

## **Diamond City Flag Football**

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Welcome to the Diamond City Flag Football League (DCFFL). This league is for adults 18 and older. FUN is the name of the game, if you cannot have fun, you cannot be in the DCFFL.

### **I. Sportsmanship**

We expect all participants in the DCFFL to respect not only the game of flag football but league officials, referees, teammates, opponents, and spectators. Winning and losing are part of the game and we expect you to win, lose and play with sportsmanship. Foul language will not be permitted by any participants, league officials, referees, and/or spectators. This includes, but is not limited to: cursing, comments concerning ethnicity, race, or sexual orientation, and any other language deemed inappropriate by league officials or referees. This includes such language towards opponents, teammates, referees, league officials, and/or spectators. (SEE RULES: foul language rule for list of violations)

### **II. Team Requirements**

1. 7-on-7 action, with a maximum roster size of 20 and a minimum on-field of 5. Teams must have 5 players, or they forfeit.
2. League Fee is \$30.00/ player and includes a DCS t-shirt. If this fee is not paid, you do not play.
3. All teams must wear the same color shirts/jerseys; if two teams have the same color jersey, the away team must wear an alternate color jersey or will have to wear Diamond City Sports pinnies.
4. Roster changes are permissible up until the Wednesday prior to Week 6. All roster changes up and until that deadline must be sent to the designated council member (Carlo Mercadante).
5. Pick-up players -- To avoid forfeits, teams may pick up players at the discretion of the opposing team. Teams can only pick up until they have seven (7) total team members. A maximum of two (2) non-roster players can be picked up.
6. Playoff Roster Eligibility- Players must play in 50% of their team's games (five [5] games for 2020) to be playoff eligible. Exception: Each team is allowed one (1) player who is under the five (5) game minimum. That player must have a three (3) games minimum played to be playoff eligible.

### III. Gameplay

#### 1) The Field

- a) Field size is 70 yd. X 30 yd., 10-yard end zones
- b) Cones will be placed at the first down markers located on each 20 yard line.
- c) Pylons will be used to mark the endzones.

#### 2) Game time, timeouts, play clock

- a) Each half is twenty (20) minutes with running clock; stoppages occur in the final two (2) minutes of each half (first down, incomplete passes, out of bounds, touchdowns, conversions, penalties, injuries)
- b) Three (3) minute halftime break
- c) Each team has three (3) timeouts per half; timeouts do not carry over.
  - i) Two (2) :30 and one (1) 1:00 timeout per half.
  - ii) You must declare to the referee which timeout you are taking.
  - iii) If you do not declare, it will be assumed a one (1) minute timeout.
- d) The play clock is :35 and starts after the end of each play.
  - i) Play clock will stop if there is a referee's discussion and/or penalty.
  - ii) It will be resumed by the referee and signaled by a whistle.

#### 3) Playing

- a) Drives will start at the 10 yard line to begin the game and following a score or touchback.
  - i) After a safety, drive starts at the 15 yard line.
- b) Punts will be unsnapped and unrushed.
  - i) Players can not move until the ball is kicked.
  - ii) If players move, an illegal motion penalty will be enforced.
- c) There are no fake punts, teams must declare if they are going for it or punting to the referees. Teams can not change their decision once made.
- d) There are no center sneaks
- e) Conversions: 1 point = 5 yard line ; 2 points = 10 yard line
- f) Offense must have a minimum three (3) down linemen with one (1) eligible to release.
  - i) Eligible lineman does not need to report
  - ii) Eligible lineman must be at the end of the line
  - iii) Blocking
    - (1) Blocking on the offensive & defensive line is full contact
    - (2) Blocking downfield is permissible with arms extended only
      - (a) You are not allowed to:
        - (i) Lead with shoulder
        - (ii) Lead with head
        - (iii) Bull/run through opponent
      - (3) You are allowed to utilize multiple styles of blocking:
        - (a) Hands extended outward, palms down fingers upward between shoulders and waist frame only
        - (b) Chest to chest at line of scrimmage only
        - (c) 2 on 1 block down field and at the line of scrimmage.
        - (d) Protect yourself with a forearm during block (Must not extend forearm to "restricted areas")
        - (e) Block a defender from behind if the original engagement from the front was never broken and the defender spins or turns while the blocker maintains contact the entire block.

