



**First Assembly of God**

3801 98<sup>th</sup> Street, Lubbock, Texas

[www.lubbockag.org](http://www.lubbockag.org) - 806-783-0800



**RULES & REGULATION  
2009**



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### **Mission Statement:**

The purpose of this league is to promote and encourage participation in the game of football throughout the community, while raising awareness and money for Children's and Youth Ministries offered here at First Assembly of God in Lubbock, Texas. In addition, we promote Christian values and the ideals of good sportsmanship, personal integrity, and team cooperation through participation and instruction in the game of football.

### **Board Members:**

The Board shall consist of the following appointed officials:

#### **A. League Director**

- The League Director will be responsible for the overall administrative functions of the flag football league. He will be responsible for selecting other board members and committee members as necessary to conduct a successful flag football season.
- Other board positions and committee members may include but are not limited to the following:
  - I. Secretary
    - The Secretary shall record the minutes of all meetings, attend to all correspondence, and keep all participants and volunteers in the league informed and aware of upcoming events.
  - II. Treasurer
    - The Treasurer shall have the responsibility of managing and forwarding all funds to the church office, and to maintain accurate and current records of all of the leagues finances. At the end of the season, the Treasurer shall present a financial report to Church Board of Directors.
  - III. Director of Coaches
    - Will be responsible for overseeing the coaches and development of coaches for the league. In certain cases, the Director of Coaches may select the Head Coach and/or Assistant Coach(s) as required
  - IV. Director of Officials
    - Will be responsible for setting up the officials and official schedules for the league.
  - V. Director of Concessions
    - Will be responsible for overseeing the concessions and merchandise sales for the league.
  - VI. Facility Manager
    - Will be responsible for setting up the fields for league play and overseeing expenditures needed facility and equipment needed for league play.
  - VII. Information & Scheduling Coordinator
    - Will be responsible for setting up the league schedule for each age group and the distribution of all schedule related information to all coaches. This includes regulation play, make-up games, and championship weekend games.
  - VIII. Rules & Regulations Committee
    - This committee will be responsible to gather feedback from participants and coaches in order to evaluate and modify rules as needed to ensure the safest and most enjoyable league possible.



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### Coaches:

The Board of Directors recognizes that the coaches are central to a successful and enjoyable league for all those who choose to participate. Without the dedication of the coaches who agree to voluntarily serve as “Flag-Tastic 5 on 5 Flag Football League” coaches, there could be no league. The Board of Directors also recognizes that coaches in the League will have the opportunity to mold the impressions of the young players’ attitudes toward the Church, coaches, league, and the game of football. Because of this importance, the Board of Directors recognizes that it has the obligation to the League and its participants to screen carefully the individuals applying for the position of coach or assistant coach.

All Head Coaches will be responsible for the following:

- 1) Ensuring that good Christian values and principles are displayed at each practice and game by all players, parents, and assistant coaches. Reference the Mission Statement of the League.
- 2) Coaches shall conduct all practices within the following limits:
  - a. No practice sessions will be held on Wednesdays and Sundays.
  - b. Practice sessions can be no longer than 1hr 30min per practice session.
  - c. No more than two (2) practice sessions allowed per week (Mon thru Sat).
  - d. All players must play approximately half of the plays on offense and half of the plays on defense at a minimum.
    - i. The coach should make every effort to even out the play time for each player throughout the season with some sort of rotation schedule based on the number of players and games played in the season.
  - e. Coaches must make an attempt to get all participants involved in some meaningful way in each game of the season.

## Rules of Play

### 1. Rosters and Eligibility

- a. Children must be between 5 years old and 16 years old as of May 31<sup>st</sup>, 2009. Players must play in the age group assigned. No player will be allowed to play down to a lower age bracket and all parents wanting their child to play up in an older bracket must get approval from the Board of Directors.
- b. Age brackets won't be finalized for each age group until registration has been completed, but typical age groups would be as follows:
  - 1) 5 years – 7 years old (Coach quarterback & allowed on field for defensive instruction)
  - 2) 8 years – 10 years old (Coach quarterback, not allowed on field for defense)
  - 3) 11 years – 13 years old (Player quarterback)
  - 4) 14 years – 16 years old (Player quarterback)

*Please note that every effort will be made to distribute the talent and athletic ability among all the teams participating. This will be done through tryouts at registration.*

- c. Typically a team will have 7 to 8 players on a roster. (The coach is not considered a roster spot when playing in age groups requiring the coach to participate on the field)
- d. A team can play with a maximum of 5 players on the field.
- e. A team can play with a minimum of 4 players on the field.



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- f. If fewer than 4 players are present at game time, the game will be declared a forfeit. If a team drops below 4 players anytime during the game, the game will be declared a forfeit.

### 2. The Field

- a. The playing field area is 30 yards wide and 40 yards long with a 10 yard end zone. Field dimensions may be altered or varied, if required.
- b. First down line is marked at midfield (20 yard line).
- c. 1 point conversion try is from the 5 yard line – pass only.
- d. 2 point conversion try is from the 10 yard line – pass or run.

