

Coralville Parks and Recreation Department
2018 Adult Flag Football
RULES AND REGULATIONS



A. General Information

1. League games are played at the Coralville Youth Sports Park located at 2480 Dempster Drive in Coralville.
2. Games will be scheduled on Wednesday nights throughout the season.
3. Under no circumstances will the Parks and Recreation Department reschedule a game on a different day or time except when games are cancelled because of adverse weather conditions or unplayable field conditions.
4. The Parks and Recreational Department will be responsible for scheduling games, site supervisors, game & practice balls, league standings, and general league administration.
5. If games are postponed due to weather, they will be made up as soon as possible. Rescheduled game information will be available to managers soon after the rained out game day. Managers will be contacted by the Athletic Supervisor/Athletic Coordinator with make-up information.
MANAGERS ARE RESPONSIBLE FOR CONTACTING THEIR PLAYERS AND INFORMING THEM OF RESCHEDULED DATES. All games each night are **NOT** necessarily cancelled because of adverse weather so please check the status of your scheduled game. The status of scheduled games will be reached after 4 p.m. the day of the game. Please **DO NOT CALL** the Recreation Center to see if games are postponed before these times. The rain out information will be posted on the rainout hotline, **248-1763**. This number is also listed at the bottom of your schedules.
6. Entry fees will not be refunded once league scheduling is completed. Refunds prior to the start of the season will be considered upon request and will not be guaranteed.
7. The Parks and Recreation Department, Parks and Recreation Commission, League Officials and its agents are not responsible for any injury, accident or loss incurred by a player(s) or spectators as a result of this program. Individuals are encouraged to have personal health/accident insurance to cover injuries.
8. Weekly league standings will be posted on the city website at www.coralville.org, and at the Coralville Recreation Center.
9. Tournament draw sheets listing where teams will be seeded based on final league standings will be given out to managers for the season ending tournament.
10. The Parks and Recreation Department business office is located in the Coralville Recreation Center, 1506 8th Street in Coralville. League business can be conducted Monday through Friday, 7:00 am to 9:00 pm. All league transactions (rosters, manager changes, etc.) must be conducted at these times.
11. Choice of T-shirts or a plaque will be awarded to the 1st place team for the end of the season single elimination tournament.
12. The Athletic Supervisor/Athletic Coordinator must be notified immediately and in writing when a team changes managers and/or addresses in order for them to receive league correspondences.
13. Each team should provide one email address to the Athletic Supervisor/Athletic Coordinator. This address will be used to contact managers on rain outs, make ups, player discipline, etc. Flag Football questions and/or suggestions may be sent to:
edinusson@coralville.org
jbleil@coralville.org

B. ELIGIBILITY

1. Player must be 18 years of age and his or her high school class has graduated.
2. Those players living outside the corporate limits of Coralville must pay a non-resident fee of \$6.00. This fee is due at the time rosters are turned in. **Teams that do not pay the non-resident fee before the second week of scheduled games will be ineligible to participate in the end of season single elimination tournament.** A non-resident fee will be assessed for each new league season. Max of \$42 per team.

3. No person who is currently a member of a professional or collegiate football team is allowed to participate.
4. If the status of a player's eligibility is questioned, the Parks and Recreation Department will check on such matters at the request of the team manager.

