

Adult Sports Flag Football

Playing by the Rules

Parks, Recreation & Libraries
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Recreation & Libraries
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Follow us on Twitter!
@RSVLAdultSports

League Standings and Player
information website:
www.teamsideline.com/roseville

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Phone: 916-772-PLAY

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General League Information

ELIGIBILITY & ROSTER REQUIREMENTS

- A. A player may only be signed on one roster and play on one team in the same league on the same night.
- B. Players must have a legal picture ID in their possession at each game. Roseville staff and officials reserve the right to conduct random ID checks.
- C. Rosters are “frozen” after the team’s first 4 games. Signatures can still be added until final game but must be done before the player participates in a game.
- D. Minimum age for participants is 18 years old.

PROTEST & ILLEGAL PLAYERS

- A. The manager or acting team captain is the only member of a team allowed to protest.
- B. To be accepted, the protest must be made immediately following the official’s or league’s interpretation of a rule followed up by the submission of the completed protest form and \$50 non-refundable protest fee.
- C. An illegal player may be challenged anytime during a game, before the conclusion, however, it is recommended the protest be made when the player is discovered participating in the game. All protests must be made with the official by a team manager.
- D. Protests must be made prior to the next pitch (Softball).

LEAGUE STANDINGS AND RAINOUT PROCEDURES

- A. Standings – League standings (wins/loses) will be posted every Wednesday morning by 12pm. Standings will be posted at URL - www.teamsideline.com/roseville . Standings will only be announced via this site.
- B. Rainouts – Rainouts will be announced via www.teamsideline.com/roseville and on our Twitter feed. We will make the rainout decision ASAP (after 3pm) when such an occurrence arises.
- C. Please do not call or e-mail League Director for rainout info. There are times when Director is not in the office and you may not get an immediate response.

LEAGUE REGISTRATION POLICY & PROCEDURES

- A. Full league fees are due at the time of registration.
- B. Discount opportunities:
 - a. Only one (1) first place championship coupon will be honored per league per season. First place coupons cannot be combined.
 - b. Teams winning two league championships in a row may be required to move up a division. Under the League Director’s discretion, a team may be required to move up after one complete season. Conversely, a team may be required to move down a level. We will only

move a team up or down, if need be, if there is a league to move up or down to on the same night of registered play.

REFUND POLICY

- A. A team withdrawing prior to schedules being published (Dates are listed on registration packets) on Team Sideline Website will receive a refund.
- B. Teams withdrawing after published schedules (Dates are listed on registration packets) will not receive any refund for league fees paid.
- C. No refunds will be granted for no-shows or team forfeits during the season.

MAKE UP GAMES

- A. Make up games will typically be re-scheduled at the end of the season before playoffs. Make up games could be played on different nights, times and/ or location due to scheduling conflicts.
- B. Games will be subject for make up in the case of lockouts, rainouts, blackouts, protests and other reasons under the discretion of the League Director. The City of Roseville reserves the right to not reschedule games or refund money.

CHAMPIONSHIP COUPON

- A. League Championship Coupons (LCC) will be awarded to the team(s) who wins their league. League Championship Coupons can only be used for following:
 - a. \$150.00 is awarded to league winners in Basketball, Football, Softball and Soccer.
 - b. \$75.00 is awarded league winners in Volleyball.
 - c. League coupon expires one year of issuance and has no cash value and cannot be combined with other coupons.

TEAM MANAGERS

Managers are responsible for their team.

- A. All managers are required to review league information including:
 - a. Manager Meeting
 - b. Code of Conduct
 - c. Flag Football Rules
- B. Managers are required to sign and submit Manager Acknowledgement form before the first scheduled game.
- C. If a player is ejected from a game, the team manager will receive immediate ejection as well.
- D. Following ejection the League Director will then evaluate ejections and defer to the Code of Conduct rules for follow-up probations, suspensions, or permanent dismissal from Roseville Adult Sports Programs.

