



City of Folsom

Adult Flag Football Rules and Guidelines 2022-23 Adult 6x6 “Passing Only” Flag Football League

I. OBJECTIVE

The Objective of the Folsom Adult 6x6 Flag Football League is to promote and conduct a positive leisure time activity which encourages fitness, healthy competition, and an atmosphere of fun and fellowship in the form of organized flag football for players and spectators.

Changes to this rule packet may be made either at the manager's meeting or by the Parks and Recreation Department after the manager's meeting. Managers will be notified regarding any changes that are made.

II. INJURIES AND ACCIDENTS

1. All accidents or injuries incurred before, during, or after an official game by players, spectators and/or league officials, shall be reported to the League Coordinator and recorded on an Accident Report.
2. Injuries incurred before, during, or after the course of an official game by players, officials and/or spectators, shall not be the liability of the City of Folsom - Parks & Recreation Department, City of Folsom, their officers, and employees or any organization cosponsoring or participating in the program.
3. City of Folsom - Parks & Recreation Department does not carry medical liability insurance for its participants.

III. TEAM ROSTERS AND PLAYER CONTRACTS

1. Each team may carry a maximum of ten and a minimum of six players on its roster. All changes made after the league meeting must be cleared with the league coordinator.
2. New players may be added to the roster either at the Recreation Office or at the site of the game. Fee is \$8.00 per player added.
3. Each team captain is responsible for:
 - A. Filling out the team roster with player's full name, address, and telephone number.
 - B. Having each one of their players sign the “Individual Player – General Liability Release” form.
 - C. Submitting both the team roster and “Individual Player – General Liability Release” for all players at the time of registration.
 - D. Having any new players approved by the league coordinator and sign an “Individual Player – General Liability Release” before participating.
4. A player may play on only one team and in only one division of the Folsom Recreation Division 6x6 Flag Football League.
5. A player must be at least 18 years old to be eligible to play.

6. Any player who falsifies information on their player's contract will lose their right to play in the league for the remainder of the season.
7. All players must abide by the Player Code of Conduct.

IV. SPECIFIC RULES FOR THE 6X6 PASSING ONLY FLAG FOOTBALL LEAGUE

1. A team must start the game with a minimum of five (5) players. Anytime a team drops below five players, a forfeit will be declared. The team that wins the coin toss has three options: 1) Start game on offense. 2) Chose which end of the field to defend. 3) Defer choice to the second half. Offense starts on the five-yard line (15 on a touchback). After a safety the offense will start on the five-yard line.
2. Scoring is as follows:

Touchdown	= 6 points
Conversion from 15-yaPrd line	= 2 points
Conversion from 5-yard line	= 1 point
Safety	= 2 points
Conversion Return	= equal to attempt
3. The offense may have only one player (QB) off the line of scrimmage. All players must be at least five yards from the sidelines at the time of the snap.
4. This is a "passing only" league. The QB must release the pass within six seconds of the snap, or they are considered sacked at that point. The Defensive "Rusher" (only one player) must line up ten yards in front of the line of scrimmage or be considered offsides. **The Offense may not impede the rushers progress.**
5. The offense has 30 seconds to put the ball in play once the referee has spotted the ball.
6. There is **NO** blocking allowed anywhere on the field. Once a pass is complete (Both feet in bounds) or intercepted, all other players on that team must stop and stay out of the play. No laterals are allowed. **Defensive players must go after the players flags NOT the ball.**
7. Teams may not run "pick" plays.
8. Fumbles are dead at the point of ground contact. Teams have four downs to make the next line, regardless of where they started. On fourth down, they can punt (hiked ball, four defensive players on the line, punt is dead where it stops or is caught in the air by defense) or attempt to make the next line for a first down.
9. Spinning is allowed. Offensive player may not run over a defender who has established position. Tackling, holding, or pushing a player out of bounds is not allowed (**violations of this rule will result in the ball carrier receiving the yardage the official felt they would have gained if no infraction had occurred**). The offensive player cannot leave his feet to advance the ball (no hurdling or diving).
10. The person with the ball is "down" when at least one flag is pulled. A person with less than three flags is down at the point of receiving the ball.
11. The designated Captain is the sole representative to the officials and accepts or declines all penalties and calls all time outs.
12. Trash talking/profanity will not be allowed. Violation of this rule will result in a loss of down. Repeated violations will result in the ejection of the player.
13. Penalty yards awarded according to NFL standards.

