



# Foothills Sports Arena

## Flag Football Rules

### General Information

1. **NO GUM, SUNFLOWER SEED (SEEDS OF ANY KIND), FOOD OR DRINK ALLOWED IN THE ARENA!**
2. Foothills Park & Recreation District is in compliance with the Jake Snakenberg Youth Concussion Act, which requires a youth player (ages 19 and younger) to be removed from play if a concussion is suspected and can only return to play with medical authorization.
3. The Field Supervisor, Foothills Sports Arena Front Desk Staff and/or Recreation Coordinator shall act upon any and all situations not covered explicitly in these rules. All decisions will be final.
4. Foothills Park & Recreation District offers a Flag Football Program for the recreational enjoyment of the participants. The Foothills Park & Recreation District Staff is the sole governing body of this program.
5. Foothills Park & Recreation District 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.
6. Foothills Park & Recreation District also reserves the right to expel any team from the league for reasons of lack of payment, misconduct, 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.
7. 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.
8. The game shall be played between two teams of 8 male players each.
9. **The team listed first (Home team) will be on the North sideline, the team listed second (Visiting team) will be on the South sideline.**
10. **Teams must provide their own First Aide Kit & supplies. The Foothills Sports Arena does supply First Aide or bandages.**
11. 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 critical 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.
12. Check [www.teamsideline.com/ifoothills](http://www.teamsideline.com/ifoothills) for your scores and standings.

### Inclement Weather Conditions

#### Foothills Sports Arena - (303) 409-2444

1. Please check the website for updates first at [www.teamsideline.com/ifoothills](http://www.teamsideline.com/ifoothills)
2. Messages will not be placed until 2 hours prior to the 1<sup>st</sup> scheduled game. Call no earlier than 2 hours prior to game time. Updates are made as necessary.
3. We do not call any teams the responsibility is with you. Please call if there is any doubt about playing.
4. Officials 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, so please check [www.teamsideline.com/ifoothills](http://www.teamsideline.com/ifoothills) regularly.
2. Make-up games will be scheduled a minimum of 8 days from the original date and at the 1<sup>st</sup> available time slot. Exception: Last two weeks of the season, games will be rescheduled as soon as possible. If a team is scheduled for one make-up game a second make-up may be added to the scheduled.
3. The responsibility of finding out make-up times is the duty of the team manager. We will not call teams or send out notification slips. 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 the large number of teams and limited field space in 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.

## Team Fees / Player Residency Fees

1. Teams League Fees are due in full by the end of the second scheduled game of a session. Payments are submitted to the Foothills Sports Arena front desk.
2. **Fees will be paid in full by second game, teams will not be allowed on the field until all fees are paid after their 2<sup>nd</sup> game.**
3. Teams may pick up an individual guest player for single games as long as the player signs the guest roster and pays a \$5/game/person fee. **(NO GUEST PLAYERS DURING PLAY-OFFS)**

## Rosters/Player Eligibility

1. All players must be **at least 18 years of age** be at least **18 years of age before playing in their first game of the season.**
2. Foothills Park & Recreation District is in compliance with the Jake Snakenberg Youth Concussion Act, which requires a youth player (ages 19 and younger) to be removed from play if a concussion is suspected and can only return to play with written medical authorization. If half or more of the teams players listed on the roster are 19 years old or younger, then the coach of the team must complete the [CDC's Head's Up Concussion Training](#) and submit documentation to the Recreation Coordinator prior to playing in their first game.
3. **Roster: roster size is unlimited; however awards are given to a maximum of 15 players.**
4. Players may be added to the roster up to the start of the final league game. **Players may not be added during any playoff competition, or tournament play. NO GUEST PLAYERS DURING PLAY-OFFS!**
5. Players may not participate on more than one team in the same league playing on the same day, with out prior approval.
  - a. Illegal players can only be protested at the time they enter the game for the first time (whether it is on Offense or Defense)
  - b. If a player is assumed to be illegal, that protest must be brought to the immediate attention of an official, then by the League Supervisor/Front Desk.
  - c. **Picking up players from other teams:**
    - i. If a team wishes to have a player play from another team, the requesting team manager must notify the League Supervisor/Front Desk, the officials and the opposing manager.
    - ii. If any of those people do not agree to the pick-up, the player will not be allowed to play.
    - iii. If all parties agree, **the player MUST pay the \$5 Pick-Up Player Fee.**
    - iv. The player must be on a current roster.
6. Players may participate on an unlimited number of teams in different leagues, however, skill levels will be monitored, and the Foothills Park & Recreation District Athletic Staff has the final decision on eligibility.
7. A player may not transfer to a team in the same league without approval of the Foothills Coordinator.
8. The Field Supervisor/Front Desk Personnel has the authority to disallow an illegal player(s) from participation.

