Adult Men's Flag Football League

Rules And Regulations

COACHES/MANAGERS

1. The coach or manager shall be responsible for the following:
   a. Attending all league meetings
   b. Informing team members of the outcome of league meetings or protest review
   c. Knowing the league rules and being able to advise team members as to their interpretation
   d. Distributing league schedules and other league materials to team members
   e. Controlling language and conduct of his players and spectators
   f. Liaison to the league office
   g. Submitting rosters, protests, and any other paperwork required

OFFICIALS

1. Officials shall be members of an approved local association holding a current contract with the Arlington County Department of Parks and Recreation (DPR)
2. The Association’s Commissioner shall assign officials to games
3. Officials shall be paid from franchise fees held in trust by the Treasurer of Arlington County.
4. If any officials fail to appear, managers may, by mutual agreement, appoint officials for the game. Games may be played with two officials if both captains agree.
5. Any player, manager, coach, or team official hitting, pushing, or shoving an official will be barred from further participation, if he was the aggressor.
6. Official time shall be kept on the field.

FRANCHISE FEES

1. The franchise fee shall be established amount to cover league expenses.
2. The amount of the franchise fee will be determined each year prior to the opening of registration and must be paid on or before the deadline date established by the league office.
3. A team roster must accompany each team's franchise fee in order to be considered for a league.
4. Franchise Fees will be accepted on a first come first served basis, unless otherwise determined.

PLAYER ELIGIBILITY

1. A player must be at least 18 years of age by first game in order to participate in these leagues.
2. A player may participate on only one coed and one men's flag football team within a league under the jurisdiction of the Arlington County Department of Parks, Recreation and Cultural Resources. No player on a current high school, college or professional team may participate in this league (entry of name on any school roster constitutes participation).
3. Any player, manager, coach, or team official suspended or barred from participation in these leagues by the Arlington Sports Division is ineligible to participate on any team in any league under Arlington jurisdiction until the suspension is lifted ("participation" includes coaching as well as playing). Anyone hitting or shoving an official will receive an automatic Life suspension from all recreation sports activities.

4. A team playing an ineligible player shall automatically forfeit all games in which this player participated.

5. If a player, manager, or coach is ejected from a game, this person is automatically suspended from the next game his team plays. A second offense by the same person will result in additional disciplinary action, as directed by the League Commissioner. This rule is not subject to protest or review.

6. Players and coaches must conduct themselves in a sportsmanlike manner at all times. Physical violence, abusive language or unsportsmanlike action will not be tolerated. Disciplinary action will be taken against individuals and/or teams who do not strictly adhere to the league rules. Individuals and/or teams may be suspended from the league, with no portion of the franchise fee returned.

7. Any spectator, player, coach, or other team member hitting, shoving, intimidating, or otherwise physically or verbally abusing a Field Supervisor, Game Official, or another player, shall be immediately barred from further participation in league activities until formally reinstated by the league Commissioner, and will be immediately removed from the field and spectator area. This includes discussions, conversations, and comments before, during, or after any games while in the immediate vicinity of the facility. If an issue arises during a game, the captain is the only person allowed to discuss it with the official and only during intermission. Any complaints against a game official shall be made in writing to the league Commissioner within one week of the alleged incident, and should include the alleged incident in detail as well as any witnesses.

**TEAM ROSTER**

1. Rosters must be typed or printed on the roster forms provided by the league office in original form; Rosters must list the proper name (no nicknames), address, zip code, and either a home or work phone number of each player, manager or coach. **INCOMPLETE ROSTERS AND DUPLICATED COPIES WILL NOT BE ACCEPTED.**

2. For participation in this league, all rosters must be comprised of at least 66% Arlington County residents. This percentage must be maintained throughout the season. Place of employment qualifies a person as a resident for purposes of meeting the requirement ("business resident"); however, business residents must still pay any non-resident fees.

3. Liability/Injury Waiver and Release Form: No individual will be allowed to participate in any league game without completing and signing the hold harmless form on the team roster.

