

FOOTHILLS PARK & RECREATION DISTRICT

Flag Football Rules - 2011

General Information

1. The Field Supervisor and/or Foothills Park & Recreation Athletic Coordinator shall act upon any and all situations not covered explicitly in these rules. All decisions will be final.
2. Foothills Park & Recreation District offers a Flag Football Program for the recreational enjoyment of the participants. The Foothills Park Staff is the sole governing body of this program.
3. Foothills Coordinator reserves the right to re-classify a team at any point in the season in order to maintain a fair balance of competition. This will only be done with the cooperation of teams involved.
4. Foothills Coordinator also reserves the right to expel any team from the league for reasons of misconduct, lack of payment, failure to observe rules, regulations, and procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.
5. The current National Intramural Recreational Sports Association (NIRSA) Rule Book with the following clarification, modifications, and additions will govern the Foothills Park & Recreation District Flag Football Program. Teams are responsible for knowing the rules.
6. The game shall be played between two teams of 8 male players each.
7. Since players in flag football can not have protective equipment, it is essential that necessary safety rules be followed at all times without exception. It is essential for all players to enter the game with the attitude that this is a recreational activity, which contact can occur but is to be avoided and that good sportsmanship will always prevail.
8. Check www.teamsideline.com/ifoothills for your scores and standings.
9. If children are brought to the games, they must be **continuously supervised** by an adult who is not playing in a game. Foothills Park & Recreation District is not responsible for children who are injured during the course of this program. Any children causing play to be stopped will cause the offending team to 1.) Loose a time out. 2.) Receive a 20 yard penalty 3.) Forfeit the game.

Inclement Weather and/or Questionable Field Conditions:

Easton Regional Park / Schaefer - (303) 409-2627

Clement Park – (303) 409-2625

1. Messages will not be placed until 2 hours prior to the 1st scheduled game. Updates are made as necessary.
2. Please do not call the Athletics Office. Please call the weather line if there is any doubt about playing.
3. We do not call any teams, the responsibility is with you.
4. Referees can only delay a game. Only the Field Supervisor can officially cancel a game(s). In the event a game is delayed, teams will be required to wait (at the complex) for a minimum of 30 minutes. Games may be resumed prior to 30 minutes. After a 30 minute waiting period a decision will be made by the Field Supervisor.

Rescheduled Games

1. Make-up games may be scheduled at any time. Original schedules may change, check www.teamsideline.com/ifoothills regularly.
2. Make-up games will be scheduled a minimum of 7 days from the original date. Exception: Last two weeks of the season, games will be rescheduled as soon as possible.
3. The responsibility of finding out make-up times is the duty of the team manager. Teams are advised to check and confirm their reschedule games. We will not accept an excuse of “we were told the wrong information.”
4. Due to limited field space for our Flag Football Program, Foothills Park & Recreation District Athletic Staff cannot change make-up dates for any reason once a make-up game has been scheduled.

Rosters / Player Eligibility

1. Roster sizes are unlimited; however individual awards are only given to the number of paid players (maximum 16 players). Players may be added up to your final game. **Rosters must be turned in to the field supervisor before you play your second game. Your team will not be allowed to play your second game until your roster is filled out and turned in to the field supervisor. Players may be added to your**

roster throughout the season. No player may be added after your team has played the 6th game. See the field supervisor to add players to your roster. **All players must complete and sign the roster before playing in any game. By signing the roster form, you and your team are agreeing to follow all rules and the Foothills Code of Conduct (page 7).**

2. Field supervisors have the authority to disallow an ineligible player(s) to participate and/or forfeit games with ineligible players.
3. All players must be at least **18 years of age at some point during the season.**
4. A player may not participate on more than one team in the same league.
5. A player may not transfer to a team in the same league without approval from the Foothills Coordinator.
6. Any team may protest a player's eligibility but must do so when the player(s) first enters the game either on offense or defense. When the next play starts, the right to protest ends.
7. Player eligibility protests and forfeits are not retroactive to games played before the protest.
8. **Player Identification-** Players must have a legally accepted picture ID (i.e. driver's license) at the field for all games. Players not able to produce a valid ID upon request are ineligible to participate or to continue participation in the game.

