU FORFEIT:
 - A. Team that forfeits is responsible for ALL referee fees for both teams (\$72).
 - B. If you forfeit 24 hours prior to scheduled game time there will be no charge.
11. Ball starts at the 5 yard line.
12. 25 second play clock.
13. 1st downs are the 20 and 40 yard markers.
14. One man in motion towards line (Must be WR or RB)
15. Two team captains per team.
 - A. Any discussions of calls WILL BE ADDRESSED BY CAPTAINS ONLY!
16. Two timeouts per half.

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17. NO METAL CLEATS!!!!
18. D-Line must engage O-Line (line straight up).
19. Ball carrier can drop shoulder into defender.
 - A. Ball carrier can then be tackled.
 - B. Only defender being dropped can tackle.
20. Player with no flags is 2-hand touch.
21. Fumbles are allowed.
22. Anything EXCEPT hands or feet touches ground play is dead.
23. 1 foot in bounds for catch.
24. Clock only stops with 2 minutes left in game.
 - A. Out of bounds.
 - B. Incomplete pass.
25. Touchbacks on punts start on the 10 yard line.
 - A. No rush on punt
26. Everyone must stay put until ball is in air on punts.
27. Safety = 2 points. Restart with ball on 10 yard line.
28. Extra points you must declare what you are doing:
 - A. 1 point from the 5 yard line (pass or run)
 - B. 2 points from the 10 yard line (pass or run)
29. Team up by 17 or more points with 2 minutes left, game is over.
30. Overtime = college rules/start at 20 yard line
31. Teams MUST have the same colored jerseys/shirts. All players must have a number on their jersey.
 - A. If a player does not have the same color they don't play.
 - B. No hoodies
 - C. No brimmed hats
 - D. No sunglasses
32. Jewelry will be removed at referee's discretion.
33. Nobody past 20 yard line on sidelines.

PENALTIES

34. Pass Interference = spot foul and automatic 1st down
35. Personal foul = 10 yards and automatic 1st down
36. Holding in end zone = Safety (Only if QB is in end zone when hold occurs)
37. Must attempt to go for flags = 5 yards
 - A. You can not hold jersey/shirts or flag belt)
38. Stiff arm or flag guarding = 5 yards, spot foul, loss of down
39. Failing to obey sideline rules (including controlling fans). 1st time is a warning, 2nd time personal foul)
40. ALL OTHER PENALTIES = 5 yards
41. EJECTION = out of game and suspended for next game
 - A. Ejection means you leave Sports Complex (carries into softball games scheduled that night)
 - B. Go back on field after ejection = suspended for season AND at the discretion of the game officials a forfeit for your team.
 - C. Suspended players may watch game from the bleachers during the suspension
 - D. 2 ejections suspended for the season
 - E. Ejected during playoffs suspension carries into following season
 - F. Players can appeal their suspensions after the week in play
42. Teams are responsible for cleaning up their own trash.
 - A. If teams are caught leaving trash they will be fined \$25 for each instance
43. **COACHES: IT IS YOUR JOB TO MAKE SURE YOUR PLAYERS READ AND UNDERSTAND ALL LEAGUE RULES!**