

## **City of Casper Recreation Division / Boys & Girls Clubs of Central Wyoming**

### **2013 Ultimate Flag Football League Guidelines – Senior League**

1. Divisions of play: Senior League – grades 3 and 4
2. League games and practices will be scheduled on Tuesdays and Thursdays. Games and practices will be held on the outfields of the North Casper softball fields across the street from the Boys & Girls Club on “K” Street.
3. No more than 7 players will be on the field during live ball play in each division.
4. Metal cleats in any form are illegal. Rubber cleats and tennis shoes are legal.
5. Blocking and tackling are not permitted.
6. Games shall consist of two 20 minute halves using a running clock. Officials may stop the clock as needed at their discretion. Each team is allowed two one minute timeouts per half. Substitutions may be made during any dead ball period.
7. The ball placement for the point after touchdown will be the 3 yard line hash mark. The scoring team will have one chance to either pass or to run the ball in following each touchdown. Senior division designated rushers must be 10 yards from the line of scrimmage.
8. All Senior League games will begin with a “kick off”. The “kick off” is to be either punted or thrown from the 25 yard line. Possession will be determined by a coin toss or rock, paper, scissors.
9. Fumbled balls that hit the ground are dead on the spot and remain the offensive team’s ball. In the Senior League, “kick offs” and punted balls may be picked up from the ground and returned at the official’s discretion for safety concerns.
10. The ball will be put into play from the line of scrimmage with a hike from either between the legs or standing to the side of the ball.
11. The Senior Division will be allowed 4 downs to move the ball to the next first down line. On the 4<sup>th</sup> down, the offense must declare to the defense if they are going for the 1<sup>st</sup> down or “punting”. If “punting” the ball may be punted or thrown. Players may not block on the punt. If a team does not reach a 1<sup>st</sup> down, the defense takes possession where the ball is declared down.
12. The quarterback cannot run the ball forward for yardage. Quarterback sneaks or runs from the center are not legal. Handoffs, laterals, pitches and passes are legal.

13. All players in the Senior League who are designated as rushers must be a minimum of 10 yards from the line of scrimmage when the ball is snapped. You may have as many designated rushers as you wish as long as they are a minimum of 10 yards from the line of scrimmage. Players not designated as rushing may defend the line of scrimmage in the Senior Division and may only advance to rush once the ball is handed off from the QB, pitched, tossed laterally or the 7 second pass count expires. Those defending the line of scrimmage during a pass play may rush the QB when the official declares “rush” after a 7 second count has expired.
14. An offensive player who receives a handoff from the quarterback may pass the ball as long as he has not crossed the line of scrimmage.
15. Players should remain on their feet during play – diving is a violation and a safety concern. A player who leaves his feet in an attempt to gain extra yardage or to de-flag an opponent should be penalized for unnecessary rough play.
16. The ball is always spotted where the player’s feet were when he was de-flagged and not where the ball was. If the flag falls off, the ball is dead.
17. Flags must be attached as intended by the manufacturer and must be worn outside the jersey. Flag guarding and stiff arming are illegal.
18. The offense may have only one player in motion at a time during the set.
19. Only one foot needs to be inbounds on receptions. Interceptions may be returned.
20. A play is dead when: The ball is fumbled. The flag is pulled or falls off. The ball carrier is out of bounds. The ball carrier’s knee hits the ground. A touchdown or safety is scored.
21. Penalties: All defensive infractions will result in a 10 yard penalty. Examples of defensive penalties are personal foul, pass interference, unnecessary roughness (reckless play, diving, etc.), and any other defensive violation as deemed by the referee. All offensive infractions will result in the loss of a down. Examples of offensive penalties are personal fouls, illegal blocking, flag guarding, stiff arming, unnecessary roughness (reckless play, diving, etc.), and any other offensive violation as deemed by the referee.
22. Only one team coach may address the referee and only one coach on the field.
24. Each team shall supply one parent to help call play along the sideline.

**Remember, we want everyone to have FUN! We expect good sportsmanship from players, parents, coaches, and all involved. Have a great time and enjoy the season!!**