



# Adult Flag Football 5 on 5

## Rules (2017 update)

### Overview/General Information

- Managers are responsible for informing all players on their roster of all rules and regulation pertaining to league play.
- Since players in flag football cannot have protective equipment, it is essential that necessary safety rules be followed at all times without exception. It is essential for all players to enter the game with the attitude that this is a **recreational activity**, where contact can occur but is to be avoided and that **good sportsmanship should always prevail**.
- Weather line is (303)-660-1364. Information will be provided on the weather line at 4:00 p.m. in the event of inclement weather, and may be updated (if necessary) throughout the evening.
- In the event of cancellations, make-up games will be scheduled at the end of the season, as part of double headers, or on weekends.

### Playing Field

- The playing field will be 30 yards wide and 60 yards long with two 10 yard end zones, for a total field size of 30 yards x 80 yards.

### Players and Rosters

- Teams must have five players on the field for play.
- Team rosters can consist of a maximum of 10 players.
- Rosters can be changed until after the 6<sup>th</sup> week of the season and then will be frozen. Teams wanting to change rosters can do so at the field with the league supervisor on game nights.
- A complete roster must be turned in at the first game to the league supervisor. All players must sign a waiver to be eligible to play.
- Only players listed on the roster are eligible to play. Players can be on the roster of only one team in the same league.
- All players must check in with the field supervisor and present a photo ID prior to each game to be eligible to play.
- All players must be at least 18 years of age to participate.

### Timing

- The electronic scoreboard/clock will be visible to officials and players. In the event of power failure of the clock the Field Supervisor will be the official time keeper.
- Teams cannot be forced to start earlier than their scheduled start time, but may start earlier if both teams agree.
- The game will consist of two 25-minute running time halves.
- The last two minutes of the game will be stopped clock if the game is within 8 points. If the game clock continues to run at the two-minute mark, it will do so for the remainder of the game regardless of the point differential. If the game clock moves to a stopped clock

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at the two-minute mark, it will do so for the remainder of the game regardless of the point differential. Clock will stop only on incompletions, out of bounds and change of possession. If player is stopped in bounds, the clock will continue to run.

- Teams change sides after the first half, team who wins coin toss at beginning of game can either take the ball or defer to the 2<sup>nd</sup> half. So, each team will begin a half with possession of the ball.
- Teams will have a 3-minute half time.
- Each team has two 30-second timeouts per half.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- If the teams are tied at the end of the game, the game will proceed directly into overtime.

### Overtime

- If the score is tied after the 2<sup>nd</sup> half, teams move directly into overtime. A coin toss will determine the offensive team. Each team will have one possession (3 plays). Whichever team gains the most yardage in 3 plays (starting from their own 5-yard line) wins. If both teams fail to gain yardage or if both teams score a touchdown, the game will be concluded and the tie will remain.

### The Game

- A coin toss will determine the first possession. The winner of the coin toss will decide which half they will begin playing offense. The loser of the coin toss will determine which goal to defend in the first half. Teams must change direction after halftime.
- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown.
- If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.

### Scoring

- Touchdown: 6 points
- Extra Point:
  - 1 point played from the 5-yard line
  - 2 points played from the 12-yard line
- Safety: 2 points
- Interception of an extra point: 2 points

### Running

- The quarterback cannot run with the ball.
- The player receiving the snap will be considered the quarterback.
- Direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- Laterals or pitches ARE permitted. They can be unlimited in number, anywhere on the field.

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- “No-running zones,” located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff/pitch can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off/pitched, all defensive players are eligible to rush. Defenders may not cross the line of scrimmage before the handoff unless they have lined up as rushers.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted at the ball carrier’s feet when the flag is pulled, not where the ball is located.

### Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.
- The ball is spotted where the ball carrier’s feet are located when the flag is pulled, not where the ball is located.

