

# Twin Valley Flag Football League(TVFFL)

## 9 Man Rules

Linemen Ineligible (Contact)

(Updated 8/17/2011)

### **Overview:**

- 1.)9 Players per side, less than 7 results in a forfeit. 7 is allowed.
- 2.)Full field, First downs every 20 yards.
- 3.)Players on sidelines must be between the 20-yard lines.
- 4.)All rosters are final after week 4. All players must play at least 6 games(10 game season), or 8 games(12 game season) to be eligible for playoffs. No exceptions!**

### **Kickoffs:**

- 5.)Toss choices-receive/kick. If you kicked off in 1<sup>st</sup> half, you receive in 2<sup>nd</sup> half
- 6.)Kickoffs must be from a tee or held. Kickoffs are from 35 yd line +/- penalties. Kickoffs that goes out of bounds is placed on the 35 yd line. Touchbacks are placed on the 20 yd line.
- 7.)Receiving team must have 5 men on the 40 yd line.
- 8.)No passing, except laterals are allowed during kickoff
- 9.)The ball may be fielded after a bounce on kickoffs.

### **Punting:**

- 10.)All punts are declared, free kick, no fake punts.
- 11.)Punter must be 5 yds behind center, defense must have 4 men on line. No one may move until ball is kicked. Open hands blocking is allowed by receiving team. Penalty – Illegal Procedure: 5 yds
- 12.)Punter may move a maximum of 5 yds to each side of center to kick the ball.

### **Extra Points:**

- 13.)Extra Point options: 2 pts if run/pass from 7 yd line, or 1 pt if
- 14.)run/pass/kick from 3yd line. Team Captain must verify option to Referee. Once declared, it costs a timeout to change option. No changes after penalty.
- 15.)Defense can return an interception on extra point for 1 or 2 points.

### **Clock Rules**

- 16.)Two 30 minute halves w/ stopped clock only after scores, and in the last 2 minutes of each half.
- 17.)30 second play clock is in effect
- 18.)3 timeouts per half, if you have 3 at the 2 minute mark, you lose one.
- 19.)In last 2 minutes, clock stops with incomplete passes and/or player goes out of bounds.

- Change of possession, clock starts on the set of the ball, unless player goes out of bounds. After a first down, the clock starts on the 20.)set of the ball. After accepted penalties, the clock starts on the the snap of the ball.

### **Special Rules:**

21.)Offense must have 4 men on line of scrimmage. Line must be balanced(Tkle-Ctr-Tkle), Defense Line must be head to head with Off line but not over the center. Defensive Tackles may stagger feet but must remain head to head across from Offensive Guards. Defensive Ends are allowed to be 1 yard outside of TE's. **There is to be no stacking LB's or Safeties on top of the Center.**

22.)Ball is dead after hitting ground, No fumbles.

23.)Receivers must have 1 foot inbounds and can advance after diving catch if not touched while on ground. If player loses a flag, one hand touch prevails. If player starts play with only one flag, penalty is a loss of down.

23.)No "sleeper plays" and no diving with the ball.

24.)Only the Center is allowed to get in a 3 pt stance.

25.)Ball is spotted where flag is, not ball.

26.)Players cannot roll or dive into endzone. **PLAYERS ARE ALLOWED TO LEAVE THEIR FEET** as long as they are not jumping/hurdling over another player to advance the ball.

27.)ALL OFFENSIVE PLAYERS MUST HAVE SHIRTS TUCKED IN THEIR PANTS, REFEREE WILL RULE YOU DOWN.

28.)On side kicks are allowed only under 2 mins left in game. Ball is kicked off from the 40 yd line, while receiving team must return ball past the 20 yd line.Failure to do so will result in loss of possession, and kicking team gets the ball at mid-field.

29.)**Starting in 2010, mercy rules is in place, 3 scores with 3 minutes remaining!**

### **Uniforms:**

30.)All players must wear team colors, NO MISS MATCHED SHIRTS!

31.)No metal cleats, no pockets or belt loops on pants.

32.)All players must have numbered jerseys

33.)Each team must supply their own ball.

34.)No pads. Baseball, Football, and Golf gloves are allowed.

35.)Baseball caps (if worn) must be turned around backwards.

### **Defensive rules:**

36.)Blocking-**OPEN HANDS ONLY, No Chop Blocking! NO ELBOWS! Any such player who attempts a CHOP BLOCK or ELBOW will be removed from league!** No loading up from sides. Allowed on kickoffs/punts or any scrimmage play.

37.)No slapping ball while in possession. Penalty – Unsportsmanlike conduct : 15 yds and 1<sup>st</sup> down or penalty can be tacked onto play.

38.)**Defender cannot use contact to break up pass.** Penalty – Illegal contact : 10 yds and 1<sup>st</sup> down. One bump is allowed within the first 5 yds. No defensive holding. Penalty – 5 yds and 1<sup>st</sup> down.

