



OKC Parks

Adult Mens Flag Football

Spring 2021

OKC PARKS MISSION

Provide cultural, social and recreational opportunities to residents and visitors so they can have enriching life-long experiences.

OKC PARKS VISION

OKC Parks seeks to inspire our community to explore, learn, play and grow.

OBJECTIVE

The Adult Mens Flag Football program is designed to allow all participants to respect the game, play on equal terms, and improve socialization, and allow opportunities amongst players. This league is a recreational adult league and is designed to have fun.

GENERAL INFORMATION

Players must be 18 years or older to participate in the league

- Each game will have two referees
- There will be no smoking or drinking on the field or inside of the complex
- Dogs are NOT allowed inside the complex unless it is a service animal
- Radios and music are welcomed if the volume stays reasonable and other team does not disagree. Music MUST be appropriate for all to listen to including young children. If music is deemed inappropriate you will be asked to turn your music off for the remainder of the day/night.

GAME TIME

To find games schedules please visit <http://www.teamsideline.com/okc>

- Game times and scheduled days could change to accommodate the league due to weather forfeits or other.
- It shall be the responsibility of each captain to see that the team appears for each of scheduled league games. Failure to appear will result in forfeiture of the game.
- There will be a 10-minute grace period for teams. At this point the clock will start at the official game time. However, a team does not have enough players by the end of the grace period, then the result is a forfeit.
- The team must have 8 uniformed players to start the game. A team can play with 7 in order to avoid a forfeit.

GENERAL RULES

Game Length

- The game will be 4 quarters of 10 minutes. There will be a 5 minute half time.
- Last 2 minutes of the 4th quarter, clock stops for 2 minute warning, out of bounds and official time outs (equipment checks, injuries etc.)

Time-Outs

- Each team will have the option to utilize 2 (1 min) time outs per half. Time outs are not allowed to be carried over.

Overtime

- Each team will get 4 plays from the opponents' 20 yard line to score a touchdown and conversion. If the defense intercepts the ball for a touchdown, they win the game. Coin toss will determine possession. One time out per team. Unused time outs from regulation play can NOT be carried over.

Scoring

- Touchdowns= 6pts
- Extra Point
 - 3 yd=1 / 10 yd =2

Captains

- Each team captain will act as sole representative of their team with all communications being directed at the officials.

Game Rules

- To start the game, both captains will play Rock, Paper, Scissors (best of 3) will be played the winner will have 2 choices (offense or defense)
- Teams will switch end zones only at half time
- The game will begin at the offensive 10yd line in the beginning of the game and at the half. Subsequent drives following a touchdown will begin from the 10-yard line

Offense

- The ball carrier is stopped when a defending player removed his flag
- There must be a min. of 5 players on the offensive line to start the play.
- Everyone can receive a pass
- **Downs:** If a team does not advance the ball to the next zone in 4 downs, they will lose possession of the ball and the opposing team will get the ball at their 10 yd line. If any portion of the ball crosses the line the next zone is played.
- To Start the game, a ball must be passed through the legs of the center to a teammate.
- Players can move around before the ball is snapped. The offense can have 1 player in motion at the time of the snap. One player can be in motion moving parallel or backwards from the line of scrimmage but cannot move forward at all or it will be a 5yd penalty.
- There will be a 10 sec time limit between plays once the ball is set. If the time goes over 10 sec it will result in a 10 yd penalty.
- **Fumbles-** One a fumbled snap, a handoff that is fumbled or backwards or later pass the ball will be dead and put into play where the player lose control. A fumbled ball is a dead ball. Unless it is caught by a trailing teammate. The ball is spotted at the spot of the fumble or where the ball hit the ground.
- Intentional move with the hands, elbows, or shoulders by the ball carrier to prevent the defender from removing his flag is illegal and will result in a penalty.
- If a player loses their flag without anyone touching it the play will continue until the player is touched with one hand by opposing player (remember this is a non-contact league, please do not use any unnecessary roughness).
- The ball is placed at the middle of the field after each play.
- A player can not intentionally run through a defender. Any intentional contact made by an offensive player, into a defensive player will result in a penalty of 5 yds.

Defense

- Defenders can not impede the progress of the ball carrier in an attempt to remove their flag by cutting them off.

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- There will be NO tackling, hacking, tripping, pushing of another player. It will result in a 10yd penalty. Defenders cannot make contact with an offensive player with extended arm. However, defenders can stand in their way from a 5yd distance to alter their directions.
 - Defensive players can line up at least a yard from the spot of the ball.
 - Defensive players can not return an extra point conversion.
 - Defenders can not cross the line of scrimmage unless the following occurs; handoffs/option/lateral or a pass is completed behind the line of scrimmage.

