

Elizabethton Parks and Recreation Department

Adult Fall Flag Football Meeting August 25, 2011 6:15pm

- I. History of League
- II. Playing Field
 - A. Location of Games
- III. League Information
 - A. Disciplinary Rules
 - B. Dates to Remember
- IV. League Rules
 - A. Revised Rules**
- V. Bad Weather
 - A. In the event of bad weather call our office at 547-6440 after 12:00pm
 - B. Visit the web site at: www.eprsports.com
- VI. Questions

Elizabethton Parks and Recreation Department

Flag Football League Information

League Guidelines

League games will be played under the Elizabethton Parks and Recreation Department League rules and in some cases TSSAA guidelines.

Games will be played on Sunday afternoons and some Thursdays or Tuesday evenings.

Teams must have 5 players to begin a contest.

No steal cleats will be allowed.

Team rosters must be turned into the league official by the first scheduled game.

Disciplinary Rules

Each team captain is responsible for the conduct of each member of his team and the fans that are present watching the contest.

Cursing or any type of foul language will not be tolerated.

Any player that is ejected from a game will serve a one to two game suspension and be fined \$75.00 for their actions. Two unsportsmanlike conduct penalties also will result in a one to two game suspension and you can be fined up to \$75.00. The individual must leave the athletic facility immediately. This penalty can carry from season to season and effect your participation in other parks and recreation leagues.

Any player that is involved in a fighting situation will serve a two to five game suspension and be fined \$150.00 for their actions. In the event a fighting situation occurs the league official has been instructed to call the police immediately. When a fighting situation occurs this office will not listen to any player or coach that has an excuse for their unsportsmanlike actions. If a player or coach feels threatened in any way he must leave the confrontation immediately or he may chose to stay and could suffer the consequences of being fined and suspended for his actions. This penalty can carry from season to season and effect your participation in other parks and recreation leagues.

Any team that is found practicing on the football field when league games have been cancelled due to poor playing conditions will be fined \$100.00 for their actions.

Dates To Remember

All Leagues Fees must be paid at the Elizabethton Recreation Center. League fees are due by September 9, 2011. League fees must be paid by the deadline date of September 9, 2011. Any team that has not paid their entry fee by this deadline date will forfeit their right to participate in this league.

League games will begin in September 11, 2011

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**ELIZABETHTON PARKS AND RECREATION
ADULT FLAG FOOTBALL LEAGUE
Revised July 23, 2008
LEAGUE RULES**

EQUIPMENT

1. Flag football belts and flags will be furnished.
2. Teams must supply their own football during warm up periods.
3. No metal cleats will be allowed during league play. Turf shoes or soft rubber cleats should be worn.
4. All players should wear the same color of shirts or jerseys.
5. Each player must wear the belt with the three flags attached. The flags will be positioned with one flag on each hip and one as a tail. All shirts must be tucked in at all times to expose the flags unless the shirt is cut off above the flag belt.

LEAGUE ROSTER

1. Each team will be allowed to have up to **14** men on a team roster.
2. All players must be above 16 years of age.
3. **Team rosters are due by the first scheduled league game or a forfeit can occur.**
4. Coaches or team captains may add players to the roster up to the third game of the regular season.
5. Any player found participating in a league game that has not been listed on the League roster will be considered ineligible. The league team will then receive a Forfeit and be placed on league probation. If a player is found on two different team Rosters, he will only be allowed to participate with the team he players with first.

LEAGUE SCHEDULES

1. The league schedule will be drawn up by the Parks and Recreation Athletic Department. **If there's any dates which your team can't play please notify our Athletic Department before schedules are drawn up.**
2. **Once schedules are given to team representatives absolutely no changes will be made. NO REFUNDS ON ENTRY FEE!**

FORFEITS

1. **A team must have a total of 5 players to begin a contest.**
2. **10 minutes after game time is a forfeit. The 10 minutes eats into the game clock during the first half. That's your only grace period.**

TIME REGULATIONS

1. Play will consist of two twenty-minute periods.
2. The clock will stop on all dead ball situations during the last two minutes of the first and second half.
3. Each team will be allowed two time-outs per each half.
4. Time-outs will not be carried over into the next period.
5. One time-out will be gained during an overtime period.

