PEORIA COMMUNITY SERVICES DEPARTMENT
ADULT SPORTS

ADULT FLAG FOOTBALL
RULES AND REGULATIONS

Welcome all coaches, officials, participants, and fans to the Peoria Community Services Department Adult Flag Football program. This program is based on good sportsmanship, fun, and exercise for all individuals involved. We hope that you will enjoy your experience in our program, just as we are looking forward to cooperating and communicating with you throughout the season. Our staff would like to take this time to wish you the best of luck this season.

MEN'S FLAG FOOTBALL LEAGUE PHILOSOPHY

Our philosophy is to structure our rules and regulations so as to discourage heavy contact and emphasize speed, quickness, passing and catching skills.

ROSTERS and CAPTAIN'S MEETINGS

- All teams must be represented at the pre-season captain's meeting. If a team is not represented:
  - The team will lose the right to pre-register for the next season,
  - The team may be required to forfiet their first regular season match.
- Players must be at least 18 years old prior to the start of the season.
- Each team roster is to be submitted by the manager/coach at the time of registration. A team must have a minimum of eight (8) players and a maximum of eighteen (18) players on its roster to start the season.
- The coach must be listed on the roster if he/she intends to play in ANY games.
- A team may add up to 5 players throughout the course of the season, including the tournament, using the Drop/Add form.
- Roster changes must be done at the park— see your league director
- Players may play for only one team per division.

ELIGIBILITY OF PLAYERS

- A team captain may request ONLY one (1) eligibility check per game. An official will make a stoppage of time and the request must be made known to the field/league supervisor.
- Eligibility requests MUST be made ***prior*** to the start of the 2nd half.
- A player is illegal/ineligible if:
  - The player does not have a valid ID in possession (on bench),
  - The player's name does not appear on the roster or drop/add forms,
  - The player does not meet the age requirements, or
  - The player appears on more than one roster in the same division.

PENALTY:

The illegal/ineligible player is automatically ejected from the game and the team using the illegal/ineligible player forfeits the game. A second ejection for the same player during the season ***may*** result in a suspension for the remainder of the season. All decisions made by the field supervisor in this matter are final.

PROTESTS

- Official's judgement calls cannot be protested. Officials and recreation staff will handle all matters.
- All decisions are final.

PARTICIPANT CONDUCT

- The field supervisor and/or official have the authority to forfeit any game, eject players, coaches or fans **WITHOUT WARNING** from the game for any conduct deemed unbecoming or detrimental to the game.
- ALL COACHES ARE RESPONSIBLE FOR THE BEHAVIOR OF ANY PLAYERS, ASSISTANTS, OR FANS IN ATTENDANCE.
- The players' ***Code of Conduct*** is strictly enforced and will govern incidents and occurrences.
- The consumption of alcoholic beverages by any player, coach, spectator, or other person attending the game, match or recreation activity **will not be tolerated.** Any individual that consumes or appears to have consumed alcohol will be asked to leave immediately. If the individual does not comply with the field supervisor's request to leave, that player's team will automatically forfeit the game and further consequences may be imposed. Alcohol is not allowed within the entire facility, including the adjacent parking lots, sidewalks, streets or alleys.
- Any player that receives an unsportsmanlike conduct penalty, and is not ejected, MUST IMMEDIATELY substitute out of the game for the remainder of the current possession.
    - If no substitute is available, the team will play a man down until player is eligible to return.
- Any player receiving two (2) unsportsmanlike conduct penalties in the same game will be automatically ejected for the remainder of that game and will receive an automatic one game suspension.
- A player that has been ejected from a game, for any reason, will also receive an automatic one-game suspension. Players that have been ejected must exit the facility and grounds immediately. Players are not allowed onto the facility until the completion of their one-game suspension.
- Three (3) ejections on the same team, in the same game, will result in an automatic forfeit for that team.
- Any player that has been ejected from two (2) separate games will be suspended for the remainder of the season and may face further disciplinary action-possibly expulsion from the league.
- All conduct matters will be presented to the league coordinator for further consideration.

GAME TIME/FORFEIT TIME

- Scheduled start time is game time. A 10 minute period will be allowed, if a team is below 7 players.
    - The 10 minutes will come out of the first half of game time.
    - If the 7th player is at the playing site, the game MUST begin.
- If a team forfeits three times, the team may be dropped from the league.
- If a team forfeits twice, the team will lose the right to pre-register for the following season.
- It is the team's responsibility to be at the field before the scheduled start time.
- If you know ahead of time that you will not be able to field a team please call the League Coordinator at 623-773-7186 or email jeffrey.crane@peoriaaz.gov by 5:00p on that, or the previous, business day.

