

City of Concord
Adult Coed & Men's Flag Football (7 on 7)
Rules & Regulations



(Amended 9/5/23)

PROGRAM PURPOSE

The purpose of the City of Concord Parks and Recreation Athletic Program is to provide the citizens of Concord the opportunity to play organized sports. The leagues will promote, regulate, develop, and conduct competitive play, will encourage sportsmanship, and good conduct among participants, and it will develop such rules and regulations that will be for the general good of the leagues. At all times the health and welfare of each individual will be taken into consideration.

Article I – PLAYER ELIGIBILITY

- 1.1 All players must be listed on team roster on team sideline before their first scheduled game.
- 1.2 No more than **15** players on a roster. A player whose name appears on more than one roster is considered a valid player on the team with which he plays first. No roster addition after the fourth regular season game.
- 1.3 A team may have a maximum of **7** players on the field at any one time.
- 1.4 Co-ed teams must have at least **3** females on the field at all times.
- 1.5 A game may be started with a minimum of 6 players.
- 1.6 Players must be 16 years of age when league begins to play.

Article II – SAFETY & HEALTH

- 2.1 All participants and spectators are responsible for their own medical expenses.
- 2.2 The City of Concord Parks and Recreation Department, its administrators, officials, supervisors, facilities and staff are not responsible for any injuries, health problems, or otherwise that might occur to any person playing Flag Football. It is recommended that all players have a current medical examination before participating.
- 2.3 **Blood Rule** – any player who is bleeding or has blood on his uniform shall be prohibited from further participation until appropriate treatment and covering can be administered and the uniform sanitized or replaced.

Article III – PLAYER & SPECTATOR CONDUCT

- 3.1 Teams are responsible for their players and spectators.
- 3.2 Players and fans must remain at least 3 yards from the sideline and within designated spectator areas.
- 3.4 The coach is responsible for his/her team's and spectator's actions. Any coach, player, manager, trainer or team that is ejected from a game and/or a facility as a direct of undue disturbances before, during or after a game will receive at a minimum, a one-game suspension. Spectators will be asked to leave if they are unable to conduct themselves in a manner displaying good sportsmanship. Alcohol and tobacco products are prohibited at all Parks & Recreation facilities.
- 3.5 Taunting/Casual Profanity/Verbal "trash talking" – casual profanity pertains to improper words not directed at referees or opposing players, but venting frustration. This type of profanity, taunting or verbal "trash talking" will result in the offending team being penalized in the following manner: *Penalty: Unsportsmanlike conduct – 10 yards, possible player ejection, and loss of down if player was on offense. If a team is on defense when infraction occurs, the LOSS OF DOWN will be enforced on the first offensive possession. Officials may remove Player(s) from the field for one play*
- 3.6 Fighting, racial or religious remarks or any unsporting behavior towards other player's teammates or officials will not be tolerated and will result in long-term suspension (minimum one year). If necessary, the team may be dropped from the league.
- 3.7 If the Officials witness any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the players will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

3.8 EJECTIONS – A player who is ejected from the game must leave the field immediately. A player ejected must sit out the next scheduled game. If the same player receives a 2nd ejection, the player will be expelled from the league.

Article IV – THE FIELD

4.1 All games will be played at Webb field (147 Academy Ave)

4.2 Playing field will be 80 yards in length by 45 yards wide

Article V – Equipment

5.1 Game ball –Any regulation High School Football is allowed for play. Each team must provide their own football or may agree to use the same ball. The offensive team is responsible for retrieving the ball after a play. Each team is responsible for getting their own game ball in and out of play following changes of possession.

5.2 Flags shall be provided to each team and must be worn by all players on the field at all times. The **FLAG** belts must be worn on the outside of all clothing with the clip/buckle in front. Two flags are to hang down vertically along the side seam of the trousers and one flag to hang from your waist in the back. The flags will be fastened to the belt in such a manner as not to be twisted under or fastened to the inside of the belt.

