



# BOLINGBROOK PARK DISTRICT FLAG FOOTBALL RULES

## RULES & REGULATIONS

The Bolingbrook Park District (BPD) has adopted the following set of rules to govern the Flag Football League organized and controlled by BPD. Rules not covered herein will be determined by the United States Flag Touch League (USFTL) "Official Rule Book."

The purpose of this league is to provide an opportunity for interested adults to play in a safe and organized league. **Fair play and sportsmanship is the responsibility of every player, coach, and spectator.**

## LEAGUE ORGANIZATION

The League Commissioner (Athletic Program Manager) has the final power in decision making in all matters pertaining to the league. The League Commissioner will call all meetings between team captains if necessary. Any special meetings desired by teams must be requested through the team captain.

## LEAGUE POLICIES

1. ***The total league fee must be paid before the first game.*** Any team fees still owed will result in a forfeit from the first game onward. Payment may be received in the form of cash, check, credit card or sponsorship money on/before the first game.
2. ***No money will be collected at the fields, except for forfeit money.*** Please contact Facility / Adult Athletic Program Manager to make final payments prior to your scheduled evening of games. No pay = No play!
3. ***The Park District is not responsible for teams not playing games and/or withdrawing from a league.*** In cases of forfeit, the League Commissioner will not reschedule games. Teams are solely responsible for participating in the Park District activities on the scheduled dates and times for which they are registered.

## TEAM CAPTAIN'S RESPONSIBILITIES

1. Each team shall designate a representative who will be the sole liaison between that team and the Bolingbrook Park District (BPD). Only the team captain should communicate concerns with BPD. To avoid confusion, players should speak to their team captain on all inquiries and not contact BPD directly. The team representative may be either a player or non-player.
2. Responsibility to distribute copies of all league policies, schedules, etc. to their players. (online at [www.bolingbrookparks.org](http://www.bolingbrookparks.org))
3. Expected to inform their players of all rules and regulations prior to the first game, and as often thereafter as necessary to ensure no violations occur.
4. Expected to inform players of the game schedule, make up dates, etc. and pass along any other information from the Park District.
5. **Responsibility for the conduct of their spectators, and participants.** (see 'Player-Team Conduct' below for explanations of consequences)
6. Responsible for making sure the Park District has current address and home/work phone numbers.

## ELGIBILITY & ROSTERS

1. All participants must be at least 18 years of age at the team's first scheduled game.

2. **Rosters are due before the team's first scheduled game!** Any team, which does not turn in a roster before their first game, will FORFEIT the game. Rosters may be turned in right before your scheduled game. No changes to the roster will be allowed after the second week of games.
3. Mandated personal information must be on the roster for a player to be eligible for league play. If address information is missing from roster, that individual player will be ineligible for league play.
4. All players must have a photo I.D. at all games to verify their identity, residency, and prove that they are a rostered player.
5. No nicknames are to be used on the roster. Any player not complying will be declared ineligible.
6. **Roster maximum of 25 players.** No change to the roster will be allowed after the second week of games, except in the case of an injury. A doctor's excuse will be required, and the replacement player must be of similar ability to the injured player. **Advanced approval** by the Adult Athletic Program Manager will be required for any change(s).
7. **ROSTER CHECK:** Roster checks can only be made by the captain of each team. Unauthorized roster checks from any other player will not be honored! Any players that may be arriving after the start of the second half should be indicated to the opposing captain at the pre-game player/officials meeting. Players may only be roster checked prior to the start of the second half unless they are a late arrival as approved by the opposing captain, which at that point of arrive, the player may be roster checked at the time of arrival.
8. An ineligible player is:
  - ⇒ A player who is not 18 years of age on or before the first scheduled game.
  - ⇒ A player using a false name.
  - ⇒ A player using an improper address.
  - ⇒ A player with no photo I.D., proof of residency, and/or incomplete roster information.
  - ⇒ A player on more than one roster within the same division.

