



## Friday Night Flag Football League Rules



- Each team will be Co-Ed and will play one game a week for 5 weeks. At the duration of 5 weeks, there will be a one week playoff period with the Championship Game on December 17<sup>th</sup>.
- Players will follow the rules and show good sportsmanship during all games and league time.
- Teams will be picked randomly and posted at the Rec Prior to the 1<sup>st</sup> game on Friday, November 12<sup>th</sup>
- Games will start promptly at 7:30pm
- There is no cost associated with the league other than the cost to attend Friday nights at the Rec Center.

### Rules of the League

1. Teams of 5-8 players per team will take the field.
2. Each team will have a staff QB
3. There will be 4, Five minute quarters (6 teams) or 3, five minute quarters (8 teams)
4. A team will get 4 downs until half field, and then another 4 downs until the goal
5. Flags must be on the hips. Not in the front or behind participants
6. Players will respect the calls from the staff
7. Players will show sportsmanship before, during and after all games
8. It is Flag Football, therefore no rough housing during the games.
9. Each team will play once a week during the regular Teen Center Friday Night hours (7:00-9:30pm)
10. The Championship game will be played on December 17<sup>th</sup> at 8:30pm.

