

**TALLAHASSEE PARKS, RECREATION AND NEIGHBORHOOD AFFAIRS DEPARTMENT
MEN'S, WOMEN'S, MASTERS', AND COED
ADULT FLAG FOOTBALL LEAGUES
2009 RULES AND REGULATIONS**

1. **ENTRY FEE**

- A. **16 Games \$828.00
8 Games \$414.00**

NOTE: A \$10 late fee will be added to the registration fee after July 24th.

- B. **Forfeits: Any team that has excessive (more than 2) forfeits, due to a lack of players to start a game, shall be suspended from the league until the manager or team representative comes by the Tallahassee Parks, Recreation and Neighborhood Affairs Department and shows just cause as to why they should be allowed to continue in the league. There will be \$75.00 reinstatement fee and team status will be determined prior to their next scheduled game.**
- C. The entry fee, rosters, and team information sheet will be accepted from 9:00 a.m. till 4:00 p.m. on Friday, July 24th. The season will begin the week of Tuesday, **September 1**. The Tallahassee Parks, Recreation and Neighborhood Affairs Department will decide how and if the league will be divided and how the tournaments will be run.
- D. Leagues offered, will be a Men, Women's, Master's (over 35), and Coed Leagues if at least four (4) teams sign up to play.

2. **GAME TIME**

- A. All games will start at 6:31 p.m., 7:46 p.m. and 9:01 p.m. at Tom Brown Sports Complex or 6:30 p.m., 7:45 p.m., 9:00 p.m. at Messer South Sports Complex.
- B. There will be a ten (10) minute grace period for **ALL games**. If the grace period is used, five (5) minutes will be deducted from each half. If the minimum number of players (six) are present, the game shall begin.

3. **INSURANCE**

The Tallahassee Parks, Recreation and Neighborhood Affairs Department assume no responsibility for injury. Teams must secure their own insurance if insurance is desired. Rec-1 Insurance is available for individual players through the Tallahassee Parks, Recreation and Neighborhood Affairs Department for a cost of \$13.55. This insurance is effective from August 1, 2009 through July 31, 2010. This insurance would cover you while participating in adult flag football during the coverage period.

4. **METHOD OF CALLING OFF GAMES**

Games will be called off at the field. In case of rain report to the designated field at appointed time, decisions on play will be made at game time. Rainouts will be rescheduled if possible. A rain out schedule will be posted two (2) weeks prior to the end of the season. It is the team manager's responsibility to check the rain out schedule in order to avoid a forfeit. Call 891-3965 for Tom Brown or 891-5337 for Messer South.

5. **PLAYERS ELIGIBILITY**

- A. All players have to be at least eighteen years of age. Age determining is **December 31, 2009**.
- B. All new or added players must be placed on a team roster two (2) scheduled games or seven (7) calendar days before he is eligible to play. The manager can do this only by calling the Administrative Office at 891-3866 or coming to the Administrative Office at 912 Myers Park Drive. The Statement of Sportsmanship on the back of the roster must be signed by the player and dated when received by the Tallahassee Parks, Recreation and Neighborhood Affairs Department. The date received will determine the seven day/two game waiting period.
- C. Collegiate, Semi-Pro, or professional football players are not eligible for Tallahassee Parks, Recreation and Neighborhood Affairs Department/FRPA Sanctioned leagues or tournaments.

6. **REFEREES**

- A. The Referee shall have complete authority over the game and the players thereof, and may expel any player from the field for unsportsmanlike conduct of a gross and willful nature or cursing at the officials or opponents. If, in the judgment of an official, a player commits an intentional flagrant or malicious act, he/she will be suspended for a definite period. The length of his/her suspension will be determined by the incident for which the player is involved. Fighting can result in expulsion from the league for the remainder of the season and this does include tournaments. Any player, coach or fan that physically touches, pushes, threatens physical harm or strikes an official, scorer or supervisor will be suspended or expelled depending on the nature of the act. Lengths of suspension may be a) 3, 5, or more games, b) remainder of current season, or c) for a definite period of time for all Tallahassee Parks, Recreation and Neighborhood Affairs Department sports.
- B. **Anyone who is ejected for any reason must sit out the next contest. It is the Manager's responsibility to enforce this rule. If the person is ejected and does participate in the next game, the game will be forfeited and both the original player and the Manager must sit out the next contest.** In case a referee expels a player and such player refuses to leave the field within one (1) minute after expulsion, the referee shall forfeit the game to the opposing team.

