

## GENERAL INFORMATION

1- TWO FIELDS THIS YEAR: TABERNACLE AND IVY MEMORIAL

2- SOME OF YOU WILL NOTE THAT THE IVY FIELD IS EIGHT YARDS SHORTER THAN TABERNACLE. EACH END ZONE IS ONE YARD SHORTER AND EACH FIRST DOWN DISTANCE IS TWO YARDS SHORTER.

3- I TRIED TO GIVE TEAMS A GAME EACH WEEK THEY CAN PLAY. IN ORDER TO DO THIS, MOST TEAMS HAVE MORE THAN 8 REGULAR SEASON GAMES. GAMES PLAYED BEYOND 8 WILL NOT BE OFFICIATED. THESE GAMES ARE GENERALLY THE SECOND TIME TWO TEAMS PLAY EACH OTHER.

4- THE TOURNAMENT WILL BEGIN ON JANUARY 16TH. YOU CAN GIVE ME NO PLAY DATES WHEN I GET READY TO MAKE THE TOURNAMENT SCHEDULE.

5- THERE ARE ONLY A COUPLE OF RULE CHANGES THIS YEAR. BOLD PRINTING ON THE SCHEDULE SIGNIFIES A RULE CHANGE OR EMPAHSIZING AN OLD RULE THAT WAS OFTEN MISUNDERSTOOD.

6- NEW RULES & A FEW OFTEN MISUNDERSTOOD RULES:

- WE WILL HAVE A CLOSING PRAYER AWAY FROM WHERE THE NEXT TEAMS ARE GETTING TOGETHER.
- DURING THE REGULAR SEASON YOU CAN PICK UP PLAYERS FROM OTHER TEAMS FOR THAT GAME
- ON PASS DEFENSIVE CONTACT, THE DEFENSIVE PLAYER MUST TOUCH THE BALL BEFORE TOUCHING THE RECEIVER. INTENT MAKE NO DIFFERENCE.
- FLAGS MOVED BY DEFENSIVE PLAYER IN ATTEMPTING TO PULL THEM, STILL RESULT IN BALL BEING DEAD AS SOON AS THE NEXT DEFENSIVE PLAYER GETS CLOSE.
- EXCEPT IN THE LAST TWO MINUTS OF HALF AND GAME, THE CLOCK RUNS DURING EXTRY POINTS AND GETTING SET FOR THE KICOFF
- IF A RECEIVER LOSES A FLAG BEFORE CATCHING A PASS, HE CAN ADVANCE THE BALL UNTIL A DEFENSIVE PLAYER GETS CLOSE. IF A RECEIVER OR BALL CARRIER HAS NO FLAGS, THE BALL IS DEAD WHERE HE FIRST MAKES POSSESSION.

YOUTH MIXED ADULT

First First Calvary RPC

Freedom Life Buckroe Freedom Life

Immanuel Fox Hill Immanuel

Ivy Memorial Ivy Memorial City Life

Seaford Providence FWB Seaford

Union Parkview A Liberty

West Hampton Parkview M Emmaus

Pine Chapel Temple

Warwick Assembly of God

OCTOBER 3rd PRESEASON NO OFFICIALS

TABERNACLE IVY MEMORIAL

8 8 Buckroe Providence

9 9 Ivy Mem A Providence

10 Immanuel Y Union 10 Ivy Mem Y West Hpt

11 Seaford A Immanuel A 11 Ivy Mem A Pine Chapel

12 Seaford Y First Y 12 Freedom Life Y Ivy Mem Y

1 Parkview A First A 1 Freedom Life A City Life

2 Parkview M Temple 2 Fox Hill Warwick

3 Temple Calvary 3 Emmaus Liberty

OCTOBER 10TH NO GAMES

PBA COED FLAG FOOTBALL 2009

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OCTOBER 17TH PRESEASON OFFICIATED

TABERNACLE IVY MEMORIAL

8 8

9 9 Buckroe Ivy Mem A

10 10 Immanuel Y Seaford Y

11 First Y West Hpt 11 Union Ivy Mem Y

12 City Life Immanuel A 12 Temple Seaford A

1 Parkview M First A 1 Fox Hill Pine Chapel

2 Emmaus Immanuel A 2 Calvary Liberty

3 Parkview A Warwick 3

OCTOBER 24th \*\*\*\*\* Pre Season Officiated

This week only.