FLAG FOOTBALL PENALTIES

5YD PENALTIES

1. Delay of game
2. Snapping the ball before it has been declared ready for play
3. Helping the ballcarrier
4. Offsides
5. Trying to strip the ball from the ballcarrier
6. Illegal formation
7. Illegal run on 1st or 2nd down or a QB runs the ball

5YD LOSS OF DOWN PENALTIES

1. Illegal forward pass
2. Intentionally grounding the ball
3. Illegal spin moves. Spot foul

EXTRA POINT SCORING

1. After a touchdown has been scored a team may elect to go for one extra point from the five yard line or may choose to go for two extra points from the ten-yard line.

SUDDEN DEATH

1. At the start of sudden death period a coin toss will take place between the two captains and the game referee. The team winning the toss shall have the choice of going on offense or defense.
2. Each team will be given one opportunity to score one point from the five-yard line or two points from the ten-yard line depending on the captain's selection. The team that gains the advantage in total points will be declared the winner.
3. If the score is still tied after the first sudden death period, the team that lost the coin toss in the first overtime period will be given the choice of going on offense or defense.

1. YOU CAN SPIN AS LONG AS YOU DON'T LEAVE YOUR FEET.
2. ONCE THE BALL HAS CROSSED THE LINE OF SCRIMMAGE IT CANNOT BE THROWN BACK ACROSS THE LINE IN ORDER TO THROW ANOTHER PASS. (ONCE THE BALL PASSES THE LINE OF SCRIMMAGE IT HAS TO BE RAN.)
IF THIS RULE IS BROKEN IT WILL RESULT IN A 5 YARD PENALTY AND LOSS OF DOWN.
3. A OFFENSE PLAYER MAY LEAVE HIS FEET IN ORDER TO DIVE ACROSS THE GOAL LINE IF HE IS INSIDE THE DEFENSE 5-YARD LINE. IF HE DOES NOT CROSS THE PLANE OF THE GOAL LINE, THE BALL IS DEAD AT THAT SPOT

WERE HE GOES DOWN. IF HE DIVES BEFORE HE REACHES

THE 5 YARD LINE IT WILL RESULT IN A FIVE YARD PENALTY.

4. THE BALL WILL BE PLACED ON THE 5 YARD LINE TO BEGIN AN OFFENSIVE SERIES; THE OFFENSE WILL RECEIVE 4 DOWNS IN ORDER TO SCORE.
5. THE OFFENSE WILL HAVE THE OPTION TO RUN THE BALL **ONCE** EITHER ON THE THIRD OR FOURTH DOWN ONLY!) IF YOUR TEAM RUNS ON THE FIRST TWO DOWNS, IT WILL RESULT IN A FIVE YARD PENALTY. HOWEVER ONLY A RECEIVER OR RUNNING BACK MAY DO

THE RUNNING, (THE QUARTERBACK MAY NOT RUN) IF THE QB RUNS, IT WILL RESULT IN A FIVE YARD PENALTY. (ONLY ONE RUNNING BACK MAY LINE UP IN THE BACKFIELD ON THIRD OR FOURTH DOWN)

(Example of a running play) THE QB GOES UNDER CENTER TO TAKE THE SNAP THE WIDE RECEIVER COMES IN MOTION, AFTER THE SNAP THE QB TURNS AROUND AND HANDS IT OFF TO HIM AS HE COMES BEHIND HIM AND AWAY HE GOES!

- 6. DEFENSE CAN NOT TOUCH A RECEIVER AS HE COMES OFF OF THE LINE OF SCRIMMAGE! IF THIS OCCURS IT WILL RESULT IN A 10 YARD PENALTY AND CARRY AN AUTOMATIC FIRST DOWN. THIS WILL BE JUST LIKE A PASS INTERFERENCE CALL!**
- 7. IF THE QUARTER BACK LATERALS TO A RUNNING BACK ON 3RD OR 4TH DOWN, THE RUSH COUNT WILL CONTINUE. YOU HAVE TO WAIT TILL THE OFFICIAL TELLS YOU TO GO!**
- 8. IF THE QUARTER BACK OR RUNNING BACK IS STOPPED INSIDE HIS OWN ENDZONE THEN A SAFETY WILL BE AWARDED 2 POINTS AND THE DEFENSE WILL ALSO GET THE BALL ON ITS OWN 5 YARD LINE.**
- 9. YOU CAN NOT RUN THE EXTRA POINT IN FROM THE RUNNING BACK POSITION. IF YOU DO IT IS A 5 YARD PENALTY.**
- 10. DEFENSE CAN BLITZ ONE TIME PER OFFENSE SERIES. WITH THIS BLITZ YOU CAN SEND 1 TO 6 DEFENSIVE PLAYERS WITHOUT WAITING ON THE RUSH COUNT.**
- 11. IF YOU BLITZ MORE TIMES THAN WHAT YOU SUPPOSE TO IT WILL RESULT IN A FIVE YARD PENALTY AND REPLAY THE DOWN OR THE OFFENSE CAN TAKE THE RESULT OF THE PLAY.**

