

Clayton County Parks & Recreation

Adult Flag Football Rules & Regulations

I. PURPOSE

The purpose of the program is to provide a recreational activity for the citizens of Clayton County. The major emphasis shall be safety, fun and fair play.

II. GOVERNING AUTHORITY

The governing authority of this program will be the Clayton County Parks and Recreation Department. The Athletic Division staff, under the supervision of the Athletic Manager, will run the program. Once the game begins the **Officials** have authority and should be given such respect.

III. ELIGIBILITY

1. Participants must be (18) eighteen years of age.
2. Anyone who is of proper age is eligible to play in the flag football league; however, those participants not residing in Clayton County are subject to a \$10 out of county fee. These fees must be paid prior to the third scheduled game. Those players not living inside Clayton County and not paying the \$10 fee will be considered ineligible and will be grounds for forfeiture of games by the team.

IV. ROSTERS

1. Rosters shall be limited to 20 players.
2. Player contracts **must** be turned in prior to the second week of play. If a player is added after the week games his or her contract must be turned in before playing. Players may not be added after a team has played four games.
3. Players may represent only **one** team at a time in the same league.
4. Once a player represents a team in playoffs, he or she may not switch teams.

V. CONDUCT OF PLAYERS, COACHES & SPECTATORS

1. Profanity, unsportsman like conduct, verbal or physical abuse of **any referee, player, coach, spectator or any employee** of Clayton County Parks and Recreation Department will not be tolerated.
2. Use of intoxicants will not be tolerated. Clayton County Law prohibits alcoholic beverages on county property.
3. All coaches will be held responsible for conducting himself \ herself in a sportsman like manner. Failure to comply may lead to ejection from the game and park.
4. All coaches will be responsible for controlling his / her players in a manner that reflects the purpose of the program. Failure to comply may lead to ejection and disciplinary action by Clayton County Parks and Recreation.
5. Clayton County Parks & Recreation reserves the right to disallow any team from participating in district tournament play due to displays of unsportsman like conduct during the regular season.
6. Any player fighting during or after a game, will be **declared ineligible for the remainder of game in process and the team's next scheduled game**. Two incidents will result in a player being expelled from the league.

VI. PROTESTS

1. Protests will not be received or considered if they are based solely on a judgement call by an official.
2. Protests which will be received and considered concern matters of the following types:
 - a) Misinterpretation of playing rule.
 - b) Failure of an official to apply the proper rule to a given situation.
 - c) Failure of an official to impose the correct penalty for a given situation.

3. Notification of the intent to protest must be made immediately.
4. Once protest is made during a game it must be followed by a written protest. The formal written protest should contain the following information:
 - a) The date times and field # of the game.
 - b) The names of the officials and score keepers.
 - c) The rule and section number of the official rules or local rules under which the protest is made.
 - d) The decisions and the events surrounding the decision question and all essential facts involved in the matter protested.

** The formal written protest is due to the Clayton County Parks and Recreation Department's Athletic Office no later than 5:30 p.m. the day following the game.
5. Protests involving a player's eligibility must be filed within 24 hours of the scheduled starting of the game. The protest must be filed at the Clayton County Parks and Recreation's Athletic Office.
6. If proof is given that an ineligible player did participate, then a forfeit shall be declared.
7. All protests require \$50.00 fee to be paid at the time of filing written protest. If protest is upheld, the fee is refunded.

VII. LEAGUE RIGHTS

1. Clayton County Parks & Recreation reserves the right to suspend or expel individuals from participation due to disciplinary reasons, or due to infractions and or violations of the rules and regulations.
2. Clayton County Parks and Recreation reserves the right to make changes to the program and or schedule due to any unforeseen or reasonable situation that may occur.
3. Clayton County Parks and Recreation Department will not be responsible for lost articles.
4. Clayton County Parks and Recreation Department reserves the right to raise fees and charges without consent of participants. Due notice will be given if changes are necessary.
5. In the event a team forfeits twice during a season, due to lack of players, the team must appeal to the Clayton County Parks and Recreation Department in order to keep from becoming dropped from the program for the remainder of the season.

VIII. DISTRICT IV TOURNAMENT & STATE TOURNAMENTS

1. All league teams in good standing will be eligible in the G.R.P.A. State Tournament held TBA. All teams will be required to pay the \$150.00 entry fee. If your team does not attend the State tournament your team is also responsible for both forfeit fee and entry fee.

IX. GAMES

1. 8 players per side, a team may start with five (5) players. Less than (5) will result in forfeit.
2. **Game Time is Forfeit Time.** (No Grace Period).
3. Field is 80 x 40 yards. First downs occur by crossing the 20-40-20 yard lines.
4. Games consist of two (2) 20-minute halves running clock. A regulation clock will be used inside of two minutes.
5. Inside of two minutes, the clock will stop on (1) incomplete passes, (2) player going out of bounds, or (3) time-outs.
6. On a change of possession, the clock will start on the set of the ball, unless (1) the player on the play before goes out of bounds, (2) the kickoff is a fair catch, (3) there is a penalty.
7. After penalties, the clock will start on the snap.
8. After a first down, the clock will stop momentarily and restart on the set of the ball.