4. League rosters are limited to 25 (twenty-five) players. All changes (i.e., additions, deletions, etc.) must be made in writing and filed with the League Commissioner.

5. Playoff rosters are final following the third game of the season. To avoid a forfeit, teams may, with permission of the opposing captain add players for a single regular season game following
the third game. Any added players must fill out an add/drop form which must include the
signature of the opposing captain and must be turned in to the league commissioner. If a team
has the minimum number of players without adding additional players, they should play with
the minimum. Roster additions following the third game should only be made to avoid a forfeit.

UNIFORMS AND EQUIPMENT

1. Each team is required to wear same color jerseys/shirts. Shirts must remain tucked in
throughout the course of the game.
2. The wearing of any external hard, resistant, protective material is prohibited.
3. Metal cleats are prohibited. Rubber or soft vinyl cleats molded to the shoe are permitted.
4. Teams will provide game balls for their games.
5. Teams must furnish their own flags. The flags should be 3-inches wide and USFFA approved,
e.g., sonic socket release flags.
6. Pants with pockets are prohibited.
7. In the event that both teams have the same color shirts, the home team keeps the color. The
away team is responsible for making alternate arrangements (e.g., white t-shirts)
8. Teams must wear pants or shorts that are a different color than his or her flags.

PLAYING RULES

1. United States Flag & Touch Football Rules will prevail, except where amended below:
   a. Eight (8) players shall constitute a legal team.
   b. Games may be played with a minimum of eight (6) players. There will be 10-minute
grace period (comes off playing time) from regularly scheduled starting time in order to
allow teams time to assemble the required number players (eight). If at game time, a
team does not have the required number of players, then that team loses the option to
kick/receive for both halves. EXAMPLE: Team does not have the required number of
players at game time, the grace period is invoked. Eight (8) minutes after the original
scheduled game time Team A now has the required number of players. Team B has
their choice to kick or receive for each half.
   c. If six (6) players are present, these six must start.
   d. All games will be played in two 30-minute halves. The clock will run at all times, except:
2. For team time-outs (two per half of one-minute duration, which are not accumulative), and for
official time-outs for injury.
3. In the last two minutes of each half, regulation timing will be in effect.
4. Time between halves will be three minutes.
5. The field will be 80 yards long (goal line to goal line) and 50 yards wide when playing on grass
fields. Games played at synthetic fields will be 100-yard regulation football sized fields
6. A third delay of game and penalty and all successive delay of game penalties during the course
of any one game will result in the 5-yard penalty plus a loss of down.
7. A coin toss will determine opening possession. The team winning the coin toss may choose one
of the following three options: kick/receive, direction, or deferral. The opposing captain will
then select direction or possession. Possession and direction will automatically switch for the second half.

**Scoring:**

1. Touchdown = 6 points
2. Safety = 2 points
3. Extra Point  1 point (from 3-yard line – pass, run, or kick)
4. Extra Point  2 points (from 10-yard line - pass or run)
5. Field Goal = 3 Points
6. If the facility allows for it, field goal attempts will be permitted. Defenses may not rush a field goal attempt, but may stand at the line of scrimmage in an attempt to block the attempt. In the event of a missed field goal, the ball will be placed at the placement of the kick. Missed field goals that are caught in the air may be returned; however once the ball hits the ground it is dead. A missed field goal is returned at the risk of the defense, once the defense chooses to return the field goal, they forfeit the right to have the ball spot returned to the original line of scrimmage.
7. In case of a tie at the end of regulation play, each time will receive the ball at the opponent’s 20-yard line and have four downs with which to score. Upon scoring a touchdown teams may go for 1 or 2. However, kicked extra points are not allowed during overtime. If a regular season game is still tied after one (1) overtime period, the game shall be declared a tie. Playoff games will continue with overtime sessions until a team wins. If a playoff game requires multiple overtimes, the order of possession will switch for each successive overtime.

