

Neighborhood
Club 
2024 Flag Football League

1. The primary purpose of this league is participation, skill development, promotion of the value of sportsmanship, striving to do your best, learning responsibilities of team play, and most important, enjoyment for the players.
2. Your volunteer coaches are giving of their free time to help the children in our community. We are very fortunate to have these special people. Please help them in any way you can.
3. All complaints about the referees or the league are to be directed to the League Director only.
4. Your suggestions on how to improve this program will be greatly appreciated. Please call the League Director.

Special Rules for Grades 1 - 8

1. A team must have five (5) players present by game time. If a team has less than (5) players, teams will be made equal and a practice game played.
2. Player Uniforms: Uniforms for all players consist of a team T-shirt. T-shirts are to be tucked in player's shorts/pants. Flags are to be worn over tucked in shirts with flags visible on each side of the player
3. Player's Playing Time:
 - A. Any player who attends practice, and is at the game, must play half of each quarter.
 - B. If a player misses practices or games unexcused, that player may be penalized by not playing his regulation amount of time, provided the coach contact the League Director twenty-four hours in advance of game time. However, the penalized player must play at least half of 2 quarters at some time during the game. If a player comes late to a game unexcused, after the first quarter the coach has the option of only playing the player for one quarter during the game. If the player arrives late to the game unexcused, after the second quarter, the coach has the option of not playing that player at all during that game.
4. Players should not arrive any earlier than 15 minutes before their game time and 10 minutes before practice, unless notified by their volunteer coach.
5. Players must come to game and practices dressed ready to play flag football. Players may not use school lockers, rooms or lavatories to dress.
6. Any player or coach ejected from the game for unsportsmanlike conduct will automatically be suspended from at least that team's next game. Any person ejected for unsportsmanlike behavior that could cause or result in violent behavior will receive a minimum two game suspension. (A second suspension will cause expulsion from the league.) Any violent action (contact with an opponent, fighting, grabbing, pushing, throwing an object, etc.) will result in an expulsion for the remainder of the season, and will extend to the next season. Any player or coach involved in unsportsmanlike conduct (i.e.. But not limited to profane language, racial slurs or behavior detrimental to our philosophy) will be suspended from at least that team's next game. (A second suspension will cause expulsion from the league). Any team or player who leaves the bench area during an incident will cause the whole team to be suspended for one game. The team coach will be responsible for keeping his team under control. Failure to keep a team under control will result in expulsion of the team and/or coach. The League Director reserves the right of a league expulsion for any player or team guilty of gross misconduct.
7. **Taunting and Baiting:** Taunting and baiting of opponents has no place whatsoever in youth flag football or any Neighborhood Club activity. Using ridiculous motions, pointing fingers and gesturing are ways in which an opponent can be taunted. Any "Trash Talk" will result in a personal foul. After a second infraction, that player will be removed from the game and will automatically be suspended for their team's next game.

8. **Bleeding Player:** A player who is bleeding, has an open wound, or has an excessive amount of blood on his uniform is considered an "injured player". As such, he must leave the game and not reenter until the wound has stopped bleeding and all affected clothing has been discarded. The player can then reenter at the next chance to legally substitute after the game clock starts. A team may not use a time-out to keep such a player in the game once an official has stopped play.
9. If a game ends in a tie, it will remain in a tie, and both teams will receive a win.
10. Players may only be added to a team by the Neighborhood Club. Team rosters are prepared for each league and distributed at the coaches meeting. Only players registered and placed on a team's roster, by the Neighborhood Club, are eligible to participate in games. Additions to that roster will only be made by the Neighborhood Club. A Neighborhood Club staff member will call/email and inform you of any additions or deletions to your roster. **You may not add players to your roster.** In some cases, waiting lists are kept at the reception office.
11. The League Director will rule on any situation not covered by the rules.
12. Head decorations, head wear, or jewelry are illegal. Barrettes made of soft material are legal. This rule will be strictly enforced for the player's own safety.
13. A referee shall not permit any team member to wear equipment or apparel which, in his/her judgment, is dangerous or confusing to other players or is not appropriate. Examples of illegal items include, but are not limited to: A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal Or any other hard substance--even though covered with soft padding--when worn on the elbow, hand, finger, wrist or forearm.
14. Use of dental guards is recommended in all Neighborhood Club sports.
15. One coach allowed on the field for grades 1-8.
16. Cleats are allowed, except for metal spikes
17. There are no kickoffs, and no blocking is allowed
18. In the spirit of fair play, please wear flag belts appropriately during every play and avoid wearing clothing that can be considered as camouflaging the flag belts

Inclement Weather Cancellation Policy: In case of inclement weather, check the front page (under Breaking News) of the Neighborhood Club's website (www.neighborhoodclub.org). **If there is no cancellation message on the website, assume the game will be played.**

Thunder & Lightning: The old adage "if you see it, flee it" is an important one. Flag football fields are big, open spaces, which are susceptible to potential lightning strikes. A strike can hit from up to 10 miles away, which means it could happen before you even see dark clouds in the sky. If a storm should strike, have everyone head to an enclosed space. Cars are also safe. Shelter houses without walls and dugouts are NOT safe places. Be sure to wait 30 minutes after the storm to begin resuming activities, being sure to monitor the weather anyway you can.

