

**CENTRAL PIEDMONT FOOTBALL LEAGUE
FLAG FOOTBALL RULES & REGULATIONS
2009 Season**

ARTICLE I

ORGANIZATION

1. The LEAGUE is the basic unit of organization.
2. Consists of a minimum of four (4) teams in the same age.
3. Annually adopts a schedule of games for its teams.

ARTICLE II

REGISTRATION/DEADLINES

1. Team Entry Fee/Deposit Deadline is July 17th, 2009.
2. Team Entry Deadline (# of teams in each group) is August 14th, 2009.
3. First Practice may begin August 1st, 2009.
4. First Games will begin September 12th, 2009.
5. All rosters must be submitted to Carrboro Recreation & Parks by 5:00pm on August 28th, 2009.
6. Any additions must be submitted to Carrboro Recreation & Parks by September 18th, 2009 by 12:00 Noon.

NOTES OF IMPORTANCE:

1. **Registration Fee**- All teams must pay a \$100.00 registration fee/deposit payable to **Chatham Prep Football League**, Attn: Donald Dones at PO Box 769, Siler City, NC 27344 by July 17th, 2009.
2. **Cancellation Fee** - If your team fails to show up for a game and does not notify the opposing team within 48 hours then your organization will be required to pay a \$100 fee in order to reenter the league. You are required to pay the fee before you participate in any more games. All games scheduled prior to the fee being paid will be forfeited. Forfeit penalty fee is payable to **Chatham Prep Football League**, Attn: Donald Dones at PO Box 769, Siler City, NC 27344. This does not include rainouts, however if a rainout occurs then you must notify the opposing team within two hours of game time if possible.

ARTICLE III

CLASSES OF PLAY

1. There are no height or weight restrictions on players
2. A player is eligible to play if he is 5 years old on or before August 1st of the current playing year and will not be 7 years old on or before August 1st of the current playing year. **Bring a copy of the birth certificates to the field with you.**
3. A total of 3 roster copies should be brought to each game. 1 for the press box, 1 for the home team and 1 for the visiting team.

PLAYING FIELD

The Field will be 80 ft. from sideline to center of field and 50 yards long (25-yard line to 25-yard line.)

ARTICLE IV

FLAG FOOTBALL RULES

1. A game is played between two teams consisting of eight [8] players each.
2. Each team roster shall have a maximum of 20 players and a minimum of 8 players who must be dressed and ready to play each game. A forfeit will result when the minimum is not met.
3. Only players appearing on the official team roster form are to be counted as players. This form is to be completed before the first game of the season and verified by the league in a process called “certification”.
4. Each team shall designate one player as “Captain” and only he shall represent the team and address an official on matters of interpretation of rules or to obtain essential information.
5. The offensive team must have five [5] players on the line and [3] in the backfield. The defensive team may choose any formation.
6. Time- There will be:
 - a) Two 20-minute running halves-clock will stop the last two minutes of each half on incomplete passes, all penalties, time outs, out of bounds and after all touchdowns (In accordance with NC High School AA rules).
 - b) Five (5) minutes between halves
 - c) At the conclusion of each down, the referee will place the ball in the center of the field (equal distance from the sidelines-not on a hash mark.)
7. A team will have 30 seconds to put the ball in play after the ready signal.
8. Team Coaches- One (1) coach for each team will be permitted on the field during play. Four (4) adults are permitted on the sidelines.
9. Each half and each series of downs will begin at the 30 yard line. The team in possession of the ball will have four downs to advance the ball 10 yards for the first down or a touchdown. The team trailing at the half will get possession of the ball to begin the second half.
10. Interception of a pass can be returned by the defensive team. New series will begin at spot of flag being pulled.
11. After each play the ball will be placed in the center of the playing field equal distance from the sidelines.
12. Players may line up with hands on knees. NO 3 or 4 point stance permitted.
13. A defensive player cannot hold or push the ball carrier to remove his/her flag. The offending player is removed from the game for one play. The down is played over.
14. A defensive player cannot block or push a player out of bounds-PENALTY- player is removed from the game for one play. The offensive team is awarded a first down at the spot of the infraction.
15. OFFSIDES: Offense loss of down and offending player sits out one down. Defense down is played over and offending player out one down.
16. FLAGRANT FOUL: Butting, Elbowing, Knee Blocking, Blocking from Behind, Knocking a player to his feet. Insulting or Abusive Language, Fighting and un-sportsmanlike Conduct.
 - FIRST OFFENSE- Player is removed from the game for 4 downs
 - SECOND OFFENSE- Player is removed from the game and not allowed to Return for that game.

