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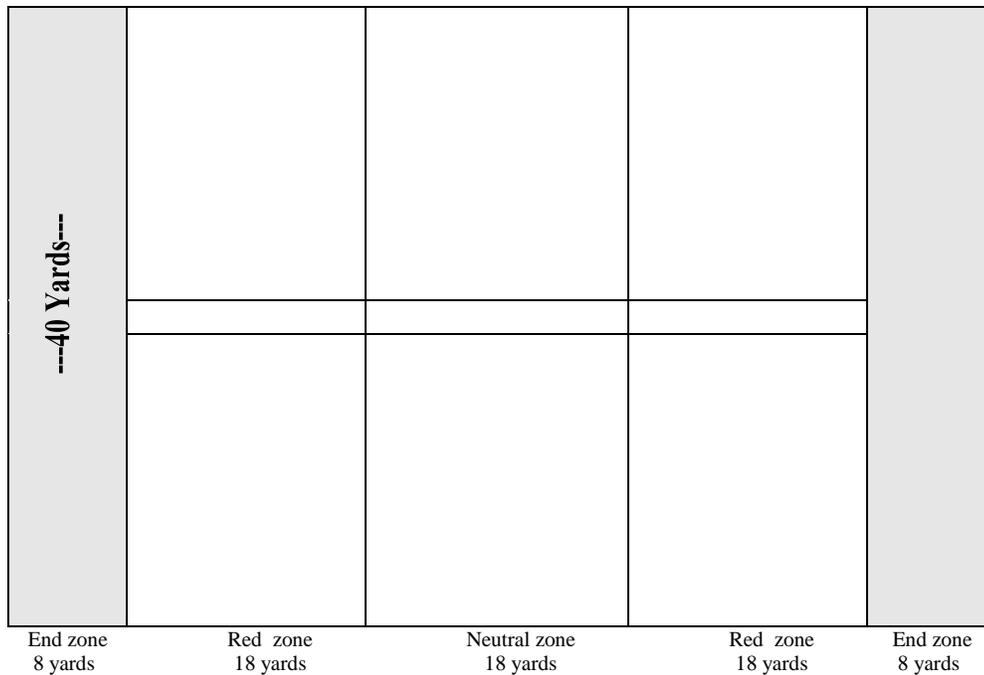
## ADULT FLAG FOOTBALL LEAGUE 2022-23 RULES AND REGULATIONS

**I. Rules Governing Play**

The current High School Federation Rule Book will govern play in the 2022-23 Municipal Sports Flag Football League with the following being the exceptions. The following is not an inclusive list of amendments and League Administration reserves the right to rule on issues that may arise during the course of the season.

**II. Description of the Game**

- A. The game of flag football is played with seven players per team on the field. It is played similar to regulation football with the exception of the ball carrier being tackled; instead, the defensive player removes their flag belt. All players are eligible to catch the football which makes the game of flag football a game of finesse unlike tackle football which is a game of strength. Any combination of players may be used for line or back field.
- B. The regulation dimension for the field shall be **54 yards in length and 40 yards in width, plus two 8-yard end-zones.**
- C. Each line crossed results in a first down.



---70 Yards---

### III. Uniforms

- A. All the team members must wear jerseys of the same color. Each player must have identifying numbers on front and back. Two players may not wear the same number. Numbers on the back must be at least 8" in size. ***The penalty for a player not wearing a legal jersey is one point awarded to the other team.***
- B. All jerseys must be full length and must be tucked.
- C. The color of the flag belt must be different from the color of the pants worn by the individual players during the game. Note: pants may not have belt loops. League will provide the flag belts.
- D. Regular football equipment and pads are prohibited. Only elbow/knee pads and gloves are allowed. No jewelry, forearm pads, etc.
- E. A mouth piece is recommended for every player.
- F. Glasses will not be allowed. EXCEPTION: Sports goggles will be allowed.
- G. All players must wear shoes. Shoes with rubber cleats are permitted. Detachable cleats are also permitted. Street shoes and metal cleats are not permitted.
- H. Uniform rule will be in effect starting with the 2<sup>nd</sup> league game.

### IV. Game Ball

- A. The football may be no smaller than official high school and no larger than NFL dimensions.
- B. Each team is to provide their own ball.

