



Coaches,

We hope you and your families had a fantastic time and that summer is off to a great start. Here at Montgomery County Recreation, we're preparing for the 2025 Fall Flag Football season, and registration is right around the corner.

Building off of last season, we will continue to utilize [www.activemontgomery.org](http://www.activemontgomery.org) to build your teams so players can register directly to your roster. Please complete the Coaches Inquiry ([Link to NFL Flag Coaches Inquiry](#)). In this inquiry, you will provide us with information about you and your team, identify which league and location you are participating in, and create your team passcode that you will share with your players to register for your team.

Parents/Guardians of players on your roster will use [www.activemontgomery.org](http://www.activemontgomery.org) to register for your team. Please provide the passcode only to those you would like on your team. Players can be inadvertently added to your roster if parents share your passcode. Once on our registration site, they will search the Activity Code **R05287** to locate the section your team is participating in. Your team section will be identifiable by your Last Name (Please see attachments "How to Reset Online..." and "How to Create an Online..." as Parent/Player registration help guide.)

We are excited to get the kids (and coaches) back on the field this fall! Please feel free to reach out with any questions along the way, as we're here to help in any way we can!

We look forward to another great season!

Montgomery County Recreation  
Countywide Programs  
2425 Reddie Drive, 10th Floor  
Wheaton, Maryland 20902



## **Leagues Breakdown**

<b>Montgomery County NFL Flag Football</b>		
<b>Activity Code</b>	<b>Divisions</b>	<b>Locations</b>
R05287	NFL Flag Football League 8U	Einstein HS
R05287	NFL Flag Football League 10U	Einstein HS
R05287	NFL Flag Football League 12U	Wheaton HS
R05287	NFL Flag Football League 14U	Wheaton HS
R05287	NFL Flag Football Girls League 14U	Wheaton HS
R05287	NFL Flag Football League 8U	Damascus CRC
R05287	NFL Flag Football League 11U	Damascus CRC
R05287	NFL Flag Football League 14U	Damascus CRC



[NFL Flag Official Playing Rules](#) will govern play.

The **exceptions** and **clarifications** listed below will supersede the rule book.

### Game

- The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has four (4) downs to score a touchdown. **(Exception: Rule I.3, page 1)**
- If the offensive team fails to cross the line to gain after 3rd down and elect to "punt" on 4th down, possession of the ball changes and the opposing team will start a new possession from its own 5-yard line. If the offensive team goes for it on 4th down and fails to cross the line to gain, the opposing team will start a new possession from the spot where 4th down ended. The line to gain is always either midfield or the goal line. **(Exception: Rule I.3, page 1)**
- The defense cannot start with the ball inside their own 5-yard line after a failed 4th down attempt. If 4th down ends inside the 5-yard line, the ball will be placed on the 5-yard line.

### Field

- Field dimension will be 25 yards wide by 70 yards with two 10-yard endzones. Midfield will be located at the 25-yard line. **(Clarification: Rule IV.1, page 6)**

### Timing and Overtime

- Games are played on a 40-minute continuous clock with two 20-minute halves, unless one team gains a 35-point advantage, which will end the game. **(Exception: Rule VI, page 6)**
- Halftime is five (5) minutes. **(Exception: Rule VI, page 6)**
- In the event of a tie score at the end of the second half, there will be one overtime period. If teams remain tied after the first overtime, then the game will end in a tie. **(Exception: Rule VI.b-c, page 6)**

### Unsportsmanlike Conduct

- Unsportsmanlike conduct and taunting penalties **(Exception: Rule XVII.iv-v, page 14)**:
  - Defense +15 yards from the line of scrimmage and an automatic first down
  - Offense -15 yards from the line of scrimmage and loss of down
- Any Unsportsmanlike Act/Taunting is a decision made at the referee's discretion.