- C. Upon a player's second (2nd) expulsion, he shall be expelled from league and tournament play for the remainder of the season.
- D. Expulsions will be carried from one sport to the next and three (3) expulsions in concurrent seasons will cause suspension from that league for the remainder of the season.
- E. Referees are instructed to discuss matters of questions only with the appointed captain of the designated team. (A captain will be appointed before each game on offense and defense). These captains will be the only players allowed to ask for time-outs and time remaining in the period. Only these spokesmen will be allowed to confer with the referee on rule interpretations or questions concerning the game. Penalty - delay of game.

7. **MAKE UP GAMES**

For no reason will any game be made up (except rain outs). Games will be played at designated times and teams failing to appear will lose by forfeit. (Death of a player or immediate family member can cause postponement if requested).

8. **RELEASE**

- A. In order for a player to change from one team to another the player must obtain a release from his present manager. This may be done by filling out the "Addition/Deletion" card and signed by his present manager.
- B. As soon as the Tallahassee Parks, Recreation and Neighborhood Affairs Department has the release, the player may then be added to the roster. The player may play after waiting out two (2) scheduled games. NOTE: No player can change teams more than one time.
- C. In case the manager refuses to release a player, that player should:
 - 1) Notify the Tallahassee Parks and Recreation Department in writing.
 - 2) Begin two (2) weeks or 14 days waiting period in which time he may not play with any team.
 - 3) On the 14th day this player may be added to any roster and play at once.

9. **TEAM ROSTER**

- A. A team roster may include twenty (20) players.
- B. Team roster must be turned in with the entry fee.
- C. Deadline for adding players to rosters is Friday, October 30 at 5:00 p.m.
- D. Manager must list their players on the referee game card each game.

10. **TALLAHASSEE PARKS, RECREATION AND NEIGHBORHOOD AFFAIRS FOOTBALL RULES WILL GOVERN ALL PLAY**

A. Teams

- 1) Seven (7) players will constitute a team. (Coed, six (6) players will constitute a team; three male/three female). In Coed only two (2) passes are allowed per series between male players.
- 2) On offense, there is no limit to the number of players that may be on the line of scrimmage. A team may have one to six players on the line. No player on the line of scrimmage may simulate action prior to the snap.
- 3) A team may begin a game with six (6) players, except in tournament play. Teams must start and finish tournament play with seven (7) players. Coed must start and finish with six (6) players.

B. Time

All games will be twenty-four (24) minute halves with the clock continuously running except for:

- 1) Team time-outs
- 2) After touchdowns and during extra points
- 3) Injuries
- 4) Official time outs

A team is allowed two (2) time outs per half consisting of one (1) minute each. Time outs cannot be carried over from halves. During the last two (2) minutes of each half, the clock will stop as in **High School** Football. There is an automatic time-out at two (2) minutes warning of each half; neither team is charged for it. The official will give the time remaining at the two (2) minute warning if less than two (2) minutes remain. After the two (2) minute warning, the officials will announce the time left to play on placement of the ball marker.

a) Time Between Plays: There will be forty (40) seconds between downs, beginning with the end of the prior down. This includes all scoring plays. Any down that has a penalty or any other stoppage of the clock will result in the team having twenty-five (25) from the ready for play whistle before a delay of game penalty is enforced.

Periods may be shortened by mutual agreement of both captains at any time during the game. Officials will announce the time remaining after each score.

C. First Downs

A team makes a first down when it crosses one of the twenty (20) yard lines in four (4) downs or less.

D. Scoring

- 1) A touchdown shall count six (6) points; a safety two (2) points.
- 2) **Extra Points: Two (2) point conversions will be attempted from the ten (10) yard line. One (1) point conversion will be attempted from the five (5) yard line. The defensive team rush line will be the five (5) yard from line of scrimmage. Any penalty enforcement resulting in a conversion attempt less than five (5) yards will use the goal line as the defensive rush line.**
- 3) 2 Points - A point after touchdown pass attempt is intercepted and returned for a score by the defensive team.
- 4) 17 Point Rule: If a team is ahead in game by 17 or more points at the 2-minute warning in the 4th quarter, the game is over.

