

City of Lewiston Parks & Recreation

Adult Flag Football League Rules

PHILOSOPHY:

The Lewiston Parks & Recreation Department provides this activity for those who enjoy football and are interested in participating on an organized level. **This is a recreation program and good sportsmanship is expected from those who participate.**

MISSION

The mission of the Lewiston Parks & Recreation Adult Flag Football League is to ensure a fun and safe environment to players, managers, scorekeepers and spectators. Those who fail to abide by these standards may be asked to leave the premises. We want to provide a family fun atmosphere to all our participants and spectators, please help us strive towards our mission.

SPORTSMANSHIP:

Being competitive on the field is applauded & encouraged in all of our leagues! It is also important to understand that there is a fine line between being competitive & being unsportsmanlike. All players and field supervisors should treat one another with respect on the field & after the game. Everyone has to go to work tomorrow, so please keep safety & sportsmanship in mind out there!

CODE OF SPORTSMANSHIP:

1. Flag Football is a self-regulated game that relies on the Honor System. If a foul/penalty occurs, you are expected to call it as such.
2. Field Supervisors are there to keep score, line of scrimmage, game/play clock, rule on unclear plays, settle disputes, keep the game moving and ensure player safety.
3. Players must treat their fellow flag football players, field supervisors, and spectators with respect and courtesy. Personal and malicious remarks directed at anybody in the flag football community, obscene or otherwise, at any time, have no place in the League.
4. Team managers must be the only players that address concerns to field supervisors and league officials. They are expected to do so in a courteous and respectful manner, and to confine their discussions to interpretations of the rules and not challenge decisions regarding judgment.
5. Players are expected to comply with the intent and spirit of the rules. Deliberately attempting to violate the rules is unacceptable.

REGISTRATION:

1. Each team must have a manager who is responsible for:
 - a) Collection and payment of all fees.
 - b) Submitting a team roster.
 - c) Informing players of rules and games scheduled.
 - d) Attending any manager's meetings
 - e) Using only eligible players.

1. Roster changes will be accepted at the Parks & Recreation office between 8:00 a.m. and 5:00 p.m., Monday through Friday. Players may not be added to the roster one week prior to the end of the regular season, with the exception of replacing injured players out for the season. Replacing injured players does require prior approval from the Recreation Coordinator and the signature of the new player.
2. Players must register at the Parks and Recreation office prior to participating. It is the player's responsibility to provide proof of registration to the field supervisor at the field. **There will be NO exceptions.**

THE CLOCK:

1. **Game Length:** Games consist of two (2) twenty (20)-minute halves with a running clock and two-minute warning at the end of each half.
2. **Two-Minute Warning:** A two-minute warning is given to both managers of a game when there are two minutes remaining in the half or immediately after the play if the two-minute point is reached during a play. The clock is stopped during the warning and starts at the next snap.
3. **Stopping the Clock:** Prior to each two-minute warning, the only time the clock stops is during time outs, injuries, or field supervisor's discussions. The clock stops at the two-minute warning. During the last two minutes of the half, the clock stops for:
 1. Incomplete passes (starts on snap),
 2. Out of bounds (starts on snap),
 3. Time outs (starts on snap),
 4. Field supervisor's time outs (starts on snap),
 5. Penalties (starts on snap if clock was stopped)
 6. Extra points (clock will NOT run)
4. **Time Outs:** Each team receives two timeouts per half, which cannot be carried over into the next half. If an injured player delays the game, the field supervisor will stop the clock and the injured player must sit out at least one play.
5. **Time Between Plays:** The offensive team is allowed 45 seconds between plays. The 45-second clock begins at the end of the previous play or directly after the point after try. The field supervisor will run the 45-second.
6. **Team Size:** (5v5) Teams must have at least 7 players on the roster. All Players Must Be 16 Years of Age or older and not currently playing a high school sport.
7. **Field Dimensions:** Fields are 70 x 30 yards with two 10-yard end zones and a line-to-gain at midfield. No-run zones precede 5 yards before the line-to-gain and end zone.

OVERVIEW/ GENERAL RULES:

1. Rock, paper, scissors or coin flip will determine which team chooses to start on offense / defense or field direction to start the game.
2. The opposing team has the 2nd choice of one of the aforementioned options.
3. Teams automatically switch ends at the beginning of the 2nd half and the other team starts the 2nd half with the ball.
4. Teams are strongly encouraged to wear matching team T-shirts or a similar color.