TABERNACLE IVY MEMORIAL

8 Calvary Immanuel A 8

9 First Y Immanuel Y 9 Free Life A Providence \*\*\*\*\*

10 Buckroe First A 10 Ivy Mem Y Free Life Y \*\*\*\*\*

11 11 Ivy Mem A Free Life A \*\*\*\*\*

12 West Hpt Seaford Y 12

1 City Life Seaford A 1 Parkview M Warwick

2 Temple Emmaus 2 Fox Hill Parkview A

3 Temple Liberty 3

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OCTOBER 31ST

TABERNACLE IVY MEMORIAL

8 8 Calvary Freedom Life A

9 9 Ivy Mem Y Freedom Life Y

10 10 Ivy Mem A Pine Chapel

11 Union First Y 11 Immanuel Y West Hpt

12 Parkview M Providence 12 City Life Immanuel A

1 Parkview A First A 1 Seaford Y Immanuel Y

2 Fox Hill Warwick 2- Liberty Emmaus

3 3 Temple Seaford A

NOVEMBER 7TH

TABERNACLE IVY MEMORIAL

8 8 Calvary City Life

9 Immanuel A Freedom Life A 9 Buckroe Ivy Mem A

10 Immanuel Y Freedom Life Y 10 Union Ivy Mem Y

11 First Y Freedom Life Y 11 Providence Pine Chapel

12 First A War Assy 12 Providence Parkview A

1 Temple Emmaus NC 1 Fox Hill Pine Chapel

2 Seaford A Emmaus 2 Parkview M Fox Hill NC

3- Seaford A Liberty

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NOVEMBER 14TH

TABERNACLE IVY MEMORIAL

8 8 Buckroe Providence

9 9 Ivy Mem A Warwick

10 10 Ivy Mem Y West Hpt NC

11 Union Immanuel Y 11 West Hpt Freedom Life Y

12 Calvary Temple 12 City Life Freedom Life A

1 First A Parkview M 1 Immanuel A Emmaus

2 Fox Hill Parkview A 2 Immanuel A Liberty

3 Seaford Y First Y

NOVEMBER 21ST

IVY MEMORIAL

8 Calvary City Life NC

9 Temple Immanuel A

10 West Hpt Ivy Mem Y

11 Seaford A Freedom Life A

12 Ivy Mem A Parkview A

1 Seaford Freedom Life Y

2 Liberty Emmaus

3 Buckroe First A NC

4 Fox Hill Warwick NC

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DECEMBER 5TH

TABERNACLE IVY MEMORIAL

8 8 Buckroe Pine Chapel

9 Calvary Seaford A 9 Ivy Mem A Providence

10 Seaford Y Freedom Life Y 10 Ivy Mem Y Immanuel Y

11 Union West Hpt 11 Temple Freedom Life A

12 Union Seaford Y 12 Parkview M Parkview A

1 First Y West Hpt 1 Parkview M Warwick

2 First A Fox Hill 2 City Life Emmaus

3 Liberty Immanuel A NC

DECEMBER 12TH

TABERNACLE IVY MEMORIAL

8 Temple City Life 8 Parkview M Ivy Mem A

9 Seaford Y West Hpt 9 Ivy Mem. A First A

10 Immanuel Y Seaford Y NC 10 Ivy Mem Y Union

11 Seaford A Immanuel A 11 Providence Warwick

12 Buckroe Parkview A 12 First Y Freedom Life Y

1 Buckroe Fox Hill 1:30 Liberty Freedom Life A

2 Calvary Emmaus (note starting time above)

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DECEMBER 19TH

TABERNACLE IVY MEMORIAL

8 Calvary Immanuel A 8

9 First Y West Hpt 9 Buckroe Warwick

10 Providence First A 10 Ivy Mem Y Freedom Life Y

11 Seaford Y Union 11 Immanuel Y Ivy Mem Y

12 Seaford A Temple 12 Ivy Mem A Fox Hill

1 1 Emmaus Freedom Life A

2 2 City Life Liberty

3 3 Pine Chapel Parkview A

4 4 Pine Chapel Parkview M

JANUARY 9TH

TABERNACLE IVY MEMORIAL

8 8 Temple Free Life A

9 Immanuel Y Free Life Y 9 Ivy Mem Y First Y

10 Pine Chapel Warwick 10 Union Ivy Mem Y

11 Pine Chapel First A 11 Ivy Mem A Parkview A NC

12 Immanuel A City Life 12 Parkview M Buckroe

1 West Hpt Seaford Y 1 Fox Hill Providence

2 Seaford A Emmaus NC 2 Liberty Calvary

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## PBA Flag Football League Rules

College rules are in effect, except as listed below, or as modified by the Commissioner at the field!

1. Each game shall be preceded & closed with a prayer. The closing prayer shall be on the sidelines, away from the teams playing the next game.

