



City of Henderson

ADULT FLAG FOOTBALL RULES & REGULATIONS



Henderson Sports & Recreation

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LEAGUE OVERVIEW

The City of Henderson Adult Flag Football league strives to promote sportsmanship, competition, community involvement, and health and fitness in a recreational setting. This document serves to help guide the league to meet these goals and should not be used to gain a competitive advantage. This is a non-contact league; however, accidental contact may occur and penalties for contact may be assessed at the referee's discretion. Contact does not automatically mean a penalty.

The City of Henderson reserves the right to modify any rule that is deemed fit to better enhance the quality of the program at any point before, during or after the season.

ELIGIBILITY & ROSTER

1. All eligibility questions that are not specifically mentioned in this rulebook are decided by the league coordinator.
2. Men's and co-rec league rosters are limited to 12 active players. Players must play at least one regular season game to be eligible for the playoffs.
3. Rosters must be submitted at the field prior to the first game. Failure to have a roster on record by this deadline results in a forfeit.
4. Only managers are allowed to make changes to the team roster. All changes must be made at the field, no exceptions. All roster changes must be approved by the league coordinator or onsite staff.
5. Any player who does not personally complete and sign the roster is declared an illegal player. All games in which this player participated are forfeited.
6. Players may play on more than one team during the regular season. A player may only be on one roster going into playoffs. If a player is on two different rosters going into playoffs, both teams will forfeit.
7. Players participating in the City of Henderson's adult flag football program must reach their 16th birthday prior to participating.
 - a. All players under the age of 18 must have a waiver signed by their parent/legal guardian prior to participating.
 - b. All players must have a form of legal identification (driver's license/military ID) in their possession at all league games.
8. Men's division plays 5 v. 5 with a minimum of four players on the field. Co-rec division plays 6 v. 6 with a minimum of four players on the field.
9. Each player must have an Adult Sports pass by the second week of games or they are not eligible to play. Only players on the roster with an Adult Sports Pass are eligible to play in playoff games.

RULES & REGULATIONS

Playing Field

1. The field length is 100 yards long (80-yard playing field and 10 yards for each end zone) by 30 yards wide.
2. First down lines: at both 20-yard lines and 40-yard line.
3. No-run zones: five yards before the end zone or at the first down lines.

Game Clock Format

1. Each game is played in two 25-minute halves. A running clock format is used.
2. The clock is stopped in the final two minutes of the game only when the score is within 8 points in the men's division and 10 points in the co-rec division.
3. The clock does not run during extra points in the last two minutes of a game.
4. A two-minute warning is given as a courtesy before the end of the game.
5. Halftime duration is three minutes.
6. Each team will have two 60-second timeouts per half. If the game goes into overtime, timeouts do not carry over. Each team will have one timeout each overtime period.
7. On any change of possession, play may not resume until the referee has signaled the ball ready for play.
8. Overtime consists of one play from the 5-yard line (closed play). If successful, the score is followed by either as point after touch attempt.
 - a. Each team receives a chance to score. There is no sudden death.
 - b. If the game is tied at the end of the first overtime period, game continues until a winner is determined.
 - c. At the third overtime period, teams must go for a two-point conversion after scoring a touchdown.
 - d. There are no goal changes in overtime situations.
9. Mercy rule: If a team is leading by 28 points or more with two minutes or less remaining in the game, the game will be called in favor of the winning team.

Coin Toss

1. Coin tosses are used at the start of the game and during overtime.
2. The winner of the coin toss has the option to take the offense at the start of the first or second half.
3. The loser of the coin toss chooses which goal to defend.

Drives/Possessions

1. Kickoffs are put in play at the 20-yard line.
2. Each team has 30 seconds from the time the previous play is ruled dead to snap the ball. Teams receive a warning before a delay-of-game penalty is enforced, unless the attempt to delay the game is flagrant.
3. If the offense wishes to execute a hurry-up offense before the referee has established the 5-yard rush line, they may do so with the understanding that the defense may rush from anywhere on the field.
4. Interceptions may be returned from anywhere on the field.
5. Drives consist of four plays to either make a first down or a touchdown. Prior to the fourth down the offensive team may choose to give up possession of the ball by

declaring a punt. Punting options are as follows:

Option One: Opposing team takes over on their 20-yard line.

