

Marshall Parks & Recreation Department

Flag Football Rules

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The Game

- No contact or blocking allowed
- No stiff arms or swatting away people pulling flags
- No holding onto flags if they are falling off
- A coin toss determines choice of starting with the ball or deferring to the second half
- No wrapping players up just to pull their flags
- The ball is spotted where the flag is pulled or starts to fall off
- No Handoffs
- There will be no kickoffs, offensive drives will start at 5 yard line after touchdown or start of half
- Interceptions and punts can be returned (not on PAT tries)
- Games will consist of two 15 minute halves with a 5 minute half time
- Teams will have 15 seconds to snap the ball once it is spotted
- Teams will have 3 downs to cross midfield for a first down
- Teams will have 1 timeout per half (1 minute)
- 5 on 5 on the field. 10 persons allowed on roster. You can only play for one team.
- Field size is 60 yards x 30 yards with two 10 yard end zones
- Be ready to play 15 minutes before your scheduled time. If we are ahead of schedule we will start early

Scoring

- A touchdown is worth 6 points, PAT is 1 point from the 5 yard line
 - A safety is worth 2 points

Overtime

- A coin toss determines first team to get the ball
- Each team will have 1 possession in overtime
- Each team will have a turn with the ball at the 5 yard line with 1 play to score
 - This process will continue until only 1 team scores

Rushing the Quarterback

- There will be a "five apple rush", then the defense can rush
 - Unless the ball is pitched, then defense can rush immediately
- The QB may not pass the line of scrimmage unless rushed
- No linemen or blockers

Passing/Receiving/Running

- Receiving players must have at least 1 foot in bounds
- A player may not intentionally run out of bounds and make a reception
- If a receiver catches the ball without flags they are down immediately
- The ball can be pitched left or right laterally or backwards, but not straight behind the QB
 - The player may then throw the ball or run
 - If the ball is pitched the defense may rush immediately

Player Waiver of Liability Agreement & Team Roster

Team Name _____ League: Manager & Cell #: _____

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

The undersigned desires to participate in a course or recreational activity being offered by the Village of Marshall. The undersigned assumes all responsibility and risks related to or in any way connected with the course or activity.

In consideration of the Village of Marshall, the undersigned does for himself, his heirs, executors, successors and assigns, release, waive, discharge and covenant not to sue the Village of Marshall, its employees, agents, successors and assigns, of and from any and all actions, causes of action, claims, demands, damages, costs, loss of services, expenses and compensation arising out of, on account of, related to, or in any way connected with the undersigned's participation in this class.

IN SIGNING THIS RELEASE, I ACKNOWLEDGE AND REPRESENT THAT

I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least sixteen (16) years of age and fully competent; and I execute the Release for full, adequate and complete consideration fully intending to be bound by same.

Print Players Name	Players Signature	Date
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2		
3		
4		
5		
6		
7		
8		
9		
10		

Teams must turn in these Waivers to the Park and Rec office or to the Parks & Rec Director before the first game.
Call 608-655-4017 ext. 221 or email bmiller@marshall-wi.com for any questions.