V. LENGTH AND SCHEDULING OF GAMES

1. Games shall be two 20-minute running time halves, then six untimed plays at the end of the game (excluding conversions and punts) depending on the score. If a team has the lead with the ability to “run out the clock” the game is over.
2. Overtime: Each team will receive four plays starting from their own 5- yard line. The team that accumulates the most total yards will be declared the winner. **Interceptions will result in the end of the offensive team’s possession.**
3. Two-time outs per game per team.
4. There are no provisions to make up postponed games. If a team cannot field a team when scheduled, the Recreation office should be contacted.
5. Each manager shall receive league schedules for their team and is responsible for distribution. Schedule will and must be played as published.

VI. UNIFORMS/EQUIPMENT/FIELD

1. All teams must have uniforms. Uniforms shall consist of matching color shirts or jerseys. Shorts/pants/shirts WITHOUT pockets will be required. Any player on the playing field during game play will be removed from the game and not allowed to return to the game.
2. The playing field is 80 yards in length, 50 yards wide, divided into four 20-yard zones.
3. Flags are provided by the league and are worn around the waist with one on each hip and one in the back.
4. No metal cleats will be allowed.
5. The ball shall be any size equal to or larger than the standard adult intermediate size football. The league provides a ball, but teams may use their own.

VII. OFFICIALS

1. Official(s) assigned to games shall have complete charge of field and games. They shall have the authority to banish players, managers, or spectators from the games, the player’s bench and the facility for misconduct, delay of the game, or for the good of the game.
2. Officials will explain a call only to the team captain.
3. Officials will submit a report to the league director within 24 hours after any games in which a protest is filed or when it has become necessary to banish players from a game. Any player who continues to direct remarks toward the officials or opposing players after being banished from the game shall be suspended from further play in the league, this includes players who abuse game or league officials after a game is completed.
4. Officials’ decisions will be final except as to misinterpretation of the rules.
5. League officials shall make all decisions on protests and their decisions shall be final. The league officials shall include the league coordinator, Recreation Supervisor, and Program Coordinator.

VIII. PROTESTS

1. Whenever a matter of protest arises during a game, the captain or manager of the protesting team shall immediately notify the head official of their intention to protest.
2. Only protests regarding misinterpretation of the rules shall be reviewed. Officials’ judgement calls are not grounds for protests.
3. The “intent to protest” must be filed with the head official immediately before play continues.

4. A written protest must be submitted to the Recreation Division office no later than 5:00 p.m. on the next working day following the protested game. The protest must include the date, time, and place of the game; the names of the teams, the officials, and the rule and section of the local rules under which the protest is made.
5. The protest must be accompanied by a \$10.00 protest fee, which shall be returned only if the protest is upheld.
6. The protest will be handled by a three-person committee provided by the Folsom Recreation Division. All decisions by this committee are final.

IX. FORFEITS

1. A team must have at least five (5) players at game time. **A five (5) minute grace period will be in place for the first game of the night.** Officials will not be required to officiate pick-up games.
2. Teams are expected to play all games. One (1) forfeit may disqualify your team from post-season play, if scheduled; this is at the discretion of the league coordinator. On the second forfeit, the team may be disqualified from further league play and ineligible for the next season.
3. No postponement of scheduled league games will be allowed. Teams must play when and where scheduled or forfeit their game.
4. Other reasons for declaring forfeiture includes:
 - A. Use of ineligible player.
 - B. Unsportsmanlike conduct.

X. AWARDS

1. Individual awards (up to a maximum roster of 10) will be presented to the winner of each league. Methods of awards may vary according to a decision made at the league meeting.