5.3 Footwear -All players must wear appropriate footwear. Open-toe or open-heel shoes may not be worn. Metal cleats or spikes will not be allowed.

5.4 Jersey – Team members must wear matching -colored jerseys or shirts while on the field during live ball situations. All players must keep shirts (including sweatshirts) tucked in at all times. A cut-off shirt short enough to not interfere with the flags is permissible. A jersey shall in no way interfere with the flags.

5.5 NO JEWELRY IS ALLOWED. This includes, but is not limited to, earrings, wedding rings or bands, other rings, mouth, facial, and body piercings, necklaces, bracelets, rubber bands, Livestrong (and similar) bracelets, and metal barrettes. Taping of Jewelry is not permitted. **Exception: Medical alert jewelry, which must be taped down.**

5.6 Hats with bills may not be worn.

5.7 Sports stocking caps with elastic bands are allowed (bandanas, wave caps, or tied material are prohibited.)

5.8 The use of any shoulder pads, body pads, forearm pads, elbow pads or headgear is prohibited.

5.9 Shorts, pants or jerseys of any size and material are acceptable as long as they don't have pockets, zippers, belt loops or any other items that could injure a defensive player's hands as they attempt to pull the flag.

5.10 No sunglasses unless prescription sports glasses with safety strap.

5.11 Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.

5.12 Any slippery or sticky substance of a foreign nature on equipment or exposed body parts is illegal.

5.13 Items not covered are enforced at the officials' discretion.

Article VI – The Game

6.1 Games will start as scheduled. Only the first game will have a 10min grace period. No grace periods for additional games.

6.2 A coin toss determines first possession.

6.3 The offensive team takes possession of the ball at the 20-yard line.

6.4 There are four downs to advance the ball to the next zone line. Zone lines are at 20, 40, 20 yard lines.

Article VII – Forfeit

7.1 If one team does not have the minimum number of players or is not prepared to play, the team prepared to play will win by default.

7.2 After the ten (10) minute grace period has expired and the team is still not prepared to play, the game will be a forfeit.

Article VIII – Timing

8.1 Games consist of two (2) 20 minute halves.

8.2 A team has 25 seconds to put the ball in play after it is signaled ready for play by the referee.

8.3 There will be a 5 minute half time.

8.4 Each team will have two (2) 30 second time outs per half.

8.5 Two Minute warning: The Referee shall stop the clock and inform both teams of the time remaining. The clock starts on the snap. The official will announce to the teams the remaining time and status of the clock after every play in the last minute.

8.6 During the final two minutes, the clock will stop for:

- A. Incomplete legal or illegal forward pass
- B. Out of bounds
- C. Safety

- D. Time-out
- E. First Down Dependent on previous play
- F. Touchdown
- G. Penalty

8.7 Officials may stop the clock at their discretion.

8.8 Any regular season game that is interrupted, regardless of the reason, will be considered official if half time has been reached. If the game is tied, only an overtime period will be rescheduled.

Article IX – Overtime

9.1 If the score is tied at the end of regulation game, teams move directly into overtime.

9.2 All overtime periods will be played towards the same goal line. A coin toss shall be administered to determine the options. If additional overtime periods are played, captains will alternate option choices.

9.3 Each team will have a series of downs to score a touchdown beginning from the 10-yard line.

Intercepted passes can be returned. If the ball is not returned for a touchdown, the ball will be placed at the 10-yard line and play will begin as stated above.

9.4 The goal line shall always be the line-to-gain.

Article X – Scoring

Touchdown: 6 points (*male to male*)

9 points (*male to female, female to male or female to female*)

Extra point: 1 point (*played from 5-yard line*)

2 points (*played from 10-yard line*)

3 points (*played from 20-yard line*)

*** A team is given one choice on an extra point attempt, which cannot be changed even if a penalty should occur. If a double foul occurs during the down, the down shall be replayed.**

***The defensive team may return a conversion attempt for 3 points**

Safety: 2 points

Mercy Rule: If a team is 19 or more points ahead when the referee announces the 2 minute warning for the second half, or any time after that, the game is over.

