

TALLAHASSEE PARKS, RECREATION AND NEIGHBORHOOD AFFAIRS DEPARTMENT  
**ADULT FLAG FOOTBALL LEAGUE**  
**RULES & REGULATIONS**

## LEAGUES

Leagues offered, will be Men, Women's, and Coed League. Four (4) teams are needed to form a division.

Forfeits: Any team that has excessive (more than 2) forfeits, due to a shortage of players to start a game, may be suspended from league play until the athletic supervisor has met with the team captain.

## GAME TIME / PLAYER COUNT

The clock starts at game time. If Team A has at least 5 players to start the game and Team B has less than 5; Team A has the choice to decide whether they want to put they want to [1] play but preserve their forfeit win, [2] play and not preserve their forfeit win or [3] not play at all and preserve their forfeit win. If option [1] is chosen by Team A, then Team B has the option to accept or refuse the option [1] offer. If option [1] is refuse, then Team B will accept the forfeit and will not play.

[The center must always snap the ball from the line of scrimmage. The quarterback must always receive the snap from behind the center. The other 5 players may be on or off the line of scrimmage.]

## MAKE UP GAMES/ METHOD OF CALLING OFF GAMES

Games will not be postponed or rescheduled by team managers. EXCEPTIONS: Death of immediate family member or player(s). Please refer to the calling off game policy in your packet.

In case of inclement weather, teams must still report to the designated field at the appointed game time, unless they have been notified by the athletic supervisor. If games have been called by PRNA, a recorded message will be on the **hotline # 891-3800**. Please do not call Tallahassee Parks, Recreation and Neighborhood Affairs Department to ask if games will be played. Rainouts will be rescheduled as soon as possible during the season. If games are called for inclement weather, they will be rescheduled and replayed from the beginning. If the games are called off due to inclement weather, the fields will not be available for practice to avoid costly damage to the fields.

## PLAYERS ELIGIBILITY

All players must be at least eighteen years of age to participate. Age determining date is December 31 of the current year.

Players cannot play on more than one team per classification. Players can play on two teams in different classifications, but the teams must be in the classification right above or below each other. In other words, players in the Upper classification cannot play on a team in the Lower classification

Players can transfer from one roster to another within the same classification but must sit out two (2) scheduled games or seven (7) calendar days before being eligible to play. New players being added to a roster during the season that are currently not participating in the league may begin without a waiting period.

Protests regarding player eligibility must be done prior to the end of the game. The player in question must show picture ID to the supervisor before leaving the park. The program supervisor will determine the protest outcome the following business day. PRNA does not monitor rosters and player eligibility, unless a protest is lodged. It is the responsibility of the opposing team to protest the eligibility of the player in question before the end of their game.

## REFEREES

The Referee or officials on the field shall have authority over the game and the players, and may recommend ejection of any player from the field for unsportsmanlike conduct of a gross and willful nature,

such as cursing at the officials or opponents, and will result in that player or players ejection from the game. Parks Recreation and Neighborhood Affairs Department has a 0 tolerance for any form of physical bodily harm, fighting between players, coaches, spectators, family and staff. This behavior will result in ejection from the game, park, and possible suspension from the program. In extreme circumstances law enforcement may be called.

## BEHAVIOR

Anyone who is ejected from a game for any reason must sit out the next contest. An ejection notice will be completed at the park by the supervisor and the team captain will be required to sign. It is the team captain's responsibility to enforce this rule. If the person is ejected and does participate in the next game, the game will be forfeited and both the original player and the team captain must sit out the next contest. If the referee ejects a player and such player refuses to leave the field within one (1) minute after ejection, the referee has the authority to forfeit the game to the opposing team. After a player's second (2nd) ejection of the season, he/she may be suspended from program and tournament play, based on the outcome of the investigation and the severity of the offense. If a player reaches a third (3<sup>rd</sup>) ejection during the season, he/she may be suspended from program for the remainder of the season.

Referees will discuss league matters with the appointed captain of the designated team only. (A captain will be appointed before each game on offense and defense). These captains will be the only players allowed to ask for time-outs and time remaining in the period, or to confer with the referee on rule interpretations or questions concerning the game. Penalty - delay of game.