Option Two: Team punts the ball.

- a. Ball must be snapped to the designated punter. If the ball hits the ground on the snap then the opposing team takes over possession from this spot.
 - b. A punt cannot be blocked or returned by the opposing team.
 - c. A ball can either be fair caught or the receiving team can let the ball bounce. The ball is dead when it comes to a stop or is picked up by the returner.
 - d. Offense may only have one receiver on punts.
6. If a team crosses a first down line, they have four additional plays to advance past the next line or score a touchdown.
 7. The ball is spotted where the flag belt is at the time of a flag pull, not where the player's feet were or the ball was.
 8. Forced fumbles are not permitted.

Formations/Centering the Ball

1. The player snapping the ball must face the line of scrimmage and snap the ball between their legs to start each play.
2. The center may snap the ball to any offensive player as long as the ball and player remain behind the line of scrimmage and the snap proceeds backwards.
3. Once the center is set to snap, they may not pick up the ball with the intent to deceive. This is considered a false start.
4. Should the offense wish to move the ball to another legal location on the line of scrimmage, the referee must be notified before picking up the ball from its original spot.
5. The center (snapper) is the only player required to be on the line of scrimmage. All other players may be in the backfield or on the line of scrimmage.
6. Any number of players may be in motion forward, backward, or laterally as long as no player crosses the line of scrimmage prior to the snap.

Running

1. The quarterback may not advance the ball across the line of scrimmage without first having exchanged the ball with another player by handoff, lateral pass or forward pass.
2. The no-run zone is designated to avoid short-yardage power running. It is located five yards from the end zone and first down lines.
3. It is illegal for a player to leap or jump to advance their position as a runner. Leaping is defined as both feet leaving the ground in order to advance their position. Moves such as spinning

and juking to elude the defender are legal. A player who leaps, such as diving for a first down or touchdown or in a reckless manner, will receive a 10-yard penalty from the spot of the foul.

- a. Spin Moves: a spin move must be made in a natural running motion. Spin moves made by the player who does not hop or jump with both feet off the ground are legal. Any other variations will result in a 10-yard penalty from the spot of the foul.
4. Once the ball carrier crosses the line of scrimmage, all offensive players must stop moving, otherwise a screening penalty is called (10 yards from spot of infraction).
5. Any pass that doesn't pass the line of scrimmage is considered a run. This includes any "jet sweep" and "shovel" passes.

Receiving

1. All players are eligible to receive passes, including the quarterback.
2. A receiver must have one foot in-bounds and not be out-of-bounds for a catch to be considered legal.
3. Players may bat, deflect or tip a ball to themselves or to another player. Once a ball has been touched the player's flag may be pulled.
4. Receivers have a right to their pattern, as the defenders have a right to defend them. The person who initiates contact is considered the offender for penalty.
5. "Pick" plays are illegal and are defined as attempts by the offense to interfere with a defensive back's effort to cover an offensive player downfield during a play.
6. Face guarding is illegal and results in a pass interference penalty. Players must play the ball.
7. A lateral pass may be intercepted as long as it has not touched the ground.
8. If a player loses their flag during any point of the play that player is ruled "down" by a one-hand touch.
9. Extensive or rough touching of a receiver results in an illegal contact or pass interference penalty.

Passing

1. Offense is allowed one forward pass per play.
2. Any pass attempt from beyond the line of scrimmage is illegal.
3. A player is past the line of scrimmage when either foot crosses the line of scrimmage.
4. The quarterback must release the ball before the rusher pulls their flag; otherwise, the play is a sack (tie goes to the defender).
5. The quarterback may not intentionally ground a ball to avoid a flag pull.
 - a. Questionable passes must have a receiver in the general area.
 - b. Grounding is not to be confused with spiking the ball to stop the clock in the last two minutes of a game; the intent must be clear on the part of the quarterback to immediately spike the ball after the snap.
6. The quarterback has five seconds to throw a pass if the defense does not rush the quarterback. If the quarterback pitches the ball to a teammate, that player has an

unlimited amount of time to pass the ball if he chooses to throw.

