



# M.A.F.F.L.

Massillon Adult Flag Football League



## 4 man Rules and Regulations

### ELIGIBILITY

#### **Resident Rule**

A full-time resident living within the Massillon City limits.

If not a resident, then a full-time employee within the Massillon City limits or spouse (residing in the same household as player) is employed in a full-time position within the City limits of Massillon.

For each non-resident player on a roster, a non-resident fee of \$1.00 per scheduled, regular season game will be assessed. (No limit on the number of non-residents.) This fee is for the season, not games played.

Any player found falsely stating their residency status will be suspended from the League immediately, the remainder of the season, and the three (3) succeeding years. The manager of that team will be suspended immediately, the remainder of the season, and five (5) succeeding years.

### SUSPENSIONS & EJECTION

- Any player ejected will be suspended for 7 days for all league play and the park. Rainouts do not count. If appealed, and the call is not reversed, then player may be subject to additional game penalty. Once ejected, player must leave park property, this includes parking lot. Subject to further games pending actions leaving the park.
- If appealed, the player may play in any game up until the appeal meeting. By doing so the player subjects those games to forfeits if the call is not overturned.
- Any and all players involved in a fight will be suspended indefinitely and must apply to the Massillon Parks & Recreation Department for reinstatement.
- Any players hitting or intimidating an Official or League official before, during, or after a game will be suspended indefinitely and must apply to the Massillon Parks & Recreation Department for reinstatement.

### GAME CANCELLATION

If adverse weather exists and you want to know if games are going to be played, coaches may call the Massillon Recreation Center's Program hotline at 330-832-1621 ext. 4, **after 12:00 PM on your game day.** A recording will tell you if games are cancelled.

If **no** message is heard regarding cancellation, **games may be called at the field.**

## Basics of the Game

- No Contact or Blocking is allowed.
- The Quarterback cannot run the ball unless he or she has received a direct handoff behind the line of scrimmage.
- The player who rushes the QB must start 7 yards off the line of scrimmage.
- All players are eligible to receive a pass.
- Offense has 3 downs to cross midfield for a first down and then has 3 plays to score a touchdown.
- No kicking or punting.
- All possessions, except interceptions start at the 5 yard line.
- Touchdown is worth 6 points, extra point (5 yards out) = 1 point, (12 yards out) = 2 points, safety = 2 points.
- Games are divided into **two 15 minute halves**. The play clock will stop inside of one minute left in the game on an incompletion, penalty, change of possession, and out of bounds. There is a one minute warning and the clock will stop to set the pucks on first downs.
- Interceptions can be returned.
- All penalties are 5 yards and assessed from the line of scrimmage. Offensive penalties are loss of down and defensive penalties result in automatic first down for the offensive team.
- Unsportsmanlike behavior will not be tolerated.
- Game time is forfeit time. Teams should be on the field and ready at game time. Forfeits are worth 28 points.
- The first game of the afternoon will receive a 5 minute grace period.
- A 28 point score differential ends the game.
- All teams must provide their own regulation football, regular size.

## Coin Toss

- The game referee will flip a coin before the start of the game. He/she will designate a team captain to call heads or tails.
- The team that wins the coin toss has the choice to take the ball first, defend the goal or defer choice to the second half. The team that loses the coin toss will have first choice at the start of the second half.

## Players

- A team must start the game with no less than 3 players. A minimum of 3 players must be on the field at all times.
- A team can consist of a maximum of 8 players per game with 4 on the field and 4 substitutes.

## Possessions

- All possession changes will start at the offensive team's 5 yard line. Exception: On interceptions, the team will take possession of the ball where the interceptor's flag belt is pulled.
- The offensive team has 3 plays to cross midfield for a first down, then 3 plays to score a touchdown. If the offense fails to get a first down or score, then the new offense team will take possession of the ball on their own 5 yard line.
- There are no quick snaps. Both officials must be set before the ball is snapped.
- Players may not be moving forward when the ball is snapped.
- Any player that starts a play without a flag is down where they touch the ball, resulting in a penalty.