## TEAM ROSTER

- Teams can carry as many players as needed on rosters.
- A team roster must be turned in with the entry fee by the deadline for registration.
- Manager must list their players on the referee game card before each game.

## CITY OF TALLAHASSEE PARKS, RECREATION AND NEIGHBORHOOD AFFAIRS DEPARTMENT FOOTBALL RULES WILL GOVERN ALL PLAY

## TIME

All games will be twenty-four (24) minute halves with the clock continuously running except for:

- 1) Team time-outs
- 2) After touchdowns and during extra points
- 3) Injuries
- 4) Official time outs
- 5) Two minute warnings in each half

A team is allowed two (2) time outs per half consisting of one (1) minute each. Time outs cannot be carried over from halves. During the last two (2) minutes of each half, the clock will stop as in **High School** Football. There is an automatic time-out at two (2) minutes warning of each half; neither team is charged for it. The official will give the time remaining at the two (2) minute warning if less than two (2) minutes remain. After the two (2) minute warning, the officials will announce the time left to play on placement of the ball marker.

Time between Plays: There will be forty (40) seconds between downs, beginning with the end of the prior down. This includes all scoring plays. Any down that has a penalty or any other stoppage of the clock will result in the team having twenty-five (25) from the ready for play whistle before a delay of game penalty is enforced.

Periods may be shortened by mutual agreement of both captains at any time during the game. Officials will announce the time remaining after each score.

## FIRST DOWNS

A team makes a first down when it crosses one of the twenty (20) yard lines in four (4) downs or less.

## SCORING

A touchdown shall count six (6) points; a safety two (2) points.

## EXTRA -POINT CONVERSION/PAT

- 1 Point – Attempted from 5-yard line
- 2 Point – Attempted from 10-yard line
- 3 Point – Attempted from 20-yard line

The defense will be awarded the value of the extra point attempted if they force a turnover and return it for a touchdown during the extra point attempt.

## MERCY RULE

If a team is ahead in game by 19 or more points at the 2-minute warning in the 2<sup>nd</sup> half, then the game is over.

## TIE BREAKER RULE

Coin flip will determine choice of offense or defense in single overtime. Ball is placed on the 20-yard line for each team. Each team gets a single possession. If the score is still tied after the last possession then the game ends in a tie.

## KICKING

Rules on punts shall apply as in regular FRPA football. Players can run out punts and interceptions from end zone; if "tackled" in the end zone, it will be ruled a touchback for all situations.

Fourth (4th) down punts must be declared and the defense cannot rush. A free kick is allowed within 25 seconds after the ready for play whistle. The clock stops immediately when declared during the last two (2) minutes of each half and starts when touched by the receiving team or on the next snap. The offensive players must not cross the line of scrimmage. Defense may not move down field until the ball is kicked. Penalty - 5 yards; dead ball.

Quick kicks are illegal and will result in a fifteen (15) yard unsportsmanlike penalty. There are no kickoffs. The receiving team will put the ball in play on their own twenty (20) yard line to start the 1<sup>st</sup> & 2<sup>nd</sup> half after touchdowns.

A punt not caught, will be marked (if touched) where it lands (like a fumble backwards).

## FUMBLES

A fumble is dead at the instant the ball touches the ground and goes to the team who fumbles or dropped the ball, with resulting loss of down. (Fumbles forward - ball is placed where player fumbled.) Fumbled backward - ball is placed where it hits.

All other rules applying to a "loose ball" shall apply as in regular football. "Loose ball" is a free kick, scrimmage kick, a legal pass, or backward pass.

Touching the ball, whether held or not, with the ball hitting the ground, shall be interpreted as a fumble. This pertains to balls snapped by the center, kick-off and punted ball, and not forward passes.

When fumbled, ball belongs to the team which had control last before the ball touched the ground.

## EQUIPMENT

No metal or screw-on type cleats are allowed except official touch football shoes with soft rubber cleats. Steel-tip and/or hard plastic cleats as well as hard-soled shoes are prohibited. All players must wear shoes at all times (except a punter).

Teams furnish their own jerseys or like color. 6 inch numbers should be permanently attached to back of shirts or jerseys.

Players are required to be in shirts of like color, style, trim, and numbered by the 1st game of the season. Players not in uniform will not be allowed to participate. If the uniform does not meet basic specifications, the player may not play. Questions regarding uniforms need to be referred to the Athletic Supervisor.