### Passing

- All passes must be forward but do not have to be received beyond the line of scrimmage.
- Shovel passes are allowed.
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead and the ball will be spotted at the players feet at the time of the call; play will resume with the next down. The referee will count the seven seconds, verbally or nonverbally at his/her discretion. Once the ball is handed off, the seven-second rule is no longer in effect.
- The opposing team may return interceptions. The ball is spotted at the ball carrier’s feet where the flag is pulled.
- Interceptions of extra points will not be returned and will result in 2 points for the defensive team and possession at their 5-yard line.
- Downfield blocking is defined as a runner moving in advance of the ball carrier (screening). Such a player is not in legal position to assist ball carrier by being able to receive legal handoff or backward pass - whether or not contact with an opponent occurs. **Downfield blocking will result in an Offensive Downfield blocking penalty.** The referee will determine screen plays from incidental interference at his/her discretion.

### Dead Balls

- The ball can be snapped between the legs or off to one side to start play.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
  - Ball carrier’s flag is pulled.
  - Ball carrier steps out of bounds (one foot).
  - Touchdown or safety is scored.
  - Ball carrier’s knee hits the ground.
  - Interception of an extra point.

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- If play begins in which a player does not have flags on or a ball carrier's flag falls off during a play when no contact has been made, play will continue and a one-handed touch, anywhere on the body, will be considered a flag pull.

*Note:* There are no fumbles. The ball is spotted where it hits the ground. A fumble/lateral that does not hit the ground can be advanced by the recovering team.

### Rushing the Quarterback

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- A special marker, or the referee, will designate seven yards from the line of scrimmage. **Remember, no blocking or tackling is allowed.**
- Once the ball is handed off/pitched, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.
- The offense may not impede the rush to the quarterback.
- The offense cannot screen or interfere with any rusher from 7 yards. The referee will determine screen plays from incidental interference at his/her discretion.
  - It is the responsibility of the rusher to establish a clear line of sight to the QB prior to the snap. The rusher is allowed a direct line to the QB as long as he rushed from either side of the offensive players and not directly over them. Penalties resulting from rushers not having a clear line of sight prior to the snap will result in a Defensive Illegal Contact penalty.
  - For in-tight formations the rusher must line up outside of the formation and establish clear line of sight to the QB. The rusher cannot run through the middle of the in-tight formation, he must declare either the left/right side as a line of sight to the QB.
  - It is the responsibility of the offensive players, including the center, to be aware of the rusher and the QB as the play unfolds and allow the rusher an unimpeded line. If the rusher has established a clear line it is the offense's obligation, including the center, to avoid interfering with it. Penalties resulting from offensive players moving into or not getting out of the rusher's pre-established line to the QB will result in an offensive illegal contact penalty.

### Sportsmanship/Roughing

- If the League Supervisor or referee witnesses any intentional acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators). If trash talking occurs, the referee may give one warning. If it continues, the player or players will be ejected from the game.
- Foul or abusive language of any kind, on the field, during the course of play, or as a spectator will not be accepted. Harassment or violence towards the game's referees or scorers is zero tolerance.
- If a player(s) is(are) ejected from a game a \$100 fine will be assessed to each player ejected that **must** be paid prior to the start of the team's next game. If the player elects to

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leave the league rather than pay the fine, the player's team will be responsible for \$50 of the fine.

- All fines must be paid prior to the start of the team's next game or the team will forfeit.
- After a team's 2<sup>nd</sup> forfeit (for any reason) that team will be administratively removed from the league and no refund will be given.
- Players ejected from a game must leave the premises immediately. Continued observation of the game is not allowed. Loitering in any area of the park or parking lot is similarly not allowed
- Warnings may be given prior to ejection, at the discretion of the referee or league supervisor, but are not required.
- A player ejected from a game who has paid their fine may still be subject to further suspension of games, at the discretion of the officials, league supervisor, and/or Castle Rock athletics director.