(4) While blocking a player you are not allowed to:

- (a) Hold: Grabbing the jersey or defender's body frame outside of shoulders, pulling, hooking or grabbing the shirt inside of the shoulders and not moving with the defender to stay engaged with the block. Grasping, hooking, or pulling the arm or any part of the defenders body.
  - (i) Pull
  - (ii) Hook
  - (iii) Hug
  - (iv) Lay on a downed opponent
- (b) No chest to chest blocking downfield
- (c) Elbow or "upward flipper" block (above the shoulder).
- (d) Lead with the head and or shoulder
- (e) Make contact against a player above the shoulders or below the waist.
- (f) Hit a player in the back if contact was broken from frontal engagement or never established.
- (g) Trip
- (h) Crack back or blind side block a defenseless player or peel back towards your own end zone to block an opposing player in pursuit of your teammate unless contact is made without excessive force and open hands extended outward.
  - (i) Leave feet to block.
  - (j) Clipping

(5) See penalties for ILLEGAL BLOCKING

- g) Only one (1) man is allowed to be in motion, horizontal motion only
- h) All Fumbles are live
  - i) A defensive player cannot stand a player up and force a fumble
  - ii) Forward fumbles cannot be advanced by the offense. Play is dead upon recovery from the offensive player.
  - iii) Defenders are allowed one swipe at the ball to attempt a strip. One swipe per defensive player per ball carrier per play.
- i) Only one (1) foot is needed in bounds for a reception
- j) A player is deemed down and play will be called dead if he has possession of the ball and his knee and/or body touch the ground.
- k) All forms of running plays are allowed.
- l) No flips
- m) Diving is permitted with the ball forward.
  - i) The ball cannot be tucked and player is down where they land.
- n) Mercy rule goes into play once a team goes up by 28 or more points.
  - i) A running clock will then be initiated and the game clock will only stop on timeouts and/or injuries.
- o) Flags must be worn on the hips, one (1) on each hip, outside your jersey.
  - i) If a player loses a flag without being touched or has no flags, he is downed once touched.
- p) Shirts must be tucked into shorts/pants or under flag belts. (see RULES/Penalties penalty enforcements)
  - i) If a play is started and a player does not have his shirt tucked, the play will be allowed to continue, but if that player touches the ball, the play will be dead. This does not take effect if the shirt comes untucked during the action of the play.

q) Overtime (NCAA-style format)

- i) The winning team of the coin toss can either decide to play offense or defense, or which end of the field will be used for both possessions of that overtime period. The decision cannot be deferred.
- ii) The team that loses the coin toss will exercise the remaining option (e.g. If the winning team decides to play offense/defense, the losing team will decide which end of the field will be used, and vice versa). The losing team will also have the first choice of the two options for subsequent even-numbered overtime periods, while the team that wins the coin toss will get the first choice for subsequent odd-numbered overtime periods.
- iii) Each team will have four (4) downs to score from the 20 yard line
  - (1) There are no first downs unless a penalty warrants one
  - (2) A penalty may warrant more downs
- iv) Each team is given one (1) :30 timeout and one (1) 1:00 timeout
- v) The team that scores the most points during overtime wins the game. If the game is still tied after an overtime period, there will be another overtime period.
- vi) Beginning with the third overtime period, teams that score a touchdown must attempt a two-point conversion

**IV. League Structure**(subject to change dependent on # of teams)

1) Teams

- a) 2020 season has 11 teams
- b) Each team will play a 10 game schedule

2) Divisions

- a) Division alignment is based on number of teams
- b) This will be determined by council
- c) Team will be selected at random for each division
- d) For the 2020 season, there will be one (1) division of 11 teams with each team playing each other one time.

3) Rescheduling Policy

- a) Team captains must announce in the group chat by 9pm(EST) on the Wednesday prior to that week's game.
- b) The non-rescheduled team then gets to choose the date and time of the makeup game.
- c) Each team only gets to reschedule one (1) game per year.

4) Playoffs

- a) Number of playoff teams will be determined by the number of teams total in the league
- b) The 2020 season will have six (6) playoff teams.
  - i) The top 2 teams with the best record will receive byes
  - ii) First round will match the #3 seed versus the #6 seed and the #4 seed versus the #5 seed.
  - iii) The semi-finals will match the top seed versus the remaining lowest seed and the second seed versus the remaining highest seed from the first round.
  - iv) The championship will have the winners of the semi-finals.
- c) Playoffs will occur in either one (1) or two (2) weeks depending on council approval. (2020 will be two [2] weeks of playoffs)
- d) Playoff tiebreaker system.
  - i) First tiebreak: head-to-head
  - ii) Second tiebreak: division record
  - iii) Third tiebreak: point differential
  - iv) Fourth tiebreak: record against common opponent
  - v) Fifth tiebreak: coin flip

