



CITY OF CHEYENNE
RECREATION DIVISION

2021 ADULT CO-REC FLAG FOOTBALL RULES

INTRODUCTION

Adult Co-Rec Flag Football League is organized, administered, and supervised by the Recreation Division. Any questions as to policies, rules or regulations should be referred to the Recreation Division at (307) 637-6425. The primary objectives of the league are for fun and enjoyment. **Good sportsmanship** will be **required of all league participants**.

Games will be played under National Federation High School Rules for 2021, as amended by league bylaws, and code of conduct.

UNIFORMS

1. Teams **MUST** have same colored jerseys. Jerseys must be numbered on back with at least eight-inch numbers (numbers on the front are recommended but not mandatory). No duplicate numbers allowed. The jersey or shirt must always also be long enough to stay tucked into the pants or at least five inches above the waist when standing upright.
2. **ABSOLUTELY NO POCKETS OR BELT LOOPS WILL BE ALLOWED ON THE UNIFORM. PLAYERS WILL NOT BE ABLE TO PLAY IF THOSE ARE THEIR ONLY CLOTHES.** Turning clothes inside out is not acceptable.

GAME INFORMATION

1. Games will consist of two 20-minute halves. A coin toss will be held to start the game and any overtime period. The team winning the coin toss has 3 choices, to receive the ball, to kick the ball, or defend a side of the field. If the winning team takes or kicks the ball, then the losing team has the choice of which side of the field to defend. The field will switch sides at the beginning of the second half and the team that started on defense in the first half will then start on offense.
2. Half time will be 5 minutes. Second half may start as soon as team representatives are ready to play.
3. Two one-minute time-outs allowed per half. One extra time-out will be allowed for the overtime period. Time outs do not carry over from the first half to the second half.
4. Teams who play prior or after their scheduled game will be required to provide 4 players from their team to officiate the games.
5. A team must have seven players to start a game. A team may continue playing a game with less than seven players due to injuries.
6. The clock is a running clock for the first half and the first 18 minutes of the second half. During the last two minutes of the second half, the clock will stop at any incomplete pass, out of bounds, change of possession, score, or time-out.
7. If the game score is tied after regulation time, then a coin toss will determine who will get the ball and side. Each team will have the chance to score in a series of four downs from the 10-yard line. If the score is still tied after each team has had a try, a second series is played, if after two series the score is still tied, then the remainder of the series each team must attempt the two points, Point After instead of having a choice of one or two.
8. **Spot Passing:** A player may make a forward pass (1) after catching a punt as long as they have not

advanced the ball in any direction. One step is permitted during the delivery and release of the ball. A completion or interception will be played as a live ball. An incomplete pass will be spotted at the point of the punt reception.

9. Field of play will be 80 yards in length and 53 yards wide. There are four 20-yard zones on the field of play that represent a first down.

GAME PLAY

1. A team has four downs to cross the next line to gain or score. The line itself is the beginning of the next zone to gain.
2. On 4th down the captain must announce whether they will punt or go for a first down. If the team chooses to change their mind, they must take a time out.
3. In all games the snapper is the only offensive player required to be on the line of scrimmage at the time of snap. Only one player can be in motion at the snap.
4. A player is down when the flag belt clip is broken by an opponent or if the belt falls off by itself.
5. Absolutely no flag guarding.

BLOCKING, RUSHING & CONDUCT

1. Offensive screen blocking is permitted and shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind their backs. Any use of arms, hands, legs elbows or body to initiate contact by an offensive player is illegal.
2. Defensive players must go around the offensive players screen block. The arms and hands may not be used as a wedge to contact the opponent.
3. Defense may rush the passer after a verbally 5 Mississippi count that can be heard by the quarterback. Once the defensive player breaks the line of scrimmage the quarterback may run for scrimmage.
4. Player restrictions:
 - a. No player shall contact an opponent which is deemed unnecessary.
 - b. There shall be no clipping or tripping.
 - c. There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with the receiver however the defensive player has the right to the ball.
 - d. Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with obvious intent of confusing the offensive player will not be permitted and will result in a 10yd penalty.
 - e. A defensive player may not bump or push a runner out of bounds.
 - f. Offensive charging is not permitted. The ball carrier may not run through a defensive player. The runner can spin to avoid being de-flagged if he/she does not charge during a spin.
 - g. Runners shall not flag guard by using their hands, arms, or ball in such manner, so the contact is made between the runner and an opponent which denies an opponent the opportunity to pull or remove the flag belt.
 - h. Stiff arming by the ball carrier is not allowed.
 - i. Defensive players may not steal or strip the ball from an offensive player once he/she has possession.
 - j. Any tampering to secure the flags to make them more difficult to pull is illegal and will result in ejection from the game.

PENALTIES

1. Awarded yards may ne declined by the offended team, but ejections and end of contest rulings may not.
2. **5-yards infractions include:**
 - a. False start
 - b. Illegal snap
 - c. Encroachment
 - d. Illegal motion
 - e. Illegal shift
 - f. Intentional grounding
 - g. Illegal forward pass
3. **10-yard infractions include:**
 - a. Illegal participation
 - b. Pass interference
 - c. Flag guarding
 - d. Personal foul
 - e. Illegally secured flag belt
 - f. Unsportsmanlike (2 equals an automatic ejection)

SCORING

1. Touchdown equals 6 points
2. Safety equals 2 points
3. Extra point equals 1/2/3 points
 - a. Extra point after a score the captain shall decide whether to go for 1,2 or 3 points. A 1point try shall be from the 3yd line, 2point from the 10yd line and 3point from the 20yd line. Any interception returned for a touchdown during the try is worth 3 points for the defense.

The mission of the Recreation Division is to enrich the quality of life through providing cost-effective opportunities for recreational activities, focusing on life-long wellness through exceptional programs, activities, and events for all ages in the community.