5. There are no substances such as stick-um allowed either on the ball or on players' hands.
6. Flags must be worn at all times while players are on the game field.
7. Flags must be worn on the outside of the participants clothing. Shirts must be tucked in.
8. Flags cannot be tied, tucked into clothing, or have a t-shirt covering them.
9. **Equipment (Legal):** Cut-off style jerseys must end at least four inches above the flag belt. Anyone knotting the flag belt will be ejected from the game.
10. **Equipment (Illegal):** No football pads, metal cleats or casts allowed. Knee braces must be padded with slow to recover foam, not just pants.
11. **No (or Hidden) Flag belt:** If the ball-carrier has no flag belt, or loses his flag belt without it being pulled, he or she is down where the ball is caught/ran or at the point the flag belt comes off.
12. **Spot of Ball:** The ball is spotted at the location of the ball at the time of the flag pull.

GAME PLAY:

1. The field has two 25 yard zones. Teams will have 3 downs to reach each line to gain. Failure to reach the next line to gain will turn the ball over on downs.
 - o 5 yard no run zone is at each end zone and mid field
 - o Defense can NOT rush the quarterback in the NO RUN ZONE
 - o If the offense loses yardage due to a play or penalty past the previous line to gain the offense must still gain the original line to gain.

OFFENSE:

Carrying the Ball: The ball-carrier may never: 1) flag guard (using the hand or ball), 2) run directly into a defender (charge), 3) crawl, 4) toss the ball in the air to avoid a flag pull while in possession of the ball (toss to self). A ball-carrier that falls or a receiver that dives to make a catch are down at that spot. The stiff-arm is not legal. Jumping over a fallen defender is legal.

Quarterbacks:

The quarterback cannot directly rush the ball unless rushed by the defense.

Quarterbacks will have 7 seconds to attempt a pass. If no attempt, then it will be whistled dead and will count as a down play

Formations: The offense must have a minimum of one person on the line of scrimmage (center). All players are eligible receivers. You may have as many on the line as you like. Teams may have one person in motion. All other players must be set.

Eligible Receivers: All players are eligible to receive a pass.

Passes: Only one forward pass is allowed per play. A forward pass is a ball thrown forward, overhand or otherwise. A lateral is a ball thrown parallel to the line of scrimmage or toward the offensive side of it, overhand or otherwise. A lateral is, by definition, not forward.

BLOCKING:

Offensive Line:

All blocking between defensive line men and offensive line men must be screen block, planted or moving. When engaged in a block there cannot be any hands to the face, chop blocks, or unsportsmanlike manures that cause injury to the other player. Defensive players are allowed to use swim moves and other techniques to rush the quarterback. No bull rush allowed.

Legal Catch: A legal catch is defined the same as in college. For a legal catch, the player must control the ball throughout the act of touching one foot, or any other part of the body except the hands, to the ground in bounds

Bad Snaps: Snaps that hit the ground are considered dead balls and downed at the spot of the fumble. If the offensive team muffs a snap, then the play counts and is spotted at that location. If the muffed snap moves a team out of their current zone they still have to pass the initial zone to get a first down or score a touchdown. If it occurs in the end zone a safety will be awarded to the defensive team

Sleeper Plays: All players on the field must be no closer than 5 yards of the sideline These are illegal procedures.

Center's Exchange: The ball may be snapped through the center's legs or tossed back.

Quarterbacks cannot be directly under center. If the ball is muffed on the snap, then the ball is down where it hits the ground. If it occurs in the end zone, then a safety will be awarded to the defensive team.

Fumbles: There are no fumble recoveries. The ball is always dead where and when it hits the ground. A lateral is a fumble. Laterals may be caught in the air by either team and advanced.

Mercy Rules: If a team is ahead by 30 points in the second half, the clock will not stop the remainder of the second half besides for timeouts and/or injuries.

Interceptions: These are live plays and can be returned. Exceptions are for extra points and overtime.

SCORING:

Points: A touchdown is worth six points. Safeties are worth two points. Extra points are worth one or two points.