### **Attire/Equipment**

**All teams are required to provide their own balls, and jerseys/shirts. Flag belts will be provided to players at games.**

- Metal or screw-in cleats are not allowed
- No pads of any kind or helmets are permitted. Stocking caps, skull caps, and head bands approved by the league supervisor/referees are permitted. Ace bandages/joint braces approved by the league supervisor/referees may also be permitted.
- No article of clothing can cover any portion of the flag belt. Jerseys/shirts must be tucked in on all sides.
- Each player must wear pants or shorts without any belt(s), belt loop(s), exposed drawstrings, or pockets. ALL pants/shorts must be a *different color* than the flags. Exposed pockets will not be permitted.
- Each player on the field must wear a one-piece, triple threat belt with fastener (no Velcro fasteners allowed on any part of the belt) and three flags unaltered in any way. The entire flag belt comes off when pulled. **Flag belts will be provided by the league for games. Only provided flag belts can be used in games.** If teams desire to have their own flags for practice they may do so at their own expense.
- The ball must meet specifications of size and shape for a regulation football. During the game, each team must provide their own legal ball when in possession of the ball. Game balls will be approved by captains of opposing team and referees prior to the start of the game. In the event that a ball is not approved, a game ball will be provided by the league supervisor.
- Each team must have similar colored jerseys/shirts. Arabic numbers (6" minimum) are required on all jerseys/shirts. Do not duplicate numbers. If colored jerseys are not used teams may utilize white for home team or black for visitors, numbers will still be required for all jerseys/shirts.
- Stick-um of any kind is illegal.
- Mouthpieces are recommended.

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### Penalties

All penalties will be called by the referee.

### Defense:

Offsides	5 yards and automatic first down	Line of scrimmage
Interference	10 yards and automatic first down	Site of infraction or line of scrimmage whichever is greater
Illegal contact ( <i>holding, blocking, etc.</i> )	10 yards and automatic first down	Line of scrimmage
Illegal flag pull ( <i>before receiver has the ball</i> )	10 yards and automatic first down	Line of scrimmage
Illegal rushing ( <i>starting rush from inside 7 yard marker</i> )	10 yards and automatic first down	Line of scrimmage

### Offense:

Illegal motion ( <i>more than one person moving, false start, quarterback running with the ball, etc.</i> )	5 yards and loss of down	Line of scrimmage
Illegal contact/Impeding the rusher	5 yards and loss of down	Line of scrimmage
Offensive pass interference ( <i>illegal pick play, pushing off/away defender</i> )	10 yards and loss of down	Line of scrimmage
Downfield blocking	10 yards and loss of down	Spot of the foul
Flag guarding ( <i>beyond the line of scrimmage</i> )	10 yards and loss of down	Spot of the foul

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Flag guarding ( <i>behind the line of scrimmage</i> )	Zero yards and loss of down	Spot of the foul
Delay of game	Clock stops, 10 yards and loss of down	Line of scrimmage

- Referees determine incidental contact that may result from normal run of play.
- Continue play until you hear the referee’s whistle.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Field Supervisor will be available at the sidelines for questions and rule clarifications to players at their discretion.
- If there is a rule clarification needed on the field during the course of play the team questioning the rule will call for time out. If there was indeed a discrepancy in rule application the team will not be charged for the time out. If the rules were applied correctly and the discrepancy was a judgment call the team will be charged a time out. Any rulings made on the field that are not clarified in this manner will stand.
- Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.