### V. Time of the Game

- A. There will be two 20-minute halves, with a three-minute halftime.
- B. The clock shall be stopped for requested time outs. The clock will also be stopped after all touchdowns and safeties. The clock will resume with the ball placed on the **three-yard line** following a touchdown or a safety. The clock will not stop if a team is ahead by 18 or more points. **Should the lead become less than 18 points, the game will revert back to regulation timing.**
- C. During the last two minutes of the game, the clock shall stop as per federation stop time rules and on change of possessions. The clock will be stopped for placement of the first down, and then restarted by the referees whistle. The coach will be notified when they are with-in the last two minutes of the game. The clock will stop only for this notification and will be restarted immediately.
- D. Each team will be allowed two time outs per half. Any time outs remaining from the first half will not be carried over to the second half.
- E. During time outs, one coach will be allowed on the field to confer with the team.
- F. After halftime, the teams shall change goals.
- G. At least six players are needed in order for the game to be considered official. If there aren't at least six players, the game will be a forfeit. Shorthanded team takes the forfeit regardless of the score.
- H. Substitutions are unlimited.
- I. Scoring
  - 1. Touchdown = 6pts
  - 2. Safety = 2pts
  - 3. P.A.T. conversions: from the three yard line, it will be 1pt. From the five yard line, it will be 2pts.
- J. Tie scores
  - 1. In a regular season game, a tie score will be recorded as a tie.
  - 2. **During playoffs, if a game remains tied at the end of regulation, the following tie-break scenario will take place:**
    - a. **Officials will meet with team captains for a coin toss. Winner of the coin toss will have the option to have possession of the ball first or defend.**
    - b. **The ball will be placed on the defensive team's 18-yard line. Each team will have one offensive series to score. Teams will alternate sides on change of possession.**

- c. Teams that score have the option to convert for either 1 or 2 points. If the 1<sup>st</sup> team scores, the opponent will have an opportunity to match or beat the score.
- d. The ball will remain live if intercepted and may be run out of the end zone. A team that scores on an interception in overtime will win the game. If the intercepting team does not score they will have the option to place the ball at the dead ball spot (on opposite end of field) or revert it back to the 18-yard line.
- e. If the game remains tied after each team has had their four downs, the process is repeated until there is a winner. During additional overtime periods teams will alternate who chooses to play offense or defense first.
- f. Penalties are handled the same as during regulation.
- g. No time outs are allowed.
- h. No kicks of any type are permitted. Any kicks will be penalized as illegal kicks.

## VI. Rules of Play

- A. The captain winning the toss shall have the choice of options for the first half or shall defer their option to the second half.
  - 1. The options are:
    - To choose whether their team will kick or receive.
    - To choose the goal their team will defend.

(In the scenario that scrimmage vests would need to be worn by one of the teams, the captain winning the coin toss shall have the option of his team wearing them or having the opposing team wear them.)
  - 2. The captain not having the first choice of options shall exercise the remaining option.
- B. Before the start of the second half, the captain of the team that lost the pre-game toss is given their choice of kicking off or receiving. (Teams will switch sides to defend).
- C. No kick-offs. Ball is placed on the **3 yard line** at the start of each half, after touchdowns and after safeties.
  - 1. When the ball is placed on the 3 yard line to start a half or after a score, safeties will not be in effect until the offensive team advances the ball into the next zone.
  - 2. A team that is downed, forced out of bounds, or commits a foul in their own end zone when safeties are not in effect will have the ball placed at the 1 yard line
  - 3. Teams that take over on offense after receiving a punt are subject to safeties regardless of where the ball is spotted.
  - 4. Once a team attains a 1<sup>st</sup> down by advancing the ball into the next zone, safeties will go into effect.
  - 5. Teams are not penalized for downing the ball in the end zone. The clock will run and the ball will be placed on the 1 yard line.
- D. Punting
  - 1. Neither team may cross the line of scrimmage until the ball is kicked.
  - 2. The offensive team must declare to punt or not to punt, at all times. Penalty: five (5) yards.
  - 3. The punt must be kicked within 30 seconds after the ball is put in play. Delay of game penalty: five (5) yards.
  - 4. Following the delay of game penalty on a declared punt the clock will not start, until the ball is kicked.
  - 5. The punter must initiate the punt from within the two yard line middle zone. Penalty: five (5) yards.
  - 6. At least three defensive players are to be on the line of scrimmage until the ball is kicked. Penalty: five (5) yards.
- E. Downs
  - 1. If the offensive team fails to advance the ball to the next zone in four downs, they shall lose possession of the ball to their opponents at the spot where the ball is declared dead on the fourth (4) down.

2. If any part of the ball touches, or the point of the ball is over a zone line, the next zone is played.
3. Referee MUST spot the ball before the offense may execute a legal snap.

#### F. Passing

1. All players are eligible to receive passes. The offensive team may throw as many forward passes as they wish, as long as the forward passes are thrown from behind the line of scrimmage.