LEAGUE STANDINGS AND TOURNAMENT FORMAT

- Standings will be available at www.peoriaaz.gov/sports and will be updated weekly.
- All teams will be seeded for the tournament, based on their regular season record. In the event of identical records, the following tie breaker system will be in effect:
    - 1st tie breaker: Head to Head Record
    - 2nd tie breaker: Scoring difference between teams involved

INSURANCE

- The City of Peoria **DOES NOT** provide insurance for players. You play at your own risk and carry your own insurance.

LEAGUE DIRECTOR

- Each team captain must report to the League Director at least ten (10) minutes prior to scheduled game time to report line-up and check-in.
- The League Director supervisor for the league. He/she will be available for general information.

PLAYING RULES

THE GAME

- A coin flip will take place prior to the game. Winner of the toss will chose to receive, defend, choose as side, or defer their choice to the second half. Loser of the toss makes the remaining decision.
- There will be a maximum of a Five (5) minute rest period between halves.
- To begin a half or after a score, the ball will be placed on the offensive team's own 20 yard line.
- The dimensions of the playing field shall be approximately 40 yards wide and 80 yards long, with 10 yard end zones at each end.
- The field shall be divided into four equal 20 yard zones. The lines are known as first down lines.

PLAYERS AND SUBSTITUTES

- Eight (8) players constitute a full team on the field.
    - A minimum of seven (7) players are required on the field for play.
- At least five (5) offensive players must be on the line of scrimmage at the snap of the ball.
- There is no limit to number of substitutes made. Each substitute must play at least one (1) play.

UNIFORMS, EQUIPMENT, and FLAGS

- Teams must provide their own color-matching jerseys during every game. Teams not able to field the minimum number of players in uniform will forfeit.
- Shoes shall be tennis/basketball shoes or rubber-cleats, which has cleats or ripples, which are an integral part of the shoe's construction.
    - This does not include football cleats or any type of detachable cleats or spikes.
    - No hard-soled street shoes may be worn.
    - Any shoe which has metal or steel tips is prohibited.
- No bare feet shall be allowed.
- No jewelry may be worn by players.
- No players shall wear helmets, padded uniforms, sole leather or hard or unyielding substance.
    - Exception: A metal knee brace, which must have a protective covering over it.
- Each player on the field wears a belt at his waistline with three (3) flags attached, one (1) on each side and one (1) on the back (furnished by City of Peoria).
- Shirts must be worn under the flag belt and shirts must be tucked at all times.
    - Playing with the shirt- tail out and over the belt constitutes illegal procedure.
- Anytime a ball carrier inadvertently loses his belt, it then resorts to a one-hand touch between the shoulder and the knee to down the ball carrier.

COMMUNICATION

- Any communication to the officials or field supervisor **must be through the team captain or coach only.**
    - The captain or coach must identify him/herself to the game official prior to the game starting.
- Any communication to the field supervisor must be done during a break in the game or at half time.

BALL

- The offense will provide the ball, which must be a regulation size ball.

TIME and TIME-OUTS

- There will be two (2) twenty (20) minute periods, with a running clock throughout.
    - The clock will stop during the last two (2) minutes of the game using high school clock rules.
    - Running clock only stops on time-outs or injury.
    - Clock will run during extra point attempts (except in the last two minutes of the game).
- There shall be a time limit of 25 seconds between plays, from the time the ball is declared live by the referee until the ball is snapped on the next play.
- Each team will have three (3) time-outs per game, lasting 30 seconds per time-out.
    - Each team is allowed one (1) time-out during overtime.

TIE GAMES AND MERCY RULE

- Mercy Rule
    - At five (5) minutes remaining in the game = 30 points
    - At two (2) minutes remaining in the game = 19 points
- If a tie exists at the end of the regular playing time, the winner shall be determined by each team having one series of downs.
    - A coin toss will decide which team shall get the choice for the first series of plays.
        - Team lossing the coin toss will select which side of the field will be used for entire overtime period.
    - Possession will begin at the 10 yard line.
    - If a team scores, they may go for a one (1), two (2), or three (3) point try.
        - If the ball is intercepted and returned for a score, the defensive team wins.
    - If the score is tied after both teams have had an offensive possesion, teams will have alternate plays from the three (3) yard line.
        - Each team will alternate the first possession of set of plays. (Ex: A then B, B, then A, etc.)
        - Winner will be determined when one team fails to score during a set of plays.
- Overtime winner will receive one (1) point to the final score.