9. Any team may protest a player's eligibility. **Please see 5a, b, c.**
10. Player eligibility protests and forfeits are not retroactive to games played before the protest.
11. ALL Player's will check in with the front desk attendant at Foothills arena prior to their game.
  - a. Please see Game Day Procedures

## 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, 6:30 PM game runs 1 hour and 12 minutes you do not receive an additional 10 minutes to get 6 legal players.
  - C. If you wish to pick up players on another roster to complete a team, this must be approved by the opposing team. If the opposing team is against it, the game will be a forfeit. If the opposing team approves this pickup, then the officials and league supervisors must be notified that this is an official game
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. Ex) If an official has players sitting for a cool off period, teams may continue to play.
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 44 minutes in duration, divided into 2 - 22 minute halves with a 2-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. Officials are the official timekeepers.
2. In the final 2 minutes of the game the clock stops, if a point differential is less than 18 points, ex: Incomplete passes or spiking the ball to the ground, out of bounds, score, time out, penalty or change of possession.
3. Each team is entitled to 2 time outs per half, non-cumulative. There is one time out per team in overtime, no carry over. 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 mid-field each team will have **4 DOWNS** to go the same direction. If a team scores, 1 point is awarded and the ball is brought back to mid-field to complete their series of 4 downs. 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 point after attempts. No kicks allowed. Penalties will be awarded as in normal game time. **If there is an interception, that will end the 4 downs. All yardage gained will be awarded (interception point is not part of yardage gained). The interception will NOT be returnable and the ball will be dead.**

## Field

1. 80 yards in length (Total of 100 yards with end zones)
2. 40 yards wide
3. Lines at 20 yard intervals
4. 10 yard end zones
5. Hash marks at 3 and 10 yards for point after attempts

## 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 be momentarily be within 15 yards of the ball. Penalty: Illegal procedure, 5 yards.
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.
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 within the last 5 minutes to be 24 point ahead, the game will be over at that point.
5. **Blocking Rule**: Obstructing an opponent by legally contacting him with **HANDS ONLY NO FORARMS above the waist AND BELOW THE NECK**. Down field blocking is legal. A player who is **HEAD HUNTING** down field on a player who is not involved in play may be asked to sit out for the remainder of the game and future games.
6. **Bull Rushing/Bulldogging** – This is not allowed. You must make a move to go around your opponent not go through them. It is the defense's responsibility to go **AROUND** the block and not **THROUGH** the block
7. **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 be in contact with the ground.
8. **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.
9. **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.
10. **Tagging**: If the flag belt is removed inadvertently, a one-hand tag between the shoulders and feet constitutes a capture.
11. **Players not wearing flags** at the start of the play will be assessed a delay of game for the 1<sup>st</sup> offense and an unsportsmanlike conduct for future infractions.
12. **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 1<sup>st</sup> down.
13. **Touchdown/Line to Gain**: Ball & another body part must cross the goal line. Player cannot reach the ball across the goal line/Line to Gain by itself. No diving. The hand and ball are one.
14. **Fumbles** cannot be used to gain yardage.
15. **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.
16. **Blood Rule**: Any time a player in the game is bleeding, he/she 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 1<sup>st</sup> aid kit.**
17. **Sleeper Plays**: Not allowed! No offensive player in a spread formation shall be closer than 5 yards of the sidelines.
18. **Center Sneaks**: Not allowed.
19. **Snap of the ball**: No direct snaps to any player. The ball must be snapped back at least 3 yards.
20. **Roughing the Passer**: It is the Defender's responsibility to avoid contact with the Quarterback.

### Examples:

Rusher B3, jumps to block a pass thrown by A1 from behind the scrimmage line and: **(a)** blocks the ball and, avoiding unnecessary contact, brushes A1; **(b)** is unsuccessful in blocking the pass and charges into A1; **(c)** blocks the ball and charges into A1; or **(d)** contacts passer A1's hand or arm. **RULING**: In **(a)**, no foul; in **(b)**, **(c)** and **(d)** **roughing the passer**, 10 yards and an automatic

first down. If the rusher contacts the passer's hand or arm, whether or not he/she touches the pass, it is roughing the passer. **NOTE:** Roughness by an opponent beyond the scrimmage line could be illegal contact against a player who throws an illegal pass beyond the line of scrimmage