Forfeit Procedure / Starting a Game

1. All games will start at their scheduled time or as soon as possible if the preceding game runs over time.
2. At scheduled game time a team must have at least **6 legal players** on the field ready to play and properly registered or their opponent has the option to:
 - A. Ask for an immediate forfeit **or**
 - B. Start the game clock (not play) and allow that team up to 10 minutes to get 6 legal players before the forfeit is declared. The waiting time is counted as playing time. In the event the previous game runs long this is considered part of your 10 minute waiting period. For example, 9 AM game runs 1 hour and 12 minutes you do not receive an additional 10 minutes to get 6 legal players.
 - C. **If a team forfeits two or more games during the regular season, that team will not be allowed to participate in the tournament.**
3. Teams may only play with fewer than 6 players if a player is in a penalty situation and is eligible to return to the game. (Cool off time.)
4. Teams cannot be forced to start earlier than scheduled, but may start earlier if both teams agree.
5. In the event of a forfeited game, the teams will be allowed to use the field for a limited time to practice. The field must be vacated 10 minutes prior to the scheduled start of the next game.

Playing Time

1. All games shall be 50 minutes in duration, divided into 2 - 25 minute halves with a 3-minute half time.
 - A. If a game begins late because of the preceding game(s), the teams will still receive the full time limit.
 - B. Referees are the official timekeepers.
2. In the final 2 minutes of the game the clock stops for: Incomplete passes or spiking the ball to the ground, out of bounds, score, time out, penalty, change of possession and fair catch.
3. Each team is entitled to 2 time outs per half, non-cumulative. There is one time out per team in overtime, non-cumulative. Time outs last one minute.
4. **Overtime Rule:** In case of a tie score at the end of regulation play, the captains will be brought together for a coin toss to determine the options for Foothills Sudden Death. Starting at the 40 yard line each team will have 4 plays to go the same direction. If a team scores, 1 point is awarded and the ball is brought back to the 40 yard line to for the other team to complete their series of 4 plays. Negative yardage is possible. If the score is still tied, the team that advanced the ball the farthest will be awarded one point and the win. There will be no extra point attempts. Penalties will be awarded as in normal game time. **If there is an interception during overtime, that will end the 4 plays for that team. All yardage gained will be awarded to that team. The interception will not be returnable and the ball will be dead. The other team will now have their 4 plays.**

Field

1. 100 yards in length (total of 120 yards with end zones)
2. 50 yards wide
3. 10 yard end zones
4. Lines marked at 20 yard intervals
5. Field size can be modified in the event the regular field is not available