C. ROSTERS

1. Roster forms must be completed and submitted to the Athletic Supervisor prior to the season with your registration payment. **A Mandatory Manager's Meeting will be held on August 15, 2018 at 6:00 PM at the Coralville Rec Center. There is a \$25 fee for missing the manager's meeting.**
2. **Rosters must have a player's first and last name, home address and telephone number listed on the roster form.** The required information on the roster must be written legibly. No roster will be accepted other than those written on the official roster form issued to managers at the time of team registration. If rosters fail to meet these guidelines they will not be accepted.
3. Once a player is dropped from a team's roster, he/she is ineligible to appear on that roster again.
4. Team managers will be able to make additions and changes on their rosters until **September 30**. All rosters become frozen after this date, unless teams need to add a player to meet the minimum roster limit.
5. Team rosters are unlimited; however, a **minimum of 7** players must be carried throughout the season.
6. A player may be listed and compete on only one team.
7. A player can change teams by obtaining written consent from the manager releasing the player and the manager adding the player. Approval of the Athletic Supervisor is also required.
8. Rosters will be checked by the Athletic Supervisor if a question arises over the status of a given player. Any players who fail to conform to the eligibility and roster rules will be deemed illegal. All games won in which an illegal player is protested will be forfeited.
 - a. A manager who knowingly uses an illegal player or a player who plays under an alias may be suspended for the remainder of the season.
 - b. Any team found using an illegal player will be ineligible to receive championship t-shirts depending on time of infraction.
 - c. Any team found using an illegal player will be assessed a \$10.00 fee for every game in which he or she participated, payable prior to 5:00 p.m., one working day before your next scheduled game.
 - d. In addition, an illegal player is anyone who plays under suspension.
 - e. If an opposing manager believes an illegal player is being used, he/she should bring the concern immediately to the attention of the head referee and site supervisor after the player in question has entered the game. He or she should then follow the protest procedure as outlined in this manual under Rules and Regulations (#9).

D. RULES and REGULATIONS

1. Players must wear shirts and shoes while participating. Pants/shorts cannot be the same color as the flags used (flags are normally yellow and red). Team uniforms are not required, but encouraged. Please bring two different colors of shirts. **Metal spikes are not allowed (including screw-on or screw-in metal tipped spikes). Players caught with metal spikes after the game has begun will be automatically ejected from the game!**
2. Managers will be responsible for the conduct of their players and must inform players of schedules, make-up games, league rules and policies.
3. The Athletic Supervisor, Athletic Coordinator, referee, and/or the site supervisor reserve the right to suspend any player from competition when harmful, profane, abusive and unsportsmanlike language or behavior of any degree is directed towards league officials, referees, scorekeepers, or members of the opposing team before, during or after the game. The Athletic Supervisor and/or the Athletic Coordinator will determine the length of suspension and notify participant involved. Please note that continued arguing after ejection will most likely result in a longer suspension. The site supervisor or referee has the authority to forfeit any game in which gross or flagrant infractions of league rules has been committed.

