



City of Anderson Parks & Recreation
Adult Flag Football Rules

Organization

The City of Anderson and/or the Parks & Recreation Department is the governing body of the League and may make changes anytime deemed necessary by the COA or COAPRD.

Registration Fees: \$350.00 per team – this covers the officials, maintenance,
Administration fees

***Any team that forfeits more than two games will be dismissed from the league without any refund.**

Each team must have a current roster and liability form completed and returned signed by every player participating in the league before the season starts.

The Information sheet along with the fee must be turned in before the end of registration.

Only the people listed on the Information sheet are allowed to add or drop players. Any changes must be made by the Thursday afternoon before the game in which the player(s) will participate. Adding players must be done on or before October 3, before 5PM; no changes shall be made after this date, unless it is an emergency on forfeiting a ballgame. Players are supposed to play in 4 games to be eligible for playoffs. People not listed or added to the rosters possibly will be declared ineligible and the game could end up a forfeit. This depends on the situation of forfeiting or emergency deemed appropriate by the officials or athletic supervisor.

Players should be at least 18 years of age by September 1. However, each team may have two 16 or 17 year olds on their roster provided that their parents have signed the liability form.

Once a person(s) play(s) a game in this league; they will not be allowed to switch to another team during the same season within the same league.

No players will be allowed to wear metal spikes of any kind or go bare foot during games.

ALL TEAMS MUST HAVE ON SAME COLOR SHIRTS WITH NUMBERS ON THEM BY THE 2nd GAME OF THE SEASON.

Schedules will not be changed once they are made.

Any ties in the final league standings; will be broken, by the head to head regular season competition. If the teams split and tie for 1st place, then the team that scored the most points in the split games will be declared 1st place. Teams that tie for 1st place and do not play each other; their points ratio will decide 1st place ***(example; points for – points against = overall team points. Points for are the points your team scores and points are the number of points your team gives up.)***

Any questions or complaints concerning the league should be called in to the Athletic Supervisor, the next business day between 9AM and 4PM.

IN CASE OF BAD WEATHER ON GAME DAY BEFORE 11:30 AM; CALL 226-2489. A RECORDED MESSAGE WILL GIVE THE NECESSARY INFORMATION. AFTER 12:15PM THE DECISION WILL BE MADE AT THE FIELD.

LENGTH OF PLAYING FIELD: 80 ft. long and 40 ft. wide – goal lines, 20's, 40's, and extra point conversion lines will be marked.

NUMBER OF PLAYERS: Each team should start the game with 7 players; however, a minimum of 6 players is needed to start the game to avoid a forfeit. Each team must have 5 players to finish a ball game, less than 5 will result in a forfeit.

EACH GAME STARTS WITH THE HOME TEAM CHOOSING OFFENSE, DEFENSE, OR DEFER TO THE 2ND HALF. DEFERING TO THE 2ND HALF; MEANS THAT THE TEAM GETS THE CHOICE OF THE 2ND HALF. If you choose defense in the 1st half then you get the ball in the 2nd half. If you choose offense in the 1st half then you are on defense to start the 2nd half.

LENGTH OF GAME: Playing time shall be 40 minutes, 2 halves of 20 minutes. Half-time will be 3 minutes. Halves can be shortened by mutual consent between the coaches and officials. There will be a running clock except in the last 2 minutes of the 2nd half. During the last two minutes of the 2nd half; the clock will stop on penalties, out-of-bound plays, incomplete passes, injuries, extra point attempt, successful touchdown conversion, and any other time-out deemed necessary by the officials. Any other time the clock will run; except on penalties, extra point attempts, and any other time-out deemed necessary by the officials. Each team will be allowed 3 time-outs per half and all time outs remaining at the end of the 2nd half will be carried over to the overtime period where an additional time-out will be granted, if the overtime period is necessary. Time-outs from the 1st half will not be carried over to the second half.

PLAY CLOCK: The offensive team will have 30 seconds to snap the ball once the official blows their whistle for play.

OVERTIME: The overtime period will start with a coin toss. The home team will call the toss. The winner of the toss will have the option of offense or defense, or direction to go. If the winner chooses offense or defense; then the choice of direction to go goes to the opposing team. Each team will start 1st and goal from 20 yard line. The object is to score a touchdown. In an overtime time period each team is given 1 series of 4 downs. If the score is still a tie after the 1st series for each team, then play will precede for an additional overtime period. A regular season game will go into 2 overtimes only after this the game will end in a tie. Playoff games will go until the tie is broken. If the team scores that leads off the series; then the 2nd team will have an opportunity to score. If the 1st team does not score and the 2nd team does score then the game is over. If the defense team can return the ball for a touchdown, they win the game. If the defense does not return the ball for a touchdown; then it will be placed on the inside 20 yard line 1st and goal. If the defense team has more points after the interception and does not return it for a touchdown then the game is over. Penalties against the defense will result in the ball moving half the distance to the goal line. Any automatic 1st down penalties will result in a new series of 4 downs and a half the distance move. Any penalties against the offense team can back the ball up if the defense accepts the penalty.

DIVING, JUMPING AND HAND TOUCHING GROUND: No player may dive at anytime to advance the ball. The ball will be dead at the point where the player left his feet not where the ball is. Players may jump, spin or hop. If the player falls and hits the ground, then he is down where he left his feet. A player may touch the ground with their hand(s) only; anytime with or without the ball. However, if the ball or any other body part hits the ground with the exception of the foot or feet the player is down immediately. This rule is on a trial bases and could be changed at anytime due to safety or liability concerns.

