

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 \$40.00 per player up to and including August 6 and includes a DCS t-shirt. After August 6, the fee is \$50. A discount of \$8 is given if the team does not take the shirts. 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 Kevin Sickle.

5. All adds/drops must be submitted to Kevin Sickle by 9 P.M. (Eastern) the Friday prior to that week's game – no adds on game day!
6. 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.
7. Playoff Roster Eligibility- Players must play in 50% of their team's games (five [5] games for 2022) 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) 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, unless the team is out of one (1) minute timeouts.
- 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) Play clock will resume by the referee 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, the ensuing drive starts at the 15 yard line.
- b) Punts will be unblocked 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 on a pass play. The center cannot be at the end of the line. All linemen are allowed to break the line of scrimmage on a designed run play.

- 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.
- iv) At no time are you 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 defender's body.
 - (i) Pull
 - (ii) Hook
 - (iii) Hug
 - (iv) Lay on a downed opponent
 - (b) chest to chest block 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 an opposing player.
 - (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 your feet to block.
 - (j) clip an opposing player.
- g) Only one (1) man is allowed to be in motion, with horizontal motion only.

- h) All fumbles are live
 - i) A defensive play 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. 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. 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.
 - ii) No youth flags are permitted.
- p) Shirts must be tucked into shorts/pants or under flag belts. 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. 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) 2022 season has eight (8) teams.
- b) Each team will play a ten (10) game schedule, 6 divisional games and 4 inter-divisional games.

2) Divisions

- a) Division alignment is based on number of teams. This will be determined by council.
- b) Team will be selected at random for each division.
- d) For the 2022 season there will be two (2) divisions of four (4) teams each.

3) Rescheduling Policy

- a) Team captains must announce in the group chat by 9 P.M. (Eastern) 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 2022 season will have five (5) playoff teams.
 - i) The division winner with the best record will receive the #1 seed.
 - ii) The next best four (4) records will be seeds #2 through #5.
 - iii) First round will match the #4 seed versus the #5 seed.
 - iv) The semi-finals will match the #1 seed versus the remaining lowest seed and the remaining two seeds against each other.
 - v) 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.
- 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 opponents
 - 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 away teams of the first set of games of the day are responsible to have two (2) refs for the game after theirs. The home teams of the first games of the day are responsible to have one (1) ref for the game after theirs.

- b) The home teams of the second set of games of the day are responsible to have two (2) refs for the game before theirs. The away teams of the second games of the day are responsible to have one (1) ref for the game before theirs.
 - c) The home teams of the first set of games of the day are responsible to have two (2) players arrive an hour in advance to help with field prep.
 - d) The away teams of the second set of games of the day are responsible to have two (2) players stay after to help with field cleanup. Council members will decide when these players are finished helping.
 - d) Penalty for failure to provide refs/setup/cleanup results in the violating team playing one (1) man short for their next game.
- 3) 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. 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 into their shirt. Each ensuing infraction 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 discretion of the referees if a penalty is warranted. The penalty can range from holding to unsportsmanlike conduct.

18) Foul language - 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.

- 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.

19) 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