## Penalties

- All defensive penalties are 5 yards and an automatic first down.
- All offensive penalties are 5 yards and loss of down.
- All penalties will be assessed from the original line of scrimmage.
  - EXCEPTION 1: Interception returns; Offensive penalties will be assessed from the point of interception.
- Defensive penalties will be assessed from the end of the play. Both result in automatic first down.
  - EXCEPTION 2: Holding penalties are added on to the end of the play.
  - EXCEPTION 3: Flag guarding is from the point of infraction.
  - EXCEPTION 4: Unsportsmanlike conduct/Unnecessary roughness penalties are 10 yards.
- Only team captains may approach the referee about rule clarifications and interpretations.
- Players cannot argue judgment calls.
- A protest on a rule interpretation must take place before the next play is started. If a team protests a rule interpretation and is proven wrong, the team will be penalized as a delay of game.
- Games cannot end on a defensive penalty.
- Any offensive penalty in their own end zone will result in a safety. (2 points).
- DEFENSIVE PENALTIES: Offside/Illegal rush; Pass Interference; Illegal contact (holding, bump & run, blocking, etc...The referee will determine incidental contact which may result from the normal run of play.); Roughing the quarterback; Holding/Tackling; Last Man Rule(If there is no one between the player and the end zone, and it is clear to the referee that the player would have scored if they were not held or tackled, a TD will be awarded.)
- OFFENSIVE PENALTIES: Illegal motion/False start; Pass Interference(illegal pick, pushing off); Impeding the rusher; Flag guarding; Charging(offensive player must avoid the defender if he is set); Delay of game; Illegal contact;
- TRASH TALKING WILL NOT BE TOLERATED. The referee has the right to determine language that is offensive. Trash talking is language that may be considered offensive to the referee, opposing team, or spectators.
- **WPE RULE:** Teams and players will be given a **warning** first, then a **penalty**, then **ejection** from the game or league at the referees' discretion.

- If the referee witnesses any act of tackling, elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped and the player will be immediately ejected from the game.

### **Scoring/Time/Timeouts**

- SCORING: Touchdown= 6 points
  - Extra points: 5 yards = 1 point      12 yards = 2 points
  - Safety = 2 points
- If the defense intercepts a pass on an extra point attempt and returns it to the end zone, the team will be rewarded 1 or 2 points based on what the offensive team was attempting on the extra point.
- Games are divided into (2) 15 minute halves, with a 1 minute halftime.
- Each team has two 60 second timeouts per game, one per half. Timeouts will not carry over to the second half.
- There is a 30 second huddle clock. The huddle clock will start once the line of scrimmage is marked, or the ball is back in the huddle.
- Referee may stop the clock at own discretion.
- The clock will stop for the 1 minute warning in the second half only if the score differential is 16 points or less. If score differential is 17 points or more, the clock will not stop.
- The clock will stop on first downs inside of 1 minute in the game. Clock will start once punts are set.
- Inside of 1 minute left in the game, the game clock will stop on an incompleting, penalties, out of bounds, touchdowns, and change of possessions.
- Clock will not run on extra point attempts inside of one minute.
- A 28 point score differential ends the game.

### **Attire**

- Molded and detachable cleats are permitted. No metal cleats are allowed.
- Shirts must be worn, and tucked in at all times. If a player's shirt is hanging over their flag belt, flag guarding will be called.
- Any type of pants with pockets, snap on pants, or excessively baggy pants are not permitted.
- Teams may use their own footballs as long as they are regulation weight and size.
- Players must wear a protective mouthpiece at all times during a game. Players are not permitted to play without one.
- NO Bandanas allowed. Sweatbands (Max of 2 inches wide) and baseball caps are allowed.

### **Blocking**

- All types of blocking or screening are illegal.

## Passing

- All pass attempts must be forward and received beyond the line of scrimmage.
- Shovel passes are legal, but must be beyond the line of scrimmage.
- Only one forward pass per down.
- QB has a seven second "pass clock." If a pass is not thrown within the seven seconds, play is ruled dead, with a loss of down. Once the ball is handed off, the seven second rule is no longer in effect.
- Interceptions can be returned. Ball is spotted where defenders flag belt is pulled.
- If a penalty occurs on an interception return by the offense, the penalty will be assessed from the spot of the interception. (5 yards)
- If a penalty occurs on an interception return by the defense, the penalty will be assessed from the end of the run. (5 yards)
- Intentional grounding is not a penalty. However, all grounded balls must travel beyond the line of scrimmage, unless the ball is spiked after the snap when the quarterback is under center. Shotgun spikes are a penalty.
- The rusher may not hit the quarterbacks' arm, or knock the ball out of his hand. The rusher must play the flags.

