



# 2024 Adult 6-Man Flag Football League Information & Rules Dickinson Parks & Recreation

**DPR Program Contact Person: Wilson McLaughlin Recreation Supervisor (701-456-2074)**  
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**All Fees Paid: (Player Fee = \$42) (Sponsor Fee = \$115)**

All sponsor and player fees must be paid in full when team registration is submitted to DPR or it will not be accepted. It is the Team Manager's responsibility to collect all fees ahead of time and submit them as one team registration. Do not tell players to stop at DPR and pay!

**DPR – Team / Player Communication: Cancellations of any matches due to weather, etc. will be made by 4:30 p.m. if possible. League Play cancellation will be communicated through the “Group Me” App. Also, check our website at [www.dickinsonparks.org](http://www.dickinsonparks.org).**

## Important Dates:

Registration Deadline: Wednesday, August 14, 2024 (By 5:00 p.m. @ DPR Office)

Managers are responsible for informing their players of all league rules (listed on our website), as well as all communication between their team and the DPR office.

1<sup>st</sup> Night of league play: Thursday September 5, 2024 (Gress Softball Complex)

\*League Schedules will be posted on our website: [dickinsonparks.org](http://dickinsonparks.org)

## Player Eligibility:

All high school students are ineligible. Any high school graduate is eligible. If out of high school and not a graduate, you must be 18 years of age.

## League Structure:

➤ DPR Office Hours: Monday-Thursday, 8:00 a.m. – 5:00 p.m. / Friday, 8:00 a.m. – 1:30 p.m.

PHONE: 456-2074 WEBSITE: [dickinsonparks.org](http://dickinsonparks.org) E-MAIL: [dprd@dickinsonparks.org](mailto:dprd@dickinsonparks.org)

League schedules and standings will be posted on DPR website: [dickinsonparks.org](http://dickinsonparks.org)

Teams will play approximately 7-8 games + tournament.

League play will be round robin format. Teams may not play everybody the same number of times (depending on the number of teams in the league).

Roster addition or changes MUST be taken care of at the Recreation Office during normal business hours. No player is eligible to play until they are signed up and paid for on a roster.

**Refunds** (player fee and/or sponsor fee) will only be given prior to the registration deadline. Individual player fee refund may be processed after that on a case-by-case situation. Replacement of a player on the roster MUST be reported to and recorded by DPR prior to the replacement player's participation. Reimbursement of player fee for replacement of player on the roster is to be handled within the team.

**League Champions** will receive T-Shirts. **League Tournament Champions** will receive a plaque. Tournament play may involve additional divisions and juggling of teams between leagues based on their league record.

**No alcoholic beverages or smoking** allowed at the complex. Please clean up your team area prior to leaving the complex (pick up and place garbage, etc. in proper trash cans).

Dickinson Parks & Recreation does not carry insurance for participants in any city sponsored programs and will not be held liable for injuries that occurred during the activity.

## Playing Rules:

**Game Time is Forfeit Time.** (Use cell phone as official time) Any team that has 2 unannounced forfeits may be dropped from the league and all players would be ineligible to be picked up by another team or play in any tournament games.

All shirts must be tucked in. Try to avoid wearing pants/shorts with pockets or belts.

Players may not wear caps with a hard bill, etc. Bandana's & headbands are legal.

**FLAG BELTS** must have 4 flags: 1 on each side hip & 1 over each buttock. **(5-yard Delay of Game Penalty)**

Have teammate place the pulled flag properly on the belt.

**NO PROTESTS!** The Official's decision is final.

Only the Team Manager (identified before the game starts) may discuss rule interpretations with the officials. **JUDGEMENT CALLS BY THE OFFICIAL ARE NOT QUESTIONABLE!**

**Field:**

- Length = 60 yds (180 ft) + 8 yd (24 ft) end zones
- Width = 30 yds (90 ft)
- Cut lines every 5 yds

**Team:**

- Play 6 on 6; must have 5 to play or forfeit.
- Display good sportsmanship at all times.
- Roster must have 8 registered players.

**Scoring:**

- Touchdown will be 6 points; safety 2 points; extra point 1 point (10 yard line) 2 points (20 yard line).
- Defense may intercept extra point pass and run it back for 1 point / 2 points.