Article XI – Playing Rules

11.1 **Run Plays are not Allowed.** Quarterbacks may run the ball only when blitzed by the opposing team. This applies to pressures from the defense.

11.2 Only one legal forward pass may be made on each down.

11.3 The defense will be allowed to rush at any time but must be 7 yards away from the line of scrimmage at the time of the snap.

11.4 The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

11.5 A pass is considered complete if the receiver has control of the ball, and one foot is in bounds.

11.6 All players are eligible to touch or catch a pass. Backward passes are unlimited. NOTE: Backward passes that hit the ground in play are dead at the spot. Backward passes that go out of bounds belong the offense unless the ball goes out of bounds in the endzone. That will result in a safety.

11.7 All players are eligible to receive passes (including the quarterback if the ball has been lateraled behind the line of scrimmage).

11.8 Only one player is allowed in motion at a time.

11.9 After a change of team possession, any runner may advance the ball without restriction, as in an interception. If an interception is not returned for a touchdown, then the ball will be placed at the closet first down marker behind the runner when he/she is down. If intercepted in endzone the team may advance the ball out of endzone or kneel for a touchback. If the player is down before the 20 yard line then the ball will be placed at that spot.

11.10 The following passes are illegal - *when either of the passer's feet are beyond the line when the ball leaves the hand, the ball is intentionally grounded, the passer catches their own untouched pass, when there is more than one forward pass during a scrimmage down, if a forward pass is thrown after a change in team possession.*

11.11 The quarterback is not required to throw a pass within the proximity of an offensive player. If, however, the QB is being rushed in their own end zone and intentionally grounds the ball by throwing a pass directly into the ground, a safety will be awarded.

Dead Balls

11.12 The ball must be snapped between the legs or off to one side, to start play.

11.13 There are no live fumbles. If the ball touches the ground, or the player's knee who has possession of the ball touches the ground, the play is ruled dead. In case of a fumble, the spot will be marked where the ball hit the ground.

11.14 Substitutions may be made on any dead ball.

11.15 Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- After an interception has been ruled dead.
- Ball carrier's knee hits the ground
- Ball carrier's flag falls off.

Punting

11.16 On fourth down, a team may punt, however they must inform the official.

11.17 On 4th down, the offense will have the option to punt or "Go for it". If the offense opts to punt the ball then the opposing team will start on offense on their 20 yard line.

Article XII – Co-ed, Line of Scrimmage, Blocking

Line of Scrimmage

12.1 A play commences when the center snaps the ball to the quarterback. The ball can be snapped "side-saddle" or between the center's legs. The quarterback may not be in motion prior to the snap. Other players may be in motion but may not pass the line of scrimmage (including entering the neutral zone) prior to the snap.

12.2 The quarterback is defined as the player who receives the snap from the center. If more than one player lines up in the offensive backfield, only the quarterback may call the play cadence.

12.3 All players are subject to motion, position, and illegal procedure rules.

12.4 The offense must have at least 6 players not in motion on their scrimmage line at the snap.

12.5 The offense must bring all players within 15 yards of the ball at some point after the ready for play whistle and prior to the snap.

12.6 One player may be in motion, but not forward motion, at the snap.

12.7 Following a huddle or shift, each offensive player must come to a full stop for one second before the snap.

12.8 Rushers must be at least FIVE yards off of the line of scrimmage.

Co-ed Play

12.9 Female Play – a female player must be involved within every three plays. A legal female play can be one of the following:

1. A legal forward pass completion for positive yardage. Either a male throw directly to a female, or female throws to any player on the field. The result of the play must be for positive yardage.
2. A legal forward pass attempt that is incomplete, again either thrown by a female, or the intended receiver to be a female. This is at the official's discretion whether the intended receiver was in a position to catch the ball or not (ex: throwing the ball at the feet of another player will not constitute a valid attempt).
3. A female quarterback is sacked. Penalty enforcement-If the attempt does not involve a female: a. loss of down and the next play is still a female play b. If an offensive penalty occurs, then the next play is still a female play. c. If a defensive penalty occurs the next play will be "open" (unrestricted).