9. The 25-second play clock is in effect.
10. Two (2) timeouts per half.
11. Half time is 5 minutes.
12. Mercy Rule: 32 Points anytime in the second half; or 17 points inside of last two minutes.

X. PUNTING

1. All **punts are declared**. Once declared it cost a timeout to change this choice. Punts are free kicks. No fake punts. No one on offense may move until the ball is kicked. **Penalty: 5 Yards**.
2. Screen blocking is **not allowed** on punts. Blockers may set up a stationary screen only.
3. Defensive team from their side of the line can block punts only.

XI. EXTRA POINTS

1. **Extra point options: 3 points** if run/pass from **twenty (20) yard line 2 points** if run/pass from the **ten (10) yard line**; 1 **point** if run/pass from the **three (3) yard line**.
2. Extra point option must be declared to the official after the score. Once declared, it will cost a timeout to change initial desion. You cannot change choice after a penalty.
3. The defense may return the extra point for **two (2) points**.

XII. SPECIAL RULES

- 1.) Offense must have 4 players on the line of scrimmage. **Penalty 5 yards: Illegal Formation**.
- 2.) The ball is dead once it hits the ground. **No Fumbles**.
- 3.) Receivers must have one foot in bounds to be a catch.
- 4.) Offensive player may not hurdle over a defender. **Penalty 10 Yards**.
- 5.) No offensive sleeper plays.
- 6.) On an inadvertent whistles play is blown dead.
- 7.) If player inadvertently losses his flag one hand touch prevails.
- 8.) Failure to have flag belt legally attached prior to the snap is a 5-yard penalty.
- 9.) All players must keep their shirts tucked in their pants, or the referee can call you down.
- 10.) All players are eligible receivers on offense and all players are eligible to blitz on defense.

XIII. BLOCKING RULES

Screen blocking. The following rules apply:

- 1.) Blockers must set a screen, similar to the blocking call in basketball.
- 2.) Arms must be at your side or behind your back. Initiation of contact: **10-yard penalty**.
- 3.) Any use of arms, elbows, hands, or legs is considered illegal contact.
- 4.) Blockers may not take a position so close to a moving opponent that the moving opponent cannot avoid contact by stopping or changing direction.
- 5.) No interlock grips between two offensive players can be used to block at any time.

XIV. DEFENSIVE RULES

- 1.) Defensive players must go around any screen blocks. The arms or hands cannot be used to initiate contact with a blocker. **Penalty: Illegal contact:** 10 yards and automatic first down or penalty to end of play.
- 2.) No slapping at the ball, when it is control of an offensive player. **Penalty: Unsportsmanlike Conduct:** 10 yards and automatic first down or penalty to end of play.
- 3.) The defender cannot use contact to break up a pass. It does not matter if the player is going for the ball. **Penalty: Illegal contact:** 10 yards and automatic first down.
- 4.) **NO** contact with the Quarterback above the waist before or after he releases the ball. **Penalty: Roughing the Passer:** 10 Yards and automatic first down. (From spot of foul or end of play).
- 5.) Defense may not hold or check a receiver at the line. **Penalty: Defensive Holding:** Penalty 10 yards and a first down.
- 6.) **NO Tackling.** 10-yard penalty and automatic first down. *Player may be subject to ejection.*
- 7.) No pushing the offensive player out of bounds. **Penalty 10 Yards.**
- 8.) Defensive players may dive for the flags.
- 9.) The defense starts one yard off the line of scrimmage (behind defensive marker) and may rush immediately.

XV. FLAG GUARDING

- 1.) Runners shall not flag guard by using their hands, arms, or the ball to deny a person the opportunity to pull their flag. **Penalty: 10 yards.**
Flag Guarding includes:
 - A.) Swinging the hand or arm over the flag belt to prevent a pull.
 - B.) Placing or swinging the ball over the flag belt to prevent a pull.
 - C.) Holding the flag belt with the off hand.
 - D.) Lowering the shoulder to an on coming opponent to prevent a pull.

XVI. EQUIPMENT

- 1.) **No metal cleats allowed.** Only rubber bottomed cleats or tennis shoes are allowed.
- 2.) No pockets, belt loops, or draw strings allowed on pants.
- 3.) Jerseys or shirts must be tucked in pants not in the flag belt. **Recommended** that all jerseys be clearly above the waist with under shirts tucked in pants.
- 4.) No arm pads, cast, or hand pads allowed. Knee pads may be worn.
- 5.) No caps with extended bills may be worn.
- 6.) Flag belts will be supplied by the Athletic Division. Recommended that you bring your own ball.

XVII. TIE GAMES

- 1.) Overtime will begin (2) two minutes after game ends. In overtime a coin toss will decide who has possession. (*Coin toss choices same as beginning of game*) Each team will have the ball a series of 4 downs from the (10) ten-yard line to score. After a score extra points will be attempted. The game will continue until a winner is decided. If the defense returns an interception the game is over.