E. Tie Games

- 1) Will result in overtime series from 20-yard line (defense) for each team. This will continue until a winner can be determined.

F. Kicking

- 1) Rules on punts shall apply as in regular FRPA football. Players can run out punts and interceptions from end zone; if “tackled” in the end zone, it will be ruled a touchback for all situations.
- 2) Fourth (4th) down punts must be declared and the defense cannot rush. A free kick is allowed within 25 seconds after the ready for play whistle. The clock stops immediately when declared during the last two (2) minutes of each half and starts when touched by the receiving team or on the next snap. The offensive players must not cross the line of scrimmage. Defense may not move down field until the ball is kicked. Penalty - 5 yards; dead ball.
 - a. **Quick Kicks: Are illegal. Fifteen (15) yard unsportsmanlike penalty.**
- 3) **There are no kickoffs. The Receiving team will put the ball in play on their own twenty yard line to start the 1st and 2nd half and after touchdowns.**
- 4) A punt not caught, will be marked (if touched) where it lands (like a fumble backwards).

G. Fumbles

1. A fumble is dead at the instant the ball touches the ground and goes to the team who fumbles or dropped the ball, with resulting loss of down. (Fumbles forward - ball is placed where player fumbled.) Fumbled backward - ball is placed where it hits.
2. All other rules applying to a "loose ball" shall apply as in regular football. "Loose ball" is a free kick, scrimmage kick, a legal pass, or backward pass.
3. Touching the ball, whether held or not, with the ball hitting the ground, shall be interpreted as a fumble. This pertains to balls snapped by the center, kick-off and punted ball, and not forward passes.
4. When fumbled, ball belongs to the team, which had control last before the ball touched the ground.

H. Equipment

1. No metal or screw-on type cleats are allowed except official touch football shoes with soft rubber cleats. Steel-tip and/or hard plastic cleats as well as hard-soled shoes are prohibited. All players must wear shoes at all times (except a punter).
2. Teams furnish their own jerseys or like color. Numbers are required on uniform jerseys. It is required that 6 inch number(s), minimally, be worn on the back of shirts.
 - a. Players are required to be in shirts of like color, style, trim, and numbered by the 1st game of the season. Players not in uniform will not be allowed in an evening's game. If the uniform does not meet specifications, the player may not play.
 - b. Shirts must be tucked inside at all times. Penalty; 5 yards - illegal procedure. If the team is in process of starting play the official will kill the play and penalty will be evoked with no loss of down. If play is in progress, the penalty will be 5 yards from where the ball is downed. In case of touchdown penalty is marked off on ensuing kick-off unless shirt is willfully used to cover flags. In this case - 10 yards from spot of violation.
 - c. Cut off shirts are legal, however, they cannot touch the triple threat belt when bent over or the uniform will not be legal. Any shirt or jersey that is cut-off must be cut evenly at the solar plexus arch.
 - d. Shorts must be solid in color and without pockets or belt loops.**

3. Alligator Clip Attachment

Each player must wear triple threat flags that are a contrasting color of their shorts. Example. Red shorts and yellow flag belt. Black shorts with a navy blue flag belt is NOT contrasting in color. Altering flag belts or tampering with flags for the purpose of making the flag hard to pull will result in a 15-yard penalty and loss of down, ejection from the game and suspension for one ball game. Tournament play: The player will be expelled for the remainder of the tournament.

4. Ball

Each team must supply its own ball. Any leather ball that meets regulation size requirements is permitted. Any non-leather football is prohibited. If the center forgets his team's ball and delays the game to get it, a five (5) yard penalty - delay of game will occur. The center is responsible for the ball mark. There is no penalty for not doing so. The center can be ejected for repeatedly not moving the marker. (3 times)

I. Playing Rules

Check the Infraction and Penalty.

