



Official City of Southlake Flag Football Bylaws

For Rain Out Information call 817-748-8028

or visit www.Teamsideline.com/southlake.

Rules may differ if competing in non-Southlake Flag Football events.

I. Eligibility & Roster

- a. Eligibility: Players in grades K-8th as of the current school year. Coaches may be required to provide grade verification. (i.e. report card, school issued ID, etc.)
- b. A team shall consist of eight to twelve players. A team may begin the game with four (4) players and must end with a least four (4) players. Teams will not be penalized if there are less than 6 players present. If a team cannot end a game with four players due to any reason, the game will end immediately and be recorded as a forfeit.
- c. Players are not allowed to play in more than one division or with more than one team per season. Players found to have played for multiple teams will have any games played in as an ineligible player forfeited and may be disqualified for the remainder of the season. Coaches are subject to additional discipline (see G).
- d. All active players must be listed on the official roster. If a non-rostered player is found during or after gameplay, the game will be immediately forfeited. Coaches are subject to additional discipline (see G)
- e. Players are not permitted to play in a lower grade division. Players may play up one grade division with Coach and Southlake Community Services approval.
- f. Roster additions or other roster changes will not be permitted after the first regular season game.
- g. Coaches, knowingly or unknowingly, fielding a team in violation of eligibility and roster rules, are subject to additional discipline at the discretion of the Southlake Community Services Department. Additional discipline may include, but is not limited to; game forfeits, post-season bans, and suspensions. Suspensions can extend indefinitely into future seasons with any City of Southlake Sports League.

II. Equipment

- a. Both teams will bring and play with the designated football:
 - i. Kindergarten – 4th grade = Pee-Wee
 - ii. 5th – 6th grade = Junior
 - iii. 7th – 8th grade = Youth
- b. All players must wear a mouthguard.
- c. All players must wear either the provided shorts or shorts with no pockets. Players must check in with staff working their field if they have any questions regarding shorts.
- d. All players must wear the provided jerseys with their respective team name. Special considerations can be had.
- e. All teams must wear the provided belts with flags. Outside belts and flags are not permitted.
- f. If any equipment is lost or misplaced (jersey/shorts), contact the City of Southlake Community Services staff for temporary uniform approval until equipment comes in.
- g. At the discretion of the officials, if teams have similar jersey colors, the HOME team will wear pennies, which will be provided.
- h. Hard arm casts are prohibited. Soft arm casts may be played in at the discretion of the officials.
- i. No jewelry may be worn at any time during the game (necklace, earrings, rings, piercings etc.) Earrings cannot be tapped over. No exceptions will be made.
- j. Hats are allowed but must be turned backwards.

- k. At their own risk, players may wear sunglasses made of a pliable, non-rigid material. Frames that contain metal or glass should be discouraged. The legality of any sunglasses worn by players is at the discretion of the officials.
- l. Officials/staff may ban any equipment that they deem as unsafe or illegal.

III. 6 v 6 Game Format

- a. Field is 25-30 yards wide and 50 yards long, including the 5 yard end zones.
- b. Games are 6 vs. 6. (a minimum of four can start or finish a game. See Rule I.b.)
- c. Two 20-minute running clock halves (5 minute break at half)
- d. Each possession starts at the 5 yard line after scores, turnover on downs, and/or halftime.
- e. 30 second play clock (45 second play clock for K-2nd Grade Division)
- f. The offensive team has three downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field.

IV. Scoring

- a. Touchdown = 6 points.
- b. Extra Point (5 yard line) = 1 pt.
- c. Extra Point (10 yard line) = 2 pts.
- d. Safety = 2 pts.
 - i. K-2nd Grade Division: no safeties
- e. A turnover during an extra point attempt returned for a score by the defense will result in the score of the point attempted by the offense. (1pt for 1pt and 2pt for 2pt).
- f. Belt must pass goal line to be considered in for a touchdown. Ball position is not considered for any field position.
- g. The mercy rule will take effect when a team is up by at least 35 points anytime after the first half has been completed.
- h. Any forfeit results in 35-0 score record.