SCORING AND SCORING PLAYS

- Touchdown - 6 points
- Point(s) after touchdown: A team scoring a touchdown has its choice of attempting a P.A.T for?
    - One point conversion is from 3 yard line.
    - Two point conversion is from 10 yard line.
    - Three point conversion is from 20 yard line.
- Safety - 2 points
    - After a safety, the team scoring the safety shall put the ball in play on their own 20-yard line.
- Final Scores
    - Forfeited game - 7 to zero

FLAGGING

- A down shall be ended and the ball declared dead when the flag is clearly removed from the ball carrier's belt. The deflagger should immediately hold the flag above his head at the spot where the capture occurred.When any part of the ball carrier, other than the hands and feet, touches the ground, the ball is dead at the spot.
- Flag pulling of a player who does not have the ball is considered Defensive Pass Interference.
    - Penalty – 10 yards from previous spot, automatic first down.
- Flag Guarding
    - A ball carrier shall not interfere with the defensive team's effort to pull their flag's.
        - The ball carrier is allowed to spin when running.
        - No stiff arms or knocking the hands of the defender away from your flags.
        - The ball carrier should keep his hands and arms above the flag to avoid penalty.
    - Penalty – 10 yards from the spot of the foul.
- Defensive Obstruction
    - If, in attempting to take the flag, the defensive players obstructs the ball carrier without pulling his/her flags, defensive obstruction will be called.
        - Includes **UNINTENTIONAL** holding, tripping, "knee blocking", etc.
    - Penalty – 10 yards from the end of the run.
- Hurdling: While trying to advance the ball, ball carrier must generally "keep his feet". Attempts to avoid a standing or crouching opponent by jumping or diving over or into him shall be a violation. You can, however, jump over a fallen opponent.
    - Penalty is 10 yards from spot.

FUMBLES

- Any ball that is fumbled or muffed and touches the ground shall be dead immediately and shall belong to the team last in possession or the offensive team at the spot it touched the ground.
    - Exception: Center snap clearly fielded on one bounce in front of quarterback.

BLOCKING, RUSHING, and CHECKING

- All blocking, anywhere on the field, must be "push blocking" only. "Push blocking" consists of arms fully extended forward and palms open to defensive player.
    - No chucking allowed.
    - Blocking is allowed only to that portion of defender's body between his waist and shoulders (stomach and chest).
    - You may not leave your feet on a block.
    - You may not block a player from the rear.
    - You many not make contact with a player's head.
    - Blocker's hands and arms must be no wider than shoulder width.
- Down field blocking is legal if it is a legal block.
- The defensive rushers may not:
    - Run over a blocker.
    - Pull the blocker toward him/her or push the blocker away.
- The rusher may push the blocker sideways if he/she gets partially past the blocker but only with enough force to elude the blocker and not enough force to push the blocker down.
    - Rushers must be attempting to go "around" and not "through" the blocker.
- At the line of scrimmage, the defense is allowed one check bump within one (1) yard of the line of scrimmage on an offensive receiver to prevent them going out for a pass.

ILLEGAL CONTACT and STRIPPING

- The nature of the game of flag football is that a defender must either play the ball or the flag and may not contact a player in such a way as to gain an advantage while defending or receiving on pass plays.
    - For example: a player catching a pass cannot be shoved in an attempt to make him drop the pass. Once he catches the pass, all the defender can do is grab his flag.
- "Going for the ball" is not a valid excuse for pushing, shoving or bumping an opponent in trying to catch the ball.
- If a player knocks the ball carrier down or pushes them out-of-bounds.
- Stripping the ball is illegal. There are two forms of stripping:
    - Reciever stripping is an attempt to rake the ball from the grasp of receiver after he has caught the ball, but before he has brought the ball into a possessive position.
    - Runner stripping is an attempt to strip or rake the ball from the grasp of a player who has the ball in a possessive position.
- Penalty for all Illegal Contact and Stripping is 10 yards.

