

City of Medford NFL Flag Football



2010 Information Guide

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2010 NFL Flag Football League General Information

City of Medford/NFL Youth Flag Football

Medford Parks & Recreation youth sports programs help children and their families enjoy athletics every time they step on a field or court. Our programs are also a resource for coaches, helping them promote a positive experience for all.

Guiding Principles

The NFL Flag Football program is designed to educate young people about football while emphasizing participation and sportsmanship. Players learn skills and lessons that help them succeed both on and off the field.

Seven guiding principles comprise Medford Parks & Recreation philosophy for youth sports:

1. Make it fun
2. Limit standing around
3. Everyone plays
4. Teach every position to every participant
5. Emphasize fundamentals
6. Incorporate a progression of skill development for every participant
7. Yell encouragement, whisper constructive criticism

Structure

Medford Parks & Recreation's version of NFL Flag Football is a 7-on-7 non-contact game filled with action and fun. Games will follow NFL Flag Football rules closely with a few modifications. We reserve the right to add or modify rules at anytime for the best interests of the league and for safety.

Season Length

Games begin Fri., April 16. The season concludes June 11. No games on May 28 due to Memorial Day weekend. Games are played rain or shine!

Games

Games are on Friday evenings at the U.S. Cellular Community Park multi-sport complex (Fields 10-14). Each contest is about an hour in duration. Participants should arrive at least 15 minutes before scheduled game time.

Age Groups

All teams will be co-ed. Age groups are 6-9 and 10-14. Age groups may be combined based on enrollments.

Practices

Practices begin the week of April 7 at assigned locations. Teams practice no more than twice per week. Practices last approximately an hour.

Equipment Requirements

Each participant will be issued a jersey top and flag belts that must be worn to games.

All players must wear a protective mouthpiece.

Molded cleats are allowed, but metal spikes and screw-on spikes are not allowed.

Player equipment is inspected prior to game time.

MPRD provides game and practice footballs.

MPRD is not responsible for items left behind, lost or stolen.

U.S. Cellular Community Park

The following items are prohibited at USCCP:

- No sunflower seeds
- No food on the turf
- No metal cleats

Volunteers Needed

In order to provide a quality program at a very low cost, volunteer coaches are required for this program to be successful. Make a difference in a child's life by volunteering today.

Coaches Training

Medford Parks & Recreation staff will provide coaches training, including a handbook that outlines basic offensive schemes. The handbook also outlines positive coaching tips and principles.

2010 NFL Flag Football League Rules

A. General Procedures

1. A coin toss at midfield determines first possession. Coin toss winner may elect to take the opening possession or defer the choice to the start of the second half. The first possession of the second half is determined by this choice.

2. 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 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. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

3. All possession changes, except interceptions, start on the offense's 5-yard line.

4. Teams change sides after halftime, but team areas on the sideline remain the same.

5. Teams must field a minimum of seven players at all times unless other arrangements are approved by league officials.

6. No blocking, tackling or inappropriately aggressive play is permitted.

B. Timing

1. Games consist of two 25-minute halves with running clock time. Halftime is 5 minutes.

2. If the score is tied at the end of 40 minutes, teams move directly into overtime. College overtime rules apply.

3. Each time the ball is spotted, the offensive team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

4. Each team has one 1-minute timeout per half.

5. Clock stops on all offensive penalties in the last five minutes of the second half.

6. Game officials may stop the clock at his or her discretion.

C. Scoring

Touchdown: 6 points

Point(s) After Touchdown:

1 point (played from 5-yard line) or

2 points (played from 12-yard line)

Safety: 2 points

D. Running

1. The quarterback can scramble but cannot run with the ball on a designed play. The quarterback may scramble for yardage once a defensive rusher crosses the line of scrimmage.

2. Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.

3. "Indirect" snaps are prohibited.

4. "No-running zones" located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations. Exception: Players may run the ball in a "no-running zone" if blitzed.

5. The player who takes the handoff may throw the ball from behind the line of scrimmage.

6. Once the ball has been handed off, all defensive players are eligible to rush (cross the line of scrimmage).

7. Spinning is allowed, but players cannot leave their feet to avoid a defensive player.

8. No diving.

9. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

E. 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. Only one player is allowed in motion at a time.

3. A player must have at least one foot inbounds when making a reception.

F. Passing

1. 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 is still in effect.

2. Shovel passes are permitted.

3. Laterals and pitches are prohibited.

4. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

2010 NFL Flag Football League Rules

G. Dead Balls

Play is ruled “dead” when:

- Ball carrier’s flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- At the point of an interception
- Ball carrier’s knee hits the ground
- Ball carrier’s flag falls off

2. There are no fumbles. The ball is spotted where the ball hits the ground.

3. To start a play, the ball must be snapped between the legs.

4. Substitutions may be made on any dead ball.

F. Blitzing the Quarterback

1. All players who blitz the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.

2. Any number of players may rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

3. Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may enter the backfield.

4. A special marker, or the referee, will designate seven yards from the line of scrimmage.

5. Remember, no blocking or tackling is allowed.

G. Sportsmanship/Roughing

1. If the field monitor or referee witnesses or hears unsportsmanlike behavior, the game will be stopped and the player will be appropriately penalized or disciplined.

2. TRASH-TALK WILL NOT BE TOLERATED. Trash-talk is talk or non-verbal actions that may be offensive to officials, opposing players, teams or spectators - as determined by game official(s).

H. Penalties

1. Penalties are determined by the referee. Infractions include (but may not be limited to):

2. Defensive Penalties:

- a. Offsides (Five yards and automatic first down)
- b. Interference (10 yards and automatic first down)
- c. Illegal contact, holding, blocking, etc. (10 yards and automatic first down)

d. Illegal flag pull - before receiver has ball (10 yards and automatic first down)

e. Illegal blitz (10 yards and automatic first down)

3. Offensive Penalties:

a. Illegal motion - more than one person moving at time of snap; false start, etc.

(Five yards and loss of down)

b. Illegal pass - pass thrown beyond line of scrimmage (Five yards and loss of down)

c. Offensive pass interference (10 yards and loss of down)

d. Flag guarding

(10 yards from original line and loss of down)

e. Delay of game

(clock stops, 10 yards and loss of down)

4. Referee(s) determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

5. Only the team captain and coaches may ask the referee questions about rule clarification and interpretations. Players may not question judgment calls.

6. Games cannot end on a defensive penalty, unless the offense declines it.

I. Field Diagram