### 3. Equipment

- a. Each player must wear the league shirt provided or a shirt of the same color. Shirts must be tucked into the shorts at all time. A penalty will be called if the shirt is covering the flag(s) during play.
- b. Each player must wear a mouth piece at all time during the game.
- c. Each player must wear black shorts or sweats, **with no pockets or belt loops.**
- d. Each player must wear the flags provided at the field. The flag belt is to be worn at the waistline with a flag located at each hip.
- e. Each player must wear shoes. Football cleats are allowed, except shoes that have steel or metal tipped spikes or cleats are prohibited.
- f. Helmets, shoulder pads, jewelry (this includes earrings, bracelets, necklaces, etc...) or any unyielding or dangerous equipment is prohibited.
- g. Under no circumstances will any player wearing a cast or splint be allowed to play.
- h. Braces with exposed metal parts must be covered with tape.
- i. Towels attached to the flag belt or pants are not allowed.
- j. The referee's decision on the legality of any equipment being used by a player is final and not debatable. Our #1 goal is to ensure the fun and safety of all participants.

### 4. League Set-up

- a. The league will be setup in a "Round Robin" (all teams play each other) or Pool Play based on the number of teams registered for any age group. A tournament/playoff will be held at the end of the season to determine the champion for each age group. Seeding for the tournament/playoff will be based on the regular season records. All teams will participate in the season ending tournament/playoff.
- b. If the score is tied at the end of regulation play, the game will be determined a tie.
- c. Teams will be awarded 1 point for all wins, .5 points for all ties, and 0 points for loses.
  - 1) Overtime will be played only during the tournament/playoff games. A coin flip will determine first possession, and teams will alternate possessions thereafter.
    - a) Each team gets one series of 4 plays from the 20 yard line (midfield). First possession choice goes to the winner of a coin toss.
    - b) Each team will be required to go for a 2 point (PAT) during each overtime session.
    - c) If the defense intercepts the ball and returns for a touchdown, they will win the game. If the interception is not returned for a touchdown, the ball will be awarded to the intercepting team and be placed on the midfield line.
    - d) The game will continue until a winner is determined.



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### 5. The Game

- a. Teams must be at the field 10 minutes prior to game time to check-in with officials.
- b. At the start of each game, captains from both teams will meet at midfield for the coin toss to determine who will start with the ball. The winner of the coin toss gets the option to receive the ball at the start of the 1<sup>st</sup> half or 2<sup>nd</sup> half time. The loser of the coin toss chooses the end zone it will defend. Teams will swap end-zones after half time.
- c. The offensive team takes possession of the ball at their goal line (except in overtime situations) and has 4 plays to cross midfield (20 yard line) and gain a new set of downs. Once a team crosses midfield, it has 4 plays to score a touchdown.
- d. If the offense fails to score, the ball changes possession and the new offensive team takes over at the 40 yard line (their goal line). All change of possessions will result in a possession starting at the 40 yard line except for a defensive interception returned for a touchdown.
- e. There will be no kick-offs and no punts.
- f. Each game will be divided into two 12 minute halves with a continuous running clock. A two minute break will be given at half time in order to swap end-zones and announce the score.
- g. There will be a 30 second play clock between each down. Teams will receive one warning before a penalty is enforced for delay of game.
- h. Each team will be permitted 1 time out per game. Time outs are 1 minute long (clock will stop).
- i. In overtime situations, each team is entitled to one time-out per overtime period (time outs do not carry over from regulation).
- j. Officials can stop the clock at their discretion for any reason.
- k. The referee for each game will be responsible for turning in the official game score sheet to the scoring table.
- l. Scoring
  - a. A touchdown is worth 6 points.
  - b. Scoring team must declare if attempting a 1-point or 2-point PAT (Point After Touchdown)
    - i. 1 point – pass only from the 5 yard line.
    - ii. 2 point – pass or run from the 10 yard line.
  - c. An interception of an extra point conversion that is returned for a touchdown is worth 2 points.
  - d. No safeties are allowed.

### 6. Offense

- a. All players are eligible to receive passes including the quarterback (if the ball has been handed off, lateralled, or pitched behind the line of scrimmage prior to receiving the pass.)
- b. A player not having the required two flags or not wearing flags in the proper position will be ruled deflagged immediately when he/she gains possession of the ball.
- c. Illegal alteration or securing of the flag is prohibited.
- d. Ball carrier is down immediately when deflagged or if a body part other than a hand or foot hits the ground.
- e. Fumbles, dropped laterals, and balls snapped from scrimmage that hits the ground are dead balls at the spot where it hit the ground with the last team in control maintaining possession.



