



## Oconee County Parks and Recreation Department Spring 2026 Intramural Flag Football Rules

### I. GOVERNING BODY

The governing body consists of the Oconee County Parks & Recreation Department.

### II. REGISTRATION

A. Registration fee:

1. In County Fee: \$132 per player.
2. Out of County Fee: \$264 per player.

B. **Team Entry Form and Team Roster are due on or by February 18, 2026.**

C. **Individual player registration will take place online between January 26 and February 18**

D. Individuals must be on a roster and declare the team's name of which they will be playing.

### III. LEAGUES

A. Boy's League – 6 vs 6

B. Girl's League – 6 vs 6

### IV. ORGANIZATIONAL MEETING

A. Wednesday, February 18, 2026 at 6:00 pm at the Herman C. Michael Meeting Room.

B. **All team captains must attend.**

### V. UNIFORMS AND EQUIPMENT

A. Jerseys will be provided by Oconee County Parks and Recreation Department.

B. Participants must wear provided jersey to all games in order to participate in the game.

C. NO JERSEY = NO PLAY

D. Jerseys may not be altered in any way. Altered jerseys will be considered illegal.

E. Players will not be allowed to swap jerseys after a game begins.

F. Shoes are mandatory. Metal or detachable cleats are not allowed. Tennis shoes or rubber molded cleats are recommended.

G. Players must wear a mouthpiece

H. Pants or shorts cannot have belt loops, pockets or exposed draw strings. Pants must also be of different color than the flags, which are red or yellow.

I. No jewelry will be allowed to be worn during the game. Players wearing jewelry must remove the jewelry before entering the game.

J. Players may wear knit or stocking caps. Caps with a hard bill must be turned backwards. Headbands (2") are allowed.

K. Players may wear pliable and non-rigid sunglasses.

L. Flags must be approved by OCPRD staff and referee.

M. Each player shall wear a flag belt, without any knots, at the waistline with 3 flags permanently attached, 1 flag on each side and 1 in the center of the back. The flags should be of a contrasting color to the player's pants/shorts

N. Towels and hand warmers worn on the player's waist is NOT allowed

- O. Game balls must be approved by OCPRD staff and referee.
- P. Boy's league will use a Wilson TDY or "Youth" size ball and Girl's league will use a Wilson TDJ or "Junior" size ball
- Q. The referee and/or field supervisor has the FINAL say on all player apparel and equipment

## VI. PLAYER ELIGIBILITY

- A. All players must be 14 -18 years old and must be in high school to participate.
- B. Players are only allowed to play on one (1) intramural team during the season.
- C. **All players must either reside in or attend school in Oconee County (proof may be required).**
- D. All players must be checked in by staff at each game before game begins.
- E. **Players must bring a photo I.D. to every game. Photo I.D. must be either a driver's license, school I.D. or Infinite Campus form with a picture. Failure to do so will result in ineligibility to play in games.**

## VII. TEAM ROSTERS AND PLAYER CONTRACTS

- A. Each player must register by completing the **Registration** online before he/she is eligible to play *and* each team must complete a **Team Roster Form** to participate in the league.
- B. Team Rosters must be turned in to the Program Coordinator to cement the team's place in the league. The Team Entry Deadline is **Wednesday, February 18 at 6:00 pm.** However, the league is first come, first serve.

**NOTE: Team Names – OCPRD reserves the right to refuse a name provided by a team and require the team to provide a more appropriate team name for usage in the program.**

- C. Team rosters must have a **minimum of 7 players and a maximum of 12 players.**
- D. No names may be added to team roster until a player's registration is completed, signed by all parties, and turned in to the Program Coordinator.
- E. The last day to add players to the team roster will be by 5:00pm on the first game day in March: Monday, March 2.
- F. Any player removed from a team roster may not be added to another team's roster.
- G. Any illegal player will be removed from the program, the adult sponsor/team captain can be suspended for one game or more, and the game will be recorded as a loss.