Rushing the Quarterback

1. All players rushing the quarterback must be five yards beyond the line of scrimmage and at least one yard off to either side of the center when the ball is snapped.
2. Once the ball has been legally exchanged, by handoff or lateral pass, all players are eligible to rush from anywhere in front of or beyond the five-yard marker.
3. Any number of players may rush the quarterback.
4. The referee designates five yards from the line of scrimmage. If the offense starts before the rush line is set (hurry-up offense), the defense may rush from anywhere on their side of the line of scrimmage.
5. If a rusher enters the five-yard neutral zone before the snap, they must get back before the ball is actually snapped, or they are ineligible to rush on that play.
6. A rusher must go for the quarterback's flag. The rusher may attempt to block the pass, but it is illegal to make contact with the quarterback's body or arm, even if the ball is deflected.
7. If the offense lines up with potential receivers behind the quarterback, it is assumed that defenders closer than five yards are coming across the line to defend potential receivers behind the quarterback. Only defenders who started behind the five-yard mark may legally make a play on the quarterback until there is a handoff, lateral pass or forward pass, or they cross the line of scrimmage. There is no penalty for faking a rush at the quarterback from an illegal rushing position.
8. The rusher has a direct line to the quarterback without impediment by offensive players; this includes plays that involve quarterback rollouts or receiver crossing patterns. Offensive players must, in all instances, adjust their position to give the rusher their direct line to the quarterback. Impeding is defined as causing contact with the rusher. The infraction causes a 10-yard penalty and a loss of down.

Dead Ball

1. The ball is marked down at the point of the flag pull, not where the ball is at the time of the flag pull.
2. The ball is ruled dead once it hits the ground; this includes snaps from the center. On a dead ball, possession is given to the last team to have legal possession. The ball is spotted where possession is lost. Any attempt to strip or remove possession of the ball from any ball carrier results in an illegal contact penalty, even if contact is only with the ball.

Scoring

1. Touchdowns are worth six points. In the co-rec division, if a female player possesses the ball on a scoring touchdown and it does not involve a male player to male player forward or lateral pass by the offense, seven points is awarded instead of six points. Any lateral pass to a female player in the last 20 yards of a scoring touchdown only results in six points.
2. A point after touchdown (PAT) is worth one point from the 5-yard line and two points

from the 15-yard line. In the co-rec division, if a female player possesses the ball on a scoring PAT and it does not involve a male-to-male player pass or lateral by the offense, two points is awarded from the 5-yard line and three points from the 15-yard line.

3. A safety is worth two points. The team who caused the safety will retain possession of the ball at their own 20-yard line.
4. If a PAT attempt is intercepted and returned for a score, two points are awarded.
5. To score, a ball carrier must have both the ball and flags over the goal line prior to having their flag pulled. This is at the referee's discretion.

CO-REC DIVISION RULES

The rules below are in addition to standard league rules.

1. A standard co-rec team is three male players and three female players. There must be a minimum of two female players and no more than three on the field. There must be at least four players on the field at all times.
2. During every other snap, a female player must possess the ball by throwing a forward pass, rushing or receiving (including a lateral pass). If not, a 10-yard penalty and a loss of down results. These plays are referred to as "closed" plays. All other plays are "open" plays.
3. Should a pass attempt to a female player be ruled incomplete or if a female player rushes for negative yards, the next play is declared an open play.
4. A first down must not reset the play rotation to an open play.
5. All PATs are open plays.
6. Open and closed plays must stay in rotation during overtime.
7. Halftime resets the play to an open play.
8. During an open play, if a female player receives, passes or rushes, the next play is also an open play.

PENALTIES

The following are penalties to be assessed by the referee. It is understood that judgment calls are part of the game, and are unchangeable on or off the field without the consent of the referee who made the call.

Defensive Penalties

1. Offsides: 10 yards from the line of scrimmage.
2. Pass interference: First down at the point of infraction (defense) or the line of scrimmage if behind the line.
3. Illegal flag pull: 10 yards from the line of scrimmage or 10 yards from the spot of illegal flag pull if it is beyond the line of scrimmage.
4. Illegal rush: 10 yards from the line of scrimmage.
5. Illegal contact: 10 yards from the point of contact or the line of scrimmage. The advantage is given to the team not being penalized.
6. Last defender: Should the last defender before a touchdown commit a penalty to

prevent the score, the touchdown is allowed and a penalty of half the distance to the goal is assessed against the offending team from the kickoff spot.