### 2. Teams

- Teams shall have one “church member” present who is at least 21 years old.
- Youth team players cannot be 19 before Dec 31st.
- One adult can play offense on a youth team. However, that adult cannot advance the ball in any manner. (Pass; Reception; Run). The adult can CENTER the ball. A youth can play on both a Youth and Adult Division Team.
- Teams can pick up players from other teams. They can only pick up enough players to field a complete team of eight. This rule applies only to the regular season. A player can play for only one (or two if it is a youth playing on one youth and one adult team) team during the tournament.

### 3. Player Contact

- Generally no contact is permitted.
- Ball carrier cannot be pushed out of bounds.
- No blocking by any player, including the offensive backfield. Downfield blocking is prohibited, however, if a player already down field remains stationary, they can be used as a pick by the runner.)
- The only contact allowed is incidental contact on a pass play where both have an equal chance to catch\intercept\deflect the pass. However, the defensive player must touch the ball before contact with a player.
- A flagrant violation of this rule can lead to ejection from the game or league.
- The ball cannot be stripped from any player.

4. Teams shall consist of eight players, two of which must be females. Teams can play with one female, but would use only 7 players. Teams can play with seven players including two or more females. (A youth team can play with 7 offensive & 6 defensive players if the 7th offensive player is an adult, not allowed to play defense.)

5. Anyone not playing on another PBA team is eligible to be added to a team at any point and there is no waiting limit or roster.

6. First Downs are gained when crossing any of the three lined markers on the field. You cannot get a first down by re-crossing the line on the same possession.

7. Regardless of who scores, during regular season, a team losing by 15 points or more shall receive the kickoff. This also applies to the second half kickoff and kicks following safeties. In the tournament, a team must be losing by 20 points to receive the kickoff.

8. All players must wear flags and are eligible to run the ball or catch a pass. There is no penalty for not having flags. However, the ball is dead when possessed by a player with no flag set on. That includes the point of possession on a pass reception or interception.

#### 9. Games

- Shall consist of two, 22 minute, halves with a one minute half-time.

- The clock shall run continually except for:

Each team gets 4 timeouts per game. They last one minute and can be taken all in the same half.

During the last two minutes of either half, the clock is stopped from the end of the play, and restarts once the ball is spotted.

The clock will also run continuously after scores, except in the last two minutes. Then clock stops from score until the following kickoff is returned.

- If a play ends with 10 seconds or less in either half, by definition there shall be one more play remaining. The offensive team shall have the normal 30 seconds to put the ball in play (this rule is often referred to as "by definition").

10. The game shall end at the expiration of one hour of play if the winning team has a 17 point or greater lead.

#### 11. Extra Points

- One point from the three yard line and two points if the ball is marked at the ten yard line.
- One point if kicked, however the line of scrimmage is the two point line.

