

FAIR OAKS

RECREATION AND PARK DISTRICT



TEAM AND MANAGER GUIDEBOOK

Adult Sports Office

4150 Temescal Street

Fair Oaks, Ca 95628

(916) 966-1036

Website

www.teamsideline.com/fairoaks

www.forpd.org

Updated: 12/2018

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Dear Manager,

Welcome to Fair Oaks Recreation and Park District's Adult Sports Program.

The Adult Sports Department offers year round recreation programs for the enjoyment of our community members. We are committed to serving and seeking the needs of the participants and request that you take time to review the rules and policies within this booklet.

It is important that we provide clear communication about Fair Oaks Recreation and Park District (FORPD) programs, benefits, rules and policies. If you have any questions or concerns about the policies of FORPD, please call and request further detail.

Adult Sports Office

Location: Fair Oaks Recreation and Park District
4150 Temescal Street
Hours 8:00-5:00, M-F

Mailing Address: Fair Oaks Recreation and Park District
Attn: Adult Sports
4150 Temescal Street
Fair Oaks, CA 95628

Website / E-mail: www.forpd.org
www.teamsideline.com/fairoaks

Telephone: (916) 966-1036

Fax: (916) 966-9863

Website: www.forpd.org
www.teamsideline.com/fairoaks (Field Closure Updates)

Staff: Nick Davison Recreation Supervisor – Sports

Team Registration

Returning Teams:

All Manager's are responsible for obtaining league schedules and information from the District website prior to each league start date.

Registering For A League:

Registration is on a first come, first serve basis. Teams are encouraged to register as soon as possible; spaces are limited and usually reach maximum occupancy prior to the deadline. Please remember to have all necessary paper work completed when registering. This will help ensure your team will be playing on the night preferred.

Alternative Choices:

Listing alternative choices of night will, of course, give you a greater chance of being accepted. Please have a second choice when registering. All efforts will be made to ensure that you play on the night preferred.

Game Times:

All games are scheduled for evening or day times. Please understand that the scheduling process CANNOT always be completely even for all teams in regards to game times. The league director will do his/her best to distribute game times for the league as evenly as possible. Once umpires are hired, game times will only be changed based on EXTREME circumstances. Please contact the league director for further information. Game times are as follows:

Softball: Monday – Friday 6:20, 7:20, 8:20, & 9:20pm

General Rules, Regulations and Policies

League Information:

Sports staff will make all league schedules. Staff reserves the right to adjust league schedules. All possible notifications will be given to teams should it become necessary to change schedules.

League Fees:

All league fees must be paid at the time of registration. Fees are used offset operation costs including officials, staff, facilities, equipment, supplies, and awards. Any team that issues a bad check will lose its priority and may be dropped from the league. Any team that has one returned check will be required to pay in cash or cashier's check for any future league. Any team that intentionally deposits a bad check or issues a stop payment will be billed for services rendered and barred from all future leagues.

Team Rosters:

Each team must present a team to FORPD staff at the teams first scheduled game. All team members must sign an official roster form with their complete address. Failure to do so will result league forfeiture. Managers cannot sign for players.

Roster Checks:

Roster checks will be done at random. All players must have an ID with them if they wish to play.

Roster Changes:

Players may be added/dropped prior to the league with the permission of the League Director with no penalty. Once league play begins, players added must wait one (1) game after roster changes are submitted to participate. Roster Addition forms may be obtained at the District Office or from the Field / Gym Supervisor. (No player additions will be accepted after week three (3) of ALL leagues). All participants must have participated in at least three (3) games/matches to be eligible for the playoffs. Roster exemptions may be granted to a team due to injuries or unforeseen circumstances. Only the League Director will have approval to make exemptions. Official documents notifying the League Director of unforeseen circumstances may be requested. Any exemption will be monitored to ensure fair play. Roster exemptions shall not be granted for playoff games.

It is the manager's responsibility to ensure players are properly added. Managers may request a copy of their addition sheet. The Sports Department is not responsible to prove a player change has occurred. Roster addition forms may be obtained at the District Office or from the Gym/Field

Supervisor. All Roster additions must be cleared through the Sports Office prior to 5pm before the days or Friday by 5pm for the game occurs on a weekend.

Insurance:

Fair Oaks Recreation and Park District provides no insurance of any kind. Players participate with the "Assumption of Risk." Assumption of Risk states that players know that injuries can occur during the course of a normal game with no fault to any party. Teams are encouraged to purchase private insurance if all individuals are not already covered.

Objectives:

The objective of the Fair Oaks Recreation and Park District Adult Sports Program is to promote and conduct a positive leisure time activity, which encourages fitness, healthy competition and an atmosphere conducive for fun and fellowship.