V. General Rules

- a. Reschedule Requests: There will be no in-season reschedule requests. All reasonable schedule requests will be honored if submitted by the posted deadline by the Athletics Supervisor pre-season.
 - i. Requests are not guaranteed. It is your responsibility as coach to honor the schedule or have an assistant cover. New assistants can be added on short notice as long as they have a passed background check through the City of Southlake.
 - 1. Notify the Athletics Supervisor early if you intend to forfeit a game or have someone new cover.
 - 2. See Rule I.b for game roster minimums.
 - 3. See Rule IV.h for forfeit scoring.
- b. Coin flip determines choice of possession or direction. The teams will switch sides for the second half and the team that began the first half on offense will begin the second half on defense.
- c. The game clock runs continuously except when: time-outs are called, an injury has occurred, or there one minute remaining in the game.
 - i. The clock will stop in the final 1 minute of the game on these actions in addition to time-outs and injury:
 - 1. Incompletions (intentional spikes count as incomplection)
 - 2. Out of Bounds / Change of Possession
 - 3. Penalties. (If it's an offensive penalty, the clock will start on the official unless it's dead ball foul.)
- d. Each team receives two (2) 30-second timeouts per half. Timeouts do not carryover.
- e. If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt.
- f. K-2nd & 3rd-4th divisions may sidesaddle snap. No motion handoffs or trick plays allowed when sidesaddle snapping.
 - i. K-2nd Grade Division: Snap does not have to be fielded cleanly and sack count will begin at the snap. Once the snap is fielded any further mishandling of the ball will be ruled a fumble and play will be stopped.

- ii. A fumbled snap will be considered a dead ball in divisions 3rd grade and up.
 - iii. 7th-8th Grade: Whoever takes the snap is considered the QB. In other words, if a receiver or running back takes the snap on a jet sweep directly from the center, he or she is the QB
- g. Center cannot take a handoff from the QB.
- h. Ball is placed at the position of the belt when the flag is pulled, not where the ball is.
- i. A receiver must have one foot in bounds when making a reception.
- j. No lost fumbles (a fumbled/stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession).
- k. Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark.
- l. Absolutely no tackling or blocking (stationary pick is allowed but player cannot move)
- m. Only one player can be in motion at the same time.
- n. 3 Players must be on the Line of Scrimmage otherwise it is an Illegal Formation
- o. NO RUSHING THE QB! Unless the QB fakes a handoff, which will trigger a defensive player to cross the LOS and rush the QB.
- p. Defensive players cannot cross the line of scrimmage until a handoff or fake handoff has occurred.
- q. Games cannot end on a defensive penalty.
- r. PLAY IS DEAD WHEN THE FOLLOWING OCCURS:
 - i. Flag is pulled.
 - ii. Runner's knee or elbow touches the ground
 - iii. Runner steps out of bounds
 - iv. The ball is fumbled
 - v. If a player loses his flag then the opposing team must touch the player anywhere to be down
 - vi. If a player jumps with possession of the ball. i.e. jumping while running with the ball or jumping into the endzone to score. (Not while attempting to catch a pass)
- s. Coaches allowed on the field:
 - i. K-4th Grade - up to 2
 - ii. 5th-6th Grade - only 1
 - iii. 7th-8th Grade – none
 - iv. ALL TEAMS ARE LIMITED TO THREE (3) COACHES PER TEAM, PER GAME IN TOTAL. Any coach additions must have approval from the Athletics Supervisor.
- t. In the case of inclement weather during a game, a score will be final if two (2) full quarters have been played. If less than 2 full quarters have been played the game will be rescheduled and played in its entirety with the score returning to 0-0.
- u. Only approved and badged coaches, rostered players, City of Southlake Community Services staff, and officials are allowed on the playing field or in-between fields. Spectators are subject to the Code of Conduct. Spectators can sit in designated areas depending on the field.
 - i. Field A: South Sideline
 - ii. Field B: West Endzone Seating
 - iii. Field C: North Sideline

VI. Pass Game Rules

- a. The Offense must throw the ball within: (Counted as One-1thousand, Two-1thousand, etc.)
 - i. K – 2nd Grade – 6 seconds
 - ii. 3rd-6th Grade – 4 seconds
 - iii. 7th-8th Grade – 3 seconds
- b. The sack count starts on the snap of the ball no matter what the offensive play is attempted.
- c. If the QB does not release the ball before time expires, it is a sack, with the ball being placed 5 yards back from the previous LOS. (See VI.i for intentional spiking)
- d. A sack can occur in the end zone resulting in a safety if the ball is snapped inside the 5 yard line.

