

Elizabethton Parks and Recreation Department

Adult Spring Flag Football Meeting March 25, 2014 6:30pm

- I. Playing Field
 - A. Location of Games
- II. League Information
 - A. Disciplinary Rules
 - B. Dates to Remember
 - C. Opening Day **4/6**

III. Cost: \$260.00 Due by 4/1/2014
Absolutely All League Fees Must be Paid Before
Teams will be Scheduled !

- IV. League Rules
 - A. Rules**
 - B. Visit the web site at: www.eprsports.com

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.

Rules concerning Ejections And Fighting

1. Any player that is ejected from a game will serve a two game suspension and will be fined \$75.00 for their actions.
2. Any player ejected for fighting will serve a five game suspension and be fined \$150.00 for their actions

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.

- **All players must play in at least 4 of the 8 season games to be eligible for postseason play.**
- **All Games will be played with the football provided by Park & Rec.**

ELIZABETHTON PARKS AND RECREATION

ADULT FLAG FOOTBALL LEAGUE

Revised March 21, 2012

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 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 plays 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 released 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 (there is a 20 second play clock)
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

10 YD PENALTIES

1. *Tackling the ballcarrier without making an effort to pull the flags*
2. *Tripping, striking, kicking and holding*
3. *Flag guarding. Spot foul LOSS OF DOWN*
4. *Defensive pass interference AUTOMATIC 1ST DOWN*
- 5.

Personal foul, unsportsmanlike conduct AUTOMATIC 1ST DOWN

6. Stiff arming
7. Illegal use of hands
8. Illegal flag pulling on someone without the ball

9. Two unsportsmanlike conduct penalties on one player in a game will result in an ejection. Any player that is ejected from a game will serve a two game suspension and will be fined \$75.00 for their actions.

10. Any time the quarterback is HIT not touched, by a defensive player, it is considered roughing the passer. This includes hitting the quarterbacks arm while he is in the throwing motion, regardless of whether the ball has been released or not.

Should a defender tip or bat an attempted pass and make contact with the QB afterward, the play is considered legal; as long as there is no malicious contact

11. After a TD has been scored a team may elect to go for one extra point from the 5yd line, may choose to go for 2 extra points from the ten-yard line or go for 3 extra points from the 20 yard line.

SUDDEN DEATH

1. At the start of a 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-yd line or 2pts from the ten-yd 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 OT period will be given the choice of going on offense or defense.

SPECIAL FLAG RULES

1. Spinning is allowed one or both feet off the ground.

2. Once the ball has crossed the line of scrimmage it cannot be run or thrown back across the line in order to throw another pass. (Once the ball passes the line of scrimmage it has to be ran)

3. An offensive player may leave his feet in order to dive across the goal line if he is inside the opponents 5yd line. If he does not cross the plane of the goal line, the ball is dead at that spot. Diving is also allowed when attempting to stop the clock by diving out of bounds the last 2 minutes of each half.

4. A FORWARD PASS is considered legal; even if it is completed behind the line of scrimmage. Only ONE forward pass per down.

5. There must be @ least 4 offensive players on the line of scrimmage on each down. Failure to do so results in an illegal formation penalty.

6. The ball will be placed on the 5yd line to begin an offensive series; the offense will receive 4 downs in order to score.

7. The offense will have the option to run the ball once either on third or fourth down only. THE QB CAN NOT RUN, EVER. Only a receiver or running back may run. If the qb runs the ball it is a 5yd penalty

8. Defense can not touch a receiver as he comes off of the line of scrimmage! Doing so results in a 10yd automatic first down penalty
 9. If the QB 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
 10. IF the QB or RB is stopped inside his own end zone, then a safety will be awarded and defense will get the ball on its own 5yd line
 11. You cannot run the extra point in on the conversion attempt. It must be a forward pass to score.
 12. Defense can blitz one time per offensive series. The defense can send 1 to 6 players without waiting on the rush count.
 13. If you blitz more times than allowed, it will result in a five yard penalty and replay of the down, or the offense can take the result of the play.
 14. 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 yd penalty and replay of the down, or offense may take the result of the play.
 15. Don't forget that you cannot break the line of scrimmage even if the ball is handed off. Doing so before the rush count will result in a penalty unless it is your 1 blitz. Also, if the ball is fumbled or bad snapped behind the line of scrimmage you cannot rush until the official tells you to go, unless you are using your blitz.
 16. If you have played at least one half of a game, and the officials see lightening and stop the game, you 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 you have not played one half of the game it will be stopped at that point and will be resumed later.
 17. SAFETIES: A safety is recorded when an offensive player is de-flagged 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.
 18. 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 the offense, 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.
 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.)
 20. BLOCKING: There will no longer be any use of hands, arms, or shoulders allowed in any area of blocking on either offense or defense. All blocking will be by screening technique. A blocker's hands must be either at both sides of his body; or cupped/clasped in front or behind his body. At no time, can you use your hands, arms, or shoulders to contact an opponent.
- PENALTY- 10 yard penalty for illegal use of hands from the previous spot.

DEFENSE- At NO time shall a defender use his hands, arms, or shoulders to push, pull, or shove a blocker in an attempt to get around him. The defender MUST go around, NOT THROUGH the blocker.

PENALTY- 10 yards from the end of the run and replay of the down.

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 captains and referee. The team winning the toss shall have the choice of going on offense, defense, or defending a goal. The loser of the toss will have the choice of the other options. 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) The teams will switch end zones before the second half.
- 4) All offensive players are considered eligible receivers. There are no restrictions on defensive alignments.
- 5) 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 down 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 QB 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.
- 6) Flag guarding by an offensive will result in a penalty.
- 7) When a player's flag is pulled or loses his flag accidentally during a play, said player is considered live and has to be touched or have one of his remaining flags pulled to be considered down. If the defense intentionally pulls a flag early:
 - a. the offensive player must have one of his remaining flags pulled, to be considered down. Touching the offensive player in this situation will not be considered a tackle.
 - b. Defense will be penalized 5 yards from the end of the play and replay the down.
- 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 20 second play clock.
- 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 the defender, just as you would in a basketball game. A defender cannot use his hands to get around a player who is setting a screen.
- 12) In order for a TD to be declared, the football must cross the goal line plane.

13) If a player other than the QB takes a direct snap, then that player will be deemed the QB and cannot run the football.

14) All conversions (after touchdowns) are considered live. Defense will be awarded 2 points if they return a fumble/interception for touchdown.

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. _____	_____	_____

**Please make copies and
provide one for each player
on your team.**

**Each team must turn in an
Athletic Waiver for each
player on the team.**

**Anyone not filing a waiver
will not be illegible to play
in any Parks & Rec.
League.**

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 _____, 2014.

(Participant Name)

(Name of Team)

(Participant Signature)

Participant's Custodial Parent/Legal Guardian)

(Witness)