7. Delay of game: 10 yards and automatic first down. If this occurs in the last two minutes of the game, the clock stops.
8. No game may end on a defensive penalty if the offense could win or tie with a successful touchdown and extra points.
9. Any defensive penalty that occurs during a successful PAT attempt will be enforced on the penalized team's next offensive possession. The penalty yardage will be marked off from the 20-yard line. The first down would still be at the 40-yard line.

Offensive Penalties

1. False start: 10 yards from the line of scrimmage.
2. Offside: 10 yards from the line of scrimmage.
3. Illegal forward pass: 10 yards from the line of scrimmage and loss of down.
4. Intentional grounding: 10 yards from the line of scrimmage and loss of down.
5. Pass interference: 10 yards from the line of scrimmage and loss of down.
6. Pick: 10 yards from the line of scrimmage.
7. Illegal contact/screening/blocking/impedance: 10 yards from point of contact.
8. Illegal run: 10 yards from the line of scrimmage.
9. Delay of game: 10-yard penalty. If this occurs in the last two minutes of the game, the clock stops.

Roughing

If the referee witnesses any act of rough play such as tackling, elbowing, cheap shots, blocking, tripping, or similar unsportsmanlike conduct, the game is stopped and any player involved is subject to ejection. Rough play is not tolerated.

Roughing Penalties (per incident):

First rough play: 10-yard penalty.

Second rough play: The player(s) is ejected from the game.

EQUIPMENT

1. No steel cleats are allowed. Referees may request players remove any clothing, jewelry or items that might cause injury.
2. Teams are required to have matching uniforms with similar colors.
3. All players must wear the flags provided by the Sports office. Flags must be worn on top of shirts and cannot be tucked under the shirt.
4. Mouthguards are strongly recommended.
5. Referees and Sports staff determine if a uniform or player is eligible for play. This decision cannot be protested.
6. Game balls: Balls are provided by the Sports office. If teams choose to provide their

own game ball they may do so as long as it meets official size and weight requirements. Official size and weight must meet National Federation of State High School Associations game ball standards. Referees and staff must approve all game balls used.

LEAGUE TIES

1. Should two or more teams be tied, the team that won the regular season games between the tied teams is awarded the higher seed. If the teams split, or did not play one another, then the team that allowed the fewer number of points throughout the season is the higher seed.
2. Games cannot end in a tie.
3. Any other situations will be determined by the Sports office.

FORFEITS

1. Games are forfeited if a team fails to appear on the field ready to play at the time indicated by the official league schedule. (A five-minute grace period is allowed.) Should neither team be able to field a team, the game is declared no contest and both teams are credited with a loss by forfeit.
2. *Any team forfeiting a league game without notifying the Sports office within 24 hours is responsible for referee fees for both teams.*
3. Any team forfeiting two games without appropriate notice is subject to removal from the league, without refund.
4. Teams can avoid the two-forfeiture-deletion rule by notifying the Sports office 24 hours in advance of the game in question, allowing notification of the other team and scheduled referees of the cancellation.
5. Referee fees not paid on the night of the forfeit must be paid at the Sports office prior to the next scheduled game. If fees are not paid, the team also forfeits their next game.

MANAGER'S RESPONSIBILITIES

1. Managers are responsible for informing all team players of the rules and regulations and must keep a copy of these rules in their possession at all league games.
2. Alcoholic beverages are prohibited by City Ordinance #5, Section 1, HMC, and are not permitted on or near the field. Any manager, player, team, or spectator in violation of this ordinance will be removed from the field and subject to suspension and/or legal action.
3. No smoking is permitted on the field or sidelines during the game. Managers must enforce this rule.
4. Managers are responsible for keeping rosters and waivers current throughout the season. All addresses and phone numbers must be current.
5. Managers are responsible for their players and fans and are expected to curtail any excessive or unwarranted actions between them and the game in progress.
6. Managers ensure that the sideline areas are policed following each game. Trash should

be deposited in containers provided. Teams leaving the area in unsatisfactory condition are subject to suspension.