Jewelry, Casts, Etc:

Participants are not allowed to wear jewelry, casts, or any other items deemed as dangerous by the official(s). Any medically protective devices (e.g. knee braces) must not have any exposed or dangerous metals or other such items. All equipment must approve by league officials.

Awards:

Individual awards will be given to the league winners. Awards are T-shirts. Numbers of awards issued are as follows: Basketball 9, Softball 15. Any changes from the above will be special league rules and will be clearly stated in the registration material.

The Player:

No player under the age of 18 may play in any Fair Oaks Recreation and Park District Adult Sports League. Team managers in all leagues are considered eligible players if they are listed on the team roster. Players may play in more than one league, however limited to **one league/one team per night**.

Game Time:

Game time is forfeit time. The Scorekeeper watch is the official time. Line-ups should be complete and brought to the scorekeeper at least five (5) minutes prior to game time.

Postponed or suspended games:

Games postponed by the District for any reason will be rescheduled (usually at the end of the schedule or on the first playoff date if your league has playoffs). When possible, such games will be rescheduled at the mutual convenience of the teams involved. The District reserves the right to schedule make-up games on a different night than that of the league and to postpone game times, if necessary.

Games interrupted by rain, injury or other unsafe playing condition shall be restarted as soon as possible unless a postponement is given by the Sports Department. If a game is postponed and the game has gone past midway point the District reserves the right to credit the team who was ahead with a victory. Teams should not “assume” when and what time a make up has been scheduled for. If a team has not received a make up schedule, it is the manager’s responsibility to call the Sports Office at 966-1036 for game information.

Team Forfeits:

Any team that forfeits two (2) games during any given league may be dropped from the schedule and shall forfeit the entire league fee. Said team may also be banned from all future leagues. Any team that clinches a league award or first place tie and then forfeits the remaining schedule may also be dropped from the league and will not receive awards. Said team may also be barred from all future leagues.

Any team that is involved in a league or seeding tie breaker based upon point differential will lose the tie breaker if there was a forfeited game amongst the team(s) tied.

If a game is forfeited, the team awarded with the victory is allowed practice time. Note: if no other game is ongoing or due to time constraints, the site may be closed once a forfeit has been declared. Game Officials and Staff will not be present after forfeit is called.

Standing Sheets:

Each week, standing sheets are available for the team at www.teamsideline.com/fairoaks. The standings page indicates results from the previous weeks. It is the manager’s responsibility to check the website page to make sure all games were recorded correctly. Failure to notify the Sports Department in a timely fashion that a game was recorded incorrectly will consequently affect playoffs and final league results.

Drinking / Smoking:

All programs offered by Fair Oaks Recreation and Park District that are located on School District property are banned from having any alcoholic beverages or smoking.

Officials and Fair Oaks Recreation and Park District Staff will enforce this rule. Any individual who violates this policy will be suspended. Fair Oaks Recreation and Parks District Park Patrol along with local law enforcement officers patrol the facilities. Violators may be cited.

Spectators and players are not to enter facilities or playing fields (including dugouts) with any alcoholic beverages. It is against the Fair Oaks Recreation and Park District policy for players to drink alcoholic beverages before or while playing in District sponsored program.

Litter:

Cleanliness of the park is invaluable. Team managers are responsible for delegating litter pick-up assignments when his/her team leaves the dugout, bench, and parking lot. Gym/Field Supervisors are responsible for insisting that managers complete this task. A team that fails to pick up used containers, etc. may consequently receive a forfeit for that game.

Lost and Found:

All lost and found items will be kept at the Sports Department for up to three months. After this time, the item(s) will be discarded or donated. Fair Oaks Recreation and Park District is not responsible for any lost or stolen items.

Umpires and Referees:

Umpires and referees are the officials of the game and have authority to order a player, coach, manager or spectator to do or refrain from doing anything, which interferes with the league rules, policies or flow of the game. Officials have the authority to make decisions on matters or questions not specifically covered within the established rules.

Program Complaints:

Fair Oaks Recreation and Park District is proud of the programs it offers. If you have a legitimate complaint please discuss it with the Sports Department Recreation Coordinator at 966-1036. It is important to understand that in any sporting activity, that there will be errors. Of course all attempts will be made to minimize any possible problems. If you have a complaint against an official, only those accusations concerning misconduct or a complete inability to officiate will be given serious consideration.

Playoffs:

If your schedule includes playoffs, it is the manager's responsibility to know when his/her team is playing. The district will not reschedule any games for teams assuming they are a different seed than what they ACTUALLY are or for any verbal miscommunication. Playoff schedule will be posted on the league website.