POI = Point of Infraction LOS = Line of Scrimmage

1. All players are eligible by a successful pass behind the line of scrimmage. A receiver cannot throw a pass if the player has been past the line of scrimmage with or without the ball.
 - a. Defensive pass interference ball will be placed at the spot of interference - 1st down
 - b. In the end zone one (1) yard line -- 1st down.
2. The center cannot carry the ball from scrimmage, but can receive a pass and must snap the ball between the legs.
3. A ball carrier must attempt to avoid contact with a defensive player. Deliberately charging of an opponent is ten (10) yards. (Officials will use the same judgment on "charging" and "blocking" by offensive or defense players as in basketball. "Brushing" contact and unavoidable contact is not willful charging. Setting up to draw a charge as in basketball is ill advised. Please refrain from the maneuver by a defensive player. Ten (10) yards, POI, same down.
4. A ball carrier may not: stiff arm, slap at, push away, or duck head into any defender, shield flag belt or flags in any manner, spin more than 180 turn or twist, extend the ball in an unnatural manner in an attempt to gain yardage. (This includes diving)

5. No charging, blocking, hand checking or body contact by defense is permitted. Penalty - ten (10) yards, same down.
6. If a defensive player tackles an opponent, penalty is half the distance to the goal from the POI. If the runner was in the clear, and in the opinion of the referee, would have scored except for being tackled, a touchdown shall be allowed. If defensive player reaches across the body of ball carrier to pull flag and contact is made, the responsibility of the contact lies with the defensive player. Penalty is half the distance to the goal from the POI.
7. Offensive players must operate under the same blocking and no charging rules. Penalty - ten (10) yards, same down.

Screening - Screening is defined as maintaining a position between the defender and the man with the ball. No moving screens. Screening must be stationary. A "blocker" must set his screen four (4) yards or approximately (2) running strides from a defender. The "blocker" must keep his arms and hands straight down by his sides. No part of the "blocker's" body except his feet shall be in contact with ground throughout the screen. Sticking a knee, hip, foot, elbow, etc. out and making contact is an illegal block. Penalty - 10 yards, POI, same down.

8. The ball carrier is "down" at the spot where the "tackler" pulls flags. (Unnecessary roughness by a tackler or elbowing by runner is a fifteen (15) yard penalty, same down). In the event of a flag belt dropping without being pulled by a "tackler" the runner is not down until a defender has touched the ball carrier-receiver with one hand anywhere. Anyone entering the game without a flag belt will be assessed a five (5) yard penalty.
9. The defensive team must be five (5) or more yards from the line of scrimmage until the ball is snapped except when the ball is inside the five (5) yard line or less than five (5) yards from the first down line. The defensive team may then line up half the distance of the goal line, or first down line. Defensive encroachment penalty - five (5) yards and is considered a dead ball foul.
10. Unsportsmanlike conduct of a gross and willful nature or cursing at the officials or opponents shall cause that player to be ejected from the game and his team shall be penalized half the distance to the goal. If, in the judgment of an official, a player commits an intentional flagrant or malicious foul, he will be suspended for a definite period of games. The length of his suspension will be determined by the incident for which he is involved. No player may verbally or physically taunt or threaten a referee or an opponent. This includes jeering at, pointing at, shaking a ball at, etc. an individual. Any player, coach, or fan who physically touches, pushes, threatens physical harm or strikes an official, scorekeeper or supervisor will be suspended or expelled, depending on the nature of the act. Players ejected must leave the

- field within one (1) minute or the game will be forfeited. Examples of unsportsmanlike conduct "intentionally swinging an arm, hand or fist at any player, even though no contact is made." = "throwing a football in the direction of an opponent or official - 15 yards (ejection)
11. A team may run a "no huddle" offense and need not notify the officials or opponents that they are doing so.
 12. A defender may not rough the passer - defined as when a defender makes any contact with the passer before, during, or after the actual pass attempt.
 13. A team is responsible for its spectators. Officials may penalize a team for the behavior of its spectators.
 14. A defender - under no circumstances - may not try "chuck" or detain in any way, any pass receiver.
 15. Hurdling is jumping over or attempting to jump over an opponent to avoid having a flag pulled. A player leaving his feet to secure a ball carrier receiver's flag is legal. If a player is lying on the ground and the ball carrier jumps over him/her to avoid stepping on the player this will not be considered hurdling (Referee's judgment). The body contact will determine illegal action. Players, however, may not dive for a first down line or the goal line. Ten (10) yard penalty from the point of the infraction will be assessed, same down.
 16. Inadvertent Whistle
 - A. Permits a team in player possession at the time of an inadvertent whistle to have the option of accepting the play at the time of the whistle or replaying the down. If the whistle blows inadvertently before the ball or ball carrier crossed the line of scrimmage the down is automatically replayed. If the official judges the ball carrier would have scored if there had been no whistle = a touchdown can be awarded. When a legal pass or snap is in flight or during a kick, or while the ball is loose behind the line, and before hitting the ground, the down will be replayed.
 17. No player under the influence of alcohol or illegal drugs may participate in any league or tournament game. Penalty: Gross unsportsmanlike conduct penalty.
 18. Pass interference occurs only if the ball is in the air. It is not pass interference if the ball is clearly uncatchable. Even though it is not pass interference, it may be roughing or unsportsmanlike conduct.
 19. Protests on player eligibility must be made to the field supervisor by game's end or the next day by 5:00 p.m. A protest fee is **\$50.00** and will be refunded if the protest is upheld, and the game will be forfeited to the offended team. ID. requests must be made within 15 minutes at the field. Florida Drivers License or Florida ID. card will be accepted. Administrative ineligibility will not cause a game to be forfeited. The player proved to be administratively ineligible would be removed from the league.