Extra Points: You may pass from the five-yard line for one point, or run or pass from the 10-yard line for two points. Fumbled extra points are deemed dead balls. Teams may advance intercepted extra points. If the intercepted ball is successfully returned to the opponent's end zone without being downed, the returning team will get 1 or 2 points depending on where the offense team attempted the extra point try.

CHANGE OF POSSESSION:

Start of Game: Team who receives the ball first will start at their own 5-yard line.

After a Score: After extra point attempts the opposing team will start with the ball on their own 5-yard line.

Turnover on Downs: If a team fails to convert a 1st down or score a touchdown within 3 downs the offensive team has the option of going for it or electing to “punt the possession”. If the offensive team elects to punt the opposing team will take over on their own 5-yard line. If the offensive team elects to go for it and fails to get a first down/score a touchdown (depending on what zone they are in) the opposing team will take over wherever the offensive team’s possession ended.

Interceptions: Interceptions change the possession of the ball at the point of interception or where the player’s flag is pulled while trying to advance the ball.

DEFENSE:

Formations: Defenses may choose any defensive scheme they please with no restrictions on linemen except **NO Player can line up directly over the center or rush the center directly.**

Bumping Defenders: Defenders are NOT allowed to chuck a receiver. The defender cannot use contact to break up a pass play. Face guarding is defined as pass interference. The defender

cannot de-flag the receiver prior to the reception. After a pass is touched, contact can be made without pass interference being called. However, a pass may still not be broken-up with contact.

Tackling: No tackling allowed. 10-yard penalty at spot of foul

Pushing Out of bounds: Any push out of bounds will be a 5-yard penalty.

Incidental Push Out of Bounds: A player who is playing the ball carrier's flag and incidentally bumps the runner out of bounds will not be penalized 5-yards
Defensive Audible: The defense is not allowed to simulate offensive calls by trying to sound like the quarterback. This includes, but is not limited to, saying such things as "hut-hut" or "go-go". This is called "Imitating the Offensive Calls".

Rushing the Quarterback: Defense can rush any amount of defenders but must start 10 yards behind the line of scrimmage. If a defender is not 10 yards behind the line of scrimmage the player is not eligible to rush. Rushers must play the flags. Any hit above the shoulders will result in a personal foul. No rushing is allowed in the NO RUN ZONE.

Drawing Offside: Defenders are not allowed to attempt to draw offensive players offside or attempt to make offensive linemen move.

PENALTIES:

Enforcement Notes: When penalty yardage exceeds more than 50% of remaining yardage to the goal line, the ball is spotted half the distance to the goal line. If both teams commit a penalty on the same play, the play is run over (this is called off-setting penalties). If one team commits multiple fouls on the same play, only the largest one is enforced. In addition, all personal fouls are always enforced.

Unnecessary Roughness: Any infraction in flag football that is deemed potentially hazardous by an official can be elevated to Unnecessary Roughness. This can lead to a 15-yard personal foul and include ejection. Any unnecessary roughness penalty will result in a mandatory 10-minute sitting out by that player. If teams only have 4 players, then the game will be called a forfeit.

Spot Fouls: These penalties are presumed to end or prolong a play illegally. Therefore, the play counts up to the point of the infraction and enforcement of the penalty requires assessment of yardage from the spot of the foul.

First Down Zones after penalties: If the offense is in one zone, but receives a penalty that takes them back to another zone then the offense still must reach the previous zone to get a first down.

Below is a list of the penalties and the yardage award with the penalties. Disregard the screening, or running with the ball penalty as it does not apply to our league.

ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	Automatic first down
Stripping	+10 yards and automatic first down

iii. Offensive spot fouls

Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down

If a penalty occurs while the offense is in one zone and causes them to move back into the other zone, then the offense must still get to the previous marked area.

OVERTIME:

1. Rock, paper, scissors or coin flip will start the overtime
2. The team that wins has the option to choose to begin the overtime period on offense or defense
3. The ball will be placed on the 5-yard line.
4. Each team will be given 4 plays/downs to score a touchdown.
5. The plays are continuous until a touchdown is scored
6. If the defensive team intercepts the ball in overtime, they cannot advance the ball. The play will be dead.
7. Each team will each be given an opportunity
8. Teams can elect to go for 1 or 2-point conversion.

If still tied after the first overtime...

