



## **Flag Football Rules 2025 Season**

## Table of Contents

Section	Page
League Rules/Organization/Substitutions.....	3
Teams/Equipment/Uniforms.....	4
Practice/Games/Length of Games.....	5
Rules of Play/Scoring/Overtime/Kickoff.....	6-7
Offense.....	7-8
Offense Continued/Punting.....	8
Defense/Penalties.....	9-10
Penalties Continued.....	10
Flag Football Committee.....	11

## LEAGUE RULES

It is understood that the rules herein are in addition to the official playing rules governed by the National Intramural-Recreational Sports Association 2024/2025 Rulebook.

## LEAGUE ORGANIZATION

A. There will be the following divisions within the City of Sunrise Flag Football Program.

1. Instructional – 4 & 5 year olds
2. Pee Wee – 6 & 7 year olds
3. Junior – 8 & 9 year olds
4. Intermediate – 10, 11, & 12 year olds
5. Senior – 13, 14, & 15 year olds

## SUBSTITUTIONS

- A. All participants must play at least one entire quarter in each half. There are no substitutions during the quarter, except for injuries. If a player is injured, the opposing coach will select which player will enter the game.
1. A player who arrives after the start of the first quarter but before beginning of second quarter must play the second quarter and at least one quarter in the second half.
  2. A player who arrives after the start of the second quarter but before beginning of third quarter must play at least one quarter in the second half.
  3. A player who arrives after the beginning of the third quarter but before beginning of the fourth quarter must play in the fourth quarter.
- B. Failure to comply with this rule may result in forfeiture of the game and and/or suspension of the coach for one game.
- C. **EXCEPTIONS:**
1. A referee and opposing coach are notified prior to the game that the player is sick, injured or being disciplined by the league or game official.

## TEAMS

Teams will field the following number of players:

Instructional Division:

Maximum: 7 Players

All Other Divisions:

Maximum: 7 Players

Minimum to START a game: 6 Players

Minimum to COMPLETE a game: 5 Players

## EQUIPMENT AND UNIFORMS

- A. Players must wear the jerseys supplied by the Leisure Services Department. No jewelry or hair clips may be worn during a game. No sunglasses are permitted and prescription eyeglasses must be secured. Players cannot wear bandanas. Earrings may not be concealed with tape.
- B. Molded cleats or tennis shoes will be acceptable. Shoes with metal spikes, screw-in or squared off molded cleats are prohibited. In cases of cold weather, long sleeved shirts and long pants may be worn underneath the official uniform.
- C. All teams shall have jerseys with numbers.
- D. Jerseys will be tucked inside player's shorts at ALL times. Every player (offense and defense) will constantly check to keep jersey tucked inside shorts so as not to interfere with the flags.
- E. Any clothing (shirt, towels, shorts, etc.) that might tend to conceal flag is prohibited. Examples - players shorts same or similar color as flags, thick stripes on shorts that are the same or similar color as flags; etc.
- F. Shorts with pockets or belt loops are NOT permitted.
- G. Only elbow and knee pads are allowed. Taping of pads or body is not permitted.
- H. It is mandatory that all players have a mouthpiece for games and practices.  
  
(EXCEPT THE INSTRUCTIONAL DIVISION.)
- I. No hard casts may be worn in games or practices. All soft casts must be approved by the officials prior to the game.

## **PRACTICES**

- A. Practice facilities shall be shared equally by teams engaging in practice simultaneously.
- B. Practice schedules for teams will be set by the Leisure Services Department and shall be strictly adhered to.
- C. There shall be no more than three mandatory practices per week before the season and no more than one mandatory practice per week during the season.

## **GAMES**

### **A. GENERAL**

All rules are governed by the National Intramural-Recreational Sports Association with modifications herein.

- 1. Games will be played at designated times. Failure to start a game at referees' command may result in a forfeit by one or both teams. The first game(s) of the night will have a 10 minute grace period. All ensuing games will not have any grace period.
- 2. The head coach is the official team representative.
- 3. The head coach and his/her staff are responsible for the conduct of his/her spectators. Officials may penalize (or even forfeit) a team for undesirable behavior of its spectators as determined by the game officials.
- 4. Coaches on the field MAY NOT converse with their players, once the offensive line is set until the end of the play. Penalty: 5 yds from line of scrimmage.
- 5. Field is 80 yds. long by 40 yds. wide with 10 yd. end zones. Three 20-yd. markers divide the field into 4 sections.