- e. Any sack occurring on a play that starts from the 5 yard line will be placed on the 1 foot line.
- f. After a reception, non-forward laterals are allowed past the LOS. If the ball hits the ground, it is spotted at the yard mark.
- g. All players are eligible receivers.
- h. All overhand passes must go past the LOS before being caught. Backward passes will count as an Illegal Forward Pass (Rule X.f). See Rule VII.d for backward lateral/pitching.
- i. Intentional spiking of the ball by the QB (i.e. to avoid a sack or stop the clock) is a dead ball at the original LOS. To avoid an Illegal Forward Pass (see rule X.f) the QB should throw the ball directly down at their own feet.
- j. Interceptions will cause a change of possession at the spot of the flag pull unless a touchdown is scored.

VII. Run Game Rules

- a. Unlimited runs in the K-2nd Grade Division. (NO direct QB runs).
- b. One (1) run every first down in the 3rd-4th Grade Division. (NO direct QB runs).
- c. One (1) run allowed per offensive possession in the 5th-6th Grade Division. (No Direct QB Runs)
- d. Any lateral or backwards pitch is a RUN play. No passing out of laterals/pitches. Sack count continues until the ball crosses the LOS from the snap not the toss.
- e. A ball lateraled/pitched backwards that is incomplete or out of bounds will be considered a fumble and a dead ball at the spot.
- f. A play will be considered a run play when the ball carrier crosses the line of scrimmage within the sack count.
- g. A play in which a player takes a hand-off from the quarterback, and then throws a forward pass will be considered a pass play, and not count as a team's run play. During a handoff the sack count will continue running and if this player does not advance the ball beyond the LOS the play will result in a sack. (Reminder, the defense can rush the ball handler after a handoff.)
- h. There are NO RUNS within five yards of the midfield first down, or five yards of the goal line in the 3rd – 4th Grade Division.
- i. The ball carrier can spin to avoid their flag being pulled but cannot flag guard or jump.

VIII. League Seeding

- a. Playoff Seeding
 - i. Only teams designated as “competitive” will qualify for any outside of Southlake Flag Football events. Teams listed as “Recreational” will play in their own playoffs and will not be eligible for additional events.
 - ii. Playoffs are single elimination.
 - iii. Division winners will receive the top seeds. (I.e. 1-4 seed)
 - iv. Second place teams in each division will fill out the remaining seeds. (i.e. 5-8 seed.)
 - 1. Total number of seeds will be determined by the total number of divisions.
 - a. 1 Division = 4 Seeds
 - b. 2 Divisions = 4 Seeds
 - c. 3 Divisions = 6 Seeds
 - d. 4 Divisions = 8 Seeds
 - e. Etc.
 - 2. Byes will be given if necessary for single elimination brackets. Byes will be given to the overall top team(s).
 - 3. Seeding is determined by overall record. Please refer to rule VIII.b for tiebreaker rules.
- b. Tiebreakers: In case of a tie for playoff seeding at the conclusion of the season, the following tie-breaker procedure will be used:
 - i. Head-to-head results between teams tied.
 - 1. If all tied teams did not play head-to-head games against each other, head-to-head results will not be considered and tie breaker “iii” will be used.
 - ii. If teams split in head-to-head matches, points against in those matches will be used.
 - iii. If teams are still tied, points against in all league matches for the teams tied will be used.

- iv. If teams are still tied after the first three tie breakers a coin flip administered by two (2) members of the Southlake Community Services department to break the tie.
- v. After first place team has been determined, refer to tiebreaker “i” to determine second place from remaining teams tied.

IX. Overtime Format – OVERTIME IS ONLY APPLICABLE IN THE PLAYOFFS

- a. Overtime period will take place with each team receiving a possession.
- b. Coin flip determines choice of 1st or 2nd possession.
- c. Possession begins 10 yards from the goal line. Each team will receive four downs. (both teams will go in the same direction).
- d. If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion.
- e. If the Defense intercepts the ball, it's a change of possession starting at the 10 yard line unless the Defense returns it for a TD. Game will be final if the intercepting team was ahead in points in OT prior to playing Defense or intercepting team returns it for a TD on it's 1st Defensive possession per OT.
- f. If the game is still tied, overtime will be repeated until there is a winner.
- g. Teams alternate first possession each overtime period.