Note: Once the ball crosses the line of scrimmage forward passes are illegal and will result in a penalty. Penalty: illegal forward pass, loss of down and five (5) yards.

2. A forward pass may be completed behind the line of scrimmage. This is a pass play not a running play.
3. Pass interference shall be penalized as follows:
  - i. Interference by offense
    1. Ten yards from line of scrimmage plus loss of down.
    2. Fouls that occur in the defensive team's end zone on 4<sup>th</sup> down will result in a turnover on downs. The ball will be placed at the previous line of scrimmage or 3 yard line, whichever is more advantageous to the team taking over on offense.
  - ii. Interference by defense
    1. Ball is placed at the spot of foul with a first down.
    2. If foul occurs in defensive team's end zone, offensive team's ball and first down at one yard line, or if the previous spot was inside that line, first down half way between the previous spot and goal line.
4. Roughing the passer: it shall be a foul to make contact with the quarterback in any way except for pulling his flag. Roughing the passer includes making contact with the ball while it is in the quarterback's hand. Penalty: ten yards from the previous spot.

#### G. Running Plays

Running line plays, with or without a handoff or lateral, shall not be permitted within one yard of either side of the offensive center zone. Allowances will be made at the official's discretion on "BrokenPlays". Penalty: 5 yards and loss of down.

This rule applies to defensive team as well. Defensive team may not rush the backfield from between the 2 yard zone. Penalty: Illegal procedure, 5 yards.

#### H. The Huddle

1. There shall be a 30 second limit to any one huddle. Penalty: 5 yards
2. No hideouts will be permitted. All offensive players must start within ten yards of the line of scrimmage. Penalty: loss of 10 yards.
3. Teams are not required to huddle

#### I. Centering the Ball

1. The ball must be passed from between the legs of the center to a teammate. Penalty: illegal procedure - 5 yards.
2. Encroachment: no player shall encroach on the neutral zone after the ball is ready for play and before the snap. By touching the ball or an opponent or by being beyond the neutral zone to give defensive signals to hinder or deceive an opponent. After the snapper has made his final adjustment of the ball, it is encroachment for any player to break the plane or the line of scrimmage, except for the snapper's right to be over the ball.
3. The official must spot the ball before the offense can execute a legal snap.

#### J. Blocking

1. Blocking is only allowed with extended arms.
2. Blocking with shoulder and/or forearms is not allowed and is grounds for ejection.

#### K. All interceptions may be returned including interceptions that take place in the end zone.

## **VII. League Procedures**

Official's fees are **\$52.50 per game**. This fee must be paid in cash to the head official prior to the start of the game. If there are only two officials the fee is **\$40**.

## **VIII. Sportsmanship**

- A. Only the manager or captain are allowed to talk with the officials.
- B. Unsportsmanlike conduct violations may result in ejection from the games. Any player ejected from a game for unsportsmanlike conduct will automatically be suspended from their next game and may face a longer suspension including expulsion from the league (pending severity).
- C. Any player(s) who engages in a physical altercation will be suspended from the league and will forfeit their team bond.
- D. City ordinance prohibits alcoholic beverages at city recreation centers.

## **IX. Forfeit Bond**

- A. Teams that forfeit a game will have their forfeit bond utilized to pay officials at a rate of **\$105.00** per game.
- B. Forfeit bond will be lost in its entirety if a team engages in a physical altercation. This applies to both instigator and retaliator.
- C. Forfeit bond balance must always be **\$210.00**. Teams must replenish any portion of the bond that is lost for whatever reason by 5:00pm of the following Wednesday. Failure to comply will result in forfeiture of next game and may result in team being dropped from the league.
- D. Forfeit bond will be refunded upon written request from Team Manager. NOTE: Forfeit bonds left dormant for a period of 3 years will be lost.

## **X. Fighting**

- A. This league has zero tolerance for fighting (instigator or retaliator), and it is cause for indefinite and immediate suspension from the league.
- B. Any player ejected for fighting will automatically lose their team's forfeit bond, which must be replaced by the Wednesday following the incident.
- C. The ejected player will be discharged from the league.

## **XI. Rosters**

- A. The number of players per roster is 18.
- B. The roster must be turned in prior to the third week of the season.
- C. Rosters will not be accepted after the sixth week of the season.
- D. Teams may add and drop players from their roster through the 8<sup>th</sup> week of the season.
- E. In order for players to be eligible for playoffs, they must have signed the official score sheet for at least 4 games.
- F. Teams that don't turn in their roster by the 3<sup>rd</sup> week of the season will only receive 1 point for a victory beginning the 4<sup>th</sup> week of the season. Once they turn in a legal roster they will get two points per victory from that day forward.
- G. Teams that don't turn in a roster are not eligible for playoffs.