### **B. LENGTH OF GAMES**

- 1. Time: There are four ten minute quarters in each game. Clock will run continuously except for time outs and during the following times:

During the last 2 minutes of the second and fourth quarters the clock will be stopped as in regulation tackle football (incompletions, out-of-bounds). The clock will be restarted after first downs, penalties, injuries, change of possession, and dead balls, once the ball has been set.

- 2. Each team has 2 time-outs per half with no carryover. Time-outs are 1 minute long. Official time-outs are not called for equipment repair or for bringing in the ball. (1 Timeout is allotted per team for overtime in post season tournament games).
- 3. A team has 30 seconds to put the ball in play once the referee has marked the ball and blown the whistle. No play will start until ball is marked and whistle is blown.

4. If a game is interrupted due to bad weather, it will be considered a complete game if 3.5 quarters have been completed. If a game is called before 3.5 quarters have been completed, it shall be resumed exactly where it left off.
5. Games will be played at designated times. Failure to start a game at referees' command may result in a forfeit by one or both teams. The first game(s) of a week night will have a 10 minute grace period. This grace period will not be deducted off game time. All ensuing games will not have any grace period. Weekend games will not have any grace period. "Game time is forfeit time."

### **C. RULES OF PLAY**

1. A first down is gained when a team reaches a 20 yd. Marker in 4 downs or less.

### **D. SCORING**

Safety = 2 points

Touchdown = 6 points

Extra Points = 1 point for attempt from the three (3) yard line.

2 points for attempt from the ten (10) yard line.

3 points for attempt from the 20 yard line.

(An interception by the opponent on an extra point try will result in a dead ball)

**OVERTIME:** (No Overtime for Regular Season Games. Games finish in a tie.)

1. Each team will begin at the twenty yard line and have up to four plays to score more points or gain more yards than the opposing team to win the game.
2. If a team turns the ball over (i.e. interception) all yards gained prior to turnover are nullified.
3. Once a team gains more yards than the other team, that team wins, and the game is over. For example, team one runs four plays and gains 10 yards. Team two runs one play and gains 11 yards, the game is over, and team two wins. It is not necessary to run all four plays to win the game.
4. All penalty yardage gained by team offensive is included when determining what team gained more yardage.

### **D. KICK-OFF**

1. At the start of the game, visitors call coin toss. The winner of a coin toss will have a choice of goals, to receive or to kick the ball, or defer. At the start of the second half, the loser of the initial coin toss will have

the choice to receive or to kick the ball. Exception, if a team defers, they will have the choice in the second half. Note: Teams must switch sides before the 2<sup>nd</sup> half.

2. The kicking team will kick off from the 40 yd. line for all divisions. All kicks must be done from either a tee or the ground only. The kicking tee must be placed at least 10 yards from each sideline.
3. Kick offs must travel a minimum of 10 yards, before the Kicking Team can "Down the Ball". A kickoff is illegal unless it travels 10 yards (or more) OR is touched by the receiving team. Once touched by the Receiving Team, the kick shall be treated as legal.

Penalty for Kicking Team "Downing the Ball" short of the 10 yards, will result in the Receiving Team having the option to *accept the result of the play or a 5 yard penalty to be applied to the re-kick (Kick to be re-taken from kicking team 35 Yard Line)*.

If the Kicking Team Illegally kicks the ball out of bounds, short of 10 yards, they will be penalized 5 yards. The Receiving Team will take possession at receiving team 35 yard line.

4. There are no onside kicks. The receiving team is always in possession of a kick-off. (However, if the receiving team tries to lateral the ball and the kicking team catches the ball before it hits the ground, the kicking team will have possession of the ball).
5. If a kick-off goes out-of-bounds, the receiving team will get the ball at their 30 yard line.
6. Kick-off receiving team must have at least 3 players on their own 20-yd. line for all divisions.
7. A kick-off receiver may advance a kick-off that is caught on the fly or picked up on bounces.
8. A kick-off receiver may not advance a kick-off if the receiver muffs the ball and the ball hits the ground. The ball is dead where it first hits ground. If the ball is touched by the receivers teammate(s) and the ball hits the ground the ball is dead where it hits the ground. If a bouncing ball is downed by the kicking team, kicking team cannot down ball until the ball hits the ground.

As soon as the kick-off receiver fields the ball, all screening rules go into effect (see section on screen blocking)

8. Kick-off or Punt that goes pass the end zone line will be ruled a touchback.
9. Touchbacks go to receiving teams 14 yd. line.

## **F. OFFENSE**

All offensive players must be in the huddle between plays. This eliminates all sleeper plays. Officials must be notified of all "No huddle" situations. Team official must advise referee, "I am going to run 2 plays." Referee will notify defensive coach. Once first play is completed and referees spots ball and blows whistle, offense may run second play without huddle.