Tie Breaking Policy:

The following criteria shall be used to break ties.

1. Head to head records.
2. If still tied:
 - a) Higher seed will be determined by point differential of the tied teams. The team with a higher positive point differential will win the tie breaker.
 - b) Three or more tied-Point differential shall be used on games played against each other. If three or more are still tied, point differential will be used for all league games. Any team with a forfeit against said tied teams will automatically be seeded/placed lowest. Remaining teams tied will then begin from head to head records.

- c) Tie breaker formula (games between the tied teams):
(+) Win Differential + (-) Loss Differential = Overall Point Differential
3. If still tied:
- a) For final placement in league with no playoffs: Playoff game(s) will be scheduled.
For tournament seeding: Coin toss.

Fairness Ruling:

All rules within the handbook are to be taken as a whole. Any conflicting statements shall be decided by the Sports Department. The Sports Department reserves the right to make rulings in the best interest of the program that may not be specifically stated.

Managers Responsibility

UNSPORTSMANLIKE CONDUCT / MANAGER / TEAM RESPONSIBILITY:

It is the team manager's responsibility to set an example of sportsmanship and fair play. The team manager is responsible for controlling the conduct of his/her players and spectators - before, during and after the game. Both the manager and the entire team can be held responsible for the conduct of any single individual on the team and/or spectators. If any individual player violates the Player Code of Conduct (description follows) the manager or team can also receive the same penalty. **It is a felony offense to strike an official/scorekeeper/District employee.**

- A. All managers are responsible to submit a copy of their lineup to the scorekeeper five minutes prior to the scheduled start of the game. (Basketball lineups must include first and last name with jersey number).
- B. Managers are responsible for the conduct of their bench, fans and players. Players must remain seated and within the confines of the bench area, except when substituting. Failure to do so may result in a penalty.
- C. It is the manager's responsibility to insure that No alcohol consumption will take place at a the game site prior, during or after any game. Violation of this rule will remove the team from the league and forfeit all league fees.
- D. It is the manager's responsibility to supply the officials and league representatives with correct names of any participant requested, Failure to comply would result in **immediate** suspension from all leagues.
- E. Ensure all players that are on the roster will be allowed to play in league games. All managers utilizing non-roster players will be suspended for a minimum of one (1) game.
- F. It is the manager's responsibility to insure that all players have a valid picture identification with them at all times and present it upon request of officials or league representatives. Failure to do so will result in suspension and forfeit.
- G. Only the managers of each team will be allowed to approach the scorekeeper's table and officials on questions concerning the game.
- H. Any manager found to be utilizing non-roster players will be suspended for a minimum of one game.
- I. It shall be the manager's responsibility to ensure that all of their players are aware and enforce the FORPD Code of Conduct all times. The FORPD Code of Conduct shall govern the league

- J. It shall be the manager's responsibility to file protests. Protests are allowed on ineligible players only. A protest must be filed with the scorekeeper prior to the conclusion of the game. A \$25.00 protest fee with a written report must be submitted at the FORPD the next working day. All valid protests that are upheld, will have their \$25.00 protest fee returned
- K. It shall be the manager's responsibility to inform all of their team members that each participant shall play at their own risk. Injuries incurred are not the responsibility of the FORPD. If teams are concerned with personal injury, it is recommended that the team take out team insurance.

PLAYER CODE OF CONDUCT FOR ADULT LEAGUES

The Fair Oaks Recreation and Park District has adopted the following Player Code of Conduct. These rules will be strictly enforced. Participation in the Adult Sports Program is a privilege and it should be treated as such.

1. No player shall at any time lay a hand upon, shove, strike, threaten or intimidate an official, District or school representative, opposing player or spectator. Officials are required to immediately suspend such player from further play and report such player to the League Director. Said player shall remain suspended until the case has been considered by the Sports Department.

Minimum Penalty: Suspension of six (6) league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension from all Adult Sports Leagues for life and felony assault charges filed.

2. No player shall refuse to abide by the official(s) decision. Officials are required to immediately suspend such player from further play and report said individual to the League Director. Said player shall remain suspended until the case has been considered by the Sports Department.

Minimum Penalty: Suspension of one (1) league game and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for life from all Adult Sports Leagues.

3. No player shall be guilty of objectionable demonstrations or disagreements at the official(s) decision.

Minimum Penalty: Suspension of one (1) league game and placed on probation for the remainder of the season.

Maximum Penalty: Permanent suspension from all Adult Sports Leagues.

4. No player shall discuss with the official in any manner the decision reached by such official, except the manager/coach or designate representative.

Minimum Penalty: Warning by official.

Maximum Penalty: Removal from the game.

