All players must have **equal playing time** (unless disciplinary action is needed - parents need to be informed).

All players must have the **same amount of playing time on offense and defense** (recommend half the season offense, half the season defense - or - first half game offense, second half game defense (or vice versa)).

All players must play a **minimum of four positions** throughout the season (Minimum: two offense, two defense). They must play at least 20 minutes at each of these four positions during the season.

**Equipment:** (i.e. footballs, flag belts) will be provided by the NFL - if you need to borrow flag belts from Parks and Recreation till your equipment comes in, they will be available on a first-come-first-serve basis.

**Practices:** No team will be permitted to require more than one practice in any Sunday to Saturday period (You may have more than one practice a week but can only require one).

If a player **intentionally takes out another player**, they will be ejected from that game and must sit in the stands with their parents/guardians or leave the complex.

If an official feels that a player made **incidental contact** with an opposing player, a penalty will not be called, this will be a judgment of the official(s).

If an offensive player has possession of the ball and is clear of any defensive players and their flag drops accidentally, a down will not be called and they may continue running until they score or a defender is close enough that they could pull the flag.

**5-6th grade rec only** – **Lateral and / or backwards passes** will be allowed, but only behind the line of scrimmage. No laterals will be allowed downfield (beyond the line of scrimmage). Any lateral pass / toss dropped or not completed will be treated as a dead ball, the same as any other dropped or fumbled ball. Laterals may be intercepted by the opposing team. However, only forward passes will count as passes on mandated passing downs.

**5-6th grade rec only** - The **quarterback may run with the ball if rushed** – this rule will not be in effect in the no running zone – plays must be pass only.

**Determination of possession** at beginning of first and second half (schedule determines possession – visitors will have possession the 1st half; home will have possession the second half)

**2 minutes between halves**

All players and coaches must remain in the **designated box** at midfield. One coach for each grade will be allowed to remain on the field at all times (out of the way of play) and one will be allowed to roam the length of the field.

**Taking pictures:** only authorized Parks and Recreation staff and/or approved professional photographers are allowed to take pictures along the sidelines. Any pictures taken by spectators, coaches, etc. must be taken behind the designated spectator line or behind the end zones.

**General Information**

- All coaches will receive 5 footballs – these need to be turned in at the end of season for use for practices in the future. You must bring one of these footballs to the game to use as game ball.
- All Jerseys must be tucked in at all times!
- All players will receive a jersey and flag belt – these do not need to be turned in to the coach or the league. They belong to the player. Please label each flag belt before you hand them out, measure them and cut excess belt – you can even tape the belt so it doesn’t come loose. Recommend coach keeps flags until end of season.
- Concession stands are available at each field.
- For the health and safety of the youth, we do not allow any pets, tobacco products (includes e-cigs), alcohol or glass containers at the sports complexes.
- Home team provides the game ball; Visiting team provides the volunteer for the down marker.
- **New rule:** Players are allowed to have **shorts** with pockets. Shorts cannot be the same color as their flag belt. Shorts cannot have a stripe down the side that is the same color as the flag.