## **XII. Protests**

- A. Protests of rule misinterpretations will be allowed.
- B. Protest procedure goes as follows:
  - 1. Team must notify the Head Official that they are playing the game under protest before the next play. EXCEPTION: Protesting a player's eligibility can be done at any point of the game.
  - 2. Written protest must be submitted to league office with 48 hours of the game in question.

3. A check in the amount of \$25.00 must accompany the written protest.
4. If protest is up-held, \$25.00 fee will be refunded and League Commissioner will advise as to the next steps.
5. If protest is denied, \$25.00 fee will be deposited into the league's financial account.

### **XIII. Game Set-Up**

- A. All games will be played on Sundays at **Solano Canyon Turf Field, 835 Academy Rd, Los Angeles, CA 90012.**
- B. League standings will be determined by a point system:  
Win = 2 points, Tie = 1 point, Loss = 0 points, Forfeit = -1 point.
- C. In the event of a tie in the standings, the following will be the means for breaking the tie:
  - 1) head to head record.
  - 2) Divisional record if applicable.
  - 3) Record against teams with winning records of at least .500.
  - 4) Coin toss.
- D. If the tiebreaker system is used to determine which team qualifies for the playoffs a one-game playoff will replace the coin toss.

### **XIV. House Rules and Other Information**

- A. Player Eligibility
  1. 18 player team roster limit
  2. **All players must be at least 18 years old.**
  3. Once a player has signed the official League Roster, that player may no longer play for any other team in the league for the same season.
  4. Each player must completely fill out the appropriate information on the team roster to be eligible for league play. Failure to comply shall result in forfeiture of the game(s).
- B. There will be a five minute grace period allowed; grace period is from the game starting time.
- C. There are two twenty-minute halves and the game clock will only stop after the two-minute warning of the second half. During the final two minutes of the second half, if a point differential of 18 points or greater exists, the clock will not stop. **The game will revert back to regulation timing if the point differential becomes less than 18 points.**
- D. The city of Los Angeles Department of Recreation and Parks does not provide insurance. All participants assume their own responsibility.
- E. A player, who gains control of ball and does not have a flag belt, may advance the ball until touched with at least one hand on waist or back. EXCEPTION: If quarterback obtains snap without a flag belt, the ball will be declared dead immediately.
- F. Intentional removal of a player's flag belt by a defender will result in an unsportsmanlike conduct penalty 15 yards.
- G. No bumping the ball carrier out of bounds. Defender must go for the flags. Penalty: unnecessary roughing; 10 yards from the end of the play.
- H. No fumbles. Ball is dead at the point that it hits the ground. A snapped ball that makes contact with the turf before reaching the quarterback is dead at that point.
- I. No cross blocks or chop blocks allowed. Penalty: unsportsmanlike conduct, 15 yards & loss of down. Note: if flagrant, player will be ejected from the game.
- J. Flag guarding: player may not utilize any part of his body and/or the ball in an effort to keep defender from removing his flags. Penalty: 10 yards from the Spot of Foul (s.o.f) & loss of down.
- K. Hurdling: ball carrier may not hurdle over a defender in effort to avoid his flag belt from being pulled. Penalty: 10 yards from the Spot of Foul (s.o.f.) & loss of down.
- L. Straight arm or ramming: ball carrier may not straight arm or ram into a defender in an effort to avoid his flag belt from being pulled: penalty: 10 yards from the Spot of Foul (s.o.f.) & loss of down.

- M. In the event that a ball carrier hangs a towel from his waist, the ball carrier will be declared down if the defender should remove the towel instead of the flags.
- N. Inadvertent whistle results in the play being called dead at the point the whistle was blown.
- O. All players must treat all other players, officials and league administrators with respect.
- P. No refunds of any sort unless league is canceled.
- Q. League commissioner for this season is Eric Mellem, 818-246-5613;  
[flagfootball.munisports@lacity.org](mailto:flagfootball.munisports@lacity.org)
- R. For updated league information visit our web site [www.laparks.org/sports/flagfootball](http://www.laparks.org/sports/flagfootball)
- S. Changes to schedule will not be allowed unless deemed necessary by the league administration.
- T. It is the Manager's responsibility to inform their entire team about the league's rules & conduct.
- U. Individual awards will be given to 1<sup>st</sup> place teams.
- V. Failure to comply with any of the rules may result in forfeiture of game.
- W. Good luck to all teams.