5. No player shall be guilty of abusive verbal attack upon any player, District or school representative, official or spectator. Officials are required to immediately suspend such player from

further play and report such player to the League Director. Should the verbal attack occur either before or after the player's game is completed, or from within the spectator's area, said player will still be reported to the League Director. Player shall remain suspended until the case has been considered by the Sports Department.

Minimum Penalty: Suspension of one league game and placed on probation for the remainder of the season.

Maximum Penalty: Permanent suspension from all Sports Leagues.

6. No player shall appear intoxicated or indulge in alcoholic beverages during the course of game. No alcohol shall be allowed on school grounds. Officials are required to immediately suspend such player from play and report said individual to the League Director.

Minimal Penalty: Suspension of one (1) week from all Adult Sports Leagues and said team's next one game. Player shall also be placed on probation for the remainder of the season.

Maximum Penalty: Permanent suspension from all Adult Sports Leagues.

7. No player shall be guilty of using unnecessarily rough tactics during play of the game against any player. Official are required to immediately suspend said player from further play and report such player to the League Director.

Minimum Penalty: Placed on probation for the remainder of the season.

Maximum Penalty: Permanent suspension from all Adult Sports Leagues.

8. No player shall be guilty of harassing the scorekeeper(s), official(s) or other District representative or attempt to intimidate any District representative.

Minimum Penalty: Warning from official and/or Gym/Field Supervisor (scorekeeper).

Maximum Penalty: Permanent suspension from all Adult Sports Leagues.

9. No player shall be guilty of abusing public or private properties. Players shall not throw equipment or any other items in a dangerous manner, regardless of whether someone was or could have been struck.

Minimum Penalty: Warning from the official.

Maximum Penalty: Permanent suspension from all Adult Sports Leagues, criminal charges filed and/or retribution of damages.

10. Any player ejected for unsportsmanlike conduct shall automatically be suspended for a minimum of one (1) week and the team's next game. Suspension is from all FORPD league(s) the player plays on.

11. No player shall be guilty of "trash talking."

Minimum Penalty: Warning from the official.

Maximum Penalty: Permanent suspension from all Adult Sports Leagues.

SPECIAL NOTES/APPEALS POLICY

1. Any player being placed on probation and reported again for violation of the Player Code of Conduct will be suspended for a period as determined by the Sports Office.
2. Any player removed from a game must leave the park or school facility immediately. Failure to do so will carry minimal penalty of suspension for the remainder of the season.
3. Any individual or team that is suspended will have the right to appeal. The individual/team must file written notification of appeal to the Sports Department within five (5) days of written notification of said suspension. Thereupon an appointment will be set up with the Sports Director for review. Players/teams notified of reprimand will remain suspended until the appeal is finalized.

If the suspension is for a duration of one week or less (suspension of greater than one week due to a team having a bye or holiday are considered a one week suspension) individuals are allowed to request an appeal process only. This request is to be communicated via written correspondence only. A representative of the appeal committee will review the written request and determine if an appeal is warranted. If the committee representative feels that an appeal meeting is warranted, the suspension will be delayed until an appeal decision is heard.

If any individual ejected from any game/match for any reason, that individual is automatically suspended for a minimum of one week regardless of written confirmation from the District. It is the players/team responsibility to appeal in a timely manner. Requests for an appeal will be reviewed if submitted to the Sports Department within five (5) business days after the incident. Individuals / teams waiting longer than five (5) business days before appealing may be denied an appeal request to time constraints.

Any individual who violates the suspension prior to written confirmation and who claim ignorance of the rules may receive a harsher suspension of up to and including permanent suspension. Rules are clearly highlighted on all schedules and all players are responsible to be aware and abide by all policies.

Appeals should include a daytime phone number. Appeal meetings will be scheduled during normal business hours, Monday through Friday, 8:00am – 5:00pm.

PROTESTS

A PROTEST BASED ON THE ACCURACY OF AN OFFICIAL (JUDGMENT)
MAY NOT BE FILED.

A protest will be considered valid only if all official(s), scorekeeper and the opposing team manager are notified at the time of the dispute and the game is officially recognized as being played under protest. All protests must be submitted in writing to Sports Department the following workday of the disputed game. All protests must be submitted with a \$25 non-refundable protest fee in order to be considered valid. Remit by money order, cashier's check. Make money orders and cashier's checks payable to Fair Oaks Recreation and Park District. The decision on a protested game will result in one of the following:

1. The protest is found invalid and the game score stands as played. The protest fee is forfeited.
2. The protest is found valid resulting in one of the following:
 - Game is forfeited in favor of the protesting team;
 - The game is replayed in it's entirety;
 - The game is replayed from the point of question;
 - The protest is found inconsequential (if correct ruling applied, results would be the same) and the game remains as scored. The District reserves the right to have the game replayed only if it affects the standings of the top teams. The protest fee will be returned.