## VIII. PLAYER CONDUCT

**The Oconee County Parks & Recreation Department Code of Conduct presides over the program. Profane language or display of unsporting conduct will not be tolerated in the program. Any player not complying with this policy will be awarded an unsportsmanlike conduct foul. The officials in charge of the game will determine the unsportsmanlike conduct; however, park supervisors witnessing inappropriate behavior or language may intervene and/or eject the player and/or spectator. The following additional provisions shall apply:**

- A. A player or captain/manager receiving two (2) unsportsmanlike conduct fouls during the course of a game will be automatically ejected from the game and suspended for the next scheduled game.
- B. Any player, manager and/or spectator involved in a fight in any aspect will automatically receive an unsportsmanlike conduct foul, be ejected from the game and be suspended for the next two (2)

scheduled games. Upon investigation by the governing body, the suspension may be longer or permanent.

- C. Any player receiving four (4) unsportsmanlike conduct fouls during the course of the season will be suspended for the remainder of the season, including tournament (if applicable).
- D. Any team that receives a combined total of three (3) unsportsmanlike conduct fouls in a single game will forfeit that game on the third foul.
- E. Any team with six (6) unsporting personal fouls during the course of the season will be ineligible to continue play for the remainder of the season and all fees will be forfeited.
- F. If a player or captain/manager receives a suspension for the next game on the last game of the season, the suspension will be in effect in the first game scheduled the following season.
- G. Any player, captain/manager and/or spectator who does or attempts to do bodily harm to an official will be immediately ejected from the game and facility and could possibly have criminal charges filed against him/her. In addition, the person will be removed from the program and banned from the Parks & Recreation Department facilities and programs for an indefinite period of time to be determined by the governing body.
- H. The park supervisor has control over the field, games, participants and spectators. The park supervisor is responsible for seeing that spectators conduct themselves with a good sporting attitude and in a courteous manner. The park supervisor also has the authority to ask anyone (player, captain/manager and/or spectator) in violation of the rules to leave the premises.

**Note:** A player, captain/manager and/or spectator ejected or suspended from a game must leave the premises, if possible. If person is unable to leave premises, the person must be “out of sight, out of sound”.

## **IX. OCPRD Sportsmanship Rating System**

- A. After each contest, the officials, gym supervisor, and scorekeeper will award a score to each team based on the behavior, actions, and attitudes exhibited during play.
- B. The Program Coordinator or OCPRD Administration may provide input which could raise or lower an assigned rating. Behavior before, during, and after contests will be a factor for each team's rating. It is the responsibility of the league coordinator and coaches to inform players and parents about the rating system. Ratings will be given based on a scale of 1-5. A below average score will be subject to league discipline.

## IX. SPECIAL NOTES:

- A. A team that forfeits any game will receive a 2.0 rating while the opposing team automatically receives a 5.0 rating UNLESS the forfeiting team has notified the Program Coordinator 36 hours prior to game time. If the Program Coordinator is notified of the forfeit at least 36 hours in advance, the forfeiting team will receive a 3.0 rating.
- B. Teams that average below a 2.5 rating in the regular season will be ineligible for postseason play.
- C. Teams that receive a Sportsmanship Rating of 1.0 may require a Sportsmanship Action Meeting with the team's coaching staff and OCPRD staff.
- D. Administrative technical fouls will not count against a team's sportsmanship rating.

### Local Rules

All games will be played according to the Georgia High School Association ([GHSA](#)) rules except where local rules supersede.

- A. The referee will have authority over players and coaches during the game.
- B. Games will be scheduled on the hour. Mondays: 6pm, 7pm, etc.;
- C. Games are 6 vs 6
- D. A game may begin with a team at a maximum of one player down from the official playing side
- E. A five (5) minute grace period will be allowed after the originally scheduled game time before a forfeit is determined. The park supervisor, in consultation with the referees, will have final authority to declare a forfeit.
- F. The field shall be 100 yards by 40 yards including the two 10-yard end zones. The field will be marked off in 20-yard zones from goal line to goal line. There will be marks at the 3-yard line (1 point try), 10-yard line (two point try) and 20-yard line (3 point try) for extra points.
- G. There will be NO KICKOFFS. Possessions will start on the 10-yard line to begin games and after scores.
- H. A coin flip will be used to determine possession of the ball. Before the start of the game, captains from each team will meet with the referee. The Home team captain will call the coin "in the air". The captain winning the coin toss shall have the option to take offense, defense, defend a goal or defer the option to the second half.