Definitions

1. A minimum of 5 players must be on the line of scrimmage for the offense. Anytime after the ball is set each player on the offensive team must momentarily be within 15 yards of the ball. Penalty: Illegal procedure, 5 yards. Restrictions for defense are limited to kick-off only.
2. One player may be in motion, however, not toward their opponent's goal line until the ball is snapped and must start 2 yards behind the line of scrimmage. No direct snaps, shot gun only.
3. Players may use 2 or 3-point stances.
4. **Mercy Rule**: If one team leads their opponent by **18 points** or more when the referee announces the 2-minute warning, the game will be ended at that point.
If a team is ahead by **24 or more points** with 5 minutes or less left, the game will end at that point. If a team scores to be 24 points ahead within the last 5 minutes, the game will be over at that point.
5. **Screen Blocking**: Used on Kick off and Punt Returns only
 - A. The offensive block shall take place without contact. The screen blocker shall have hands and arms at their sides or in back. Use of hands, arms, elbows, legs or body to initiate contact is illegal. Player cannot take a position closer than a normal step when behind a stationary opponent. Player cannot take a position so close to a moving opponent that they cannot avoid contact by stopping or changing direction. Player cannot move to maintain a screening position unless they move in the same direction as their opponent. Penalty: 10 yards.
 - B. Defensive players must go around the offensive screen block. The arms and hands cannot be used to contact the screen block. Penalty: 10 yards.
6. **Blocking Rule**: Obstructing an opponent by legally contacting him with **HANDS ONLY NO FOR ARMS above the waist AND BELOW THE NECK**. Down field blocking is legal except on kick off and punt return at which time screen blocking is to be used. A player who is HEAD HUNTING down field on a player who is not involved in a play may be asked to sit out for the remainder of the game.
7. **Bull Rushing/Bulldogging**: This is not allowed. You must make a move to go around your opponent, not go through them.
8. **Hurdling**: Attempting to jump over or around an upright opponent any place on the field by the ball carrier is illegal. A runner may hurdle over a downed player to avoid injury. A player may also spin to avoid being de-flagged but must remain in contact with the ground.
9. **Stripping the Ball**: A defensive player may legally steal the ball in a player's possession if he does not impede, hold, grasp or obstruct forward progress of the player originally in possession.
10. **Removal of Flags**: When a flag belt is removed the player should hold the belt in the air. The ball carrier's front foot will determine the spot of the ball at the time of de-flagging.
11. **Tagging**: If the flag belt is removed inadvertently, a one-hand tag between the shoulders and feet constitutes a capture.
12. **Players not wearing flags** at the start of the play will be assessed a delay of game for the 1st offense and an unsportsmanlike conduct for future infractions.
13. **Zone Line to Gain**: The team in possession of the ball shall have 4 downs to advance the ball to the next zone. When negative yardage is involved there may be more than one zone to attain for a 1st down.
14. **Spot Passing** is allowed on all forms of kicking. The passer must not take more than 2 steps before attempting to throw the ball. If incomplete the ball is placed at the location of the pass.
15. **Fumbles** cannot be used to gain yardage.
16. **Important note about point after attempts**: On a point after attempt, the defending team can intercept a pass or legally take possession of the ball before it is dead and advance the ball to the other end zone and receive 2 points. If they attempt this and do not attain the other end zone the ball is dead and the point after attempt is concluded. If captured in the original end zone there are no points awarded to the attempting team.
17. **Blood Rule**: Any time a player in the game is bleeding, he must leave the game until the bleeding is stopped and the wound is covered. The player is given a maximum of 3 minutes (game clock is stopped) before a substitute is required. Excessive blood on the uniform requires the player to change clothing. **Teams must provide their own 1st aid kit.**
18. **Sleeper Plays**: Not allowed! No offensive player in a spread formation shall be closer than 5 yards of the sidelines.
19. **Center Sneaks**: Not allowed.
20. **Snap of the ball** – No direct snaps to any player. The ball must be snapped back at least 3 yards.
21. **Language - THERE WILL BE ZERO TOLERANCE ON VULGAR OR INAPPROPRIATE LANGUAGE BY TEAMS AND THEIR IDENTIFIABLE SPECTATORS. PLAYERS AND IDENTIFIABLE SPECTATORS THAT USE VULGAR OR INAPPROPRIATE LANGUAGE WILL BE IMMEDIATELY EJECTED FROM THE GAME AND THE PARK.**