#### 12. Punting

- Must be declared.
- No rushing.
- The punter may pick up the ball even if it hits the ground.
- Neither team may move until the punter kicks the ball.
- Receiving team must have five players on the line of scrimmage.
- No shadow blocking on kick or punt returns, but players may run to a spot ahead of the runner and wait to be used as a pick.

#### KickOff

The receiving team must have 3 players at midfield.

The ball will be spotted at the 1st Down Line.

#### 13. Offensive Formations

- The offensive must have FOUR players on the line, anywhere between the two “rushing lines”.
- The offensive can ask the ball to be placed anywhere between the two lines.(But not closer to the rushing lane than one yard.)
- The offensive line must remain stationary.

- The two “backs” can line up anywhere, including the line, can both move in any direction before the snap, including towards the line. (No blocking still in force.)

The four linemen cannot drop back after the snap.

- No direct runs between the two rushing lines are permitted. The only time the ball can be advanced across the line of scrimmage between the rushing lines is after it has been carried or passed outside the rushing lines behind the line of scrimmage. This also applies to the QB trying to avoid the rush (going outside the lanes does not have to be intentional.)
- Teams may make two exchanges (passes/laterals/handoff) on a play, including kick off and punt returns. The first one can be forward but must be behind the line of scrimmage.

#### 14. Defensive Formations

- Defensive players can line up at any spot.
- Only two defensive players can rush the quarterback.
- The rush must come from outside the two rushing lanes. (Both rushers can come from the same side.)
- Rushers must line up outside the rushing lines.
- If the ball changes possession behind the line of scrimmage, or if the quarterback rolls outside the rushing lines, anyone can rush. However, in the case of a pass behind the line of scrimmage, the free rush cannot start until the receiver had caught the ball.

On a running play, a defensive player can make a play within a yard of the line of scrimmage. (i.e. can go one yard past while attempting to get the flag.)

15. Ball must be put in play within 30 seconds of being spotted. One warning per team.

16. No Flag Guarding – any hand motion which can impede a defensive player from grabbing the flag. This includes natural arm motions, and does not have to be intentional.

17. A muffed punt / kick off can be advanced only by the player who first touched it.

18. Except for punts, a snap from center which hits the ground is dead at that spot.

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19. If a runner or pass receiver loses his flags or they become twisted at any point, the play will continue until a defensive player comes in proximity to the ball. (Judgment of referee). At that spot the ball is dead. This rule applies even if a defensive player in attempting to grab the flags, moves them around.

20. The ball carrier can jump and spin to avoid having his flags pulled. They cannot dive over another player or across the line of scrimmage or the goal line.

21. The quarterback or runner is not considered "down" if his flags are pulled while his arm is in motion; throwing, handing off or lateraling the ball.

22. In no case can a defensive player recover a fumble, including muffed kicks. If the ball is still "live", a defensive player can end the play by touching the ball.

23. Unless dropped in the course of grabbing, the defensive player must hold up the flag. After the whistle, give the flag to the runner, another offensive player or the referee.

24. Grabbing a receiver's flag before he catches the ball is considered pass interference.

25. No spiked, metal or screw-on cleats.

26. The winning team will report the score unless commissioner is present. (596-4587)

#### 27- Penalties

- All penalties are five steps with the following exceptions.
- Guarding flag or moving pick - Ball dead at time of infraction.
- Personal Foul\Unsportsmanship Conduct\Intentional Contact

Automatic First Down.

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15 steps from infraction or the line of scrimmage (if behind the line).

Possible ejection from half, game or league.

- Pass interference (normal, incl. some contact) -- 15 steps from line and first down
- Intentional Illegal Flag grab or excessive contact. - 15 steps from spot and first down
- Only three offensive players on line of scrimmage--- defense may choose penalty or play.

## 28. Field Goals & Kicked Extra Points

- No Rushing
- Ball must clear the back end line of the end zone.
- The "Goal Post" width is 18 feet.
- On extra point tries, the ball shall be snapped from the one point conversion line.
- In both field goals and extra point attempts, the ball shall be spotted seven steps from the line of scrimmage.
- The holder can pick up a snap that hits the ground as long as he does not move his knee off the ground.