

City of Medford NFL Flag Football



&

BBENNION
ORTHODONTICS

2016 Information Guide

League Coordinator:

David Alexander

774-2409

david.alexander@cityofmedford.org

2016 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 a **recreational** league emphasizing team play and basic skill development. Overall guiding principles are:

1. Make it FUN for the kids
2. Provide a well-organized recreational environment
3. Provide participants equal playing time
4. Have participants learn to play every position
5. Emphasize fundamentals
6. Demonstrate good sportsmanship
7. Yell encouragement, whisper constructive criticism

Structure

Medford Parks & Recreation's version of NFL Flag Football is a 7-on-7 minimal-contact game that is quite different than tackle football. The league is not affiliated with Pop Warner.

Games will follow official NFL Flag Football rules closely with a few modifications. We reserve the right to add or modify rules at any time for the best interests of the league and for safety.

Season Length

Games begin Fri., April 15. The season concludes June 3. No games on May 27 due to holiday. 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 game lasts about an hour. Participants should arrive at least 15 minutes before game time.

Scores are not kept by MPRD, and are of no significance to game officials or league management.

Age Groups

Age groups are 6-7; 8-9 and 10-12. Age groups may be combined or canceled based on enrollment.

Team Formation

All teams are co-ed and are balanced in terms of age and gender. Kids are randomly assigned to teams.

Practices

Preseason skill development clinics will be held **April 1 and 8** at USCCP, 6-7:30 p.m., Field 10. Team meetings begin the week of March 28 at Santo. Teams practice once per week beginning April 4. Practices last about 90 minutes.

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 (one will be provided to each player on **April 1 or April 8** at the football clinic, free of charge).

Rubber cleats are allowed but are not recommended. Flat-soled athletic shoes are recommended.

Players are asked to wear shorts or pants that are a different color than his/her flag belts.

Player equipment is subject to inspection by league officials prior to game time.

MPRD provides game and practice footballs.

U.S. Cellular Community Park

The following items are prohibited at USCCP:

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

Volunteer Coaches Needed

In order to provide a quality program at a very low cost, volunteer coaches are required for this program to be successful.

All coaches are required to pass a criminal background check prior to being confirmed as a coach.

If selected, volunteer coaches must attend pre-season training sessions conducted by Medford Parks and Recreation staff.

2016 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. Only one offensive player can be in motion behind the line of scrimmage when the ball is snapped.

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

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

9. Substitutions may be made any time when play is stopped (during a "dead ball").

B. Timing

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

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. Drives in progress when time expires will be permitted to be completed, which will culminate with a touchdown (and PAT attempt), an interception or a turnover on downs.

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 6-yard line) or

2 points (played from 12-yard line)

Safety: 2 points - and defensive team receives ball

D. Running

1. The quarterback may scramble behind the line of scrimmage. The quarterback may cross the line of scrimmage only when a defensive player crosses the line of scrimmage (blitzer).

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

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

4. "Indirect" snaps or snaps intended to confuse defenses on the identity of the QB are prohibited.

5. "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.

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

7. Once the ball has been handed off, all defensive players are eligible to cross the line of scrimmage.

8. Spinning is permitted. Jumping, leaping, or diving is prohibited and will result in a "flag guarding" penalty.

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. A player must have at least one foot inbounds.

3. No handing off or pitching once a receiver catches the ball. No laterals.

F. Passing

1. The quarterback has a seven-second "pass clock." If a pass is not thrown (or handed off) within the seven seconds, play is dead - loss of down.

2. Shovel passes are permitted.

2016 NFL Flag Football League Rules

3. Laterals and pitches are prohibited.

4. A pass or pitch thrown to any player behind the line of scrimmage is a lateral pass and is not permitted. Passes must be received beyond the line of scrimmage.

5. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that may not result in the offense starting on the 5-yard line.

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/elbow hits the ground
- Ball carrier’s flag falls off

F. Blitzing the Quarterback

1. All defensive 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 cross the line of scrimmage.

4. The field official will designate the “blitz line” - seven yards from the line of scrimmage prior to each snap.

5. 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 or coach will be appropriately penalized/disciplined/suspended.

2. TRASH-TALK WILL NOT BE TOLERATED. Trash-talk is talk or non-verbal actions that are deemed inappropriate by game official(s).

H. Penalties

1. Penalties are determined by the referee(s). Players and coaches may not question judgment calls. Infractions include (but may not be limited to):

Defensive Penalties:

- Offsides (Five yards, repeat down)
- Interference (10 yards, automatic first down)
- Illegal contact, holding, blocking, etc. (10 yards, automatic first down)
- Illegal flag pull - before receiver has ball (10 yards, automatic first down)
- Illegal blitz (10 yards, automatic first down)
- Unsportsmanlike conduct (10 yards, automatic first down)
- Tackling/Charging (10 yards, automatic first down)

Offensive Penalties:

- Illegal motion - multiple players moving when ball is snapped or false start (Five yards, repeat down)
- Lateral pass (Five yards from spot, loss of down)
- Pass interference (10 yards, loss of down)
- Flag guarding (10 yards from spot, loss of down)
- Delay of game (10 yards, loss of down)
- Unsportsmanlike conduct (10 yards, loss of down)
- Blocking/Charging (10 yards, loss of down)

I. Field Diagram