SCRIMMAGE DOWNS

- A down is a unit of the game, which starts with a legal snap and ends when the ball next becomes dead. Between downs is any period when the ball is dead.
- A team in possession of the ball shall have four consecutive downs to advance to the next first down line. Any down may be repeated if provided for by rule.
- All plays from scrimmage must be started by a legal airborne snap of at least two (2) yards.
    - No direct snaps allowed.
- The line of scrimmage will be determined by the location of the ball at the time the clip on the belt is detached.
- There shall be at least five stationary players on the line of scrimmage when the ball is snapped.
- Players not assigned to line must be at least one (1) yard behind their line of scrimmage.

LIVE BALL, DEAD BALL, and OUT OF BOUNDS

- A dead ball becomes live as a result of a legal snap from scrimmage.
- A live ball comes dead as a result of the following acts (any official of the game may declare the ball dead by signal or whistle):
    - When the ball goes out of bounds in flight and strikes the ground, a player who is out of bounds or an obstruction which is out of bounds.
    - When any part of the ball carrier other than his hands or feet touch the ground.
    - Removal of flags from the ball carrier's belt.
    - When a touchdown, touchback, safety, field goal, fair catch or try for point is made.
    - When the ball touches the ground as a result of a muffed ball or fumbled ball.
        - Exception: center snap cleanly fielded by the quarterback.
    - When a forward pass strikes the ground or is caught simultaneously by opponents.
    - When a backward pass touches the ground. A backward pass touching the ground shall be put in play at that spot.
- A player, or a ball in player possession, is out of bounds whenever the player or the ball touches the ground, or anything else other than another player who is out of bounds and shall be declared dead at this point.

SNAPPING

- No offensive player, while on the line of scrimmage, may take direct snap from center (where ball snap originated).
- The center, after assuming his position from scrimmage, may adjust the long axis of the ball one time at right angles to his scrimmage line.
- Prior to snap, the center must have both feet behind the scrimmage line and no part of his body shall be beyond the forward point of the ball.
- No player of either team shall encroach upon the neutral zone after it has been established, and all players must be inbound.
    - You are offside if you cross the neutral zone whether you contact an opponent or not.
- No players shall interlock their legs.
- No player may make contact or interfere with an opponent or the ball before it is snapped.
- No offensive player shall make a false start, including a false movement to cause opponents to be off-sides.
    - Penalty – 5 yards.
- When the ball is snapped, only one offensive player may be in motion backwards or parallel to line of scrimmage.
- No player of the offensive team shall assume a position near the sidelines, which in any manner whatever resembles a "sleeper" or hide-out play.
    - Penalty is 10 yards from line of scrimmage.
- The offense must be set a full second before ball is snapped.

PENALTY ENFORCEMENT

- If the penalty occurs during a loose ball play (pass or punt), the penalty is enforced from the previous spot and the down played over. On passing play, penalize from spot of foul if behind L.O.S.
- On a running play, the penalty is enforced from either the spot of the foul or the end of the run whichever hurts the team the most and the down played over. If you accept the penalty, the down is replayed.
- If there is a foul or rule infraction by both teams on the same live ball, the fouls cancel out and there are no yards marked off. Replay the down.
- A live ball foul and a dead ball foul do not cancel each other out. Each foul will be administered in the order of occurrence and the yardage stipulated for the foul.
- On a foul or rule infraction by the offense, then a change of team possession occurs (such as an intercepted pass), the ball would then belong to the team intercepting the pass. If the intercepting team also commits a foul on the run-back during the same live ball, we <u>don't</u> have two live ball fouls and have them cancel each other out and the down replayed. We have a new element, change of team possession. The intercepting team must turn down the offensive foul or rule infraction, accept possession of the ball, and then be penalized for the foul on the run-back.
- An intercepted pass caught behind the goal line can be advanced. If the receiver doesn't get out beyond the goal line and into the field of play it is still a touchback and no points awarded.
- The first half or end of the game cannot end with an accepted foul.