### Game Time

- A. The game shall consist of two-20-minute halves with a running clock
- B. One Minute Warning - the clock will stop during the final one (1) minute of each half for one of the following reasons:
  - a. Incomplete legal or illegal forward pass
  - b. Out of bounds
  - c. Safety
  - d. First down
  - e. Touchdown (clock restarts on the snap of the next possession)

- f. Penalty
  - g. Change of possession (turnover on downs or interception)
  - h. Team attempting to consume time illegally
  - i. EXCEPTION: If a team attempts to conserve time illegally (intentional grounding or a backwards pass thrown intentionally out of bounds) – clock will start on the ready
- C. Halftime break will be 4 minutes
  - D. Teams will be granted two (2) time-outs per half. Timeouts will be sixty (60) seconds. Timeouts do not carryover.
  - E. Referees may stop the clock at their discretion
  - F. Running clock will be enforced when a team goes up by 25 points or more (i.e. there will be no one minute warning)

## **Team Possessions**

- A. Teams change sides at halftime. The team not in possession of the ball to begin the game will have possession of the ball to start the second half.
- B. The ball will be placed at the offense's 10-yard line for the start of each half as well as after each touchdown.
- C. The offensive team will have four (4) downs to successfully advance the ball across the next line to gain.
  - a. If the offense advances past the line to gain, they are awarded a new set of downs
  - b. On 4th down, Team A (the offense) may choose to either attempt to convert or elect to "punt." This decision will be made by the captain of the team and once declared, it cannot be reversed.
    - i. If Team A attempts to convert and fails to reach the line to gain, Team B (the defense) will take possession at the spot where the ball is ruled dead
    - ii. If Team A elects to punt, Team B will begin its possession at its own 10-yard line.
- D. Each time the ball is spotted, the team in possession has 35 seconds to snap the ball

## **Scrimmage/Snap**

- A. The line of scrimmage shall be marked by two spotters (discs or cones) of contrasting color – one for the offense and one for the defense 2 yards from the offensive line of scrimmage.
  - a. The area between the two spotters is the neutral zone. No players (offense or defense) may be in the neutral zone at the time of the snap
- B. The snapper is the only offensive player required to be on their scrimmage line at the snap
- C. The ball must begin on the ground and be snapped between the legs or off to one side to start play.
- D. The player who receives the snap must be at least 2 yards behind the line of scrimmage. The distance is determined by the point at which the ball is first touched following the snap. The snapper may not snap the ball to themselves
- E. Only one (1) offensive player may be in motion, but not in motion toward the opponent's goal line at the time of the snap.
- F. In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least 1 full second before the snap

## Scoring

- A. Touchdown (6 points)
- B. Extra point: played from the 3-yard line
- C. 2-point conversion: played from the 10-yard line
- D. 3-point conversion: played from the 20-yard line
- E. On an extra point try, an interception returned for a score will result in 3 points
- F. A safety is worth 2 points for the defensive team. The defense will be awarded the ball on their 10-yard line

## Dead Ball

- A. Substitutions may be made on any dead ball.
- B. Play is ruled “dead” when:
  - a. Ball carrier’s flag is pulled *\*IF the ball carrier’s flag falls off without a defender’s attempt to de-flag, the play will continue until the ball carrier is tagged, one or two hands, by a defender.*
  - b. Ball carrier steps out of bounds.
  - c. Touchdown is scored.
  - d. Ball carrier’s knee hits the ground.
  - e. Fumbled ball hits the ground.

**Note:** The ball is spotted at the point where the fumble hits the ground unless the ball is fumbled forward. If the ball is fumbled forward, the ball will be placed at the spot where the ball carrier lost possession. A fumble can result in a change of possession ONLY if the fumble is recovered before the ball hits the ground.