7. Only the team's uniformed players and registered managers are permitted on the team's sideline. All spectators must be at least 10 yards away from the playing field.
8. Managers must obtain information on canceled games due to bad weather and are responsible for notifying their team.
9. It is recommended that all managers have a first-aid kit on site for minor injuries.

PLAYER'S CODE OF CONDUCT

The Following Rules and Regulations Are Strictly Enforced:

1. Unsportsmanlike conduct is not tolerated. The penalty for unsportsmanlike conduct is automatic suspension from all City of Henderson leagues for one week. If so directed by the official, the ejected player must leave from sight and sound of the playing field within a time period not to exceed one minute. Failure to comply is cause for forfeit and could prolong suspension. The official must provide an ejection report to the Sports office. Players suspended from a game are placed on probation for one year from the date of the incident. Any player suspended from a game while on probation may be suspended for one year from the date of the incident.

Unsportsmanlike acts defined:

- Unnecessary rough tactics against an opposing player
 - Damage to facilities
 - Abusive language or gestures, either directly or indirectly, to an official or opposing team.
 - Throwing equipment in anger or disgust
 - Intentional delay-of-game tactics
 - Disruption of any league game by verbal or physical abuse from a sideline or bleacher
2. A player is automatically suspended for a minimum of one year from the date of incident for fighting or physical violence against another player or spectator.
 3. Any player or coach who strikes, pushes, shoves, or otherwise molests an official is automatically suspended for one year from the date of the incident. If an official files assault and battery charges and the player is found guilty in a court of law, they are suspended for life.
 4. Any player who attempts to intercede with the orderly disposition of a dispute during the course of a game will be removed from the league. Coaches must instruct their players to remain in the bench area during any dispute involving rule interpretation or unnecessary rough tactics between members of opposing teams. The officials will eject offending players from the game and provide an ejection report to the Sports office.
 5. Any player or coach who violates the established rules and regulations that result in their suspension cannot participate in any official league game until they have been reinstated by the City of Henderson.

PLAYER DISQUALIFICATION/SUSPENSION PROCEDURES

The Sports monitor will review and transmit such reports along with their recommendations to the Recreation Program coordinator, who has the authority to discipline offending individuals or groups in accordance with decency and the severity of the charges.

PROTESTS

1. Protests based on a decision which involved accuracy of judgment on the part of the official will not be received or considered.
2. Protests based on the misinterpretation or misapplication of a playing rule may be received and considered. Failure of any official to apply the proper penalty for a certain violation of the rules will be protestable.
3. Whenever the matter of protest arises during a game, the coach of the protesting team must immediately notify the official and the opponent, prior to the next live play, that the game is being delayed under protest. This enables all interested parties to take notice of the conditions surrounding the making of the decision and aids in the proper determination of the issue. This must be followed by submitting a protest form to the Sports office within 24 hours from the time of the occurrence of the protest.
4. The protest committee consists of the Recreation supervisor, the Recreation Program coordinator and Sports staff. The decision of the committee is final.

REFEREES

1. Referees are responsible for submitting documentation to the Recreation Program coordinator reporting any incident involving a player, team, manager, or spectator. The Recreation Program coordinator and Recreation Services supervisor have the authority to discipline offending individuals or groups in accordance with the severity of the charges.
2. The City of Henderson exercises authority over assigned league referees relative to game situations.
3. All league games are under the control and direction of the referee and only the manager may talk to the referee on the field during the game.
4. Referees are representatives of the City of Henderson and, as such, are authorized and required to enforce each section of these rules. They have the power to order a player or manager to do or omit any act that in their judgment is necessary to give force and effect to one or all of these rules and to enforce penalties as herein prescribed.
5. Referee fees are not included in the entry fee.
 - a. Each team pays the referees working the game a fee set by the referees association. The fee must be paid in cash to the referee before game time.
 - b. If a receipt is desired for referee fees, please indicate this to the referee. All referees are required to carry receipts.

