

HUNTLEY PARK DISTRICT

HIGH SCHOOL FLAG FOOTBALL LEAGUE RULES

Registration/Team Fees

Registration is done by team only. In order to reserve a spot in our league, a non-refundable \$100 deposit must be made approximately one (1) month prior to the start of the season.

Team Fees must be paid in-full ten (10) days prior to your first scheduled game. NO PAY-NO PLAY – Teams will not be allowed to play in any games until their league fees are paid in full. All team fees must be paid by one (1) family with a one-time check/cash/credit card payment. We will not accept individual player payments to put towards team payments

Manager's Responsibilities

1. Each team shall designate a representative who will be the sole liaison between that team and the Park District. Only the designated representative should communicate concerns with the Park District.
2. The manager and team captain of the team is the only person allowed to question a call made by the referee. The manager is responsible for his players and spectators' actions.
3. Each team must have a coach who is at least twenty-one (21) years old on the bench. A coach cannot be a player on the team roster.
4. It is the Manager's responsibility to make sure all team members are aware and abide by all rules for the league as well as park rules.

Player Rosters & Eligibility

1. Completed team rosters must be turned in to the field supervisor prior to your first scheduled game of the season. Teams may include players on the roster with incomplete contact information or signatures, but no player may play in a game until they have completed and signed the roster. All minors under the age of 18 must have their parent/guardian sign the waiver on the roster. By signing the player roster, each player is agreeing to abide by all league rules and park district waivers and agreements.
2. Rosters should have a minimum of six (6) players and a maximum of twelve (12) players. The final day to add players to your roster is before your 2nd scheduled game begins. Any changes after that must be approved by the league coordinator of the park district.
3. Once a player has participated in a game, they cannot play for any other team within the league for the remainder of the season.
4. To be eligible for the league, each player must meet the following criteria.
 - a. 18 years old or younger.
 - b. Still in High School
 - c. NOT participated/ing on their high school football team. We verify players using the High School posted roster or 8 to 18 Roster. No other format will be used to verify player eligibility.
 - d. Be on the team's official roster for which they are playing.
 - e. Must not be on more than one team's roster in the same league/level.
5. To be eligible for playoffs – Players must play in three (3) regular season games to be eligible for playoffs. Each game, players must print/sign in on the daily roster.
6. All players should bring a form of ID if needed to prove a player's identity on a roster.
7. NO changes to your team's roster will be allowed after your team has played two (2) games. Any changes after that must be approved by the league coordinator of the park district.
8. Players may only play on one (1) team within the league.
9. Teams play 5 V 5 during games.
10. Teams must have at least four (4) players to start a game. There will be a ten (10) minute grace period before a game is forfeited.



Weather Information

The Huntley Park District has the final decision on canceling games. Decisions will be made by 4:00 pm the day of the game for weeknights & at least 2 hours prior to game time on Weekends (with multiple leagues on weekends this time may vary). Any decision after that time will be left up to the field supervisor and umpire at the game. For rain information visit:

<https://www.teamsideline.com/sites/huntley/home>

Managers will be notified through text, email and website notification as well as a phone call if games are cancelled before game time. It is the Manager's responsibility to notify all team members of cancellations.

Every effort will be made to reschedule cancelled games in order to finish the season in a timely manner.

Uniform/Equipment

1. **Team Jerseys/Shirts:** Team players must be outfitted in same or similar color jerseys or shirts with numbers on the front or back. Jerseys must always be tucked in and shall not at any point during the game cover any portion of the flag belt. Half cut jerseys/shirts are allowed but cannot extend past the waistline nor cover any portion of the flag belt.
2. **Player Pants/Shorts:** Each player must wear pants or shorts without any belt(s), belt loops, pockets, or exposed drawstrings. Pants or shorts must be of contrasting color of flags. All pants or shorts worn cannot have belt loops or pockets. A player may NOT turn their shorts inside out and pockets cannot be taped.
3. **Shoes/Cleats:** Rubber Cleated shoes are only allowed - NO METAL CLEATS.

General Rules

The Field

1. 70 yards in length including 10-yard end zones (total of 70 yards)
2. 30 yards wide
3. Zone to Gain (see diagram page 5) Mid Field - Mid-Field is only opportunity to gain a first down during drives
4. Extra Point marks at 3 and 10 yard lines for point after attempts
5. There are no hash marks; the ball is placed in the middle of the field

The Game

1. The game will start with a captain's meeting and coin toss. The winning team may choose offense, defense, end of field, or defer to the second half.
2. Teams must have a minimum of four (4) players present to start the game. Rosters are limited to twelve (12) players.
3. **Game Length:** Games will consist of two (2) - 20 minute halves with a 5 minute half time. The running clock will only stop for injuries, timeouts, or after scores. Referees are the official timekeepers and scorekeepers. The clock only stops after scores if the margin of score is 16 points or less.
4. In the final 2 minutes of the game, the clock will stop on all instances ONLY IF the scoring margin is 16 points or less.
5. **Time outs:** Each team will receive 2 time outs per half - 1 minute in length. Timeouts do not carry over from the first half. Use them or Lose them!