X. OFFENSE PENALTIES:

- a. Offensive Pass Interference – 10 yard penalty and replay the down.
- b. Illegal motion (2 men in motion) – 5 yard penalty and replay the down.
- c. Illegal Formation – 5 yard penalty and replay the down.
- d. Illegal Run – 5 yard penalty and loss of down.
- e. False Start – 5 yard penalty, play blown dead.
- f. Illegal Forward Pass – 5 yard penalty and loss of down (QB steps over the LOS or QB throws a forward pass behind the LOS).
- g. Blocking – ball is dead at the spot of the block and loss of down.
- h. Leaping – ball is dead at the spot and loss of down.
- i. Flag Guarding (including stiff arms) – ball is dead at spot and loss of down.
- j. Unsportsmanlike conduct – 15 yard penalty (possible ejection).
- k. Delay of Game – clock is stopped and a 5 yard penalty.
- l. No Intentionally Grounding Penalty.

XI. DEFENSIVE PENALTIES:

- a. Defensive Pass Interference - 10 yard penalty and down over unless it's an offensive catch; Offense decides. 1st down can occur depending on the yardage.
- b. Illegal Contact (holding, jams, etc.) – 5 yard penalty and down over unless it's an offensive catch; Offense decides. 1st down can occur depending on the yardage.
- c. Defensive Holding while pulling flag – 5 yard penalty added to the end of the play and replay the down.
- d. Illegal Flag Pull (before player has ball) – 5 yard penalty at end of the play and replay the down.
- e. Offsides – 5 yard penalty and replay the down.
- f. Illegal Rushing (before a hand-off or fake hand-off has occurred) – 5 yard penalty and replay the down; offense decides.
- g. Inadvertent tackle – 5 yard penalty added to the end of the play.
- h. Inadvertent tackle From Behind w/clear path to end zone – Automatic Touchdown.
- i. Unsportsmanlike conduct – 15 yard penalty and automatic 1st down (possible ejection).
- j. Defensive Penalties inside the 10 yard line will result in half the distance to the Goal line if applicable.

XII. PROTESTS –

- a. Judgment calls and game scores cannot be protested. Protests must be filed in the following manner:
- b. Protests must be filed in the following manner:
 - i. Must be filed before the game is over.
 - ii. Notify game official and City of Southlake staff that the game is being played under protest.
 - iii. See that the official or City of Southlake staff notifies the scorekeeper and that the protest is recorded on the official score sheet.
 - iv. On the first regular business day following the protested game, the coach must submit a written protest with all available details to the City of Southlake with a \$50 protest fee. The protest fee will be returned if the protest is upheld.
- i. If the protest is deemed time sensitive in nature, the Supervisor on Duty will provide a payment option and the review will be conducted on-site. Time sensitive is to be determined by City of Southlake Community Services staff.
 - 1. NOTE: Protests can only be submitted during a scheduled league game. Any protest not submitted during a league game will not be reviewed.

CONDUCT/SPORTSMANSHIP ZERO TOLERANCE POLICY

The City of Southlake has zero tolerance for unsportsmanlike conduct by any coach, player or spectator before, during or after a game. This includes but is not limited to booing, shouting at the officials, or arguing any call. Expressing any negative behavior or comments, threats or obscene gestures to players, coaches or officials is also unacceptable.

- Any player, coach, or spectator ejected from any league game is subject to additional suspensions.
- Players, coaches, and spectators who have been suspended must leave the complex and may not return until the completion of their suspension.
- Each team coach is responsible for the conduct of their spectators and team participants.
- No player, coach or spectator shall interfere with the scorekeepers/officials. Any concerns regarding the scorekeepers/officials must be brought to the City of Southlake Community Services Staff.
- Verbal or physical violence, especially attacks on a game or tournament official immediately before, during, or after a game or fights between players/teams will result in additional discipline at the discretion of the Southlake Community Services Department.
- Suspensions carry over from season to season.
- An official or Parks and Recreation staff member will have the authority to remove a player, coach, or spectator from a game and/or forfeit the game due to unsportsmanlike conduct. Unsportsmanlike conduct shall include, but not be limited to, illegal equipment, profanity, threats of any kind toward the officials, Parks and Recreation staff, and/or scorekeeper, fighting (before, during, or after the game), or any flagrant foul as determined by the official.
- City of Southlake City Ordinance #515 states, "It shall be unlawful for any person to possess or consume any alcoholic beverage on city property."

CITY OF
SOUTHLAKE