SUDDEN DEATH OVERTIME:

1. Rock, paper, scissors or coin flip will start the sudden death overtime.
2. The team that wins has the option to choose to begin the overtime period on offense or defense
3. The ball will be placed on the 5-yard line
4. Each team will be given 1 play to score a touchdown
5. Teams can elect to go for 1 or 2-point conversion.
6. After each offensive play teams will switch from offense to defense
7. The team who scores on a possession while their opponent does not will be deemed the winner

PERSONAL BEHAVIOR:

1. **Treatment of Field Supervisor:** Any manager or player that curses at field supervisor will be ejected. The following behaviors on the part of any manager or player will result in suspension or ejection from the league: 1) threatening or touching a field supervisor, or 2) verbally or physically attacking a field supervisor (including racial or religious remarks). Additionally, charges will be pressed with the police if applicable. The above behaviors are prohibited within the confines of the entire park including any visible area from the playing field.
2. **Treatment of Managers and Players:** Shoving and verbal challenges during a game will result in a personal foul. Two personal fouls (live or dead ball) by the same player require that player to be automatically ejected from the game. Any fight suspensions result in that player's expulsion from the league for the remainder of the season. Physical or verbal attack (including racial or religious remarks) results in suspensions or ejection from the league.
3. **Suspensions:** Once a player is suspended or expelled from the league for any reason, he may not attend the games he is suspended from.
4. **Fights:** Should a fight develop, managers are expected to react in the following manner: 1) secure your sideline to avoid all-out brawl, 2) remove your involved player(s) from the field and see that they drive out of the park, and 3) supply the name(s) of those involved to the field supervisor.
5. **Bench Clearing:** If your sideline empties out onto the field, the game can be ended and one or even both teams forfeit. Twice in one season results in team expulsion.

FIELD SUPERVISOR:

Responsibilities:

- Field supervisor will keep the line of scrimmage, field clock, play clock, and score.
- They will assist in rule clarifications.
- Their judgement is final. They will NOT be making a ruling on penalties or scores.

Forfeits (Enforcement): Game time is forfeit time.

If your team forfeits a match during the season, the following rules apply:

- **First Offense:** game recorded as loss and warning issued.
- **Second Offense:** game recorded as loss and parks and recreation staff will be contacting the manager.
- **Third Offense:** Removal from the league and playoffs.
 - If you know in advance that your team is going to forfeit a game, we encourage you to call our office at least 24 hours in advance during regular business hours to reschedule. There is no guarantee for reschedule.

WEATHER INFO:

In the event of bad weather call our Lewiston Parks and Recreation @ (208) 746-2313. Any cancelations due to weather will be made by 4pm the day of the game. These games may be moved to an alternative date and cannot be rescheduled.

STANDINGS/PLAYOFFS:

All teams will have 10 regular season games. Teams will play up to 2 games each week. The league will conclude with a single elimination tournament. The regular season will seed teams for the postseason. If a tie occurs, then head to head matchup, overall points against, overall points scored will determine seeding. If a tie still occurs, then a coin flip will be done. If a team has a forfeit, then they are out of the tie breaker.

Tournament:

Tournament is a single elimination bracket.

SUB/Pickup Players

During the regular season it is ok for team managers to ask players from other teams to “Sub or Fill In” open slots on game day, to avoid forfeit. Teams can pick up a maximum of 2 players. All players must be on a roster to be eligible. During the playoffs, teams can ONLY play with people on their roster. If a player is found playing on a different team in the playoffs any game is subject to forfeit.

Forfeits/Schedule Changes

- Any forfeits will not be rescheduled
- Any team asking for a reschedule must do the following
 - Must be asked at least one (1) business day in advance, this must be done within business hours (8-5) if a reschedule is asked for at 5pm or later the day before the game the game will be counted as a loss. If a team is asking for a rescheduled game for a game that takes place on a Sunday they must do so before 12pm (noon) the Friday before the game.
 - One reschedule day will be proposed to both teams. If both teams cannot agree upon a date, then the team asking for a reschedule will take the lose

ALCOHOL/SMOKING:

Alcohol or smoking is NOT allowed in the parks. Any teams that bring alcohol into the park will be asked to remove it from the facility. Failure to do so will result in a forfeit of the game and possible league suspension.

Any rule or situation not contained herein becomes the sole discretion of the Recreation Coordinator. All games will be governed by the Recreation Coordinator. The Recreation Coordinator will have final judgement on all problems, issues and penalties.

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