### Age-Based Guidelines **(Clarification: Rule XVIII, page 15)**

- 8U & 10U: One Coach for each team is permitted on the field pre- and post-snap to help their players, but post-snap, at a safe distance from play completion. **(Exception: Rule XVIII.a, page 15)**
- 8U *only*: 'No Run Zones' are eliminated. Teams may run anywhere on the field.
- 8U *only*: Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.
- For all other age groups, the following rules will be used:
  - Coaches are permitted to coach on the sideline. **(Rule VIII, page 7)**
  - 'No Run Zones' are located 5 yards prior to midfield and 5 yards prior to the opponent's endzone. **(Rule IV, page 5)**
  - Players may rush the passer. **(Rule XIII, page 11)**



[NFL Flag Official Playing Rules](#) will govern play.

Below are **changes** that will be implemented starting for the Fall 2025 season.

### Game

- The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has four (4) downs to score a touchdown. **(Rule I.3, page 1)**
- If the offensive team fails to cross the line to gain after 3rd down and elect to "punt" on 4th down, possession of the ball changes and the opposing team will start a new possession from its own 5-yard line. If the offensive team goes for it on 4th down and fails to cross the line to gain, the opposing team will start a new possession from the spot where 4th down ended. The line to gain is always either midfield or the goal line. **(Exception: Rule I.3, page 1)**
- The defense cannot start with the ball inside their own 5-yard line after a failed 4th down attempt. If 4th down ends inside the 5-yard line, the ball will be placed on the 5-yard line.

### Teams

- Games will consist of two teams comprised of **five (5)** players each. Offenses must have a minimum of one player (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage. **(Rule XV.1, page 13)**

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## **NFL Flag Football Timeline**

Mon, June 30, 2025	Registration Opens
Sun, August 17, 2025	Registration Closes
Tues, September 2, 2025	Schedules Posted
Wed, September 3, 2025	Mandatory Virtual Coaches and Informational Meeting
Sun, September 7, 2025	Pre-Season Kickoff, Materials Pick Up @ (Damascus CRC, Wheaton HS and Einstein HS)
Sun, September 14, 2025	League Start Date (practice/game)



## NFL Flag Football League Fact Sheet

Below you will find very important league information:

1. Registration opens on Monday, June 30, 2025
2. Registration deadline is Sunday, August 17, 2025
3. The fee to register individuals is \$60 per child. Registration fee includes a jersey, flag belt, a team football, and 5 practices/game dates; the game schedule begins Sunday, September 14, 2025.
  - a. The head volunteer coach will receive a \$60 coupon code that can be applied to one player's registration cost.
  - b. To find information regarding Montgomery County Recreation's cancellation or refund policy, please visit <https://www.montgomerycountymd.gov/rec/howto/withdraw.html>
4. There are five practices and five games. Your practice time is scheduled one hour before your game time. For example, if the schedule says 9/14/2025 Falcons vs. Eagles at 12 PM at Wheaton HS, both the Falcons and the Eagles practice on 9/14/2025 at 11 AM at Wheaton HS. \*\*Game and practice times may change from week to week.\*\*
5. An individual registered as a "Free Agent" will be assigned a team as space is available. (10 Free Agents in one area could be grouped to form their own team).
6. A minimum of 7 players on a team must be registered at [www.activemontgomery.org](http://www.activemontgomery.org) to be placed on the schedule. The schedule will be posted on or about Tuesday, September 2, 2025.
7. The maximum roster size for NFL Flag Football is 10 players, with no exceptions. Therefore, please do not provide your team passcode to more than 10 players and ask that the parents do not share the passcode with others.
8. Montgomery County Recreation reserves the right to add players (free agents) to a team if the roster size is less than 8 after registration closes.
9. All volunteers, including coaches and assistant coaches, must be fingerprinted and cleared prior to the league start date of September 14, 2025.
10. Our Virtual Information Session (Mandatory for Coaches) will occur on Wednesday, September 3, 2025.
11. NFLFF Kickoff Weekend and Uniform Pick Up will occur on Sunday, September 7, 2025, at the location you are registered for (Damascus CRC, Wheaton HS, Einstein HS).