If a protest is filed concerning an ineligible player, the protest will be held valid if the player is not on the office copy of the team roster or has not been added to the official roster. When a protest for ineligibility is allowed, the game shall be forfeited and be awarded to the protesting team. NOTE: Officials and Department Staff reserve the right to decline to ID an individual, if in their opinion the protest was made beyond a reasonable period of time (see protest procedure). If a player protested and no ID is available, the official reserves the decision to forfeit the game or continue the game under protest. If, in the opinion of the Sports Department, the protest was not made within a reasonable amount of time, the protest will not be recognized and the failure of a player to produce and ID will not be subject to penalty.

Any protest routinely submitted, protesting of minor points or protests made when the game has been clearly decided will be denied. All games are expected to be played fairly and honestly.

Any decision resulting from a protest by the League Director is final and not subject to appeal.

Any official or District staff may initiate a protest if not recognized by the opposing team. If the opposing team initiates protest they must follow through. At this point District staff may not initiate the protest unless they feel there is a safety concern.

PROTEST PROCEDURE

The following procedures must be adhered to when filling a protest:

1. The official(s), scorekeeper and opposing manager are to be notified at the time of the point in question.
2. The scorekeeper will note that the game is being played under protest and the protesting manager is to sign the acknowledgement.
3. The protesting manager will submit a detailed written protest and a \$25.00 deposit to the Sports Department the following workday (the scorekeeper has forms for this, one of which must be filled out immediately and given to the scorekeeper).
4. The protest must be filed immediately after the point in question. Protests will not be accepted after the point in question after the following: Basketball-ball is put into play for the second time; Softball-the next pitch. If the protest involves the question of player eligibility the protest must be made within a reasonable amount of time. The District reserves the right to determine what constitutes a reasonable amount of time. As a rule of thumb the protest must be made immediately following the first appearance of the individual of the individual in question.

It is the manager's responsibility to protest in accordance with the above and as stated in the House Rules for the respective sport. Failure to follow the correct procedures will jeopardize the protest. Please note that the scorekeeper and/or official are there to accept the protest and not inform you of how or when to protest.

LEAGUE CLASSIFICATION

In order to maintain balanced leagues, Fair Oaks Recreation and Park District screens the teams entering into the leagues. Teams are required to provide complete information on player rosters, including the last team all players participated on, and the team win/loss history. Additionally, a classification policy has been developed to assist in placing teams. Following is a description of the classification policy.

Team Ability- The caliber of team play is first measured. Any team entering at a level lower than the highest league offered is subject to restrictions.

MANAGER KNOWLEDGE OF TEAM- Managers are required to be familiar with their team/player ability. Lack of practice together or organization of a new team with unknown player(s) does not exclude team from classification restrictions. Managers/teams who attempt to “sandbag” or any other type of classification violations can be restricted from the league.

POSSIBLE FORPD ACTION: If any team, in the view of the Sports Department, is found to violate the classification that team may face the following action:

- a) Forfeiture of game(s);
- b) League suspension;
- c) Player restriction or
- d) Team restructuring.

All managers are required to be aware of and abide by these policies, and in no instance will there be a refund of league fees for teams who have been dropped from the league.

FORPD USA Softball

Adult Slow-pitch Softball

Rules & Regulations



Introduction

- A. All Fair Oaks Recreation & Park District Softball Leagues are governed by the current USA Softball rule book and all teams must be currently registered and in good standing, except as specified herein:
- B. The Fair Oaks Recreation & Park District and the league director reserve the right to make any changes they deem necessary to ensure fair league competition, the safety of all participants/ spectators and the operation of the league.

Registration / Rosters

- A. All teams must have a complete roster\athletic waiver contract signed by all participants & the team manager and complete league fees paid to Fair Oaks Recreation and Park District prior to scheduled registration deadline.
- B. Players may be added/dropped prior to the league with the permission of the League Director with no penalty. Roster Addition forms may be obtained at the District Office or from the Field Supervisor. (No player additions will be accepted after week three (3) of league play or the 3rd game).
- C. Any Managers utilizing non-roster players will be suspended for a minimum of one (1) game.
- D. Any team that has false information on any of the above-required forms will be terminated from further play. All league fees will be forfeited.

I. Equipment

- A. Uniforms are not required, but both players and coaches must wear shirts and shoes at all times while on the field and in the dugout, sandals or flip-flops will not be allowed. Pants or shorts may be, and/or mixed, without regard to color.
- B. Metal cleats are not allowed in any FORPD sponsored league or activity.