NO KICK-OFFS: All situations deemed necessary for kickoffs will have each team start from their own 20 yard line. (Example: A team is successful or

unsuccessful in a extra point(s) conversion, the opposing team will start from their 20 yard line instead of kicking off.

PLAYERS ON THE LINE OF SCRIMMAGE: The offense must have no less than 3 players on the line of scrimmage. The remaining players can either line-up on or off the line of scrimmage or in the backfield. The only requirements are that 3 players be on the line of scrimmage and be set once the center's hands are on the ball is on the ball. Even on punts both sides of the ball must have at least 3 on the line of scrimmage.

LINE OF SCRIMMAGE: The offensive team must have a minimum of 3 players on the line of scrimmage. Once the center has placed his hands on the ball no offensive player may enter the neutral zone. (The neutral zone is the area in between the offensive team and defensive team.) The defensive team may enter the neutral zone as long as they are clearly out of the neutral zone at the time of the snap and does not come in contact with someone on the offensive side. If they are inside any part of the neutral zone at the time of the snap this will result in a 5 yard penalty.

FIRST TOUCHING: If any of the players from the punting team touches a punt prior to it crossing the receiving teams restraining line or prior to the receiving team touching the ball, this touching shall be referred to "first touching". The receiving team has the option of taking the ball at the spot of first touching or taking the result of the play. If the receiving team takes the ball and commits a penalty(infraction) they lose the right to accept the spot of "first touching".

PUNTING: Quick kicks are illegal. On fourth down the Referee must ask the offensive team if they would like to punt or go for it. If the offensive team punts there is no rush and everyone on both sides of the ball must stay stationary(still) until the ball is punted. A punter must punt the ball within 5 seconds of receiving the snap. Penalty for this is delay of game. A player on the line of scrimmage may not raise their arm(s) to distract the kicker or attempt to block the punt(ball). If a punt crosses the line of scrimmage and touches a player from either side and then hits the ground, the ball is dead at that spot and belongs to the receiving team. The ball when not touching a player and crosses the line of scrimmage is dead on the 2nd bounce.

INTENTIONAL GROUNDING: A player may not intentionally throw a pass out of bounds to conserve time or avoid being downed. This is a 5 yard penalty, loss of down and the clock will restart on the whistle – ready for play. However, a quarterback may spike the ball directly into the ground after receiving the snap to stop the clock in the last 2 minutes of the 2nd half.

FORWARD PASSES: Only one forward pass is allowed per play

INADVERTENT WHISTLE: When an official sounds his whistle and inadvertently does so:

- A. During a legal pass or while a snap is in flight or during a punt or while the ball is loose behind the line, the down will be replayed.
- B. During a play beyond the line of scrimmage, the ball will be placed where the whistle sounded or replay the down, choice is given to the offense.

GUARDING THE FLAG BELT: Runners shall not flag guard; by using their hands, arms, or the ball, to deny the opportunity for an opponent to pull or remove the flag belt.

*Swinging the hand or arm over the flag belt to prevent an opponent from removing the belt or flag.

*Placing the ball in possession over the flag belt to prevent an opponent from removing the flag or belt.

*Lowering the shoulders; in such a manner, which places the arm or any part of the body intentionally over the flag or belt to prevent an opponent from removing the flag.

FLAG BELT REMOVAL: Players must have in possession; the ball, before they can legally have the flag or belt removed. When a runner loses their flag belt either; accidentally, inadvertently, purposely before receiving the ball by the opposing team, play continues and a one-handed tag of the runner between the shoulders and knees must be made to down the player with the ball.

Intentionally removing an opponents flag; is a violation and results in a penalty of 10 yards and automatic 1st down, it also could result in dismissal from the game.

OFFICIAL'S AUTHORITY: Any official present for the ballgame(s) prior to, during, and after the game has all authority on all property owned and being used by The City of Anderson. The official(s) at any time have the authority to dismiss any one; not limited to player(s), coaches and/or fan(s) for an entire season, game(s), or part of a game. The official(s) have the authority to rule on any situation not specifically covered in the rules. His/Her decision and ruling is final; unless the particular official asks for an appeal, but they do not have to ask for one. Please remember no official is perfect and may not make a call you agree with; but show sportsmanship, in questioning an official's call. Alcoholic beverages are not permitted on any property owned or being used by the City of Anderson, violators will be asked to leave the premises and possibly suspended from the game(s) or league. Also remember the proper authorities can also be called at anytime to handle a situation in which the official(s) deem uncontrollable.

Yardage for Penalties:

- *Illegal Procedure 5 yards and repeat the down or could possibly be declined, if no dead ball situation.
 - *Illegal Formation 5 yards and repeat the down or could possibly be declined, if no dead ball situation.
 - *Off-sides or encroachment 5 yards and repeat down or possibly be declined, if no dead ball situation.
 - *Illegal passes or Illegal forward passes 5 yards and loss of down.
 - *Pass Interference 15 yards and automatic 1st down or 10 yards and loss of down for offensive pass interference.
 - *Personal Fouls 15 yards and/or automatic 1st down and possible ejection.
 - *Obstructing the runner 10 yards from the end of the run.
 - *Illegal block 10 yards from the spot of the foul.
 - *Any yardages for penalties not mentioned will be marked off at the discretion of the official(s).
- *Remember any personal fouls can warrant ejection from the whole or part of the game. 2nd offense could result in suspension up to 2 games or dismissal from the league definite or indefinitely for part or the whole season. 3rd offense is possible banishment from the league and a trespassing notice put against the offender(s) from City property.