## Running

- A. A running play may begin with a handoff or a lateral. Handoffs may be in front, behind or to the side of the offensive player. The offense may use multiple handoffs.
  - a. Handoffs or laterals are permitted beyond the line of scrimmage but must go backward from the player releasing the ball.
  - b. If a backward pass or fumble in flight is caught simultaneously by members of opposing teams inbounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.
- B. There are no restrictions on quarterback runs
- C. The player who takes the handoff or lateral can throw the ball from behind the line of scrimmage.
- D. Ballcarriers may leave their feet, and the play will continue for spinning, jump cuts, QB’s passing progression or if there is clear indication they have left their feet to avoid collision with another player.
- E. If a player dives to advance the ball, the ball will be spotted at the point where the player left their feet.
- F. The ball is spotted where the ball is located when the flag is pulled.
- G. The offensive screen block shall take place without contact. Any use of hands, arms, elbows, legs, or body to initiate contact during an offensive player’s screen block is illegal. A player who screens shall not do any of the following:
  - a. Take a position closer than a normal step when behind a stationary opponent (pick)
  - b. Make contact when assuming a position at the side or in front of an opponent

- c. Take a position so close to a moving opponent that their opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.
  - d. After assuming legal screening position, the screener may not move to maintain their screen
- H. Flag guarding is not allowed.

### **Passing**

- A. Passes may be forward or backwards.
- B. Shovel passes are allowed.
- C. Interceptions are returnable. If returned for a score during regular game play, the score will be worth 6 points, 3 points if returned during conversions.
- D. If a forward pass is caught simultaneously by members of opposing teams inbounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.
- E. Flag guarding is not allowed

### **Receiving**

- A. All players are eligible to receive passes (including the quarterback) if the ball has been handed off or lateralled behind the line of scrimmage.
- B. Only one player is allowed in motion at the time of the snap.
- C. A player must have at least one foot in bounds before one foot hits out of bounds to make a catch.
- D. If a forward pass is caught simultaneously by members of opposing teams inbounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.

### **Rushing the Quarterback**

- A. All defensive players are eligible to rush the quarterback
- B. No contact blocking or tackling is allowed

### **Overtime Format**

- A. Two overtime periods will be played during regular season. A coin toss will determine possession for first overtime period. Whichever team had possession last in the first overtime will possess the ball to begin the second overtime.
- B. Each team will have one (1) play from the defense's 3-yard line for one point or the defense's 10-yard line for two points.
- C. Both teams will have one time out per overtime period.

**Note:** If there is no winner at the end of the second overtime period, the game will end in a tie. \*During tournament play, overtime periods will be repeated until a winner is declared

## Standings and Postseason Play

1. Standings are calculated based on a point system applied to regular season games. Tournament brackets will be seeded based on each team's total end of season points.
  - Win = 3 Points
  - Lose = 0 Points
  - Tie = 1 Points
  - Forfeit = 6-0 Win

## Team Tie Breaker Criteria (In Order):

1. Head-to-Head Record
  - a. \*\*If tied teams played more than once during the regular season, head-to-head point differential will be used to determine the head-to-head competition winner\*\*
2. Wins
3. Point Differential
  - a. \*\*Up to 25 points can be gained or lost towards point differential in each game. Each additional point in a game will not count towards point differential\*\*
4. Coin Toss

## Tournament Details

1. Tournament brackets will be seeded based off regular season standings. All regular season rules apply.

## Penalties

- A. All penalties will be called by the referees.
- B. Referees determine incidental contact that may result from normal run of play.
- C. Games cannot end on a defensive penalty, unless the offense declines the penalty.
- D. Defensive interference in the end zone results in the ball being placed at the 3-yard line.
- E. All fouls behind the neutral zone by the offensive team will be enforced from the previous spot.
- F. Fouls committed by the defensive team will be enforced from the previous spot if the play ends behind the neutral zone, and the succeeding spot when the play finishes beyond the neutral zone.