39.)NO CONTACT with passer above waist under ANY circumstance. Defender may attempt to jump to block pass if not close enough to go for sack, but may not swat or grab QB's arm! Go for his flag! Penalty – Roughing the passer : 10 yds + 1<sup>st</sup> down or penalty can be tacked onto the play. Defenders are allowed to rush in with hands/arms raised to deflect pass, but are not allowed to swat after QB's arm or ball, arms must be vertical! If defender is close enough, go for the sack!

40.)NO TACKLING! (20 yds + the play) Any tackle within 10 yds of endzone or in a last defender situation will result in a touchdown!  
NO RAPPING UP BALL CARRIERS! NO GRABBING HIPS, PULLING DOWN BALL CARRIER IN ANY WAY. Go for the flag! Any of these will result in a 20 yd penalty + the play, and automatic ejection for defender. 2<sup>nd</sup> offense by said defender will result in a 3 game suspension + \$50 fine paid to the league. 3<sup>rd</sup> offense is a 1 year suspension + \$100 fine to be paid before the next season.

### **Defensive rules continued...**

41.)No pushing ball carrier out of bounds. Penalty – Roughing : 10 yds + 1<sup>st</sup> down or tacked onto the end of the play

42.)Flag “tackling” will be enforced very strictly! There will be a zero tolerance with any form of tackling/wrapping up while going for flags!  
ZERO TOLERANCE!

### **Guarding the Flags**

43.)Runner may not flag guard by using their hands,arms,or the ball to deny the opportunity for an opponent to pull the flag. Penalty – 10 yds.

44.)Flag Shielding includes: swinging the hand/arm over the flag, placing the ball in possession over the flag, lowering the shoulders in such a manner that defender is shielded from flag, holding flag with the off-hand, stiff arming or running directly into defender

45.)Inverted flags are an unsportsmanlike foul. Penalty – 15 yds from previous spot & loss of down.

### **Tie Games**

46.)Overtime – Ball is placed on the 20 yd line giving each team 4 plays to score, this process will continue until there is a winner.

### **Referees**

47.)**There is absolutely no verbally abusing referees**, no arguing with refs, no swearing/cursing in any way. ZERO TOLERANCE! The refs have a tough job to do! Penalty – 20 yds.,ejection from game + \$50 , 2<sup>nd</sup> offense –

ejection from game + \$100 fine to be paid to league before returning to league. 3<sup>rd</sup> offense – removal from league + \$150 fine(to team) to league before team's next game. This is a family oriented league, there will be children on the sidelines and in the stands. If any player/team does not respect these rules, they will be suspended from playing in this league. It's real simple – we are here to have fun, nothing less! If a player is penalized and continues to argue with referees he will be ejected from game. If he continues after that he will be suspended for the year. 3 strike rule, 3<sup>rd</sup> offense brings removal from league. If a player is thrown out of this league, he will not be able to return for at least one full season at commissioners ruling. **Each team must have a captain for offense and defense, that is the only person to approach the referees with questions about a call on the field.**

### **League Fees**

48.) **All team/league fees must be submitted by Friday, August 26th.** No exceptions. The field, Insurance, and all other costs must all be paid on time in order to allow for everything to be in place in time for the season. **Their will be a \$100 late fee otherwise! No exceptions!**

49.) All participating teams must be submitted by August 21st with a \$50 non-refundable deposit.

50.) All games will be played at Patch Park in Charlestown, NH..

51.) **It is ultimately up to the team captains to make sure their players are aware of all of the rules and fees.**

### **Sportsmanship**

- The refs will be looking and reacting to any outbursts, foul-play, swearing, tackling, etc. It is all of our responsibility to keep this league a clean league so more people will want to play, and more people will want to watch as well. We are hoping to attract more kids and families to watch our games. Our sponsors are counting on it!

### **ROSTERS**

53.) Each team is allowed 22 players total. Rosters are final as of week 4. After week 4 no players can be added to any rosters. There will be no adding players on gameday, to add players prior to Week 4 Team Captain must send info to Aaron Robar day before game so he may add player to roster so all player has to do before game is sign waiver. Attendance will be kept, so push your players to show up for games to meet the required amount of games for the playoffs! **If a player takes the field without signing waiver, that game will result in a forfeit!**

### **Closing**

No matter what town/city Twin Valley Flag Football League hosts its Fall league or Tournaments, there remains a Zero-

Tolerance rule, player and team conduct must remain in the guidelines of good sportsmanship. It remains a privilege to play for this league, not a right. **Twin Valley Flag Football Leagues' officials (referees and owner/commissioner) reserves the right to remove anyone from this league who does not follow the rules!** This league can only be as good as it's players and teams want it to be!

My referees will not tolerate any players or spectators that get out of hand! The referee makes the call, you simply go back to the huddle. If there is a question about the call, your captain on the field may approach the referee.

Make sure your team shows up early due to the mercy rule, some games may start early due to this rule. Teams will have 2 minutes to get ready for their game after previous game is over. Game starts at the 2 minute mark!

Remember, it is not anyone's right to play in this league, it is their privilege to be a part of this activity. Please show respect to your fellow teams and players!

It is the team captain's responsibility to assure all players know the rules!