- a. A player who is ejected from a game will be suspended from playing, coaching or spectating in that league for their next played game.
- b. If a player physically assaults an official, scorekeeper, or staff member, he/she may receive up to a 3-year suspension from all Coralville sports programs, and legal action may be taken.
4. Any equipment or facility damage caused by abusive, flagrant, unsportsmanlike behavior of a player, manager or spectator will be the responsibility of that individual(s) to pay for all costs associated with repair and/or replacement of the damaged items.
5. Only the team manager/captain will be permitted to discuss game situations with the officials.
6. Game time is forfeit time. **There is no grace period.**
7. The offensive team is responsible for returning the ball to the line of scrimmage after a completed play.
8. Protest Procedure:
 - a. The team manager must notify the referee before 5 minutes of game time has elapsed if they are protesting the game due to an illegal player. The remaining game will be played under protest. Teams will not be able to protest an illegal player after 5 minutes of game time has elapsed, unless illegal player joins the game after 5 minutes of game time.
 - b. The referee and Site Supervisor will check the submitted roster and make a decision.
 - c. If a protest is upheld the offending team will forfeit. If the protest is denied then the game will be played and the protesting team will owe a \$25 protest fee before their next game. If fee is not paid then games will be forfeited until the fee is paid.
 - d. No park or recreation staff member is responsible for delivering a protest.
 - e. All protests concerning rules will be acted upon by the Athletic Supervisor/Athletic Coordinator. The decisions reached shall be final.
 - f. Referee judgment calls may **not** be protested, i.e., whether a player committed pass interference, whether a forward pass was legal, or whether a ball is caught or not, etc.
9. Forfeits:
 - a. Any team forfeiting a game without giving advanced notice to the Athletic Supervisor/Athletic Coordinator at the Recreation Center will be required to post a \$25.00 forfeit fee. This fee **must** be paid at the Recreation Center office prior to the team's next scheduled game. Failure to do so will result in an automatic forfeiture of that game.
 - b. Games forfeited on or before 4:00 p.m. the day of that scheduled game will be considered advanced notice. Games forfeited after 4:00 p.m. will be subject to \$25.00 forfeit fee.
 - c. Games forfeited due to player injury once play has begun are not subject to forfeit fee.
 - d. A team must have at least five (5) players to start a game. A team failing to have five (5) players at the scheduled starting time will forfeit the game. No exceptions will be made. This means all players must be dressed and ready to play at game time.
 - e. If a team drops down to less than five (5) players during a game, the game will be declared a forfeit by the referee.
 - f. If a team forfeits any three (3) games during the season, the team will be removed from the league without a refund.
10. Games that are tied at the end of regulation will play Overtime – Kansas City Tiebreaker each team will get 1 series from the 15 yard line, if neither team scores then each team will get 1 more series from 15 yard line until a winner is determined. Each team gets one 30-second timeout in overtime. The play clock will still be in effect. A coin toss will decide possession prior to overtime period.
11. A game suspended by the referee due to unplayable conditions will be replayed from the time of the suspension when the suspended game is replayed. If a game has completed 30 minutes of game time, the game will be declared a complete game.
12. A game stopped due to an injury severe enough to demand emergency assistance (i.e., ambulance), will be temporarily suspended at that time by the referee. The game will resume from that point to the full 40 minute game.
13. Teams may substitute players between plays (during a dead ball) at any time during the game. Players must enter and leave game from the North sideline.
14. Exposed jewelry (watches, bracelets, earrings, etc.) or any other item judged dangerous by the referee, may not be worn during the game. Medical alert bracelets or necklaces are not considered jewelry, if worn they must be taped to the body.

15. CASUAL PROFANITY/SPORTSMANSHIP RULES

Casual profanity shall not be used. These are loud, audible expletives not directed at referees or other players. Players that throw equipment will also be subject to this rule.

Players throwing equipment or using casual profanity will be penalized for unsportsmanlike conduct. Multiple infractions could result in ejection and/or suspension from league and park.

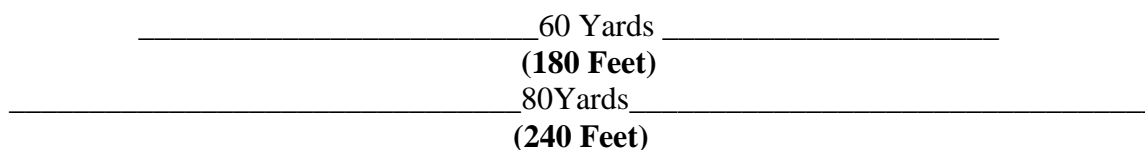
16. In case of a tie in the final standings, the tiebreaker will be as follows:

1. Head-to-head record
2. Overall point differential
3. Coin flip

E. FIELD LAYOUT

	10yds	G	15yds	20	15 yds	40	15 yds	20	15yds	G	10yds	
End Zone												End Zone

Width (50 Yards)



F. EQUIPMENT/CLOTHING

1. Helmets or pads are not allowed.
2. Metal cleats are not allowed.
3. No jewelry or any item deemed dangerous by the official will be allowed.
4. Flags will be provided by the Recreation department.
5. Games will be played with one ball with both teams agreeing on what ball will be used. If an agreement cannot be made then both teams will use a ball provided by the Coralville Parks and Recreation Department.
6. Teams are asked to wear the same color shirts. Please coordinate with your team to bring 2 different colors. Please do not wear pants/shorts that are the same color as the flags.