- C. Bats: All bats must be approved by ASA standards, no exceptions. For a list of USA Softball approved bats please visit www.teamusa.org/USA-Softball/ Umpires and/or staff have the right to confiscate a bat if they feel it is illegal or does not meet compression standards. If a player becomes injured via a batted ball that bat will be confiscated for testing.
- D. Softballs: One new and one good used ball will be provided for each game.
- E. All Cast or bracers must be clear by officials or league director before play. Penalties for violation will result in a removal from game until cast or brace is removed or replaced with approved equipment from officials (safety).

The Game

- A. The game will be seven innings or 55 minutes, which ever occurs first. No new inning may start after 55 minutes. On the championship game / final game, the time limit will be 70 minutes of play.
- B. Tied games will be played one extra inning after time limit/seven innings. If a tie still exists, the game will count for 1/2 win and 1/2 loss for each team.
- C. "Drop Dead Rule" If any team is ahead by fifteen (15) runs or more when time expires the game is considered over at that point. If time expires during a live ball the expiration of time will occur once the umpire calls "time" when the ball becomes dead.
- D. Teams may bat more than ten players (11-12) as additional hitters. There must be an equal or greater amount of women in the lineup for co-ed play. They are interchangeable on defense at any time, but the batting order never changes. The manager prior to the game must announce any additional hitters that are used.
- E. Eight (8) players must be present to start and continue each game. If a team wishes to add player(s), that individual may be added at any point in the game (up to 10 players). Those players must be inserted at the end of the batting order. However, the extra hitters (EH) cannot be added once ten (10) players are inserted to the lineup and/or the batting rotation has been completed one time through.
- F. If a player leaves a game for any reason (other than an ejection) and no substitute is available, the game may proceed (provided there are still at least 8 players present) and that players at bat will be counted as an out. If less than eight (8) players are present, the game will be considered a forfeit.

Miscellaneous

- A. **Count starts at 0-0.**
- B. All slow pitch leagues will utilize a strike mat 21" by 27". Base runners must touch home plate to score, not the strike mate. Mat sizes may vary.
- C. Pitch height is 6-10ft.
- D. Third strike foul ball constitutes and out.
- E. Pitcher Protection Rule. A pitchers box will be created (chalked) that will measure 2" x 5" extending back from the pitchers plate. The pitcher may pitch from anywhere within the pitchers box. The player must remain completely in the box unless pitching from the pitchers plate. Any ball hit by a male or female on the fly that is head height or below that passes through the pitchers box or strikes the pitcher will be an automatic out. All runners must return to their bases. This is a judgment call by the umpire.
- F. Encroachment while a female is batting, all outfielders shall remain behind the encroachment line until the pitched ball is hit. The encroachment line starts on the left field foul approximately 140 feet from home plate, and it runs parallel to the outfield fence until it

- reaches the right field foul line. If encroachment is declared the batter shall be declared safe and all base runners shall advance one base without liability to be put out.
- G. In case of bad weather, managers are instructed to check www.teamsideline.com/fairoaks) after 3:00pm for postponement information. If a game is postponed it will be made up at the end of the season.
 - H. A limit of “over the fence” homeruns will be used in all men’s and coed slow pitch divisions. Please see league classification for limits. After the limit, each home run is an out.
 - I. Sliding is allowed in all leagues.
 - J. One courtesy runner allowed per inning. Exception: If a person is removed from the game due to an injury occurring on that play there is no substitute available; the last out shall run (same sex). If a player is removed from the game due to injury, that player is not allowed to reenter the game.
 - K. The official may call an automatic double play if “obstruction” is ruled (judgment call). Note: There is no Fair Oaks or USA Softball rule that says, “Get down or get out of the way.”
 - L. Softball scorekeepers and/or officials may point out and enforce corrections with illegal substitutions and improper batting orders. The Scorekeeper is responsible for official score.
 - M. No medical insurance is covered by the Fair Oaks Recreation & Park District or USA Softball league policy. Teams are encouraged to purchase team medical and liability insurance.
 - N. All payers are required to have identification with them. Without identification players will not be eligible to play. NO EXEPTIONS.
 - O. Status of games for each day of possible inclement weather may be obtained two hours prior to scheduled starting time by calling **966-1011, ext. 22**. Determination of fields will not be made until that time. It is the team manager’s responsibility to contact the League Director if the Inclement Weather Hotline does not provide adequate information.
 - P. Homerun restrictions for Softball divisions.
 - “C” – Highest league offered. Consist of strong talent that performs well competitively. Three (3) homeruns, and unlimited equalizers.
 - “C/D” – Competitive league consisting of good to average talent. “C/D” level is considered the above average recreational league. Home run restriction: Two (2) homeruns equalizer capped at three (3).
 - “D” – Semi-competitive league consisting of average talent. Employers or neighborhood associations sponsor typical teams. Home run restriction: Two (2) with One (1) equalizer. After each team reaches homerun limit, each “unassisted” homerun hit over the fence is an out.