**Timing:**

- 40 minutes / two 20-minute halves.
- Clock will run continuously during both halves with the following exceptions.
- Official may stop clock at his discretion for any excessive delays.
- Clock will stop the last 1 Minute of 1<sup>st</sup> half / last 2 Minutes of 2<sup>nd</sup> half if score is within 10 points (Clock stops when ball is downed or incomplete & starts as soon as offense & defense are on their respective side of the neutral zone & ball is properly spotted).

**Game:**

- Coin flip choices: (1) Offense, (2) Defense, (3) Goal to Defend.
- Teams automatically switch ends at the half.
- Half-time is 2 minutes.
- 3 time-outs per game. (1 minute in length)

**Kicking:**

- Kick offs will not be used.
- Ball will be placed on the 10 yard line prior to the start of each half and following any score.

**Punting:**

- Punts will not be used.
- Offensive team must go for 1<sup>st</sup> down or touchdown.

**Offense:**

- Offense is responsible for moving marking stick down the field.
- Teams have 30 seconds to put ball in play, starts when ball is spotted.
- Offense must use one forward pass only, to a receiver behind or beyond the line of scrimmage before the ball can be advanced.
- Offense may use unlimited backward laterals before and/or after the required forward pass.
- 1st down will be given one time per possession when you cross the mid field line.
- All players are eligible to receive passes.
- The snapper is the only player required to be on the line of scrimmage, all other players may be in motion at any time.
- The person receiving the snap must be a minimum of 3 yards behind the line of scrimmage.

- Any ball that hits the ground is dead immediately. No Fumbles!
- The receiver must have one foot down inbounds with complete control of the ball.

#### **Defense:**

- Defense is responsible for spotting ball in middle of field in a timely fashion.
- Defensive players must be 3 yards off the line of scrimmage. (Neutral Zone Stick). Disregard the Neutral Zone Stick if it puts the defense in the end zone – neutral zone becomes the ball.
- Defense must rush at least one man on each play. They may rush more than 1 player.
- There shall be no tackling, violent rushing, or stripping of ball from the runner.
- It is a sack if passer is de-flagged while ball is still in contact with his hand.

#### **Overtime Procedure:**

- Coin toss (offense or defense) other team chooses goal to defend.
- Spot ball on 20 yard line.
- Maximum of 4 downs to score.
- Overtime TD is followed by 1 or 2 point conversion attempt.
- Defensive team may return interception of scrimmage pass.
- Team on offense 2<sup>nd</sup> may score in less plays than 1<sup>st</sup> team to win or same number of plays to send game into 2<sup>nd</sup> overtime.

#### **Fumbles:**

- All fumbled balls touching the ground are dead immediately at the spot the ball hit the ground.
- All incomplete laterals or passes hitting the ground behind the line of scrimmage will be spotted where they hit.
- The offensive team may not fumble a ball forward in mid-air to advance the ball.

#### **Flag Belts & Tackles:**

- Every player must have their shirt tucked in their pants.
  - FLAG BELTS must have 4 flags: 1 on each side hip & 1 over each buttock. (**5 yard Delay of Game Penalty**) Have teammate place the pulled flag properly on the belt.
- If a player loses his flag belt and has possession of the ball, the defense must touch them with one hand in the waist area.
- A flag guarding penalty will be called if a ball carrier uses his hands, arms, the ball, or clothing to hide or prevent an opponent from pulling the flag belt.
- The ball is dead if any body part other than the foot or hand touches the ground.

#### **Blocking:**

- The only type of blocking allowed is screen blocking.
- All blocking must be made with the blocker in an upright position with both hands clasped in front of or behind their backs or directly at their sides.
- No player may use his hand to go through, over, or around an opponent.
- No body blocks, roll blocks, knee blocks, or shoulder blocks are allowed at anytime.
- Offensive players may not keep their elbows out when blocking; they must be against the body.

#### **Inadvertent Whistle:**

- The team with the ball at the time of the whistle has the option of replaying the down, or taking the ball at the spot where it was when the whistle was blown.

### **Penalty Enforcement:**

**NOTE:** There should be very little incidental contact, if any at all, on blocking for and rushing of the quarterback. There will be incidental (unintentional) contact involved when de-flagging the ball carrier or defending pass receptions.