**Legal Game**

- Teams must have a minimum of 4 players to start/finish a game. Teams possessing the official number of players (5) may, but are not required to, play evenly matched at 4 v 4. If the legal number of players (4) are not present the team with the legal amount of players may ask for an immediate forfeit or allow the illegal team 5 minutes (game clock will start) to get the legal amount of players on the field. Play cannot begin until a minimum of 4 players are present for each team. If players do not arrive in the allotted time provided the game will be declared a forfeit (30-0).
- In the event of a field forfeited game, the teams will be allowed to play a refereed scrimmage with no time outs. The field must be vacated 3 minutes prior to the scheduled start of the next game.
- Teams are required to give 24-hour advanced notice of a forfeit. Upon the occurrence of a forfeited game without 24-hour notification to the Athletics Department (720-733-2299) or league coordinator, the team that forfeited will be fined \$50.00. This is the cost of one game. This fine will be paid to the captain of the opposing team. The check must be brought to the Athletics Department before the team’s next scheduled game or that team may be removed from the league and future participation in Castle Rock Parks & Recreation Adult Athletic activities.
- In the event of weather and/or field conditions causing a game to be cancelled, any game in progress that has reached half-time will be considered a complete game. The score will be recorded at the time of cancellation and entered as the final score.
- Mercy Rule: If a team is up by more than 30 points with 10 minutes left to play, the game will be declared complete and the score will be recorded. **The mercy rule will be enforced at the discretion of the Field Supervisor.**

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### Contact information:

Scott Smeeton	Athletics Supervisor	<a href="mailto:SSmeeton@crgov.com">SSmeeton@crgov.com</a>
Matt Gasser	MAC Athletics Supervisor	<a href="mailto:MGasser@CRgov.com">MGasser@CRgov.com</a>
Raina Bridgman	League Supervisor	<a href="mailto:ubridgman@crgov.com">ubridgman@crgov.com</a>
Miller Activity Complex (MAC)		720-733-2222
Recreation Center		303-660-1036
Weather Hotline (updated @ 4 p.m.)		303-660-1364
Game Schedule		Teamsideline.com/CastleRock

This is a living document. It can be changed as needed at any time at the discretion of the League or Athletics Supervisors with notification to current team managers. Any rules not directly addressed in this document will defer to the USFFA rules adapted for non-contact 5 on 5 play.



## Code of Conduct

1. No player/coach shall at any time lay a hand upon, push, shove, strike, threaten to strike, or verbally threaten an official/umpire, staff member, or spectator. **Penalty:** player will be suspended from all sports for one full year and from football a minimum of 3 years in addition to fines.
2. Any player(s) involved in a physical altercation with another player, coach, staff member or spectator will be:
  - a. Ejected from that game with accompanying \$100 fine.
  - b. Receive at least a 3 game suspension (possible suspension for remainder of the year or longer).
  - c. Be placed on probation or asked to leave the league.
3. Verbal abuse or unsportsmanlike behavior towards an official/umpire, another player, supervisor, or staff member will result in:
  - a. Ejection from that game with accompanying \$100 fine.
  - b. Minimum 1 game suspension
  - c. Probation
4. Officials/umpires and supervisors are empowered to WARN, EJECT, AND RECOMMEND SUSPENSIONS for players and/or coaches for any misconduct or violation of rules.
5. Any player ejected from the game **must** leave the facility. Failure to leave immediately can result in a forfeit.
6. Anytime a game gets out of hand, the official/umpire, or supervisor, has the authority to declare the game a forfeit.
7. Any team having 2 or more team members (players or coaches) ejected from the game shall be penalized with a forfeit.
8. **All** ejections/suspensions carry an automatic fine and **probation period**. Once a player(s), coach, and/or team has been placed on probation, their conduct will be evaluated throughout the remainder of the season. Further conduct violations will result in a minimum suspension extending through the remainder of the season, as well as forfeiting all fees paid to date.
9. **Teams are responsible for their players and spectators conduct before, during, and after the game.** All spectators, as well as participants, must conform to all school district regulations and Castle Rock Parks and Recreation District regulations. Improper behavior will not be tolerated. **Penalty:** Ejection from games with accompanying fines, forfeit of the game, possible arrest and prosecution, forfeiture of remaining games, and no refund of fees.
10. League Supervisors/Athletics Director has “elastic power” in determining suspensions, penalties, fines, or rule interpretations. Officials will have the authority to penalize for unsportsmanlike behavior. This is a judgment call by the official and cannot be protested. There will be no tolerance for those that deviate from the league code of conduct.