SPECIFIC RULES FOR COED LEAGUES:

- A. Male/Female ratio may be as follows: There must be an equal number or more females to males on the field at all times
- B. Any walk to a male batter will result in a two base award (female must bat).
- C. EX CEPTION: With two outs, the female batter has the option to walk (one base) or bat.
- D. Teams are allowed to place males and females in any defensive positions they desire. A maximum of 5 males are allowed to play defense at any give time.
- E. All COED leagues will play with the following size balls:
Male – 12” Ball Female – 11” Ball
- F. Sliding is allowed in all Coed leagues.
- G. The batting order must alternate male/female throughout the lineup. EXCEPTION: A team may bat two females back to back.
All other rules as stated within this handout will also apply to all coed leagues.



FAIR OAKS RECREATION & PARK DISTRICT

ADULT FLAG FOOTBALL RULEBOOK 2018

7 on 7 Passing League only

ATTIRE

1. Cleats are allowed, except for metal spikes. Inspections will be made. No bare feet or open-toes shoes allowed. Pants/shorts **without pockets or taped closed** are also required.
2. **All players must wear protective mouthpieces; there are NO EXCEPTIONS.** Players are responsible for supplying their own mouthpiece.
3. All players must wear appropriate matching team colors.
4. Players are not allowed to wear jewelry, hair barrettes, hats, casts or any hazardous items. All unauthorized items must be removed before start of game.

GETTING STARTED

1. A coin toss determines first possession. Winner of coin toss gets to choose one of the following:
 - Choose to start on offense or defense
 - Side their team will defend
 - The other team will get the choice that is not picked
 - Both teams will do the opposite in the second half (direction and offense or defense)
2. Game length is two, 20 minute running halves. Each team is allowed two, 30 second time-outs per half. There may be an official time-out to assist an injured player at the discretion of the referee.
3. There will be a 5 minute halftime.
4. Teams can start with (5) players. Anytime a team drops below the minimum (5) players they will have to forfeit.

5. The offensive team takes possession on its five (5) yard line and has four (4) plays to cross the first down marker. If the offense fails to make a first down, the ball changes possession and the new offensive team takes over on its own five (5) yard line. Ball must be snapped between the legs, not off to the side, to start play.
6. If a team has the lead with the ability to “run out the clock” the game is over. (There is no mercy rule)

DURING THE GAME

1. All possession changes, except interceptions, start on the offense’s five (5) yard line.
2. Prior to the start of the 2nd half, teams change sides with possession of the ball going to the team that started the game on defense.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball.
4. The offensive team is allowed one player (QB) off the line of scrimmage.
5. This is a **PASSING LEAGUE. NO HANDOFFS**. No handoffs are allowed at any time including flea flickers.
6. The QB has 7 seconds to release the ball from the time of the snap.
7. Passes must be beyond the line of scrimmage.
8. All players are eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
9. Only 1 offensive player may be in motion at the time of the snap this motion must not be toward the line of scrimmage.
10. If two or more players go in motion before the snap, this is considered a shift and all players must come set for 1 full second prior to the snap.
11. The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play.
12. The ball must be snapped in one continuous motion.
13. The ball must touch the ground before snapping the ball.
14. You can receive the snap from shotgun or directly under center.
15. A player is considered down if any part of his body except hands, touches the ground.
16. Interceptions can be run back. This is the only change of possession that doesn’t get marked on the offense’s five (5) yard line.
17. Fumbles are ruled as a dead ball at the spot of the fumble. Fumbles are not playable balls once in contact with the ground.
18. No tackling, holding, striping, pushing or over excessive roughness is allowed.
19. Spinning is allowed but players feet may not leave the ground.
20. Flag guarding is illegal and will include penalty yards. Flag guarding consists of blocking a defender from access to your flags. This can be with a hand, arm, football or jersey.
21. When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle is blown and play must resume from that point.
22. Offensive player may not run over a defender who has established position.
23. No Stripping of the ball

BLOCKING

1. **No blocking or “shadow” blocking is allowed.**
2. Any attempts to cause “hard contact” between players will result in an illegal contact penalty which can be upgraded to unsportsmanlike conduct if the hard contact is considered malicious.
3. Offensive players cannot impede the defender’s opportunity to make a play on an offensive player. Crossing routes are permitted. However, if it appears to the official an offensive player is doing a chip block (purposely getting in the defenders way on a route) a penalty can be called.