## V. Officiating

- 1) There are three (3) officials per game
- 2) All teams must have a player available each week to referee a game.
  - a) The home team is responsible to be available for the game prior to theirs.
  - b) The away team is responsible to be available for the game following theirs.
  - c) Penalty for failure to provide a ref
    - i) The team must play (one) 1 man short for their next game, unless opposing team allows the team in violation to play with full squad.
    - ii) If team allows, the violating team owes the league \$10.00.
    - iii) 10-minute grace period will be allotted.
- 3) The commissioners will attempt to fill the ref duties as best as possible prior to invoking Rule V.2.c
- 4) A head referee will be assigned before the game.
  - a) The head referee will be the line judge.
  - b) The line judge will be responsible for (but not limited to):
    - i) Illegal motion
    - ii) False starts
    - iii) Offside
    - iv) Neutral zone infractions
    - v) Holding
    - vi) Ineligible man downfield
    - vii) All activity that occurs at the line of scrimmage and behind.
- 5) The middle referee will be responsible for:
  - a) The play clock.
  - b) All activity that occurs from the line of scrimmage to about 15 yards from the line of scrimmage, watching for but not limited to:
    - (1) Holding
    - (2) Illegal picks
    - (3) Flag guarding
    - (4) Pass interference
  - c) Spotting the ball at the end of the play if the play ends within his zone.
- 6) The back referee will be responsible for (but not limited to):
  - a) Making sure all players have their shirts tucked.
  - b) All activity that occurs from about 10 yards down field and beyond.
  - c) Watching for
    - i) Holding
    - ii) Illegal picks
    - iii) Flag guarding
    - iv) Pass interference.
  - d) Spotting the ball at the end of the play if the play ends within his zone.
  - e) Statistics
- 7) All officials should convene on any questionable calls.
  - a) The head referee announces the final call.

## VI. Penalties/Infractions

- 1) Delay of game – five (5) yards from the line of scrimmage
- 2) Flag guarding - five (5) yards from the spot and loss of down
- 3) Holding - five (5) yards from the spot
- 4) Illegal tackle- If a player with the ball is tackled, it is a five (5) yard penalty from the spot.  
If the tackle happens in open field and a touchdown is impeded due to said tackle, the referees may deem the play a touchdown.
- 5) Illegal forced fumble – five (5) yards from the spot
- 6) Illegal motion - five (5) yards from the line of scrimmage
- 7) Illegal dive - five (5) yards from the spot (when the ball is not forward)
- 8) Illegal blocking- There are no warnings if you commit an illegal block that the ref(s) deems beyond the scope of blocking.
  - a) First offense is suspension
  - b) Second offense is ejection from league
- 9) Neutral zone infraction – five (5) yards from the spot, occurs when a defender moves into the neutral zone (before the ball is hiked) and, while still in the neutral zone, causes an offensive player to false start.
- 10) Offside - five (5) yards from the line of scrimmage
  - a) Play is stopped if there is contact with another player during the offside.
  - b) If there is no contact, the play will continue as a free play.
- 11) Pass interference
  - a) Defensive – spot foul
  - b) Offensive - five (5) yards from the line of scrimmage
- 12) Too many players on the field – five (5) yards from the line of scrimmage
- 13) Each team will be given two (2) warnings about shirts not being tucked in.
  - a) Each infraction thereafter will result in a five (5) yard penalty
- 14) Players impeding sideline - five (5) yards from the line of scrimmage
- 15) Roughing the passer – five (5) yards from the line of scrimmage and automatic first down -- this includes any contact to the head of the quarterback while in the pocket.
- 16) If the whistle is inadvertently blown, play is dead. Referees will determine if the ball will be spotted or if there will be a replay of down.
- 17) If a player is going for a flag and the offensive player is tackled, it is at the referees discretion if a penalty is warranted.
- 18) The penalty can range from holding to unsportsmanlike conduct.
- 19) Foul language
  - a) First offense: warning
  - b) Second offense: 15-yard personal foul penalty
  - c) Third offense: 15-yard personal foul penalty and game ejection
  - d) Fourth offense: 15-yard personal foul penalty and suspension, with number of games to be determined by league officials
  - e) Fans will get two (2) verbal warnings then asked to leave the premises.
  - f) The purpose of this rule is to maintain the fun nature of the league and to set an example for younger fans and the community at large.
- 20) Unsportsmanlike conduct/personal foul
  - a) 15 yards from the spot & automatic first down
  - b) Severe unsportsmanlike conduct results in ejection – discretion call
  - c) Ejected players are removed from the current game & the next week
  - d) Second ejection for the same player will be for the remainder of the season

## VII. Statistics

The Following statistics will be recorded

- 1) Offense
  - a) Pass attempts
  - b) Completions
  - c) Passing touchdowns
  - d) Interceptions thrown
  - e) Receptions
  - f) Receiving touchdowns
  - g) Rushing touchdowns
  - h) Fumbles
  - i) Fumbles lost
  - j) One (1) and two (2) point conversions
- 2) Defense
  - a) Sacks
  - b) Interceptions
  - c) Forced fumbles
  - d) Fumbles recovered
  - e) Pass deflections/defended