Shirts must be tucked inside shorts at all times. [Penalty; 5 yards - illegal procedure may be assessed.] If the team is in process of starting play the official will kill the play and penalty will be evoked with no loss of down. If play is in progress, the penalty will be 5 yards from where the ball is downed. In case of touchdown penalty is marked off on ensuing kick-off unless shirt is willfully used to cover flags. In this case - 10 yards from spot of violation.

Cut off shirts are legal, however, they cannot touch the triple threat belt when bent over or the uniform will not be legal. Any shirt or jersey that is cut-off must be cut evenly at the solar plexus arch.

Shorts shall not be worn inside out. For safety, if a player has pockets then a flag belt will not be worn. Player will just need to be touched by one hand by the defense to be marked down (just as they would if their flag fell off). No towels or rags are permitted to hang from shorts.

### **Alligator Clip Attachment**

Each player must wear triple threat flags. Altering flag belts or tampering with flags for the purpose of making the flag hard to pull will result in a 15-yard penalty and loss of down, ejection from the game and suspension for one ball game. Tournament play: The player will be ejected from participating for the remainder of the tournament.

### **Ball**

Each team must supply its own ball. Any leather ball that meets regulation size requirements is permitted. Any non-leather football is prohibited. If the center forgets his team's ball and delays the game to get it, a five (5) yard penalty - delay of game will occur. All players will use the regulation size ball unless otherwise specified.

## **PLAYING RULES**

Check the Infraction and Penalty.

POI = Point of Infraction      LOS = Line of Scrimmage

All players are eligible by a successful pass behind the line of scrimmage. A receiver cannot throw a pass if the player has been past the line of scrimmage with or without the ball.

Defensive pass interference ball will be placed at the spot of interference - 1st down  
In the end zone -one (1) yard line -- 1st down.

The center cannot carry the ball from scrimmage, but can receive a pass and must snap the ball between the legs.

A ball carrier must attempt to avoid contact with a defensive player. Deliberately charging of an opponent is ten (10) yards. (Officials will use the same judgment on "charging" and "blocking" by offensive or defense players as in basketball. "Brushing" contact and unavoidable contact is not willful charging. Setting up to draw a charge as in basketball is not advised. Defense players must refrain from this maneuver to avoid penalty.

A ball carrier may not: stiff arm, slap at, push away, or duck their head into any defender, or shield flag belt or flags in any manner.

No charging, blocking, hand checking or body contact by defense is permitted. Penalty - ten (10) yards, same down.

If a defensive player tackles an opponent, penalty is half the distance to the goal from the POI. If the runner was in the clear, and in the opinion of the referee the player would have scored except for being tackled, a touchdown will be allowed. If the defensive player reaches across the body of ball carrier to pull the flag and contact is made, the responsibility of the contact lies with the defensive player. Penalty is half the distance to the goal from the POI.

Offensive players must operate under the same blocking and no charging rules. Penalty - ten (10) yards, same down.

Screening - Screening is defined as maintaining a position between the defender and the man with the ball. Moving screens will be allowed, but the "blocker" must have both wrists on the small of his back or lower, and one hand should be clasped around the wrist of the other hand. No part of the "blocker's" body except his feet shall be in contact with ground throughout the screen. Sticking a knee, hip, foot, elbow, etc. out and making contact is an illegal block. Any contact initiated with the defender by the blocker will constitute an illegal screen. Penalty - 10 yards, POI, same down.

The ball carrier is "down" at the spot where the "tackler" pulls flags. (Unnecessary roughness by a tackler or elbowing by runner is a fifteen (15) yard penalty, same down). In the event of a flag belt dropping without being pulled by a "tackler" the runner is not down until a defender has touched the ball carrier-receiver with one hand anywhere. Any player recognized by the official entering the game without a flag belt will be assessed a five (5) yard penalty.

Questions on rules must be made before the next snap of the ball. A time-out will not be charged if the rule interpretation is changed by the game official. If the ruling stands, a time-out will be charged to the team questioning the ruling. If your team does not have any time-outs left a Delay of Game penalty will be enforced

No protest will be entertained on judgment calls

Two-yard rush (2-Yard Rush Line): The defense will line up 2-yards away from the offensive line unless the following situations occur:

- The first down line to gain is less than 2-yards away.
- The goal line/touchdown to gain is less than 2-yards away.