Offense will have a minimum of 1 player on line of scrimmage. This 1 player will be the center.

All offensive players are eligible receivers. Receivers (or defenders) must have one foot in bounds to catch pass. The player while on knee(s), catches ball is credited with legal catch but play is dead at spot of catch. Sidelines and end lines are out of bounds.

Only one forward pass is permitted per down, regardless of whether or not they are still behind the line of scrimmage.

A pass or lateral to a teammate who is even with or behind the ball carrier is permitted regardless if the ball is ahead of or behind the line of scrimmage.

NOTE – Any player may hand the ball forward or backward at any time.

A ball carrier may not:

Stiff arm.

Shield flags in any way.

Slap a defender reaching for ball carrier's flag(s).

Jump into an opponent

Charge (defined as not trying to avoid a defender) into a defender who has established position).

**NOTE:** Contact may occur sometimes between the ball carrier and defender. It is the referee's judgment if contact was caused by ball carrier (charging), by the defender (may either be charging, pushing, or tackling) or by incidental contact (no penalty).

The center may receive a hand-off if the hand-off is completed at least 1 yd. behind the line of scrimmage.

All snaps from center must be caught in the air. A snap that bounces before it gets to intended player is down at the spot where it first hit the ground. The down is not replayed. NOTE – Direct Snaps may only be taken in the Pee Wee Division. Quarterbacks in all other divisions must be at least 2 yards back from the center.

A fumble or free ball will be dead at the spot where it first hits the ground and will belong to the team that last had possession. The play counts and down will advance as usual. When a returnee muffs a punt or kick-off, the ball immediately will be dead at the spot where the ball first hit the ground after being touched by the returnee. If the ball first hits in the end zone after the returnee touches the ball, a touchback will be awarded. In both cases, the ball belongs to the returnee's team.

Forward fumbles are not allowed. Sometimes a ball carrier will intentionally "fumble" the ball forward in an attempt to gain extra yardage for a first down. In this situation, the ball will be returned to the spot where the ball carrier "lost possession" of the ball. However, if a defender should catch the ball before the ball hits the



ground, the ball would belong to the defense. If the ball is fumbled forward into the end zone, the play will result in a touchback for the opposing team.

#### **G. PUNTING**

1. A punt must be announced and completed during the 30 seconds allotted to snap the ball. It is offensive coach's responsibility to advise the referee.
2. The punter picks up ball at line of scrimmage, then proceeds to punt ball. No part of the punter's body may cross the scrimmage line when making the punt. The punting team must stay behind the line of scrimmage until the punt is away.
3. There is no minimum number of players that need to be on the defensive scrimmage line when receiving a punt. The defense may not block a punt.

NOTE: During last 2 minutes of a half, the clock will be stopped for all punting plays.

4. Quick-kick - The offense may quick-kick on 1st, 2nd, or 3<sup>rd</sup> down by lining up in regular offensive formation and announcing to the official that they are punting. All players will not move until the punt is away.

#### **H. DEFENSE**

1. The defensive "line of scrimmage" or restraining line is 5 yds. in front of the ball. Exception: When the ball is within 5 yards of a first down or the goal line, the defensive restraining line will be half of the distance.
2. A legal "tackle" is made by pulling a flag from the ball carriers flag belt. The defender will hold up the flag for the referee to see. Tying of flags is prohibited.
3. Defensive player(s) may not:
  - Grab or hold any part of a ball carrier's body or clothing.
  - Tackling the ball carrier
6. If a ball carrier is missing a flag, the defense merely has to one hand touch the ball carrier anywhere between the shoulders and waist to make a legal "tackle."
7. Defensive players must go around a screen blocker. The defender may touch the screen blocker only to keep balance: pushing, pulling, or sliding across a screen blocker is not permitted.
8. Roughing the passer is defined as when momentum carries the rusher(s) into the quarterback's arm or body.
9. A defensive player who intercepts in the end zone may either down the ball for a touchback or advance the ball at own risk.

10. Safety - the team charged with a safety will either kick (from the tee or ground) or punt the ball from their 20 yd. line.