20. Questions on rules must be made before the next snap of the ball. A time-out will not be charged if the rule interpretation is changed by the game official. If the ruling stands, a time-out will be charged to the team questioning the ruling. If your team does not have any time-outs left a Delay of Game penalty will be enforced. THERE ARE NO PROTEST ON RULE INTERPREPTIONS IN FOOTBALL!

RULES SUMMARY SHEET

Previous Spot - spot where ball was last snapped (Line/Scrimmage)
spot where ball was last kicked off.

Succeeding Spot - spot where ball is next snapped or kicked off.

Whenever the ball is alive, all fouls are enforced from the basic spot except that a foul by the offense behind the basic spot is enforced from the spot of the foul.

The basic spot on a loose ball play is the previous spot. The basic spot on a running play is the end of the run. A loose ball play includes all action from the time of the snap until a legally thrown ball is caught, intercepted, or incomplete. A running play includes 1) any run or scramble BEHIND the LOS in which the ball carrier does not throw a pass or pitch, 2) BEYOND the LOS, any run and/or any action during any part of a run after a catch of a pass, kick or punt. On kick-off and punts, any action before the catch is part of a loose ball play.

OFFSIDES, SNAP	Dead ball	5 yards	Same Down
ENCROACHMENT, DEFENSE	Dead ball	5 yards	Same Down
ILLEGAL PROCEDURE	play continues	5 yards	Same Down
ILLEGAL MOTION	play continues	5 yards	Same Down
ILLEGAL PASS	play continues	5 yards	Loss of Down
FLAG GUARDING	play continues	10 yards	Same Down
SPINNING	play continues	10 yards	Same Down
DUCKING HEAD INTO DEFENDER	"	10 yards	Same Down
DIVING	"	10 yards	Same Down
EXTENDING BALL FROM BODY	"	10 yards	Same Down
ILLEGAL SCREEN	"	10 yards	Same Down
HOLDING, CHARGING/DEFENSE	"	10 yards	Same Down
CHARGING, OFFENSE	"	10 yards	Same Down
HOLDING, OFFENSE	"	10 yards	Same Down
PASS INTERFERENCE, OFFENSE	"	10 yards	Same Down
PASS INTERFERENCE, DEFENSE		auto 1st, spot of foul	
PASS INTERFERENCE, DEFENSE END ZONE		auto 1st at 1 yd line	
ROUGHING THE PASSER			
with or without touching ball	play continues	5 yards	automatic 1st
Flagrant	"	15 yards	automatic 1st
UNNECESSARY ROUGHNESS		15 yards	Same Down
Flagrant	"	15 yards	automatic 1st
UNSPORTSMANLIKE FOUL	"	15 yards	succeeding spot
Flagrant	"	15 yards	succeeding spot, 1st
GROSS UNSPORTSMANLIKE FOUL -	1/2 distance to goal, automatic 1st, ejection		
TACKLING - 1/2 distance to goal, touchdown	<u>MAY</u> be given at ref. option		

NOTE: Referees have option to assess any penalty yardage, to award automatic 1st or TD or forfeit, to eject individual for any unnecessary roughness or unsportsmanlike foul or tackling.