In each situation, the defense will line up half the distance between the offensive line and first down line/goal line to gain.
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- Unsportsmanlike conduct "intentionally swinging an arm, hand or fist at any player, even though no contact is made." = "throwing a football in the direction of an opponent or official - 15 yards (ejection)
- A team may run a "no huddle" offense and need not notify the officials or opponents that they are doing so.
- A defender may not rough the passer - defined as when a defender makes any contact with the passer before, during, or after the actual pass attempt. Determine whether **quarterback** made contact or not.
- A team is responsible for its spectators. Officials may penalize a team for the behavior of its spectators.
- A defender - under no circumstances - may not try "chuck" or detain in any way, any pass receiver.

- Players may not hurdle another player to avoid having a flag pulled. If a player is lying on the ground and the ball carrier jumps over him/her to avoid stepping on the player this will not be considered hurdling (Referee's judgment). Diving is allowed, however, if contact is initiated by the offense, a charging foul will be assessed.

Inadvertent Whistle - Permits a team in player possession at the time of an inadvertent whistle to have the option of accepting the play at the time of the whistle or replaying the down. If the whistle blows inadvertently before the ball or ball carrier crossed the line of scrimmage the down is automatically replayed. If the official judges the ball carrier would have scored if there had been no whistle - a touchdown can be awarded. When a legal pass or snap is in flight or during a kick, or while the ball is loose behind the line, and before hitting the ground, the down will be replayed.

Smoking, drinking, and litter of playing fields are not permitted. Any spectator, coach, or player found to be in the possession of alcohol or illegal drugs will be asked to leave the playing field, and law enforcement may be called.

Illegal Contact, Non-Catchable Ball. Ball thrown towards intended receiver but is non-catchable. If contact is made that would have been a pass interference call for a catchable ball, then this call can be made.

### **Call Challenge**

Questions on rules must be made before the next snap of the ball. A time-out will not be charged if the rule interpretation is changed by the game official. If the ruling stands, a time-out will be charged to the team questioning the ruling. If your team does not have any time-outs left a Delay of Game penalty will be enforced. No protest will be entertained on judgment calls

### **Rush Line**

2-Yard Rush Line: The defense will line up two (2) yards away from the offensive line unless the following situations occur: The first down line or goal line to gain is less than two (2) yards away. In these scenarios, the defense will line up half the distance between the LOS and the line to gain.

### **Player and Spectator Expectations**

Unsportsmanlike conduct: examples include but not limited to, intentionally swinging an arm, hand, or fist at any player even if no contact is made or throwing a football in the direction of an opponent or official – Penalty: 15 yards and ejection. A player may also be asked to leave the field.

A team is responsible for its spectators. Officials may penalize a team for the behavior of its spectators.

Smoking, drinking, and litter of playing fields are not permitted. Any spectator, coach, or player found to be in the possession of alcohol or illegal drugs will be asked to leave the playing field, and law enforcement may be called.

### **No Huddle Offense**

A team may run a "no huddle" offense and need not notify the officials or opponents that they are doing so.

### **Roughing the Passer**

A defender may not rough the passer - defined as when a defender makes any contact with the passer before, during, or after the actual pass attempt.

### **Pass Defender Expectations**

A defender - under no circumstances - may not try to "chuck" or detain any pass receiver. A holding penalty can be called.

Illegal Contact, Non-Catchable Ball: Pass Interference can be called if contact is made that would have been pass interference on a catchable ball.

Pass interference by the defender will be a spot foul (assessed at the spot of the infraction)

## **Hurdling and Diving**

Players may not hurdle another player to avoid having a flag pulled. If the ball carrier jumps over a player lying on the ground to avoid stepping on the player, this will not be considered hurdling (official's judgement)

Diving is allowed, however, if contact is initiated by the offense, a charging foul will be assessed.

## **Typical Order of Play**

The ball will be spotted by the center or other designated player and confirmed by the official.

The offense will have 40 seconds from the end of the preceding play to snap the ball.