## **PENALTIES**

### **Loss of 5 yards**

#### **A. Dead Ball Fouls**

Delay of Game, Encroachment, False Start, Illegal Snap

#### **B. Live Ball Fouls**

Illegal Equipment, Substitution Infraction, Illegal Motion, Illegal Shift, Intentional Grounding\*, Illegal Forward Pass\*

\*=Loss of Down

### **Loss of 10 Yards**

Illegal Player equipment, Quick Kick, Two or more encroachment penalties, Pass Interference\*\*\*, Illegally secured flag belt\*\*\*, Unsportsmanlike Conduct, Stripping, Illegal Contact, Hurdling, Roughing the Passer\*\*, Illegal Screen Blocking, Flag Guarding, Illegal Participation, Unfair Acts

\*=Loss of Down

\*\*=Automatic first down

\*\*\*=Loss of Down on Offense, Automatic First down on Defense

### **Loss of 10 yards**

Flagrant Unsportsmanlike Conduct

Flagrant Personal Fouls

Illegally Securing Flag Belt

\*\*All Penalties may be declined, except player disqualification and forfeit\*\*

All rules contained herein are subject to interpretation and/or change, upon the recommendation of the Flag Football Committee and with the approval of the Department of Leisure Services.

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**City of Sunrise Youth Athlete of the Month Program**

The Leisure Services Advisory Board has recommended to the Leisure Services Director that a “City of Sunrise Youth Athlete of the Month” program be implemented. This program was approved by the City of Sunrise Commission.

Staff will work with the Leisure Services Advisory Board and the variety of athletic organizations, instructors and volunteers that the City collaborates with throughout the year to implement the program.

The following guidelines will be utilized:

- 1) The Leisure Services Director or designee will serve as the City liaison for this monthly award.
- 2) The presentation of the “Youth Athlete of the Month” will occur at a City Commission meeting each month.
- 3) Each month, two youth athletes (one male and one female 18 years of age or younger) from a different athletic program will be presented with the award.
- 4) The Leisure Services Advisory Board will administer the selection process for City run programs using nominations submitted by volunteer coaches and make a recommendation to the Leisure Services Director or designee. The City’s contractual athletic organizations and instructors will administer the selection process for

their own individual organization. All selections will be made in a timely manner in order to accommodate the City Commission Meeting agenda process.

- 5) The two youth athletes will each receive a gift certificate from the City valued at \$25 which is redeemable as payment for Leisure Services programs, with the exception of any facility rental or contractual program (i.e. Bridges at Springtree Golf Course, Sunrise Tennis Club, karate, dance, etc.).

The gift certificate will expire one year from the date of issue.

- 6) The proposed schedule for recognition is below, but may be amended by the Leisure Services Director.

Athletic Programs	Presentation Month	Selection By
Recreational Soccer	January	Leisure Services Board
Competitive Swimming	February	Contractual Organization
Travel Soccer	March	Contractual Organization
Travel Baseball	April	Contractual Organization
Travel Softball	April	Contractual Organization
Recreational Baseball	May	Leisure Services Board
Recreational Softball	May	Leisure Services Board
Travel Basketball	June	Contractual Organization
Youth Programs (Karate, Dance, etc.)	July	Contractors
Tennis	August	Contractual Organization
Recreational Basketball	September	Leisure Services Board
Recreational Flag Football	October	Leisure Services Board
Flag Football Cheerleading	October	Leisure Services Board
Tackle Football	November	Contractual Organization
Tackle Football Cheerleading	November	Contractual Organization
Golf	December	Contractual Organization



## Youth Athlete of the Month Nomination Form

Do you know a youth athlete who should be recognized for his or her achievements, both in and out of the athletic arena? If so, send in a nomination to have that athlete honored as a City of Sunrise Youth Athlete of the Month! Each month, we'll be recognizing one male and one female athlete who will be recognized at a City of Sunrise City Commission meeting.

Nominations can be made for any athletes whose actions represent a balance of athletic achievement, sportsmanship and citizenship. It's important to note that accomplishments off the "field" are valued just as much as those achieved on the "field". If you think you know an athlete who fits this description, be sure to fill out the form below to nominate him or her for City of Sunrise Youth Athlete of the Month!

With questions, please call 954-747-4600, or nominations may be emailed to Youth Athletics Supervisor Sean London at [SLondon@SunriseFL.gov](mailto:SLondon@SunriseFL.gov)

### **Athlete Information**

Full Name: \_\_\_\_\_

Age: \_\_\_\_\_

Sport/Activity: \_\_\_\_\_

School Name/Grade: \_\_\_\_\_

***Provide an explanation of why this player deserves to be recognized (250 words max):***

Examples of the desired criteria include:

- |   |  |                            |
|---|--|----------------------------|
| - Impactful or notable in-game performance(s) | - Displays good sportsmanship/teamwork | - Community service        |
| - Superior academic achievement               | - Overcoming personal obstacles        | - Displays good leadership |

### **Nominator Information**

Full Name: \_\_\_\_\_

Relationship to Athlete (Coach/Instructor/Etc.): \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

### **Parent/Guardian Information**

Full Name: \_\_\_\_\_

Relationship to Athlete: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_