**Kicking:**

1. A free kick begins each half of the game and follows a touchdown or safety.
2. After touchdowns the kick must be from the 20 yard line on an 80 yard field.
3. On scrimmage kicks, the team kicking must announce their intention to kick.
4. Neither team may leave the scrimmage line until the ball has been kicked. Both offensive and defensive teams must have four (update: fall 2010 - rule changed to 4 men on the line) men on the line.
5. If the facility permits, field goal and kicked extra point attempts will be allowed. Extra point attempts will be snapped from the 3-yard line. The defense may not rush, but may stand at the line of scrimmage to attempt to block the kick.

**Blocking:**

1. All blocking must be done with both feet on the ground and contact made above the waist.
2. Downfield blocking is not permitted. No check blocks once the receiver leaves the line of scrimmage and has proceeded 5 yards.
3. Under no condition is a rolling block permitted.
4. Offensive lineman may use extended arm (Pro Block) provided palms are facing opponent and blacker is either stationary or moving backward. Contact must be made between the waist and shoulders.

5. Blocking or pushing a ball carrier that is running near a sideline for the purpose of knocking him out-of-bounds and stopping his progress is a foul (15-yard penalty).

6. There is no knee blocking or tripping allowed by the offense or defense.

Deflagging:

1. It is the offensive player’s responsibility to make sure flags are legally in place.
2. If an offensive player loses his/her flag in a play the play (for that player only) becomes one hand touch (between shoulders and knees).
3. Players must start the play with their flags in place.
4. Intentionally deflagging a player without the ball, or intentionally throwing the flags away from a player will result in an unsportsmanlike conduct penalty.
5. The spot of the ball is at the hips where the flag was pulled or the player went out of bounds.
   (i.e. - stretching the ball out does not advance your position)

Ball is dead when:

1. Whistle blows.
2. Ball goes out of bounds
3. Any part of ball carrier’s body, other than his hands or feet, touch the ground
4. Ball touches ground as a result of a muff or fumble (ball belongs to team which had possession before the muff or fumble),
5. An incomplete backward pass or snap from scrimmage hits the ground; ball is dead at the spot it hits the ground.

Passing:

1. All players are eligible to receive a legal forward pass.
2. Lateral passes or air fumbles recovered by the defense may be advanced further than point of recovery and only when the ball has not touched the ground.

The ball-carrier may not:

1. use stiff arm to ward off an opponent
2. knock the hands of the defense away
3. deliberately charge a defensive player
4. be helped, pushed, or pulled by his teammates.

First Downs:

1. A first down will be awarded at each 20-yard marker.
2. Lines-to-gain will be indicated by a pylon or cone at each 20-yard line and at the 40-yard line.
Scrimmage Line:

1. There shall be a minimum of four players on the offensive line.
2. No players shall interlock legs.
3. All offensive players must be within 15 yards of the ball when it is declared ready for play.

Penalties will be administered in accordance with United States Flag & Touch Football League.

1. Five-Yard Penalties
   a. Offside
   b. Failing to announce punt
   c. Crossing scrimmage line before ball is punted
   d. Delay of Game
   e. Getting ahead of a ball before it is kicked off (offsides)
   f. Rushing the kicker
   g. Violation of a free catch
   h. Helping the runner
   i. Illegal procedure

2. Ten-Yard Penalties:
   a. Tripping by defense
   b. Offensive holding
   c. Pass interference by offensive team (also loss of down)
   d. Holding player when attempting to deflag him.
   e. Illegal Rush
   f. Flag guarding (15-yards from the spot plus loss of down)

3. Fifteen-Yard Penalties:
   a. Tackling and roughing (ejection from game could result), touchdown will be awarded if in the judgment of the official this action prevented a touchdown.
   b. Defensive or offensive player leaving feet to make block
   c. Illegal Blocks
   d. Unsportsmanlike conduct; if conduct is flagrant, offender shall be disqualified. Note: A team using any foul language will be given one warning. Any foul language after the warning will receive an automatic unsportsmanlike conduct penalty. The language does not need to be addressed at anyone. If the language is audible, the penalty will be assessed. (Update: Fall 2010)
   e. Striking, Tripping, Clipping, Kneeing, elbowing, etc.
   f. Too many time-outs used (plus a 10-second time run-off if during the last 2 minutes of any half, plus loss of down)
   g. Downfield blocking (15-years from the spot plus loss of down)