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- f. Spinning is not allowed and the ball carrier must avoid running into the defensive player while running with the ball.
- g. A ball carrier may not use the hands to fend or ward off the defensive player attempting to deflag him. The use of a stiff arm is prohibited and the player will be penalized.
- h. All plays starting within 5 yards of your scoring goal line must be a pass
- i. Teams must go for a first down or a touchdown on fourth down situations.
- j. Running plays are allowed. (except when starting inside the 5 yard line)
- k. *In age groups where the Coach is the QB, a 7 second time limit will be placed on the coach to throw the ball. A penalty will be assessed if the ball is not thrown within 7 seconds.*
- l. A player on the line of scrimmage must snap the ball with one fluid motion from the ground position, either through the legs or from the side.
- m. The offensive team must have a minimum of 3 players on the line of scrimmage at the time of the snap. One offensive player may be in motion, but not toward the opponent's goal line.
- n. The offensive team has 4 downs to make a first down at midfield (20 yard line) or score a touchdown. Teams can make only 1 first down per series.
- o. The player receiving the center snap (quarterback) must be at least 2 yards behind the offensive line of scrimmage and must pass, lateral, pitch or hand the ball to a teammate before it can be advanced by running.
- p. The quarterback may not directly run the ball.
- q. The player who receives a handoff, lateral or pitch-out can run or throw the ball from behind the line of scrimmage. However, once the ball has been handed-off, pitched, or lateralled, the defense no longer is required to be 7 yards away from the ball before rushing. In other words, anyone on the defense is now free to rush the person with the ball.
- r. Handing the ball forward is allowed behind the offensive line of scrimmage only and will not be considered a forward pass.
- s. A legal forward pass is a live ball thrown towards the opponent's goal line from behind the line of scrimmage.
- t. Only 1 forward pass is allowed per down even if the pass is completed behind the line of scrimmage.
- u. A legal backward pass is a live ball thrown parallel or backwards to the line of scrimmage. Any number of backward passes or laterals are permitted anywhere on the field.
- v. A backward pass in flight may not be batted forward by the passing team.
- w. Only one foot must touch inbounds in order for a pass reception to be considered legal.
- x. If members of opposing teams catch a pass simultaneously, the ball is immediately dead and belongs to the offense. Tie goes to the offense.
- y. An eligible receiver who leaves the field of play loses his eligibility, but may regain it after he returns to the field of play, and after a member of the defensive team has touched the ball. Failure to comply results in an incomplete pass, unless the defensive team has intercepted the ball. In such case, the ball remains in play.
- z. **No blocking is allowed at any time.**
  - aa. Substitutions can enter the game during any dead ball situation.
  - bb. All penalties will be assessed 5 yards and repeat down.
  - cc. If a referee blows his/her whistle inadvertently, the ball is immediately dead and the play stops.
  - dd. All refereeing decisions are final.



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### 7. Defense

- a. Any player thought to be flagrantly tackling the opposition will be ejected from the game and will sit out the following game also.
- b. Rushing the quarterback is allowed, however the rusher must start at least 7 yards away from the line of scrimmage. (except in Coach QB age groups – no rushing allowed due to 7 sec. limit)
- c. In the youngest age group (5-7 years old) one coach is allowed on the field for instructional purposes prior to the snap only. Once the ball has been snapped, no coaching is allowed.
- d. For safety reasons, no player may leave his/her feet when deflagging an opponent or running to avoid an opponent. Also, the defensive player must attempt to “de-flag” the quarterback and not try to block the pass or hit the quarterbacks arm. Any attempt to hit the arm or ball will result in a penalty.
- e. Once the ball has been passed, handed off, lateralled or pitched by the quarterback, all defensive players are eligible to rush or “de-flag” the person with the ball.
- f. Defensive players must make every attempt to avoid contact with the offensive players. The arms and hands may not be used to contact the opponent. The application of this rule depends entirely on the judgment of the official as to who initiated contact and the offending player may be penalized.
- g. It is illegal to attempt to strip the ball while in the possession of another player by punching, striking or stealing. Once a player has obtained possession of the ball, his/her opponent must play the flag, not the ball.
- h. When in the act of deflagging a ball carrier, a defensive player shall not in any way intentionally push or cause the ball carrier to fall to the ground or go out of bounds.
- i. No defensive player may use words similar to the quarterback’s cadence prior to the snap, in an attempt to interfere with the offensive team’s signals.
- j. Interceptions are live and may be advanced. However, only a touchdown will result in the ball not being placed at the 40 yard line for a change of possession.
- k. Fumbles (not forced) caught in the air will be counted as interceptions and may be advanced.

### 8. Special Rules

- a. No smoking will be allowed on the playing fields.
- b. No alcohol consumption will be allowed on the Church campus grounds.
- c. No coolers will be allowed on the playing fields. Concessions will be available at the games.
- d. Fighting will not be tolerated.
- e. Vulgar or profane language will not be tolerated.
- f. Unsportsmanlike behavior will not be tolerated.
- g. If a team or player is ejected/disqualified from the league for any reason, no refund will be given.
- h. If lightning or weather events result in a cancellation of games, make-up games will be scheduled.
- i. **Absolutely no poor sportsmanship by players or spectators will be tolerated. This includes arguing with referees or league officials.**