XI. PLAYER CODE OF CONDUCT:

1. The City of Folsom-Parks and Recreation Department has established a Player Code of Conduct for the Adult Flag Football Program. The Player Code of Conduct applies to players, managers, coaches, and spectators. A player, manager or coach who is suspended for a violation to the Adult Volleyball Player Code of Conduct will also be suspended from participating in other City of Folsom Adult Sports Leagues. It is the responsibility of each player and/or team to abide by the Adult Flag Football Player Code of Conduct.
2. The City of Folsom's adult Flag Football league coordinator will determine the length of suspensions and/or probations. Suspensions and/or probations range from a minimum penalty to a maximum penalty. In any violation not included in said code, the penalty shall be at the discretion of the adult Flag Football league coordinator. The length of any suspension will depend on the individual and/or team(s) prior violations, the degree of the violation and the circumstances surrounding the violation (incident). **Violations to the Adult Flag Football Player Code of Conduct include, but are not limited to, the following:**

- A. No Player Shall:** Be physically aggressive toward any person. This includes any unwanted physical contact including, but not limited to, pushing, shoving, and expectorating.
- Minimum Penalty: Removal from game and premises; one year probation in all Department sponsored sports programs.
- Maximum Penalty: Ten years suspension in all Department sponsored programs.
- B. No Player Shall:** Be guilty of a physical attack (striking or punching) as an aggressor upon any person; knowingly compete as a disqualified/suspended player.
- Minimum Penalty: One-year suspension and one year probation in all Department sponsored sports programs.
- Maximum Penalty: Ten years suspension in all Department sponsored sports programs.
- C. No Player Shall:** Be guilty of objectionable demonstrations of dissent at a referee's decision or discuss the decision of any matter reached by an official or Department staff member, except the manager/captain.
- Minimum Penalty: Warning by the official or Department staff member.
- Maximum Penalty: One-year suspension and one year probation in all Department sponsored sports programs.
- D. No Player Shall:** Be guilty of using unnecessary rough or unusual tactics against the body of any person; be guilty of taunting or degrading any person; be guilty of an abusive verbal attack towards any person.
- Minimum Penalty: Removal from game and premises; one year probation in all Department sponsored sports programs.
- Maximum Penalty: One-year suspension and one year probation in all Department sponsored sports programs.
- E. No Player Shall:** Be guilty of discussing their personal opinion of any player, spectator, official, or department staff member in a derogatory manner; use language that is offensive and/or contains profanity.
- Minimum Penalty: Warning by the official or Department staff member.
- Maximum Penalty: One-week suspension and one year probation in all Department sponsored sports programs.
- F. No Player Shall:** Play under another individual's name, falsify name or address on official roster form; appear on the field at

any time in an impaired condition; follow a Referee off the field in a threatening manner.

Minimum Penalty: Removal from game and one year probation in all Department sponsored sports programs.

Maximum Penalty: One-year suspension and one year probation in all Department sponsored sports programs.

3. The player and/or team may appeal any decision rendered by the adult Flag Football league coordinator to the City of Folsom's Recreation Supervisor:
 - A. The Recreation Supervisor will preside over any appeals. The Recreation Supervisor will conduct a hearing and will review the facts presented and may affirm or modify any penalty imposed.
 - B. If a player and/or team wishes to, they may be afforded an opportunity to appeal the decision rendered by the Recreation Supervisor to the City of Folsom's Recreation Superintendent. The Recreation Superintendent may assemble a panel of local parks and recreation professionals and/or local adult sports participants to conduct a hearing. The panel will review the facts presented and may affirm or modify any penalty imposed. The panel will provide a recommendation to the Recreation Superintendent.
 - C. The Recreation Superintendent will review the panel's recommendation and render a decision. The decision of the Recreation Superintendent shall be final.
4. All suspensions involving physical violence will remain in effect until the appeal process is completed.
5. Individuals violating more than one code infraction can be assessed a combination of all.
6. Individuals and/or teams who violate the Player Code of Conduct while on probation for a previous incident will face double the normal penalty for the new violation.
7. Any player, coach or manager who incurs indebtedness (returned checks, etc.) to the City of Folsom and does not correct the matter within a prescribed time period will be suspended from all City of Folsom activities until corrected.