Uniforms

- Jersey:**
 - The body of the jersey should be the same basic color.
 - Arabic numbers are requested on the back of the jersey (minimum 6 in.). Do not duplicate numbers.
- Shoes:** Only one piece molded rubber shoes are acceptable or football cleats that screw **INTO** the shoe are acceptable. **NO METAL SPIKES OR METAL-TIPPED CLEATS.**
- Pants/Shorts:** Each player must wear pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. **ALL PANTS/SHORTS MUST BE A DIFFERENT COLOR THAN THE FLAGS.** Exposed pockets must be taped closed.
- No baseball caps or bandannas are to be worn.** Acceptable head gear – scull caps, head bands, and stocking caps (beanies). Nothing can dangle from caps / headbands.
- Jewelry:** All jewelry must be removed. This includes wedding rings. Exception: Medical ID's must be worn and made safe to the discretion of the referee.
- Ball:** The must meet specifications of size and shape for a regulation football. Teams may use a ball of their choice when on offense. Teams must provide the game ball.
- Flag Belt:** Each player on the field must wear a **once piece Triple Threat belt with fastener** (no *Velcro* fasteners allowed on any part of the belt) and three flags unaltered in any way. The entire flag belt comes off when pulled. The flags must be of contrasting color to the pants, pants trim and/or shorts.
- No article of clothing shall cover any portion of the flag belt. Jerseys must be long enough to tuck in or short enough to a minimum height of 4 inches from the bottom of the jersey to the waste line. Penalty: 5 yards for any player involved with this infraction.
- Teams must provide their own flags, kicking tees, balls and jerseys.**
- Padding: Helmets of any nature, shoulder, elbow, and forearm, knee padding of any kind is prohibited. Players may use an Ace Bandage no more than 2 turns thick in any given area. The Ace Bandage must be anchored by tape. Stocking caps, skull caps, and head bands approved by the Field Supervisor, are permitted. These caps must be fitted to the head. Nothing can dangle in a way that it could get pulled. Baseball caps with a bill are not permitted.
- Stickum of any kind is not permitted. The Field Supervisor must approve gloves prior to the game.
- Any player that cannot meet all of the above minimum requirements will not be allowed to participate in the game. Any equipment in question should be brought to the attention of the Field Supervisor or officials prior to the start of the game.

Kick Off

- A kick off begins each half of the game. There will not be a kick off after each score. The ball will be kicked from the 40-yard line (20-yard line if using an eighty yard playing field) unless relocated by a penalty. Free kicks can be kicked from a 2" tee, the ground, off a holder's toe (holder's shoe must be in contact with the ground), or punted.
- There are no on-side kicks.
- Formation: All players of the kicking team must be inbound and be behind their free kick line. At least 4 players from the receiving team must be within 5 yards of their free kick line until the ball is kicked. The receiving team's free kick line will always be 20 yards away from the kicking team's free kick line.
- Kick off out of bounds between the goal lines untouched in bounds by the receiving team or not last touched by the receiving team is a foul. Receiving team may take the penalty and re-kick or take the ball at their 25-yard line.

Punting the Ball

- Punting must be announced to the referee.
- Once announced the kick must be attempted. A team is charged a time out if the option is changed. No quick kicks allowed.
- Must be a punt and not kicked off a tee.
- Both teams are required to have 5 players on the line of scrimmage until the kick is made.
- If the receiver touches the ball and then the ball hits the ground, the play is dead.
- No direct snaps from the center. The kicker must be 5 yards behind the center. When the ball is snapped, if it strikes the ground before the kicker receives it, the ball is dead.
- If the ball hits a player of the receiving team and is recovered before it strikes the ground, it can be advanced. If the kicking team recovers the ball, it cannot be advanced.

Passing the Ball

1. All players are eligible receivers. An unlimited number of **backwards passes (laterals)** can be made. **Only one pass forward is allowed.**
2. It is considered an illegal forward pass if the passer is beyond the line of scrimmage. Passes cannot be made after a change of possession (Exception: spot passes on punts and kick off). Passes cannot be intentionally grounded. Once the passer crosses the line of scrimmage he cannot make a forward pass.
3. A pass caught or intercepted is legally inbounds as long as the 1st part of the receiver to contact the ground is inbounds.