RUSHING THE QUARTERBACK

1. All players who rush the quarterback must be a minimum of ten (10) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback.
2. Players not rushing the quarterback may defend on the line of scrimmage.
3. Offense cannot impede the rusher in any way. The rusher must have a **CLEAR PATH** to the QB and any interference that would impede his/her path to the QB will be considered an illegal pick.

DEAD BALLS

1. Substitutions may be made on any dead ball.
2. Play is ruled “dead” when:
 - Ball carrier’s flag is pulled.
 - Ball carrier’s flag falls off.
 - Ball carrier steps out of bounds.
 - Ball carrier’s knee hits the ground.
 - Seven (7) second passing rule comes into play
 - Ball is fumbled
 - Touchdown or safety is scored.

FLAG RULE

- If a receiver’s flag falls off their waist while running a route, they are still eligible to catch a pass but are down where he catches the ball.

- If flags fall off a player while he has possession of the ball and is running down field, the player is down at point of lost flag.
- If a Quarterback begins the play without a flag the player is down at the spot of contact with the ball.
- A receiver can begin the play without a flag but is down at the spot of possession
- All Flags must be in position on the start of the play
- Any player with a shirt over the flags (Not tucked in) will be down at the spot of possession

OVERTIME

1. A coin toss determines first possession. The team losing the toss will determine which end zone to defend. Each Team will get one attempt to either go for 1 point (from 5-yard line) or 2 points (from 15-yard line). The team that has the most points after their possession will win. If the game is still a tie after the overtime, the game will end in a tie.

SPORTSMANSHIP/ROUGHING

1. If a referee or program staff member witnesses any unsportsmanlike conduct such as, but not limited to, tackling, elbowing, cheap shots, blocking, or actions deemed inappropriate to the game, the game will be stopped, the referee will assess a penalty and the player will be excused from the game.

FOUL PLAY WILL NOT BE TOLERATED

2. Trash talking is forbidden. Officials have the responsibility to determine offensive language, gestures or actions. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs the referee will assess a penalty for unsportsmanlike conduct and warn the offending player or coach. If it continues, the offender(s) will be excused from the game.
3. The purpose of Fair Oaks Recreation & Park District programs is to promote and encourage safe and positive leisure time activities for all participants.
4. Showboating is not allowed and a warning will be given but may be upgraded to an unsportsmanlike conduct penalty.

EJECTION'S AND SUSPENSIONS

1. Any player ejected from a game will be suspended for a minimum of one (1) game, possibly longer if warranted. In addition to the ejection, the suspension will be served at the next scheduled game.

2. Any coach/spectator ejected from a game will be suspended for a minimum of one (1) game, and may be removed entirely from the program and future programs if necessary.
3. The program coordinator reserves the right to remove any player/coach/spectator from the program that creates an unsafe or negative act during the program time.

PENALTY YARDS

Defensive

- A. Offsides/Encroachment – 5 yards and repeat the down.
- B. Pass Interference – 10 yards from the line of scrimmage and automatic first down.
- C. Illegal contact (holding, blocking, etc.) – 10 yards and automatic first down.
- D. Illegal flag pull (before receiver has ball) – 10 yards and automatic first down.
- E. Illegal rushing (starting rush inside 10 yard marker) – 10 yards and repeat the down
- F. Roughing the Passer (incidental & accidental) – 15 yards and automatic first down.
- G. Unsportsmanlike Conduct – 15 yards, automatic first down and possible ejection
- H. Extra point tries (any defensive penalty) – Offense retains possession with the ball placed half the distance to the goal line.
- I. Half cannot end on a defensive penalty

Offensive

- A. Illegal motion (more than one person in motion, false start, illegal shift) – 5 yards from the line of scrimmage.
- B. Offensive pass interference (illegal pick play, pushing off/away defender) – 10 yards from the line of scrimmage and loss of down.
- C. Illegal Forward Pass (pass thrown behind line of scrimmage) – 5 yards and a loss of down.
- D. Flag guarding – 5 yards (from the spot of the violation) and loss of down.
- E. Delay of game – (After last offense play the new play has to start within 30 second or it will be a delay of game). 5 yards and loss of down.
- F. Intentional grounding – 10 yard penalty and loss of down.
- G. Intentional grounding in the end zone – Safety
- H. Unsportsmanlike Conduct – 15 yards, automatic first down and possible ejection

SCORING

- Touchdown = 6 points
Conversion from 5 yard line = 1 point
Conversion from 15 yard line = 2 points
Safety = 2 points