12.10 This rule does not apply on extra point attempts.

Blocking

12.11 An offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain balance.

12.12 A player who screens shall not:

- a) when behind a stationary opponent, take position closer than a normal step from the opponent;
- b) when he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her;
- c) take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction. This position will vary and may be one or two normal steps or strides from opponent;
- d) after assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent.

*If the screener violates any of these provisions and contact results, he/she has committed a personal foul.

12.13 Teammates of a runner or passer may interfere for him/her by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner.

12.14 Defensive players must go around the offensive player's screen block. A blocker may use his/her arms or hands to break a fall or retain his/her balance

Article XIII - PERSONAL FOULS

Players may not commit any of the following personal fouls

1. Punch, strike, strip, steal or attempt to steal the ball from a player in possession
2. Trip, clip or hurdle and player
3. Contact an opponent who is on the ground, or after the ball is declared dead.
4. Throw the runner to the ground
5. Deliberately drive or run into a defensive player or lower the shoulder
6. Commit any unnecessary roughness
7. Tackle a runner by grasping or encircling with the hands or arms
8. Roughing the passer (automatic first down) – applies only to the player throwing a legal forward pass behind the offensive line of scrimmage. If a defender contacts the passer in any fashion whether or not he/she touches the pass, it is roughing the passer. Contacting the ball while in the passer's had is roughing the passer.
9. Aid the runner, grasp push or pull a team mate with the ball
10. Stiff arm an opponent
11. Guard flags by blocking then with the hands, ball or otherwise denying the defense the chance to pull.
12. Use hands or body to block an opponent
13. Pulling the flag from an opponent who does not have the ball
14. Tying the flag belt in a knot or any other tampering with the flag belt. (Also results in player ejection)

Article XIII - SUMMARY OF FOULS & PENALTIES

14.1 Loss of 5 Yards

- Delay of game
- Offside's
- Encroachment
- False start
- Illegal shift or motion
- Illegal procedure
- Failure to wear required equipment or required equipment worn illegally
- Helping the runner

14.2 Loss of 10 Yards

- Personal foul
- Flag guarding
- Impeding the runner or holding
- Illegal participation
- Illegal Blitz
- Unsportsmanlike conduct
- Forward pass interference – Defense (also automatic 1st down)
- Roughing the passer (also automatic 1st down from line of scrimmage)

14.3 Loss of Down

- Illegal forward pass (also loss of 5 yards)
- Forward pass interference – Offense (also loss of 10 yards from the previous spot)
- Intentional grounding (also loss of 5 yards)
- Illegally secured flag belt (also loss of 10 yards from the previous spot, player ejection)

14.4 Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

14.5 Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

14.6 Games cannot end on a defensive penalty, unless the offense declines it.

Article XV - Cancellations

15.1 In case of inclement weather, please call our hotline at 704-920-5640

Article XVI - Protests

16.1 Protests on rule interpretation or misinterpretation must be made on the field to the officials and site supervisor. The team captain must call a time-out and indicate the protest. There is no protest on an “officials judgment call”. A \$100.00 protest fee must be submitted to the athletic office for all protest including illegal players, and it is refundable if the protest is upheld. Once a game is announced as a protest then *a written protests* from the team must be submitted to the Concord Parks & Recreation Athletic Department by the next working day between 8:30am – 5:00pm. **NO JUDGEMENT CALL CAN BE PROTESTED.** Rule Interpretations and illegal players will constitute a legal protest.

Article XVII – Standings/Tournament

17.1 Regular season will be first decided on won/loss record, 2nd head to head, 3rd head to head (points allowed), 4th flip of coin.

17.2 Regular season winners will receive a plaque and tournament winners will receive t-shirts.

This is a working document. The “Parks & Recreation Athletic Department” reserves the right to amend this document as needed.