- 12. DEFENSE, IF YOUR PASS RUSHER CROSSES THE LINE OF SCRIMMAGE BEFORE THE OFFICIAL TELLS HIM TO RUSH THIS WILL BE CONSIDERED YOUR BLITZ. IF THIS OCCURS TWICE DURING THE OFFENSE SERIES YOU WILL BE CONSIDERED OFF SIDES. THIS WILL RESULT IN A FIVE YARD PENALTY AND REPLAY THE DOWN OR OFFENSE MAY TAKE THE RESULT OF THE PLAY.**
- 13. DON'T FORGET THAT YOU CAN NOT BREAK THE LINE OF SCRIMMAGE EVEN IF THE BALL IS HANDED OFF. IF YOU DO BEFORE THE RUSH COUNT YOU WILL RECEIVE A PENALTY UNLESS IT IS YOUR 1 BLITZ. ALSO IF THE BALL IS FUMBLER OR BAD SNAPPED BEHIND THE LINE OF SCRIMMAGE YOU CAN NOT RUSH UNTILL THE OFFICIAL TELLS YOU TO, UNLESS YOU ARE USING YOUR BLITZ!**

- 14. IF WE HAVE PLAYED AT LEAST ONE HALF OF A GAME AND WE GET LIGHTNING AND STORMS DURING THE GAME AND IF THE OFFICIALS STOP IT, WE WILL WAIT FOR 15 MINUTES. AFTER THAT IF THE BAD WEATHER HAS NOT STOPPED THE GAME WILL BE DECLARED AN OFFICIAL GAME AND THE SCORE AT THAT POINT WILL BE THE FINAL. HOWEVER IF WE HAVE NOT PLAYED ONE HALF OF THE GAME IT WILL BE STOPPED AT THAT POINT AND WE WILL RESUME THE GAME FROM THAT POINT ON AND FINISH IT LATER.**
- 15. SAFETIES:** A safety is recorded when an offensive player is de-flagged or fumbles in his own end zone. A safety will also be recorded if the snap travels through the back of the end zone.
Any offensive penalty occurring in their own end zone will result in an automatic safety.
A safety is recorded for the offensive team if a defender intercepts in the field of play and goes back into the end zone and is then downed.
- 16. ROUGHING THE QB:** Any time the quarterback is hit (NOT TOUCHED) by a defensive player, it is considered roughing the passer. This includes hitting the quarterback's arm while he is in the throwing motion regardless of whether the ball has been released or not.
Should a defender tip or bat down an attempted pass & make contact with the QB afterward, the play is considered legal; as long as no malicious contact involved.
- 17. LATERALS:** A lateral is only legal if the direction of ball travels sideways or behind the original ball carrier. If the ball touches the ground on a lateral, if recovered by offence, it cannot be advanced. Only the defense can advance a fumble. A player may not intentionally lateral the ball out of bounds to conserve time.
- 18. FORWARD PASS:** A pass is considered forward if the ball travels ahead of the passer. Teams may not attempt two forward passes in one play. If a second forward pass is attempted, the penalty will be assessed from where the second pass was thrown. This includes "forward laterals".
Forward passes must be caught with at least one foot coming down in bounds.
- 19. MERCY RULE:** Any game where a team is leading by 17 or more points at the two minute warning of the second half will be stopped at that point. (The only games this will not effect is the final in the play offs.