6. **Overtime:** In case of a tie score at the end of regulation, one overtime period will be played. Each team will receive one possession starting at the 20 yard line.

Scoring

1. Touchdowns 6 points
2. Safety 2 points
3. 3 yard point after 1 point
4. 10 yard point after 2 points
5. Defensive point after returned 2 points

Gameplay

1. During the last 2 minutes of the last half, at any time one team is ahead by 21 or more points, the game is over
2. The ball must be hiked from the ground, but does not have to be hiked between the legs
3. Both the ball and the flags must pass the line to gain for a first down. Just the ball must pass the goal line for a touchdown
4. Point After Attempts: On a point after attempt, the offense may place the ball at the three (3)-yard line for one (1) point or the ten (10)-yard line for two (2) points
5. Point after touchdown attempts that are intercepted and returned for a touchdown are two (2) points and the intercepting team gets the ball at the their defensive zone ten (10) yard line
6. Fumbles are automatic dead balls when the ball touches the ground. The team with last possession will receive the ball at the spot where it touched the ground

Blocking

1. Players may use their hands when blocking, but players may not throw down, or use shoulders when blocking. All use of hands must be below the shoulder and above the waist (no swimming or ripping). There is no contact to the head or legs
2. Two-on-one blocks are permitted in and behind the neutral zone
3. Blocking downfield is not allowed

Rushing

1. There will be one (1) rushing attempt allowed per four (4) downs. Once a team has reached a 1st down (Mid-Field), the rushing attempt resets (1 per 4 downs). This includes the QB rushing
2. All players are eligible receivers and running backs
3. Stiff arming is prohibited
4. The ball carrier will be allowed to jump laterally to avoid a flag pull. If the ball carrier leaves his feet in any other manor the play is dead. The ball carrier may spin to avoid being de-flagged but must be in contact with the ground.
5. No yardage penalty for flag guarding, the play is blown dead at the spot of the infraction
6. Rushers are not allowed to charge a defender (i.e. lower shoulder into their body)

Receiving

1. A receiver must have one (1) foot in bounds in order to complete a clean reception
2. Receivers are allowed a clean release from the line of scrimmage. No bump and run coverage

Defending

1. The defensive player shall not hold, grasp, or obstruct the forward progress of the ball carrier when in the act of removing the flag
2. No stripping. Players must go after the ball carrier's flags
3. No swatting the ball out of the quarterback's hands. Players must go after the flags

Kicking and Punting

1. Kickoffs will not take place. The ball will be placed on the ten (10)-yard line at the beginning of each half, as well as after touchdowns
2. Punting must be announced to the referee. Once announced, the kick must be attempted. A team is charged a time out or a delay of game if the option is changed. No quick kicks are allowed
3. Both teams are required to have four (4) players on the line of scrimmage until the kick is made
4. The punter must be at least five (5) yards behind the center when the ball is kicked
5. A punt may be fielded and advanced after it hits the ground. If the ball is not fielded, it is spotted where it rolls dead or goes out of bounds. If the kicking team recovers the ball it is dead at the spot (kicking team cannot advance the ball)
6. After a safety, the kicking team will punt the ball from their own twenty (20)-yard line. Normal punting rules apply

Penalties

5-yard Penalties

- Delay of game or illegal substitution (30 second playclock)
- Illegal equipment
- False start or any illegal act by the center (i.e. fake hike)
- Encroachment or offsides
- Less than 5 players on offensive line at the snap of the ball
- Illegal motion
- Illegal forward pass by offense or defense (if offense, down counts)
- Article of clothing covering the flag belt
- Illegal shift
- Illegal contact

10-Yard Penalties:

- Offensive pass interference (the down counts)
- Defensive pass interference (automatic 1st down 10 yards assessed from line of scrimmage)
- Holding or illegal block
- Hurdling
- Tripping
- Pushing the runner
- Illegal use of the arms/hands
- Roughing the passer (automatic 1st down)
- Intentional Grounding
- Illegal contact – blow or strike above the shoulders or below the waist (can be disqualification)
- Unsportsmanlike conduct (can be disqualification/referees discretion)
- Flag guarding
- Obstructing the ball carrier
- Illegal participation
- Playing without flags or illegal flags

Player/Team Conduct

Player ejections:

Any player ejected from a game will be reported to the field supervisor. That player will sit out a minimum of one full game.

1. The Huntley Park District's Recreation Staff has the authority to give an automatic game suspension to a player, coach or team member that is ejected from an athletic contest (before, during or after the contest) anywhere from the normal automatic one game to a maximum 8 game suspension. If a situation warrants a more severe penalty, the park district staff may issue a longer length of suspension to the player, coach or team member as defined in the District's Control Ordinances.
2. Team Offense:
Any team which is involved in a "team" (most or all the team members present) fight will forfeit that game and be eliminated from the remainder of the season plus one year.
3. No alcoholic beverages, glass containers or drugs are permitted in any park. Contests will not be played, and the game will be forfeited. Teams or players may be barred from further competition or asked to leave the playing area. Manager is responsible for fans of his/her team.