4. Spot of Foul
   a. Defensive Pass Interference (spot will be 1-yard line if penalty occurs in the end zone).
Forfeitures

1. If the required number of players (six) has not been met by game time by one of the teams, and the team having the required number shall win by forfeit and the score shall be 2-0. If both teams fail to have the required number of players, the game will be declared a double-forfeit and will not be made up.

2. A team forfeiting two leagues games because of failure to have the required number may be dropped from further participation until their case is reviewed. All games will stand and no part of the franchise fee will be returned.

3. Using an ineligible player shall result in forfeiture

PROTESTS

1. Decisions involving an official's judgment is not subject to protest. If an official's application of a rule is believed to have been misapplied or misinterpreted, that team may request a time-out to review that ruling, provided the request is made prior to the ball becoming live for the next play. If the conference results in the referee altering his ruling, the opposing coach will be notified, the revision made, and the time-out shall be charged to the official. If the referee's ruling prevails, the team requesting the conference will be charged with a time-out. A coach - referee conference after all permissible time-outs for the coach's team have been used, and during which the referee is requested to reconsider the application of a rule and no change in the ruling results, is delay of game and shall be penalized 5-yards.

ADMINISTRATIVE REGULATIONS AND INFORMATION

1. Any questions or situations not covered are these league rules or official interpretations thereof shall be referred to the League Commissioner for a final ruling. The Commissioner's ruling shall not be subject to protest or review.

2. No games may be postponed without prior approval of the League Office.

3. All games postponed due to inclement weather will be rescheduled through the League Office.

4. Games postponed in progress will be resumed from the point they left off.

5. In the event that a game cannot be rescheduled (i.e. last week of season), the following rules will govern the results:
   a. In the event that the game has not yet reached halftime, the game will be recorded as a tie.
   b. In the event that the game is postponed during the second half, the team in the lead will be granted a win, while the team behind will be granted a tie.

6. Any player, team, or coach found guilty of gross misconduct should be suspended from further League play.

7. Any player or coach found guilty of defacing or destroying county property shall be held responsible for damage and shall be suspended from play until restitution is made.
8. No person or persons shall drink alcoholic beverages of any kind while participating either as a team member or spectator at programs administered by the Arlington County Department of Parks, Recreation and Cultural Resources.
   a. First Offense: player shall be suspended from the team's next two games and the team shall forfeit the game
   b. Second Offense: player shall be suspended from the Arlington Flag Football League for one year. Suspension shall carry over to includes league and/or postseason tournament play.

Tiebreakers for Playoff Seedings

1. To determine playoff seedings, ties will first be broken using head to head results. If there is more than a 2-way tie, and head to head creates additional ties, or if tied teams did not play each other, then ties will be broken based on the following “power point” system:
   a. Wins by the Team -12 points
   b. Ties by the Team - 6 points
   c. Games tied by a defeated opponent - ½ point
   d. Games won by a tied opponent - ½ point
   e. Games won by a defeated opponent - 1 point
   f. If a tie still remains, a coin flip will determine playoff seeding.

CODE OF CONDUCT

1. All players are expected to abide by the following code of conduct to stay in good standing:
2. Respect the game, play fairly, and follow its rules and regulations.
3. Show respect for authority to the game officials and league employees.
4. Demonstrate good sportsmanship before, during, and after games.
5. Be courteous to opposing teams and treat all players with respect.
6. Be modest when successful and gracious in defeat.
7. Respect the privilege of the use of public facilities.
8. Refrain from the use of drugs, tobacco, alcohol, and abusive language.
9. Teams are responsible for the conduct of their players and spectators.