Scoring

Touchdowns	6 points	Safety	2 points
10 yard point after	2 points	Defensive point after returned	2 points
Forfeit Game	1 point	3 yard point after	1 point

Penalties

1. **A player, in the judgment of the official, who has had a personal foul, multiple personal fouls, is taunting opponents or is arguing with an official can be sat down for a Cool-Off/Time-Out period for a minimum of 5 minutes or may be subject to ejection from the game.**
2. **Unsportsmanlike conduct / Personal foul**
 - 1st Offense: 10 yards and loss of down or automatic 1st down. Player must sit out for 3 minutes of game time.
 - 2nd Offense: Same as above plus player is ejected.
 - Any team receiving 3 unsportsmanlike penalties in one game will forfeit the game.
3. **Offensive Penalties**
 - False start or any illegal act by the center: 5 yards
 - Illegal motion/shift: 5 yards
 - Illegal forward pass: 5 yards + loss of down
 - Delay of game: 5 yards
 - Illegal formation (less than 5 players on line of scrimmage): 5 yards
 - Holding/Illegal block/Clipping/Diving/Hurdling: 10 yards from spot
 - Flag Guarding: 10 yards from spot + loss of down
 - Offensive Pass Interference: 10 yards + loss of down
 - Article of clothing covering the flag belt: 5 yards
 - Distracting the kicker: 5 yards
 - Illegal participation: 10 yards
 - Playing without flags, continuous infractions: 10 yards
4. **Defensive Penalties**
 - Offside: 5 yards
 - Illegal contact (Striking, kicking, kneeling, tripping an opponent; striking head or neck; pushing the runner; illegal use of arms and hands.) This could include disqualification: 10 yards
 - Encroachment: 5 yards
 - Obstructing the runner: 10 yards from the spot
 - Pass Interference: Spot of the foul + automatic 1st down
 - Roughing the quarterback: 10 yards + automatic 1st down
 - Defensive holding: 10 yards + automatic 1st down
 - Distracting the kicker: 5 yards
 - Illegal participation: 10 yards
 - Playing without flags, continuous infractions: 10 yards

Awards

1. League champions in all divisions will receive awards. The number of awards will be equal to the number of paid participants on the roster, no more than 16.

2. If there is an odd amount of games and an odd amount of teams and a team receives an extra game, the result of their last game of the season will not count towards their record (it will count for the opposing team only). Only the first 7 games that they play will count as their record.
3. Second place awards will be given at the end of the season for league play.
4. Ties for 1st, 2nd and 3rd place will be broken the following way:
 - A. Any team with a forfeit in the season will be dropped from the tie-breaker
 - B. Head to head competition.
 - C. Point differential between tied teams.
 - D. Total points scored against (how many points you allowed to be scored).
 - E. Total points scored.

Protests

In case of a disputed rule interpretation, the manager or captain will meet with the official and the field supervisor to resolve the problem. If the manager feels a protest is necessary the following procedures must be followed:

1. The Foothills Park & Recreation District Athletic Staff shall be the sole judge in the evaluation of a protest, there will be no further appeals or hearings.
2. No protests shall be received or considered if it is based solely on the accuracy of judgment on the part of the official (judgment calls). Protests will be considered for the following reasons:
 - A. Misinterpretation of a playing rule.
 - B. Failure to impose the correct penalty for a given violation.
 - C. Failure of a referee to apply the correct rule in a given situation.
3. The protest must be made at the time of the infraction.
4. Protest forms will be filled out with the field supervisor. The field supervisor, official and protesting manager will agree to the situation that existed prior to the disputed play. The manager will complete the narrative and must list the rule (and its page number) that is in dispute. The game clock shall stop for a maximum of 5 minutes.
5. The team manager will have the protest form signed, attach \$50 cash and submit it to the field supervisor at the time of the ruling. If the protest is upheld the \$50 shall be refunded, if denied the \$50 shall be deposited in a general fund.
6. Scores must be challenged and corrected prior to the start of the next game or it is too late and the book shall stand as is.