G. NUMBER OF PLAYERS / ROSTERS

1. A maximum of 7 players per team will be allowed on the field when the ball is in play.
2. Offense must have a minimum of 3 players on the line of scrimmage. The quarterback must start at least 3 yards in the backfield.
3. Roster size is unlimited but a minimum of 7 players must be on the roster. Additions may be made to the roster until September 30. After that date rosters are frozen unless an addition must be made to meet the minimum roster requirement.
4. **All rosters and non-resident fees must be turned in and paid before your first game. If rosters and non-resident fees are not turned in and paid by your second game, then your team will be ineligible to participate in the end-of-season tournament.**

5. Rosters must include first and last name, phone number, and address to be legal. No rosters will be accepted other than those written on the official form issued to managers at the time of registration. If rosters fail to meet these guidelines they will not be accepted.
6. It is the responsibility of the team manager/captain to determine that rosters are completed accurately and submitted to the Coralville Parks and Recreation Department.

H. COIN TOSS

1. Each game will start with a coin toss.
2. Home team chooses coin flip:
 - a. The team that wins the coin toss may elect to have possession of the ball, choice of end zone, or defer their decision to the second half. Teams will change direction at the beginning of each quarter.

I. LENGTH OF GAME

1. The game will consist of four 10-minute quarters. The clock will run continuously with the following exceptions:
 - a. Time-outs
 - b. Last 2 minutes of 2nd half
 - c. Injuries
 - d. Official time-outs
2. Play clock is set for 30 seconds each play counted by the referee. Play clock will start after completion of previous play.
3. A two-minute warning will be issued at the end of each half. The clock will stop for the notification; Clock will resume when the ball is spotted.
4. Overtime – Kansas City Tiebreaker each team will get 1 series from the 15 yard line, if neither team scores then each team will get 1 more series from 15 yard line until a winner is determined. Each team gets one 30-second timeout. The play clock will still be in effect. A coin toss will decide possession prior to overtime period.
5. Mercy Rule:
 - a. Upon a 28-point differential at any time during the second half of game play, the game is stopped. During the second half, a team is allowed one possession to reduce the score under the 28-point differential before game-play is stopped.

J. SCORING

TD= 6pts.
PAT (3 yd line)= 1pt.
PAT (10 yd line)= 2pts
PAT (15 yd line)= 3pts
Safety = 2pts

1. Teams may pass or run for the PAT.
2. FOULS ON A SCORE: If there is an unsportsmanlike foul by the defensive team during a down that results in a successful touchdown, the scoring team may choose to have the foul enforced at the succeeding spot or after the PAT try. If there is an unsportsmanlike foul by the defensive team during a successful PAT try, the foul will be enforced at the succeeding spot. An unsportsmanlike penalty on offense will end the PAT attempt and be enforced at the succeeding spot at the start of the next possession.
3. The defensive team is allowed to return intercepted passes for points. Extra points intercepted and returned to the end zone are worth one point regardless of the type of conversion the offense was attempting.

K. TIME-OUTS

1. Each team will be allowed two 30-second timeouts per half. Time outs do not carry over.
2. Injury time-outs do not count against a team and are at the discretion of the official.

L. KICK OFF

1. There will be NO KICKOFFS. Games and second half will begin with the offensive possession at their own 12 yard line.
2. After a PAT, the “receiving” team will take possession at their own 15 yard line.

M. FIRST DOWN

1. A first down will be awarded to the offense when they cross the next line to gain. Lines are spaced in 15-yard increments.
2. If the offense loses yardage, which crosses back over a line, they must still cross the original line-to-gain for a first down
(Ex: 3rd down and 2 lines-to-gain).