**5 Yard Dead Ball Fouls:** Delay of game and encroachment (neutral zone infraction).

**No Defensive Rush:** 5 yard live ball foul if accepted.

**Offensive Blocker:** (Penalty - 5 yds from spot of foul)

**Defensive Rusher:** (Penalty - 5 yds from line of scrimmage)

- You may jump to block a pass, but if any contact occurs on the blocker or quarterback as a result of your actions, it is a foul.

**Pass Patterns:** (Penalty - 5 yds from line of scrimmage)

- Both offensive and defensive players are entitled to their established positions.
- Defense cannot block or chuck any offensive player at any time.
- Offense cannot make contact with any defensive player.
- Both offensive and defensive players must try to avoid contact when running or defending pass routes.
- QB crossing line of scrimmage before the pass.
- Offensive pass interference - (penalty includes loss of down).
- Defensive pass interference - (penalty includes automatic 1<sup>st</sup> down) (Exception: administer from spot of foul – if in end zone, ball is placed at 1 yd line)

**Running With The Ball:** (Penalty - 5 yds from spot of foul)

- Ball carrier cannot flag guard.
- Forward lateral by ball carrier
- Ball carrier cannot initiate contact or run over/into defensive player.
- Defense must go directly for the flag.
- Defense cannot grab ball carrier in any way to slow him down, etc. to grab the flag.

**Player Code of Conduct:**

All players are expected to conduct themselves in a sportsmanlike manner at all times! This is a recreational program. The “Heat of the Moment” excuse is not acceptable. This is not an all-inclusive list. Items and situations not listed will be ruled upon by the proper DPR Program Supervisors.

Any team found to be using an ineligible player will be penalized as follows:

All games with ineligible player will be forfeited.

Team Manager and violating player will be suspended for 1 game.

Team will be on probation remainder of season. Any further infractions may subject team to suspension for remainder of season.

**Player under the influence of alcohol, drugs, or stimulants** while participating shall result in a minimum of a one game suspension and probation for the remainder of program season.

**Unsportsmanlike Behavior and Penalties:**

**\*\*\*Committing an unsporting foul. This includes, but is not limited to, acts or conduct such as:**

- **Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.**
- **Using profane or inappropriate language or obscene gestures. This includes casual profanity.**
- **Baiting or taunting an opponent.**
  - NOTE: DPR disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.
- **Purposely obstructing an opponent’s vision by waving or placing hand(s) near his eyes.**
  - NOTE: Purposely diverting an opponent’s attention by waving is different than holding or waving the hands near the opponent’s eyes for the express purpose of obstructing the vision so that he cannot see.
- **Leave the field of play for an unauthorized reason to demonstrate resentment, disgust or intimidation.**

**PENALTY: 1<sup>st</sup> Unsporting Foul:**

- **Offending player sits out 5 minutes of actual game time off the clock. At that point, player may re-enter the game.**
- **If Foul is on Offensive Team: 10 yard penalty + loss of down.**
- **If Foul is on Defensive Team: 10 yard penalty + first down.**

**PENALTY: A Single Flagrant Foul and/or 2<sup>nd</sup> Unsporting Foul on same player in a game:**

- **Offending player is disqualified for remainder of that game + next game.**
- **Yardage penalties same as 1<sup>st</sup> Unsporting Foul.**

**PENALTY: 4<sup>th</sup> Unsporting Foul and/or 2<sup>nd</sup> Flagrant of season on a player = disqualification for remainder of season.**

**NOTE: (FIGHTING) No player shall at any time lay a hand upon, shove, strike or threaten an official, player or DPR employee.**

- Officials are required to suspend the player immediately and report such player to the DPR League Supervisor.
- Such player shall remain suspended until the case has been considered by the DPR League Management.
- **MINIMUM PENALTY:** Suspension from 1 league game.

• **MAXIMUM PENALTY:** Suspension from all DPRD recreational activities indefinitely + annual reviews by DPR league management.

• **PENALTY: Player removed from facility:** When a player continues to cause problems and is removed from the facility (minimum penalty of 1 game + additional penalty at discretion of DPR).

**PERTAINING TO EJECTIONS:** If the ejection is in the last game of the season, the suspension will carry over to the next DPRD adult program the suspended player participates in.