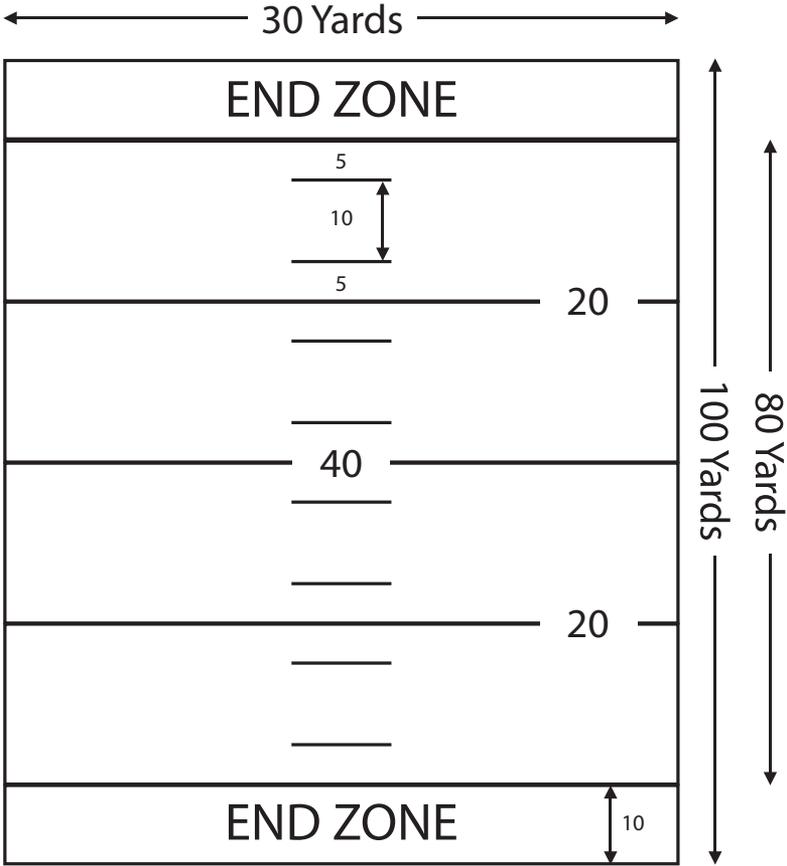
GENERAL PROVISIONS

1. The assigned referee is in charge of the game from 10 minutes before the game begins until the game ends and exercises authority as granted in the official rules. Managers are responsible for the conduct of their players prior to games and under all circumstances that may occur as a result of league activities, both on the playing field and in the general area. Players are instructed in the best interests of the league as a whole to report any violation of the spirit of these provisions.
2. Any matter not specifically mentioned in these rules and regulations concerning league policies or procedures are under the jurisdiction of the Recreation Program coordinator and/or Recreation Services supervisor. Their decisions in such matters are final.
3. Complaints regarding performance of referees must be submitted in writing. No phone calls are accepted.

GLOSSARY

Closed play	In the co-rec division this is a play that must involve a female player.
Face guarding	A technique in which a defensive player attempts to block a receiver's view of the ball.
Illegal contact	Contact between opposing players to gain an advantage (pushing or holding).
Impeding	When a player places himself as to take away the direct line to the ball.
Last defender	The last player on the field who could prevent a touchdown.
Lateral	A pass thrown to a teammate backwards from the origin or parallel to it.
Line of scrimmage	An imaginary line perpendicular to the sidelines at which the ball is put in play with defense on one side and offense on the other.
Open play	In the co-rec division this is a play that allows either gender to be involved as the runner, receiver or passer.
Pass	The act of throwing the ball to another player. An offensive toss, over- or underhand, is when the ball moves forward. Forward passes are legal only if they are caught in the air and originate from behind the line of scrimmage.
Pick	An illegal attempt by the offense to interfere with a defensive back's effort to cover an offensive player downfield during a play.
Roughing	When a player flagrantly runs into or hits another player.
Rush line	Imaginary line five yards back of the line of scrimmage on the defensive side. This is the point from which a player rushing the quarterback must start their rush.
Safety	When a ball carrier is tackled in their own end zone after bringing the ball there under their own power.
Screening	When an offensive player moves to prevent a defender's straight line access to the ball carrier.
Touchdown	When a team crosses the opponent's goal line with the ball.

FIELD DIMENSIONS



PERTINENT INFORMATION

City of Henderson Sports Office
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702-267-5717
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8am to 7pm, Monday through Friday



A Place To Call Home

cityofhenderson.com



Henderson Sports & Recreation