City of Roseville Adult Sports Rules

ROSTER

- A. Each roster must consist of 8-15 players.
- B. Leagues with playoffs, players must be on the roster, have signed the roster and have picture ID at the time of playoffs to be eligible to play. No Exceptions.
- C. Players may be added to the team roster up to the first 4 games of the season. After 4 games the rosters are frozen.

GAME TIME

- A. The game will begin with a coin toss. The winner of the toss will decide if they would like to receive the ball or defer possession until the second half. The team that loses the coin toss gets the option of choosing which end zone it would like to defend to start the game. At half-time, both teams will automatically switch end zones.
- B. Game time is forfeit time. Exception: Only the first game will be given a 10-minute grace period and the game clock will start at the scheduled game time.
- C. At the 6 minute mark of the grace period, the team ready to play will receive a 3-point advantage. After 10-minutes the game will be a forfeit and the team ready to play will win 7-0.
- D. The game consists of two 20 minutes running halves, then six plays (excluding conversions in the second half only. Punts will be considered a play. One 60 second time out per half per team. Half time will be 3 minutes. Offense starts on the 10-yard line (15 yard line on a touchback and safety).
- E. Tied games after regulation will be considered a tie. Exception: In playoffs a coin toss will determine possession. The winner of the coin toss may choose one of the following options:
 - a. Offense or defense, with the offense at the opponent's 20-yard line to start the first series.
 - b. Which end of the field shall be used for both series of that overtime period.
 - c. Note: The winner of the toss may not defer his choice.
 - d. Each team will have an opportunity to score:
 - i. If Team A scores on the first possession, Team B must score equal to or one more point than Team A to win the game or keep the game alive.
 - ii. If Team A scores and Team B does not score on the subsequent possession the game is over.
 - iii. If Team A does not score on their first possession and Team B does score, Team B is the winner.
 - iv. If Team B intercepts the ball and scores, Team B is the winner.
 - v. If Team B intercepts the ball and does not score on their possession and Team A scores on their second possession, Team B still has the opportunity to score on their second possession.

FORFEITS

- A. Forfeits will count as 1.5 losses in the standings
- B. Two (2) forfeits will result in non-participation in the playoffs.

PLAYOFFS

- A. A team forfeiting twice during the season will not be considered for the playoffs.
- B. In the championship game the top seed will choose home or visitor.
- C. The playoff teams will be decided by the following in order:
 - a. Overall league record
 - b. Head to head record amongst tied teams
 - c. If more than two teams are tied for the same spot, the record amongst the tied teams against each other will determine playoff eligibility; Unless tied teams did not play each other an equal amount of times.
 - d. Least points allowed in all league games.
 - e. Most points scored in all league games.
 - f. Coin flip

FIELD/EQUIPMENT

- A. The playing field is 100 yards length, 50 yards wide and divided into five (5) 20-yard zones.
- B. Flags are provided by the league and must be worn around the waist with one flag on each hip.
- C. Uniform shirts must be like colored. Shirts must be tucked in making sure flags are not covered. Players with non-like colored jerseys will not be allowed to participate.
- D. Any uniform pants that are worn must be without pockets. If a player is wearing shorts with pockets, they are to be duct taped closed before being allowed to participate. No metal cleats allowed.
- E. Alcohol, shelled nuts, tobacco and pets are prohibited.
- F. Game balls will be "official" sized (High school, College, NFL). Youth balls will not be allowed.

PLAYING RULES

- A. Seven (7) players play at a time. Five (5) can start. Anytime a team falls below five (5) players they will forfeit.
- B. DEFINITION OF A FLAG PULL: A "flag-pull" is defined as the flag belt becoming unclipped due to a defender making contact with the flag or flag belt. A flag that has become unclipped but remains attached to the player, is still considered a flag pull. All other instances of the flag becoming unclipped are considered accidental, the ball carrier may advance the ball forward and is "down" when single hand touched by a defender.
- C. Blocking is NOT allowed anywhere on the field and will be assessed a penalty. A person standing on the field, not engaging with an opponent is not penalized.
- D. Fumbles are dead at point of ground contact.