PUNTING

- When the offensive team wishes to punt (regardless of down), it is required to declare to the officials its intention to kick while they are still in their huddle.
    - Decision can only be changed after a penalty or charged time-out.
- There shall be no quick kicks.
    - Penalty – Illegal Procedure, 5 yards
- When a team punts, both the offensive and defensive teams must have a minimum of seven men on the line until the ball has been kicked.
- There shall be no rushing the kicker, nor shall any defensive or offensive man cross the line of scrimmage after the snap of the ball before the kick.
- During the punt, only the kicker may be in motion.
- The center must hike the ball between his legs on all free kicks.
- If the punt hits a member of the punting team who has not crossed the line of scrimmage, it is dead at that spot and the receiving team's ball.
- The kicker must be at least 5 yards behind the line of scrimmage when receiving the snap. After the receiving of the snap, the kicker must kick the ball within five seconds.
    - Penalty – Delay of game, 5 yards.
    - If repeated, unsportsmanlike conduct, 15 yards and loss of down.
- A punt that goes across the goal line and into the end zone is dead and no advance is permitted.
    - If the ball is muffed in the field of play and goes across the goal line it becomes dead and belongs to the receiving team (touchback).
- A player of the receiving team shall be given an unmolested opportunity to catch the ball before it strikes ground.
- A fair catch signal shall be made when a player of the receiving team, who is beyond the neutral zone, signals his intention by raising either, but only one, arm distinctively above his head and waives it from side-to-side.
- When a player makes a fair catch, the ball becomes dead where the player first touched it.
    - No player of the team, any member of which has signaled for a fair catch, shall carry the ball more than two steps in any direction.
- No player of the kicking team shall make any unnecessary contact whatever with an opponent, who has completed a fair catch.
- When a punt touches a player on the receiving team who is in bounds, and rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This rule applies if the receiver is trying to field the punt on the fly or off the bounce.

PASSING

- The offensive team is allowed one forward pass from anywhere behind the line of scrimmage. If the pass is incomplete, the ball returns to the line of scrimmage.
    - There can be no forward pass made beyond the line of scrimmage.
- A ball carrier may hand or pass backwards at any time.
- A backward pass or fumble may be intercepted by an opponent before the ball hits the ground and can be advanced.
- When a backward pass or fumble hits the ground inbounds, or out of bounds, between the goal line, it becomes dead and belongs to the team last in possession of the ball at the spot where the ball hit the ground, or at the inbounds line opposite the spot where it left the field of play.
- If a backward pass or fumble hits the ground in the end zone, it shall be ruled as a safety.
- A receiver must have one foot inbounds to make a completed pass.

- When a legal forward pass touches the ground inbounds or anything out of bounds, it becomes dead, is ruled as an incomplete pass.
- An eligible receiver who leaves the field of play loses his eligibility, but may regain it again after he returns to the field of play, and after the ball has been touched by any other player.
    - Penalty – Illegal Touching, 5 yards
- If a legal forward pass is caught simultaneously by eligible receivers of opposing teams, the ball becomes dead and belongs to the team which put the ball in play, unless such play was a fourth down, and line-to-gain has not been reached.
- During a down in which a legal forward pass is thrown, contact which interferes with an eligible receiver who is beyond the neutral zone.
    - Penalty: Defensive Pass Interference, 10 yards, Automatic First Down
    - Penalty: Offensive Pass Interference, 10 yards, Loss of Down
- All players of both teams are eligible pass receivers. The lines marking the sidelines and the extreme end of the end zones shall be considered out-of-bounds if stepped on.

OFFICIAL'S ELASTICITY CLAUSE

- The flag football rules in this manual may not cover all rules situations that may occur in a flag football game. Those rules and situations not covered in this manual will be governed by commonly accepted flag football rules as understood by the officials.

SUMMARY OF PENALTIES

- Loss of 5 Yards
    - Delay of Game.
    - Putting ball in play before declared ready
    - Illegal Snap
    - Illegal Formation
    - Illegal Motion/Shift
    - False Start
    - Illegal kick
    - Illegal Equiipment
        - Flags not in place and/or not visible
    - Defense Holding (automatic 1st down)
    - Illegal forward pass (loss of down)
    - Intentional Grounding (loss of down)
- Loss of 10 Yards
    - Offensive Pass Interference (loss of down)
    - Defensive Pass Interference (automatic first down)
    - Roughing the Passer (automatic first down and penalty yardage added to completed pass)
    - Hurdling
    - Tripping
    - Illegal Contact
    - Flag Guarding
    - Defensive Obstructing
    - Kick Catch Interference
    - Illegal Block
- Loss of 15 yards (possible ejection)
    - Striking, kicking or kneeing an opponent
    - Unsportsmanlike Conduct