Player eligibility protest

- A. Can be made by an eligible team member, an official, and/or the supervisor.
- B. Player eligibility protests must be made the first time the player enters the game.
- C. If a player cannot produce proper ID and if the roster does not list that player, the opponent will be notified and they must protest immediately or they will relinquish the right to protest that player's eligibility later in the game.
- D. If the player can produce proper ID and is listed on only the one roster, then he/she can play. If the player cannot produce proper ID and is not listed on the roster or is listed on multiple rosters in the same league, then he/she cannot play and will be ejected.
- E. The player(s) will not be allowed to participate in future games until proper ID is presented at the future games.
- F. Player eligibility protest and forfeits are not retroactive to games played before the protest.

Contact Info

--Clement Park Athletics Office: 303-409-2600 303-409-2630 (fax)

--Lindsay Peterson - Adult Athletics Coordinator: 303-409-2615 lindsay@fhprd.org

--Beau Bressler - Athletics Assistant: 303-409-2614 beaub@fhprd.org

--Clement Park Weather Line: 303-409-2625

--Schaefer / Easton Weather Line: 303-409-2627

--www.teamsideline.com/ifoothills

REMEMBER TO HAVE FUN!!!

CODE OF CONDUCT

The Foothills Park & Recreation District Athletics Department has taken the policy of prosecuting any player, coach or spectator that violates any Foothills Park & Recreation District Ordinance.

Foothills also reserves the right to expel any team, without a refund, for reasons of conduct, failure to observe rules, regulations, procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.

Misconduct / Ejection(s): The umpires and/or field supervisor shall be empowered to penalize an offending player, coach and/or team as follows:

- A. Warning to player and both teams.
- B. Ejection from current game and suspension for subsequent game(s).
- C. Forfeit of game.

Any player or spectator ejected from the game must leave the field and spectator area. Failure to leave when instructed can result in a forfeit.

Anytime a game gets out of control, the umpires, field supervisor or any Foothills Park & Recreation District Official has the authority to forfeit the game. Any team with 3 or more ejection will result in a forfeit.

- ✓ **NO PLAYER** at any time shall lay a hand upon, push, shove or threaten to strike or verbally threaten an official, staff member or spectator.
Penalty: Be ejected from the game, receive minimum 3 game suspension (maximum of a season) and will be placed on probation.
- ✓ **ANY PLAYER** involved in a physical altercation (strike/hit) with another player, coach, staff member or spectator.
Penalty: Player(s) will be ejected from the game and suspended that sport for one full year. **NOTE:** Any player throwing a punch will be suspended for a full year no matter who started the fight.
- ✓ **NO PLAYER** will be allowed to play if acting in an intoxicated manner.
Penalty: player(s) will be removed from the ball game. This will be ruled upon by any of the officials or a Foothills Park & Recreation District staff member.
- ✓ **ALL PLAYERS, COACHES AND SPECTATORS** will abstain from the use of vulgarity or unsportsmanlike manners while on Foothills Park & Recreation District property.
Penalty: Depending upon severity, officials can enforce A, B, or C of Misconduct/Ejection rule.

TEAMS ARE RESPONSIBLE FOR THEIR PLAYERS AND SPECTATORS CONDUCT BEFORE, DURING AND AFTER THE GAMES. All spectators, as well as participants, must conform to all Foothills Park & Recreation District Regulations and Rules. Improper behavior will not be tolerated.

Penalty: Ejections, Forfeit of game and/or remaining games, arrest and prosecution and no refund of fees.

Once a player(s), coach and/or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season, including State Tournaments. Further conduct violations will result in further suspension that could extending through the remainder of the season, including State Tournaments, as well as forfeiting all fees paid to date.

All players and/or coaches will abide by the official's decision including a decision concerning a team's conduct. The second time a player, coach or manager is ejected from a game, and a more severe suspension will be administered.

Teams may appeal any suspensions by contacting the Foothills Park & Recreation District Athletic Specialist and setting an appointment.

REV DATE: 12/27/2010