- E. The two designated captains of the team are the team representatives to the officials, accepts or declines all penalties, calls time outs and is allowed to talk to an official regarding a call.
- F. Players ejected for fighting will be suspended for the remainder of the season and subject to the “Code of Conduct”. The team manager might be ejected as well.

SCORING

- A. Six points for a touchdown, with the option of a two (2) point conversion attempted from the 15-yard line or a one (1)-point conversion attempted from the 5-yard line.
- B. Two points for a safety.

OFFENSE

- A. Offense must have only one (1) player (QB) off the line of scrimmage. Exception: The offense may have one man in motion behind the line of scrimmage. The “motion man” cannot be moving toward the line of scrimmage before the snap otherwise this will be considered a false start. All other offensive players must be on the line of scrimmage. All players must be lined up on or inside the yard marking numbers within the field of play and in toward the middle of the field. A player cannot line-up outside the number, toward the nearest sideline.
- B. The snap: The center may snap the football from the ground, his side or overhead; however, the ball must be placed directly at and snapped from the line of scrimmage with the ball visible to the defense (i.e. rusher). The center cannot place himself between the football and the line of scrimmage during the snap otherwise this is considered an illegal snap. The QB cannot “take” the ball, it must be tossed or handed (direct snap) to the QB. All players must be at least five yards from the sidelines at the time of the snap or be considered offsides.
- C. Game is passing only. QB must release the pass within six (6) seconds or is considered sacked at the point of the time expiring. Hand offs behind the line of scrimmage is prohibited.
- D. Once the QB releases the ball they may move down field for a possible lateral play.
- E. The QB may not cross the line of scrimmage to avoid a sack on a defensive rush.
- F. Following the starting position, teams have four downs to make it to the line to gain which is the 20, 40, 40, 20 yard lines, regardless of where they started. On fourth down, a team can opt to punt, (four defense on the line and the punt is dead where it is first touched or comes to rest).
- G. The offense has 30 seconds to put the ball in play once the referee spots the ball. The offense must be set for 1 sec. after the center sets up with the ball.
- H. One (1) backwards lateral is allowed down field or off an interception per possession. A backwards lateral after an interception is not considered an offensive possession. Therefore the intercepting team can use a backwards lateral off the interception and still have a backwards lateral available during the following offensive possession. A lateral is not allowed behind the line of scrimmage.
- I. Pivot spinning is allowed. Offense cannot run over defenders who have established position. Tackling, holding or pushing a player out of bounds is not allowed. The offensive player

cannot hurdle, jump over or dive past an opposing player to advance the ball. “Juking” and sidestepping is allowed. Leaving your feet to catch a pass is Ok.

- J. Players must have two feet inbounds.
- K. The rusher must have a clear path to the QB. Any clear obstruction, slow down or impeding by the offense (even if accidental or incidental) is considered “impeding” the rusher and will be assessed a penalty. (5 Yards)
- L. Mercy Rule: At the end of regulation time and before the “6 plays” of the second half, if a team is up by 18 points the game will be over.

DEFENSE

- A. Defensive “rusher” must line up 10 yards off the line of scrimmage or be considered off sides. Only one defensive player is allowed to rush at one time. In the event of a “hard count” by the offense, if the rusher commits past the 10 yard marker prior to the snap, he MUST retreat back behind the 10 yard marker before the ball is snapped otherwise he cannot rush. If the rusher commits past the 10 yard marker prior to the snap but does not rush (drops back in coverage), he is not considered offsides. If the rusher commits past the 10 yard marker prior to the snap and continues to rush, he will be considered offsides once he crosses the line of scrimmage (illegal rush; rushing from inside the 10 yard marker).
- B. The defense has the option not to rush and have that player roam or double team.
- C. The defense must start 5 yards off the line of scrimmage. When the ball is snapped the defense may step up. Exception: The defense may start closer and guard the goal line or first down line in the event the offense is within 4-yards of either.