N. WEARING FLAGS

1. Flags may not be wrapped or tied and will be checked after every score.
2. All players must wear flags while on the field.
3. All players will have a belt and three flags (one flag on each hip and one at the rear).
4. Play is whistled dead when the flag belt is pulled off. The ball will be marked where the ball was positioned at the time of flag removal.
5. It is the player’s responsibility to be wearing a securely fastened belt.
6. Should the flag belt accidentally fall off the defense must “down” the ball carrier by applying a one-hand touch between the waist and the shoulders.
7. A player may not hold or guard their flags from a defensive player. However, spinning away from the defense is legal.
8. All flags must be worn over the top layer of clothing, shirts must be tucked in.
9. A wrapped, tied, or missing flag will all be deemed an unsportsmanlike penalty

O. BLOCKING

1. In all instances, a blocker must be on his feet before and during contact with his opponent.
2. Blocking can only be done with the hands, and contact may only be made against an opponent’s torso, arms or hands.
3. Under no condition shall a high-low block be permitted. (In the event a blocker makes legal contact then loses footing or balance and in the process of falling makes contact below the hips, this will not be interpreted as a penalty unless the blocker continues to drive forward.)
4. All blocking must be behind the line of scrimmage. NO DOWN FIELD BLOCKING ALLOWED. A blocker may not drive the opponent down field.
5. Any member of the offensive team moving ahead of the ball carrier will be considered downfield blocking.

P. DEFENSIVE RESTRICTIONS

1. Defensive players may use their hands and may only contact the opponent’s torso, arms or hands. Defensive players may not grab the body or clothes of their opponent. Excessive contact or lowering your shoulder to go through an opponent is not allowed.
2. Defensive players may not impede the forward progress of the ball carrier and should attempt to make a play on the flag. The defensive player shall not hold, push or run through the ball carrier. This includes pushing the ball carrier out of bounds or any action against the player with the ball other than pulling the flag.
3. The defensive line of scrimmage is 3 yards off the ball. The exception is when the ball is placed less than 3 yards from the goal line. The line of scrimmage is then the goal line.
4. The defense must line up three yards off the ball. An immediate rush is allowed. A defensive player that enters the neutral zone before the ball is snapped will be considered a defensive penalty.

5. A defensive player may not make contact with the passer. And contact with the passer, other than incidental contact, while throwing or after the throw will be deemed illegal contact or roughing the passer.

Q. RUNNING WITH THE BALL

1. Hurdling or jumping over a player is not permitted. The play shall be blown dead and the ball marked at the point of infraction.
2. Spinning is allowed.
3. The ball carrier cannot guard their flag with their arms, hands, or the ball.
4. Charging, stiff-arming, kneeling, or any attempt to knock a player over is not allowed. The ball carrier must try to avoid contact with defensive players.
5. Diving to advance the ball is not permitted. Exception: jump pass behind the line of scrimmage.
6. If the ball carrier has a “clear path” to the end zone and is tackled, held or illegally impeded from forward progress, the result of the play will be a touchdown.

R. FUMBLES

1. All fumbles are dead at the spot of the fumble.
2. A fumbled ball is a dead ball and will stay in possession of the team that fumbled, except on 4th down.
3. The ball may not be fumbled forward.
4. Slapping the ball out of an offensive player’s possession is an unsportsmanlike penalty.

S. PASSING

1. All players are eligible to receive a pass. However, players may not block downfield.
2. All forward passes must be thrown from behind the line of scrimmage. A player is behind the line of scrimmage if any part of their body is behind the line of scrimmage when the ball is released.
3. There may be more than one forward pass as long as they are thrown behind the line of scrimmage. A player may not pass the line of scrimmage and come back behind the line of scrimmage to catch and throw a pass. No more forward passes are allowed after a player who has passed the line of scrimmage is in possession of the ball.
4. If a pass is caught simultaneously by opposing players, the ball shall be blown dead and awarded to the offensive team.
5. Receivers must have one foot in bounds and control of the ball for a reception.
6. If the ball is in the air and the defensive player pulls the flag too soon, it becomes an automatic two hand touch from the shoulder to the knees.
7. The defense may advance interceptions.
8. Face guarding a pass is not allowed and will be called pass interference

T. PUNTING

1. Teams must declare that they are punting. Offensive players must remain behind the line of scrimmage until the ball is kicked.
2. The defense may not rush a punt.
3. There will be no “quick kicks” allowed.
4. A snap dropped on a declared punt is a dead ball at the spot of the fumble.
5. Defense will have the opportunity to field and return punts. A “muffed” return attempt is a dead ball.
6. The ball must be punted within 5 seconds of the snap.