GAME SITUATIONS

1. The playing field consists of 50 yards with 10-yard end zones.
2. At the start of the game a coin toss will take place between the two captians and the game referee. The team winning the toss shall have the choice of going on offense; defense or defending the direction in which they choose to defend. The loser of the toss will have the choice of the other option. There will be no kick-offs and if the winner of the coin toss elects to go on offense, the game is started with the team taking the first play on their own five yard line.
3. All offensive players are considered eligible receivers. There are no restrictions on defensive alignments.
4. If a lateral occurs behind the line of scrimmage the defense must wait three full seconds before rushing unless they blitz. The quarterback has as much time as he wants to throw the ball provided he has not been downed by the defense after the three second rush count. The rusher may move laterally on his own side of the line of scrimmage as the quarterback rolls out. The defense can rush no more than one defender unless it's their blitz! If a quarterback throws a lateral and it short hops the receiver then the ball will be down at that spot, this will be as if the offense has fumbled and the ball cannot be advanced in anyway. If the defense recovers it they may return the fumble.
5. Flag guarding by an offense player will result in a penalty.
6. **An offensive team will have a series of 4 offensive plays to score.** If the team does not score the defensive will then receive the ball to begin there offensive series on their own 5 yard line.
7. An offensive player that loses his flag is considered an eligible receiver. If a player catches the ball that does not have a flag he is considered to be down at the spot in which the catch was made.
8. If a defensive player intercepts a pass he will be given the opportunity to run the ball back for a scoring opportunity. If the player does not score the ball will be brought back to the 5-yard line to begin a new series of offensive plays.
9. The offense has a fifteen seconds play clock to get a play off.
10. There shall be no intentional contact made between teams other than pulling the flag from the offensive player.
11. Blocking will not be allowed. You must screen out a defender, just as you would in a basketball game. A defender can not use his hands to get around a player who is sitting a screen.
12. In order for a touchdown to be declared the football must cross the goal line.
13. If a player other than the Qb takes a direct snap then that player will be deemed the Qb and can't run the football.

The Elizabethton Parks and Recreation Department reserves the right to add, delete, or modify any league rule(s) that are in the best interest of the recreation leagues. Should such change occur, the change will be listed on the master rules on file in the athletic office. Our department will notify each coach as quickly as possible. Also the Parks and Recreation has the right to use your name, team name and any photos taken to promote the good of any leagues!

ELIZABETHTON PARKS AND RECREATION DEPARTMENT
ATHLETIC OFFICE: THE ELIZABETHTON RECREATION CENTER
300 WEST MILL STREET
ELIZABETHTON, TENNESSEE 37643 PHONE 423-547-6440

Visit our web site at: eprsports.com

Athletic Director
David Nanney

ELIZABETHTON PARKS & RECREATION DEPARTMENT
LEAGUE ROSTER

TEAM _____ DATE _____

LEAGUE _____ COACH _____ PHONE _____

I, the undersigned, wish to participate in the Park and Recreation Sports Programs of the City of Elizabethton, Tennessee and do hereby release the City of Elizabethton, Tennessee, the Park and Recreation Department, its supervisors, agents, servants, and employees and all persons involved with the sports programs from any and all responsibility for any injury or other loss or damage which I may sustain, while participating in any sports program sponsored by the Parks and Recreation Department or any activity sponsored by the Parks and Recreation Department. I further agree that I will never, individually, institute any action at law or in equity against the City of Elizabethton, its agents, servants or employees, on account of any injury or other loss or damage sustained or that may be sustained by me and I hereby expressly agree to indemnify the City of Elizabethton, its agents, servants, and employees, against loss from any and all claims, demands, or actions that may hereafter be brought by anyone in my behalf arising out of my participation in the activities of the Park and Recreation Department of the City of Elizabethton, Tennessee.

<u>Player's Printed Name</u>	<u>Player's Signature</u>	<u>Phone</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____

Each player on your team must fill out a Waiver Form.

**Elizabethton Parks & Recreation
Athletic League Waiver and Release**

The Participant does hereby, permanently and completely, waive and release any and all claims and causes of action for personal injuries or property damage which Participant might have or hereafter acquire against The City of Elizabethton arising as a result of participation in athletic events.

Participant shall not hold The City of Elizabethton responsible for the condition of any altered property, the condition of equipment, the conduct of participants, coaches, officials, spectators or any other cause which might give rise to injury or damage to Participant.

Participant acknowledges that League activities may be physically hazardous and voluntarily assumes the risk of such injury or death.

If participant is a minor or under legal disability, this Waiver and Release is executed on behalf of Participant by Participant's custodial parent or legal guardian.

Witness my hand this _____ day of _____, 2011.

(Participant Name)

(Name of Team)

(Participant Signature)

Participant's Custodial Parent/Legal Guardian)

(Witness)