17. All players are eligible to receive a pass.
- 18. MERCY RULE: If a team is trailing by 24 points they will retain possession of the ball until the 24 points deficit is reduced.**
19. The GAME OFFICIALS will have complete authority to use judgement in assessing any penalty on an offensive or defensive player by removing that player from the playing field according to the infraction.
20. Two- 2-minute time outs permitted per half.
21. Ten minute grace period from starting time.

ARTICLE V

EQUIPMENT

1. Game ball- Wilson K-2
2. Flags-
 - a) Each player must wear a belt with the number of flags designated as “standard” by the league this will be either two or three flags- Different color than shorts or pants.
 - b) The flags will be attached to a belt and extend or hang from each side of the player’s body. When using three flags, the third flag will hang from the rear of the players body.
 - c) **Flags will be 14-20 inches long and a minimum of 2 inches wide.**
 - d) The belt must be tight to prevent being turned around during a de-flagging.
 - e) Jerseys cannot be worn over flags
 - f) If a player’s flag is inadvertently lost, he is ineligible to handle the ball.
 - g) Home/Host teams must have 2 different flag colors in case a conflict arises.
 - h) All organizations must use youth flags, not adult.
 - i) **Officials must check all players flags prior to each game.**
3. Game Uniform
 - a) All team members must wear the same color jersey.
 - b) All jerseys will be numbered for proper identification by the officials and statisticians.
 - c) Any type of pant may be worn.
 - d) Jerseys will be tucked in at all times
 - e) Sneakers are the preferred shoe; however, non-detachable, rubber-cleated shoes (soccer style) are allowed. No other footwear is acceptable.
 - f) No hats.
4. Eye Glasses
 - a) Eye glasses, when worn, shall be of athletically approved construction with non-shattering glass (safety glass).
 - b) The League may assign more than two referees for a game.
 - c) Each game official will carry yellow handkerchief and drop it when an infraction occurs.

ARTICLE VI

THE RULES OF THE GAME

1. Players- The free substitution rule is always in effect and a player may enter the game anytime the ball is dead.
2. De-flagging
 - a) There shall be no tackling of the ball carrier, passer or kicker.
 - b) The player carrying or having possession of the ball is down when the flag is removed from his waist (de-flagging).
 - c) The defensive player shall hold the flag above his head and stand still.
 - d) The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation: however, touching of the head or face shall be considered a violation.
 - e) A defensive player may not run over, push or pull a blocker away from him. He may push him sideways if he gets past him, but cannot push the blocker down.
 - f) A defensive player must go for the passer's flag. He cannot touch the passer's arm.
 - g) De-flagging in the end zone results in the ball going back to the 25 yard line.
3. Blocking
 - a) A blocker must be on his feet at all times while blocking. All linemen, except the center, must not assume the three point stance or otherwise spring from a coiled or crouching start. Instead, they must simply stand at the line of scrimmage and await the snap.
 - b) Cross body and roll blocking are not permitted
 - c) A blocker cannot use his hands.
 - d) Blocking shall be done with the arms and body in the form of shoulder and brush blocking only.
 - e) A defensive player cannot block or push a ball carrier out of bounds.
 - f) Butting, elbowing or knee blocking is not allowed
 - g) There will be no two-on-one blocking for the ball carrier beyond the line of scrimmage.
 - h) Blocking a player from behind is NOT permitted [CLIPPING]
 - i) A defensive player will be restricted in the use of his hands to the blocker's body and shoulders.
4. Ball Carrier
 - a) The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
 - b) The ball carrier CANNOT lower his head to drive or run into a defensive player.
 - c) Stiff arming by the ball carrier is illegal
 - d) The ball carrier cannot hurdle to prevent a defensive player from removing his flags.
 - e) The ball carrier may run in any direction until the ball is declared dead.
5. Center