U. DEAD BALL

1. A live ball becomes dead when an official blows the whistle and declares it dead.
2. When the ball goes out of bounds.
3. When any part of the ball carrier, other than the hand or foot, touches the ground.
4. When a forward pass strikes the ground.
5. When the ball carrier's flag is removed. (The player who removed the flag from the ball carrier should immediately hold the flag above his head at the spot where the flag was taken. The player who removes the flag should remain at the spot where he downed the ball carrier and then hand the flag back to the ball carrier. Failure to do so will result in an unsportsmanlike conduct penalty.)
6. When an inadvertent whistle occurs.
7. All fumbles are dead at the spot.

V. SPECIAL RULES/HELPFUL HINTS

1. Minimum of 3 players on the line of scrimmage.
2. Quarterback must line up in the "shotgun" position at least 3 yards behind center.
3. Center may side snap or between the legs. Ball must be snapped from the ground.
4. Motion is legal. Only 1 player may be in motion at a time.
5. Offensive or defensive offsides on consecutive plays will result in a 10 yard penalty being assessed after the second infraction.

W. SUMMARY OF PENALTIES

Major Penalties:

1. **Any penalty occurring at the end of the run by the offensive team and accepted by the defense, will be assessed either at the spot of the foul or at the end of the run (depending on infraction). The resulting spot of the ball after the penalty is assessed will determine down & distance. If the penalty occurs during fourth down, the resulting spot of the ball after the penalty is assessed will determine change of possession or first down. The penalty infraction will not create a repeat of the previously played down.**

10 yards from the spot of the foul

1. Impeding the runner (+ auto first down)
2. Tackling (possible unsportsmanlike) (+ auto first down)
3. Stiff-arming/tripping (possible unsportsmanlike) (+ loss of down or auto first down)
4. Flag guarding (+ loss of down)
5. Pushing (possible unsportsmanlike) (+ loss of down or auto first down)
6. Illegal contact by offense or defense (+ loss of down or auto first down)
7. Intentional Grounding (+ loss of down)

10 yards from the line of scrimmage

1. Offensive Pass interference (+ loss of down)
2. Defensive Pass interference (+ automatic 1st down)
3. Illegal use of hands/illegal block (+ loss of down or auto first down)
4. Clipping (+ loss of down)
5. Roughing the passer (+ automatic 1st down)

15 yard from the line of scrimmage

1. Unnecessary roughness (+ automatic 1st down/loss of down and possible player ejection)
2. Unsportsmanlike conduct (+ automatic 1st down/loss of down and possible player ejection)

Minor penalties

5 yards from the line of scrimmage

1. Delay of Game
2. Illegal Procedure (Too many players on field, less than 3 offensive players on the LOS)
3. Illegal Motion
4. False Start

5. Offsides/Encroachment (Dead Ball – No Free Play)

X. IMPORTANT

1. **Rules** – Any rule which cannot be determined by Coralville Parks and Recreation rules will be decided by the head referee.
2. **Conduct** – Unsportsmanlike conduct will not be tolerated from the players, coaches, or fans. Failure to comply with this rule may result in ejection from the park. Misconduct infractions include, but are not limited to insulting language or gestures, obscene language or actions, disrespectfully addressing an official or flagrantly objecting to an official's decision, intentional interference, and flagrant infraction of the rules.
3. **Ejections** – The referee may eject a player from the game for any conduct considered unsportsmanlike, unnecessary, or flagrant. If a player is ejected for ANY reason, that player will be ineligible for his team's next game (minimum), even if that game is a playoff game. The player may not return to the park during his/her suspension. Failure to comply may result in a longer suspension. Remember, this is the referee's decision. **NO APPEALS WILL BE HEARD.**

Rules are subject to change at any time. Managers will be notified of any rules changes during the season.