## Defense:

### Spot Fouls:

- *Illegal Contact (holding, blocking etc.):* +10 yards from the spot of the foul
- *Illegal Flag Pull (before receiver has ball):* +10 yards from the spot of the foul
- *Pass Interference:* Ball will be marked at the spot of the foul, automatic first down
- *Roughing the Passer:* +10 yards from the end of the play, automatic first down

### Previous Spot:

- *Encroachment (in or beyond the neutral zone at time of snap):* +5 yards



## **Offense:**

### **Spot Fouls:**

- *Charging*: -10 yards from the spot of the foul
- *Flag Guarding*: -10 yards from the spot of the foul
- *Intentional Grounding*: ball placed at spot of the foul and loss of down
  - o If intentional grounding occurs in the endzone, this will result in a safety
  - o If intentional grounding occurs inside the one-minute warning, there will be a 10-second run off, and the clock will start on the ready for play.
    - Teams can utilize a timeout to avoid the 10-second run off.
    - Defense can decline the 10-second run off
- *Interlocked Interference*: -10 yards from the spot of the foul

### **Previous Spot:**

- *Illegal Motion* (more than one person in motion at the time of the snap, false start): -5 yards from the previous spot
- *Illegal Snap* (Snap is received less than 2 yards from the center): -5 yards from the previous spot
- *Illegal Substitution*: -5 yards from the previous spot
- *Illegally Consuming Time*: -5 yards and stop the clock
- *Delay of Game*: Clock stops; -5 yards.
- *Illegal Forward pass*: -5 yards from the previous spot and loss of down.
- *Offensive Pass Interference* (illegal pick play, pushing defender): -10 yards from the previous spot

## **Personal Fouls:**

- *Illegal Batting*: 10 yards from spot of the foul, automatic first down
- *Unsportsmanlike Conduct*: 10 yards from the end of the play, If by defense then automatic first down
- *Nonplayer Interference*: Automatic Touchdown
- *Tampering with Flag Belt*: 10 yards from previous spot. If by offense, then loss of down. If by defense, then automatic first down

## Flag Football Terminology

<b>Quarterback</b>	<b>Player that receives the initial snap from line of scrimmage.</b>
<b>Boundary Lines</b>	<b>The outer perimeter lines around the field. They include the sidelines, and back of the end zone lines.</b>
<b>Line of Scrimmage</b>	<b>(LOS) An imaginary line running through the point of the football and across the width of the field.</b>
<b>Line-To-Gain</b>	<b>The line the offense must pass to get a first down or score.</b>
<b>Rush Line</b>	<b>An imaginary line running across the width of the field 7 yards (into the defensive side) from the line of scrimmage.</b>
<b>Offense</b>	<b>The squad with possession of the ball.</b>
<b>Defense</b>	<b>The squad opposing the offense to prevent them from advancing the ball.</b>
<b>Passer</b>	<b>The offensive player that throws the ball and may or may not be the quarterback.</b>
<b>Rusher</b>	<b>The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.</b>
<b>Downs (1-2-3-4)</b>	<b>The offensive squad has four (4) attempts or “downs” to advance the ball. They must cross the line to gain another set of downs.</b>
<b>Live Ball</b>	<b>Refers to the period of time that the play is in action. In regards to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete.</b>
<b>Dead Ball</b>	<b>Refers to the period of time immediately before or after a play</b>
<b>Whistle</b>	<b>Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, half time, or the end of the game.</b>
<b>Inadvertent Whistle</b>	<b>Official’s whistle that is performed in error.</b>
<b>Charging</b>	<b>The movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.</b>
<b>Blocking</b>	<b>An act of extending arms and/or legs to prevent a defensive player.</b>
<b>Flag Guarding</b>	<b>An act by the ball carrier to prevent a defender from pulling the ball carrier’s flags by stiff arm, lowering elbow or head, or by blocking access to the runner’s flags with a hand or arm.</b>
<b>Shovel Pass</b>	<b>A legal pass attempted behind the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot-put type manner.</b>
<b>Lateral</b>	<b>A backwards or sideways toss of the ball by the ball carrier.</b>
<b>Unsportsmanlike Conduct</b>	<b>A rude, confrontational, or offensive behavior or language.</b>