## Receiving

- All players must start with their flag belts on.
- All players are eligible to receive passes (including QB if the ball has been handed off behind the line of scrimmage.)
- Only one player allowed in motion at one time.
- Receiver is down where his or her flag belt is pulled. Exception: In order to achieve a first down, or a touchdown, the ball carriers flags and the ball must cross the plane of the first down line and goal line.
- Receiver is down at point of reception if flag belt falls off before catch is made. If a ball carriers flag belt falls off with out being pulled off, he or she is down where the belt came off.
- Receiver must have at least one foot in bounds when making a catch.
- A player may tip the football to a teammate, as long as the initial receiver does not show possession of the ball.
- If a receiver catches a pass and is pushed out of bounds by a defender while in the air, the referee has the right to rule the catch complete, if he judges that the receiver would have come down in bounds, had he not been pushed.
- Players that run out of bounds during a play are not eligible to come back in and make a reception.

## **Running**

- The QB cannot run the ball. The QB can only run the ball if he has taken a hand-off.
- Only direct hand-offs behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a hand-off.
- No laterals or pitches of any kind, anywhere on the field, are allowed.
- The player who takes the hand-off can throw the ball, as long as he does not pass the line of scrimmage before doing so.
- "No Running Zones" are designed to avoid short yardage power running situations.
- "No Running Zones" are located five (5) yards from each end zone, and five (5) yards on both sides of mid-field.
- "No Running Zones" come into effect only when offensive team is approaching a first down or the end zone. Exception: If the offensive team has already achieved a first down, but has been pushed back into a "No Running Zone", then the "No Running Zone" is no longer in effect.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Once the ball has been handed off, the seven second pass rule is no longer in effect.
- Defensive players cannot pass the line of scrimmage, during a direct hand-off play, until the ball is handed off.
- Spinning to avoid the flag puller is allowed. Jumping over a defender or diving to advance the ball is not allowed.
- The ball is spotted where the flag was pulled.

## **Dead Balls**

- All players must start with their flag belts on, offense and defense.
- All defensive players must line up at least one yard off of the line of scrimmage.
- Ball must be snapped between the centers' legs to start a play.
- A play is ruled dead when: Ball carriers flag is pulled; ball carriers flag falls off; ball carrier steps out of bounds; ball carriers knee touches the ground; ball carrier lets the ball hit the ground; ball carrier fumbles the ball away; and after a touchdown, or extra point is scored.
- There are no fumbles. Ball will be spotted where the player loses control of the ball.
- If the ball does not pass the line of scrimmage on an attempted pass, the play is ruled a dead ball, resulting in a penalty.

## **Rushing the QB**

- All players that rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any amount of players can rush the QB.
- Players not rushing the QB may defend the line of scrimmage, as long as he or she is at least one yard from the line of scrimmage.
- The referee will designate the seven yard rush line with a marker.
- Once the ball is handed off, the seven yard rush rule is no longer in effect. Any player may rush beyond the line of scrimmage, from any position on the field, once the ball has been handed off.
- The rusher is allowed a direct line to the quarterback long as he rushes from either side of the field and not up the "middle". The "middle" is considered 2 feet on both sides of the puck or line marker. The "middle" is a judgment call made by the referee since there are no hash marks on the field. The offense must avoid interfering with the rusher.

## Overtime

- If the score is tied at the end of regulation, teams go directly into overtime.
- Coin toss determines possession. The team that did not call the opening coin toss will call the overtime coin toss.
- The team that wins the coin toss has the choice to take the ball first, or to defend first. Both teams will drive into the same end zone.
- Each team will start from the 12 yard line, driving into the same end zone. They will have two plays to attempt to score. If a team scores, they may attempt an extra point afterwards. (One or Two point conversion)
- The game is over when each team has had the possession of the ball an equal amount of times, and one team is able to score more points than their opponents.
- If the score is still tied after the first overtime, the team that defended first will start the second overtime on offense. If the score is still tied after the fourth overtime, there will be another coin toss to determine who starts first. The two teams will then have one play, from their own five yard line, and whoever gains the most yardage from their one play will receive one point, and the victory.

## Other

- There is a maximum of 10 players per roster, with no more than 8 players allowed to play per game.
- Roster/Waiver form must be turned in before your first scheduled game, or eligibility will be forfeited.
- **Rosters may be changed up to the 4th week of play, due to injuries or any unforeseen force. Hereafter, they are automatically finalized.**
- All players must play in at least 6 games to be eligible for the playoffs.
- Any derogatory remarks or excessive language to degrade an official or player will not be tolerated. Incidents will be dealt with accordingly at league official's discretion. **SEE SUSPENSIONS & EJECTION.**
- Competitive players may not play in Recreational division.

## ORDINANCE

Please note the following section of **The Codified Ordinance of the City of Massillon, Ohio:**

### **Section 961.13 Liquor, Drugs Prohibited**

No person shall use any intoxicating liquor, beer, illegal drugs, or controlled substances of any form whatsoever on Park property in the City.