- a) The center must snap the ball between his legs.
 - b) He must have both feet on the scrimmage line with no part of his body forward of the point of the ball.
 - c) He may adjust the long part of the ball at right angles to the scrimmage line for one time only.
6. Passing
- a) All backfield men are eligible passers.
 - b) Passing will be attempted from behind the line of scrimmage only
 - c) Intercepted passes will be played.
 - d) A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.
 - e) A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team's goal line.
7. Receiving
- a) Two or more receivers may touch a ball in succession resulting in a completed pass.
 - b) If an offensive and defensive player catch a ball simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
 - c) An offensive player cannot be out of bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass.
8. Dead Ball
- a) All balls touching the ground are immediately dead.
 - b) When the ball carrier touches the ground with his body, other than hands or feet.
 - c) When the ball carrier's flag has been pulled.
 - d) If a pass receiver or ball carrier has a missing flag (ball is dead at that spot)
 - e) Following a touchdown - Clock should stop.
 - f) When the ball goes out of bounds for any reason
 - g) If the center snap hits the ground before reaching a backfield man.
 - h) When the ball hits the ground as a result of a fumble or muffed ball, **THERE ARE NO FUMBLE RECOVERIES! Dropped balls (fumbles) in the end zone shall be brought back out to the goal line (25-yard line).**
 - i) If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out of bounds, the ball is ruled dead at the point it crosses the boundary line.
 - j) If a forward ball strikes the ground or is caught at the same time by an opposing player(s).
9. Scoring Values
- a) Touchdown.....6 points
 - b) Extra Point.....1 point if run/pass; No kicking PATs in FLAG**
Note: Extra Point will occur at the 3 yard line
 - c) Forfeit.....[OFFENDED TEAM WINS BY].....1-0
 - d) There are NO SAFETIES in FLAG.
10. Tie Game- Use the NCHSA 10-Yard Line Overtime Procedure.

11. Injured Players. Once removed from a game because of injury, a player must sit out at least one series of downs.
12. Practices
 - a) Practices cannot begin until **August 1st, 2009.**
 - b) Practices are limited to three (3) days per week, not to exceed 2 hours in duration while school is out, and are limited to two (2) days per week and not to exceed 1-1/2 hours each practice while school is in session.
13. Penalties- All offensive penalties – 5 yards and loss of down, except unsportsmanlike conduct which is 10 yards. All defensive penalties –5 yards and replay down.
14. Passing
 - a) Legal Forward- From in or behind the neutral zone.
 - b) Illegal Forward Passes
 - 1- After team possession has changed during the down.
 - 2- A pass from beyond the neutral zone.
 - 3- A pass intentionally thrown into an area not occupied by an eligible offensive player.
 - 4- A pass intentionally thrown to save loss of yardage or to conserve time.
*EXCEPTION- It is legal to conserve time by intentionally throwing the ball forward to the ground immediately after receiving a direct hand-to-hand snap.
15. Delay of game
 - a) Continuing to play after the ball is dead
 - b) Recovering a fumble or falling on the ball.
 - c) Advancing a fair catch.
 - d) Unnecessary delay of game for any reason
16. Flag Wearing and De-Flagging
 - a) Tackling
 - b) Wearing the flags illegally
 - c) Ball carrier using his hands to prevent a defensive player from de-flagging
 - d) Holding, Pushing or Hitting the ball carrier while de-flagging
 - e) Leaving one's feet while de-flagging
 - f) Wearing on flag.
17. Illegal Handoff
 - a) If the ball is handed forward beyond the scrimmage line.
 - b) Handing or snapping a ball to a lineman.
18. Illegal Substitutions
 - a) More than eight (8) men on the field.
 - b) Substitution (s) while the ball is in play or before it is declared dead.
 - c) Disqualified player entering game.
19. Blocking
 - a) Leaving feet to block
 - b) Cross body blocking or roll blocking
 - c) Illegal use of hands by blocker
 - d) Holding a defensive player
 - e) Defensive player blocking or pushing the ball carrier out of bounds.

- f) Butting, elbowing or knee blocking.
 - g) Defensive player using hands illegally.
 - h) Clipping
20. Ball Carrier
- a) Stiff arming
 - b) Lowering head to drive or run into defensive player.
 - c) Use of head.
 - d) Use of hand or arms to protect flags
 - e) Hurdling
21. Unnecessary Roughness
- a) Offensive and defensive.
 - b) Disqualification of guilty player or players if repeated.
22. Un-sportsmanlike Conduct
- a) Fighting- Offenders ejected from game.
 - b) Defensive player pulling offensive player's flag to make him ineligible for play.
 - c) Parents are not allowed on the field.
 - d) Doctoring (gluing, tying off, etc.) flags – Note: If a teams suspects another teams flags are illegal then an appeal should be made to the head official to check the flags.