The center must always snap the ball from the line of scrimmage (LOS) between their legs (side snaps are not allowed). The quarterback must always receive the snap from behind the center.

At least two (2) other players, besides the center, must start the play on the line of scrimmage  
Only one motion at a time is allowed

The QB can take a direct snap (under center).

Multiple forward passes are allowed behind the LOS, however, if an offensive player comes back to offensive line of scrimmage and catches a pass behind the LOS then he or she must advance the ball up field without attempting another forward pass. Failure to do so will result in an illegal forward pass. Once the ball has passed the line scrimmage, no more forward passes are allowed.

## **Updates and Interpretations**

Clock will not stop after touchdowns and extra points outside of the 2-minute warning. The 50- second to next play rule for change of possession will be enforced.

Inadvertent Whistle permits a team in player possession at the time of an inadvertent whistle to have the option of accepting the play at the time of the whistle or replaying the down. If the whistle blows inadvertently before the ball or ball carrier crossed the line of scrimmage, the down is automatically replayed. If the official judges the ball carrier would have scored if there had been no whistle - a touchdown can be awarded. When a legal pass or snap is in flight or during a kick, or while the ball is loose behind the line, and before hitting the ground, the down will be replayed.

Caution will be exercised on flag-guard calls if the ball-carrier swats, but no defender seems to be close enough to be affected by it.

If the ball, a player's knee, or any other part of the body that is not the foot or non-ball carrying hand touches the ground, that player is down.

## **RULES SUMMARY SHEET**

Previous Spot - spot where ball was last snapped (Line/Scrimmage)  
(spot where ball was last kicked off).

Succeeding Spot - spot where ball is next snapped or kicked off.

Whenever the ball is alive, all fouls are enforced from the basic spot except that a foul by the offense behind the basic spot is enforced from the spot of the foul.

The basic spot on a loose ball play is the previous spot. The basic spot on a running play is the end of the run. A loose ball play includes all action from the time of the snap until a legally thrown ball is caught, intercepted, or incomplete. A running play includes 1) any run or scramble BEHIND the LOS in which the ball carrier does not throw a pass or pitch, 2) BEYOND the LOS, any run and/or any action during any part of a run after a catch of a pass, kick or punt. On kick-off and punts, any action before the catch is part of a loose ball play.

OFFSIDES, SNAP	Dead ball	5 yards	Same Down
ENCROACHMENT, DEFENSE	Dead ball	5 yards	Same Down
ILLEGAL PROCEDURE	play continues	5 yards	Same Down
ILLEGAL MOTION	play continues	5 yards	Same Down
ILLEGAL PASS	play continues	5 yards	Loss of Down
FLAG GUARDING	play continues	10 yards	Same Down
DUCKING HEAD INTO DEFENDER	"	10 yards	Same Down
ILLEGAL SCREEN	"	10 yards	Same Down
HOLDING, CHARGING/DEFENSE (screen)	"	10 yards	Same Down
CHARGING, OFFENSE	"	10 yards	Same Down
HOLDING, OFFENSE	"	10 yards	Same Down
PASS INTERFERENCE, OFFENSE	"	10 yards	Same Down
PASS INTERFERENCE, DEFENSE		auto 1st, spot of foul	
PASS INTERFERENCE, DEFENSE END ZONE		auto 1st at 1 yd line	
ROUGHING THE PASSER			
With or without touching ball	play continues	5 yards	automatic 1st
Flagrant	"	15 yards	automatic 1st
UNNECESSARY ROUGHNESS		15 yards	Same Down
Flagrant	"	15 yards	automatic 1st
UNSPORTSMANLIKE FOUL	"	15 yards	succeeding spot
Flagrant	"	15 yards	succeeding spot, 1st
GROSS UNSPORTSMANLIKE FOUL -	1/2 distance to goal, automatic 1st, ejection		
TACKLING –	May result in 1/2 distance to goal, touchdown.		
ILLEGAL CONTACT/UNCATCHABLE BALL	play continues	10 yard	Same Down

*Triple Threat Flag Style and Dimensions City of Tallahassee Adult Flag Football*

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The actual flag strip should be stitched onto the belt. It should measure a minimum length of 14-1/2 in. to 16 in. and minimum width of 2-3/8in to 2-1/2 in.

14 -1/2 in.