Jim Troyer
Recreation Manager.
(313) 885-4600, Ext. 17

Chad Golembiewski
Recreation Supervisor
(313) 885-4600, Ext. 51

FLAG FOOTBALL RULES: Grades 1-8

- A coin toss determines first possession: **Not more than two captains from each team may be present at the coin toss and only one from each team shall be designated as its spokesman. All team personnel on the playing field, other than the team captains involved in the coin toss ceremony, shall be restricted to their perspective team bench area or well away from the vicinity of the toss.**
- The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has **only three 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. **Teams may not get another first down once they have crossed midfield** (due to a penalty or loss of yardage).
- If the offensive teams fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides after the first half (22 minutes), but possession does not change.

Length of Game/Timing

- Teams will play two **22 minute (running clock)** halves with a four minute half time.
- If the score is tied at the end of 44 minutes, the game remains tied. No overtime quarter is played.
- Each time the football is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has one 60-second and one 30-second time out per half. Time-outs will stop the clock.
- Officials can stop the clock at their discretion.

Scoring

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

Running

- The quarterback cannot run with the ball.
- Only direct hand-offs behind the line of scrimmage are permitted. Offense may use multiple hand-offs.
- **NO** laterals or pitches of any kind.
- "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. **(See special rule #1 for Grades 1 & 2)**
- The player who takes the hand off can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (NO DIVING).
- Defensive players cannot leave their feet to pull a flag (NO DIVING).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

- Only one player is allowed in motion at a time.
- A player must have at least one foot in bounds when making a reception.

Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a seven-second “pass clock”. If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect. **(See special rule #2 for Grades 1 & 2)**
- Interceptions change the possession of the ball at the point of interception, no returns. Interceptions are the only changes of possession that do not start on the 5 yard line.

Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
 - Ball carrier’s flag is pulled.
 - Ball carrier’s steps out of bounds.
 - Touchdown or safety is scored.
 - At the point of an interception (interception returns are not allowed).
 - Ball carrier’s knee hits the ground.
 - Ball carrier’s flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground. **(See special rule #4 for Grades 1 & 2)**

Rushing the Quarterback

- All players who rush the passer must be a minimum of **seven yards** from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. **(See special rule #2 for Grades 1 & 2)**
- Once the ball is handed off, the seven-yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

Penalties

- All penalties will be called by the referee.

Defense:

- Offsides-----5 yards and automatic first down
- Interference-----10 yards and automatic first down
- Unnecessary roughness-----10 yards from the spot of the foul and automatic first down or a touchdown could be awarded on a break away (tackling, etc.)
- Illegal contact-----10 yards and automatic first down (holding, blocking, etc.)

- Illegal flag pull-----10 yards and automatic first down (before receiver has ball)
- Diving----- 10 yards from the spot of the foul and automatic first down or a touchdown could be awarded on a break away
- Illegal rushing-----10 yards and automatic first down (starting rush from inside 7-yard marker)

Offense:

- Illegal motion-----5 yards and loss of down (more than one person moving, false start, etc.)
 - Illegal forward pass-----5 yards and loss of down (pass received behind line of scrimmage)
 - Offensive pass interference-----10 yards and loss of down (illegal pick play, pushing off/away defender)
 - Flag guarding(includes blocking downfield)----This is a ‘spot’ foul. Play is blown dead, ball marked at the spot of the foul and loss of down.
 - Diving-----10 yards and loss of down
 - Delay of game-----Clock stops, 10 yards and loss of down.
 - Unnecessary roughness-----10 yards (from the line of scrimmage) and loss of down
- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage (unless noted).
 - Only the team captain or coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
 - Games can’t end on a defensive penalty, unless the offense declines it.

FLAG FOOTBALL RULES: Grades 1 & 2

- A. Adopted adjustments (Special Rules)** for Grades 1 & 2 to the above flag football rules for grades 3-8
1. 'No Run' zones are eliminated. Teams may run anywhere on the field.
 2. Defenders may **NOT** rush the passer unless there is a legal handoff executed in the backfield. (The quarterback has a seven-second “pass clock”).
 3. Defenders **MUST** line up at least five yards from the line of scrimmage prior to the snap. **Exception, when the offensive team has possession inside the '5 yard, no run zone', the defensive team may line up on the line of scrimmage.**
 4. If the ball falls to and touches the ground during the initial center to quarterback exchange, the play is ruled a 'Do Over' with no loss of down, once per set of downs. On a second consecutive occurrence, the down is consumed.