Penalties

- False starts by the offense- player moving forward before the ball is snapped or offensive players lined up in front of the line of scrimmage play is dead. - 5 yd penalty
- Defensive offsides- player lines up in a neutral zone or crosses line of scrimmage before the ball is snapped and play is dead- 5 yd penalty
- Offensive Shift/Motion- 2 players moving at the same time in motion- 5 yd penalty
- Defensive holding- 10 yd penalty
- Offensive pass interference – 10 yd penalty
- Defensive pass interference – 10 yd penalty
- Intentional grounding -10 yd penalty
- Unsportsmanlike conduct- 10 yd penalty, loss of down or ejection
- Unnecessary roughness – 10 yd penalty
- Called time out (if team has no time outs left)- 10 yd penalty

MAKE UP GAMES

- All games cancelled during regular season due to weather conditions or other unforeseen circumstances; will be made up during the regular season. However, if needed, and if weather permits, we can change park site, day, or time of play in order to make up games.

FORFEITS

- Games will start promptly as scheduled. A team must have 7 uniformed players to start a game and must have 7 uniformed players to complete a game.
- A 10-minute grace period is allowed from scheduled start time. If a team does not have 7 uniformed players after the 10-minute grace period, an automatic forfeit will occur.

PLAYOFFS

- All games will count toward league standings.
- League standings will be used to seed teams in the end-of-season playoff. Playoffs will be a single elimination tournament.
- Please see "Forfeits" for team eligibility requirements and "Player Requirements" for individual eligibility requirements.
- Any team who has players who are NOT listed on their roster will be disqualified from playoffs no exceptions
- You can carry up to 10 players on your roster.

ROSTER REQUIREMENTS

Each team is only allowed 10 players on each roster

- Final rosters will be frozen after the 2nd week of games. If a change is made prior to the 2nd week, the program coordinator must be made aware and a new roster must be submitted no exceptions (if change has not been submitted and a protest occurs team will be forced to forfeit game).

EQUIPMENT & UNIFORMS

- OKC Parks and Recreation will provide flag belt and flags for the games as well as an official football.
- The flag must be clipped in a manner that it will come off with one pull. There should be no loops or knots making the flag difficult to come off. Any player with found violating this rule will receive a warning, then a 5 yd penalty will be awarded to the opposing team, next player may be ejected.
- All teams are required to have matching uniforms
- Regular football equipment pads etc. are prohibited.
- All players must have on close toed shoes, no metal cleats.

INJURIES

- OKC Parks staff can supply ice packs and band aids for injuries.

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- If an injury requires more attention please alert OKC Parks staff to call for assistance.
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TEAM DEPOSIT SYSTEM

1. If a team would like to register utilizing the OKC Parks deposit system, the team will be required to pay \$100.00 prior to the registration deadline. Once OKC Parks has received the deposit, the team will be placed in the league with a balance equaling the remaining league fee.
 2. Teams that have a registration balance will be required to pay the full amount due at the start of the 2nd week of the season. If team dues are not payed in full by 2nd week of season team will be forced to forfeit remainder of games (No refunds for deposit).
 3. Please call the Program Coordinator for more information or to register your team (405) 297-2386.
 4. If the league does not run for any reason, teams will receive a full refund on deposits.
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WEATHER POLICY

1. The site or Program Coordinator has final say on if a game will be suspended or postponed due to weather.
 2. For OKC Parks' full weather policy, please contact the rain out line or visit www.teamsideline.com/okc for more information on cancellations.
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CODE OF CONDUCT

1. No player shall at any time lay a hand upon, push, shove or threaten to strike another person. Player will be suspended from all sports indefinitely until a final decision is made on the length of the suspension.
2. All players will abide by the officials' decision.
3. A player ejected from the game will get a one game suspension and run the risk of being suspended for multiple game or the remainder of the season. If a player is ejected from the game, that player must leave the park immediately.

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4. No player, coach, spectator or manager shall physically attack or act as an aggressor towards any person, player, spectator, referee, or City employee. Officials are required to immediately eject player(s) from further play and report such player(s) to the Program Coordinator.
 5. All players, coaches, and managers will abstain from the use of vulgarity, racial slurs, verbal abuse, threats, or unsportsmanlike conduct while participating in an OKC Parks activity.
 6. No player, coach, or manager will be allowed to participate if acting in an intoxicated manner. Suspension from the game and possibly the next game played, as to be ruled upon by the referees and/or league officials.
 7. Captains, managers, and/or coaches are held responsible for their team's conduct.
 8. Teams are responsible for their spectators' conduct.
 9. Anytime a game gets out of hand, the referees or league officials have the authority to call the game.
 10. All situations not specifically covered in the rule book shall be acted upon by the Program Coordinator and all decision shall be final.

PROTECT YOUR VALUABLES

1. As most of us know, parking lots can be a popular target for thefts. Avoid being victim by taking care of your valuables by following the tips for preventing break-ins or theft listed below:
 - If there is a suspicious person or activity near a vehicle, notify the facility supervisor or contact the police immediately.
 - Remove all bags and items from view in your car. If possible, take your valuables with you.
 - Do not leave wallet, keys or valuables unattended.
 - Close all vehicle windows and lock all doors.Park in well-lit areas when available.
2. OKC Parks is not responsible for lost or stolen items.