## How To Register for NFL Flag Football

1. Visit [www.ActiveMontgomery.org](http://www.ActiveMontgomery.org)
2. Log in or create an account (see attachments for more information).
3. Click on 'Search' at the top, then 'Activity Search'
4. On the left of the screen, type in the league code (R05287)
5. Open the league, and find the team you want to register for (Ex: Free Agent, Team Coach Name)
6. Add to cart
7. Insert Team Passcode
  - a. You should receive this information from the coach before registering.
  - b. If you're signing up as a free agent, there is no passcode.
8. Continue to answer questions, sign waiver, and checkout



## How to Search and Register for an Activity

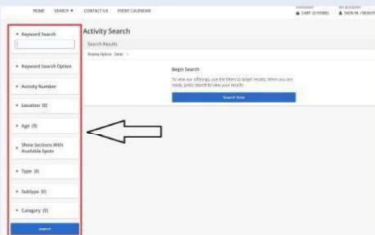
To search for an activity, membership, rental or facility reservation:

1. Select **SEARCH** or appropriate **picture box**.

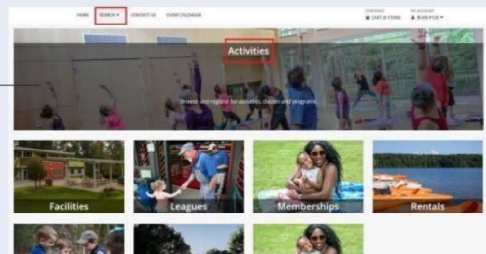
►The search button will take you to a drop-down search selection for the item you wish to explore.

►Selecting the picture box will take you to a search area with filters which will assist in narrowing your search results.

2. Using **Keyword Search** input Activity name. Select **Search**.



3. The Activity Search results will appear.
4. To see all Activity dates, times and locations, select the **"Sections"** area.
5. Once the sections have been selected you will see if the Activity is available for registration.
6. To see more detailed information on the Activity, select the **Activity #** or **Description**.
7. To see more details regarding registering for this activity, select the three black dots — on the right-hand side of availability.
8. Select **Add to Selection List** and **Add To Cart**.
9. Answer all questions.
10. Check mark the ☒ **I agree with the above waivers**, Select **Continue**.
11. Select **Proceed To Checkout**.
12. Select **Payment Method**. Input billing information, email address, and **Continue**.



## How to Reset Your Password

### START HERE

Go to [bit.ly/activemontgomery](https://bit.ly/activemontgomery)

1. Select **SIGN IN /REGISTER**.
2. Select **Forgot Password**.
3. Input your email address.
4. Check mark the "I'm not a robot" box.  
☒ **I'm not a robot**
5. Select **Submit**.
6. You will receive an email with a link to reset your password.
6. Select **Click Here to Reset Password**.
4. Create **New Password**, then retype to confirm.
5. Select **Submit**.

Your password reset is successful.






## How to Create an Online Customer Account

**START HERE**

Go to [bit.ly/activemontgomery](https://bit.ly/activemontgomery)

1. Select  **SIGN IN /REGISTER**
2. Select **Don't have an account? Sign Up Now**
3. Input your email address as your **Username**.  
This will be your login.
4. Create **Password**, then retype to confirm.
5. **Household Primary Person Information:** Input your information in all the required red fields:  
**Name, Address, City, State, Zip, Email address, and Birthdate.**
7. Add any **Additional Family Members** and **Emergency Contacts**, then check mark the "I'm not a robot" box.  
☒ **I'm not a robot**
8. Select **Save**

Spring Registration begins February 14.  
Summer Camp Registration begins February 22.  
Ice/Tennis Program Registration begins February 23.

Questions? Email [info@ActiveMONTGOMERY.org](mailto:info@ActiveMONTGOMERY.org)

### Contact Information

Montgomery County  
Recreation: 240-777-6840

Montgomery Parks:  
301-495-2580

CUPF: 240-777-2725

[bit.ly/ActiveMontgomery](https://bit.ly/ActiveMontgomery)