PENALTY YARDS

- GAMES CANNOT END ON A DEFENSIVE PENALTY, UNLESS THE OFFENSE DECLINES IT.
 - PENALTIES WILL BE ASSESSED USING THE ALL BUT ONE RULE. If a foul occurs during a down, the basic spot of enforcement is determined by the action that occurs during the down. This is the basic spot for penalty enforcement. All fouls, except a foul by the offense from behind the basic spot, are penalized from the basic spot. During a play, the basic spot is at the end of the run or the spot of the foul. During a loose ball (passing or fumble) the penalty may be enforced at the LOS.
- A. DEFENSIVE:
 - a. Off Sides – 5 yards. On offense, once the players are set they cannot move except one player who may go into motion. On defense, if a player enters the neutral zone (5 YARDS FROM LINE OF SCRIMMAGE) that player is offsides.
 - b. Pass Interference – Ball is down at the spot of the foul and automatic first down.
 - c. Illegal Contact (holding, blocking, etc.) – 10 yards and automatic first down.
 - d. Illegal Flag Pull (before receive has ball) – Player down after one hand touch by defender. - 5 Yard Tack On after play
 - e. Illegal Rushing (starting rush inside 10 yard marker) – 10 yards.

- f. Extra Point Try (Defensive Penalty) – Offense retains possession with the ball placed $\frac{1}{2}$ distance to the goal line.
- g. Roughing the Passer (throwing motion) - Making contact with the QB's throwing arm while in the process of a pass is considered a penalty. – 15 yards and a first down.
- h. Unsportsmanlike Conduct (Trash Talk, Taunting, Profanity) - First team infraction will be a warning, 2nd team infraction will result in a 15-yard penalty or half the distance to the goal (whichever is greater). Third and subsequent team infractions will result in player ejection and 15-yard penalty or half the distance to the goal, whichever is greater.
- i. Delay of Game - 5 yards penalty.
- j. Personal Foul / Unnecessary Roughness - First team infraction will be a 15 yard penalty and a verbal warning from the official. Second infraction by a team will result in a 15 yard penalty and a final warning. If the second infraction is committed by the same person who has already committed one in the current game, they will be ejected from that game. If there is a third team infraction, the team who committed it will forfeit the contest at that point, regardless of the score. Each individual infraction is a team infraction.
- k. Interception Penalty Rule – If defensive player does not have flag belt on at snap and proceeds to intercept the pass, the ball is dead at the spot of the interception and the defensive team will take over on offense. If intercepted in the end zone, ball is placed on the 20 yard line.

B. OFFENSIVE:

- a. Illegal Motion (more than one person in motion, false start) – 5 yards.
- b. Illegal Forward Pass (pass received behind the line of scrimmage or Pitches/Laterals) – 5 yards and loss of down.
- c. Offensive Pass Interference (illegal pick play, pushing off/away defender) – 10 yards (from line of scrimmage) and repeat down.
- d. Illegal Formation – 5 yards and replay the down (includes no flag on at the snap)
- e. Flag Guarding – 10 yards (from the spot of the foul).
- f. Delay of Game – Clock stops, 5 yards and loss of down.
- g. Illegal Snap – ball not snapped from line of scrimmage or ball not visible to the defense during the snap – 5 yards, repeat down.
- h. Impeding the Rusher (blocking) – 10 yards from the spot of the foul, loss of down
- i. Blocking/Illegal Pick Play – 10 yards from spot of foul, loss of down.
- j. Unsportsmanlike Conduct (Trash Talk, Taunting, Profanity) – First team infraction will be a warning, 2nd team infraction will result in loss of down and a 15-yard penalty or half the distance to the goal (whichever is greater). Third and subsequent team infractions will result in player ejection and 15-yard penalty or half the distance to the goal, whichever is greater.

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