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 FACILITY.**

## Uniforms

1. **Jersey:**
  - A. The body of the jersey should be the same basic color. Trimming and style does not have to match exactly with other jerseys.
  - B. Arabic numbers are requested on the back of the uniform jersey (minimum of 6 inches). Please do not duplicate numbers.
2. **Shoes:** One piece molded rubber shoes or football cleats that screw **INTO** the shoe are acceptable: **NO METAL SPIKES OR METAL-TIPPED CLEATS.**
3. **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 have to be taped closed.
4. **Headwear:** Players are not permitted to wear bandanas or anything with a bill. **They are allowed to wear knit stocking caps or elastic headbands.**
5. **Jewelry:** All jewelry must be removed. This includes wedding rings. Exception: If a Medical ID's must be worn it needs to be made safe to the discretion of the referee.
6. **Ball:** The ball must meet specifications of size and shape for a regulation football. Teams may use a ball of their choice when on offense.
7. **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, pant's trim and/or shorts.
8. 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.
9. **Teams must provide their own flags, balls and jerseys.**
10. **Padding:** Headgear of any nature, shoulder, elbow, forearm and 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.
11. Stickum of any kind is not permitted. The Field Supervisor must approve gloves prior to the game.
12. 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

1. **NO KICK-OFFS.** A coin flip will determine your choice of offence, defense or defer to second half will begin game. The ball will be placed on the offense's 20 yard line.
2. After each score, the ball will again be placed on the offense's 20 yard line.

## Punting the Ball

1. **NO PUNTS.** The ball will be placed 40 yards from the original line of scrimmage no closer than 10 yards from the Endzone.
2. Punting must be announced to the referee.
3. Once announced a team is charged a time out if the option is changed.

## Passing the Ball

1. All players are eligible receivers. An unlimited number of **backwards passes (Laterals)** can be made behind the line of scrimmage. **Only one forward pass is allowed.**
2. It is considered an illegal forward pass if the passer is beyond the line of scrimmage. Passes cannot be intentionally grounded (unless it is to stop the clock in the last 2 minutes of the game). Once the passer crosses the line of scrimmage he cannot make a forward pass.
3. A pass caught or intercepted is legally inbound as long as the first part of the receiver to contact the ground is inbound.

## 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.**
2. **Unsportsmanlike conduct / Personal foul**
  - 1<sup>st</sup> offense: 10 yards and loss of down or automatic 1<sup>st</sup> down. Player must sit out for 3 minutes of game time.
  - 2<sup>nd</sup> offense: Same as above and player is ejected.
  - Any team receiving 3 unsportsmanlike penalties will forfeit the game.
3. **Offensive penalties**
  - False start: 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 LOS): 5 yards
  - Illegal equipment: 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 flag belt: 5 yards
  - Illegal participation: 10 yards
  - Playing w/o flags, continuous infractions: 10 yards
4. **Defensive penalties**
  - Offside: 5 yards
  - Illegal contact (Striking, kicking, kneeing, tripping an opponent; striking the head or neck; illegal use of arms and hands; pushing runner-could include disqualification) : 10 yards
  - Encroachment: 5 yards
  - Obstructing the runner: 10 yards from spot
  - Pass Interference: spot foul + automatic 1<sup>st</sup> down
  - Roughing the quarterback: 10 yards + automatic 1<sup>st</sup> down
  - Defensive Holding: 10 yards + automatic 1<sup>st</sup> down
  - Illegal participation: 10 yards
  - Playing w/o flags, continuous infractions: 10 yards

## Awards

1. League champions in all divisions will receive individual awards. The number of awards will be equal to the number of paid participants on the roster, no more than 15.
2. If a league has an end of season play-off, 1<sup>st</sup> place will receive a \$50 credit towards a subsequent season and 2<sup>nd</sup> place will receive a \$30 credit. The credits will be honored up to one calendar year from the end of the play-off.
3. Ties for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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. Total points scored against (How many points you allowed to be scored)
  - D. Total points scored.
  - E. If still tied, duplicate awards will be given.

## Protests

In case of a disputed rule interpretation, the manager or captain will meet with the referees 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 officials (judgment calls).
  - A. Misinterpretation of a playing rule.
  - B. Failure to imposed the correct penalty for a given violation
  - C. Failure of an official to apply the correct rule in a given situation.
3. The protest must be made at that time and prior to the next play (for player eligibility protests please see the rule description on page 4).
4. Protest forms will be filled out with the Field Supervisor. The officials 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 \$100 cash and submit it to the Field Supervisor at the time of the ruling. If the protest is upheld the \$100 shall be refunded, if denied the \$100 shall be deposited in a general fund.

Thank you again for playing with Foothills Park & Recreation District and have a great season!

# 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 suspensions (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.