## HOUSE RULES

1. Each team must provide their own individual flags. Flags do not need to be the same color as all other teammates. The MANDATORY break-a-way flag football belts may ONLY be used.
2. Each team must provide and use their own game ball for each competition.
3. **Children must be supervised at all times.** Participants are not allowed to play and supervise children at the same time.
4. Game time is forfeit time for all games following the 1<sup>st</sup> game of each day. Officials will call the game as a forfeit five (5) minutes after game time for the first game of the day only (per field). Teams may start a game with six (6) players. Teams must play with a minimum of six (6) players to continue the game. If a player leaves the game due to injury or other reason, leaving less than six (6) players, a forfeit is declared.
5. Any team that FORFEITS must pay a \$25 forfeit fee prior to playing or qualifying in any post-season tournaments. It is the team captain's responsibility to pay the forfeit fee. If a forfeit fee is not paid by the last week of the season, the team will **NOT QUALIFY** for the post-season and tournament seeding will be adjusted. (For example, if the #2 seed fails to pay the accumulated forfeit fees, the #3 seed now becomes the #2 seed – the #4 seed becomes the #3 seed and so on. The #2 seed will not qualify for post-season contention.)
6. Any team forfeits listed in league standings will be charged the \$25 forfeit fee.
7. Any team that has three (3) "no-show forfeits" will be dropped from the league with no refunds. Future league consideration will be evaluated. Teams will lose returning team status as well. Please do not assume teams are automatically dropped from league without the prior consent from the Athletic Program Manager.
8. All teams must provide each player with their own uniquely colored jersey. If purchasing jerseys, we recommend that they be numbered on the back. (numbered jerseys are mandatory)

9. All flag belts must be correctly clipped and may not be tied or otherwise secured.
10. Rubber soled cleats shall be worn. Metal cleats of any kind are NOT allowed.
11. No pads or braces can be worn above the waist. Leg or knee braces with any hard, unyielding material, must be covered on all sides by at least ½ inch of padding.
12. No jewelry of any kind may be worn. Exception: Medic alert jewelry must be taped to the body.
13. Any thunder and/or lightning strike will automatically result in a minimum 30-minute delay. The officials do not have to specifically mention this rule. It is the captain's responsibility to keep their team at the fields and wait for an official's decision on the decision of whether or not the game will be resumed following the 30-minute delay.

## **LEAGUE RULES**

1. A team consists of eight (8) players on the field.
2. Minimum of four (4) players on the line at the snap. Player on the line of scrimmage cannot receive the snap. All players are eligible receivers.
3. Games will consist of two (2) 24-minute halves with running clock. The clock will stop in the final two (2) minutes of each half for incomplete passes, out of bounds, etc. The only time the clock will stop in the first twenty-two (22) minutes is for timeouts, injuries and officials time outs.
4. **KICKOFFS**
  - a. Each team will have the opportunity to decide whether they will be kicking or not.
    - i. One team can kick while the other does not kick !
  - b. Once a team decides if they will kick, they must kick for the remainder of that current game.
  - c. If a team does not want to utilize kicks, they will still be allowed to attempt an onside kick during the last two minutes of the 2<sup>nd</sup> half (losing team).
5. **Slaughter Rule** – If a team is up by 17-points within the last two (2) minutes of the game, the game is over.
6. The team has four (4) downs in which to score or attain a first down.
7. A player with the ball is down at the spot where the ball is located at the time where his flag is pulled off of the waist. (this is at the discretion of the official)
8. It is illegal to deliberately remove an opponent's flag unless he is in possession of the ball.
9. If the flag falls off inadvertently while in possession of the ball, revert to two-hand touch above the knees and below the shoulders. Must be simultaneous touching.
10. The ball is automatically dead at the point it touches the ground.
  - a. EXCEPTION: On a kickoff or punt the ball may hit the ground and then be picked up and advanced by the return. Once the ball is touched by a player and then hits the ground the ball is dead at that point.
11. Half time will be two-minutes in length.
12. Overtime will consist of a coin toss. Each team will be given the opportunity to start at the 20-yard line and have four (4) downs to score. After the first team has had an offensive possession, the second team gets a chance to win or tie. If there is still a tie after the first (1<sup>st</sup>) overtime, the above process will be repeated. If a tie still exists after the second (2<sup>nd</sup>) overtime, a third (3<sup>rd</sup>) offensive possession will be given to each team. If no winner is determined by score, the winner will be determined by the most offensive yards gained from the line of scrimmage. Positive yards must be gained to win and this will be repeated until a winner is determined.
13. Each team is allowed three (3) one-minute time outs per half.

14. Please refer to the 'Flag Football Rules Summary' sheet for a more explicit explanation of all rules and penalties.

### **STANDINGS**

1. Standings will be updated weekly on the website within 48-72 hours. (www.bolingbrookparks.org)
2. If two teams are tied for any position in the regular season, the following procedures will be utilized to determine the final league standings, in order, until all ties are broken:
  - a. Any team with a forfeit during the regular season automatically loses all ties.
  - b. Team with the best record in head to head competition against all other teams involved in the tie.
  - c. If a tie still exists, points differential between the two teams tied will determine seeding.
  - d. Team with lowest points AGAINST all teams in all regular season games.
3. If three or more teams are tied for any position in the regular season, the following procedures will be utilized to determine the final league standings, in order, until all ties are broken:
  - a. Any team with a forfeit during the regular season automatically loses all ties.
  - b. Team(s) with the best record in head to head competition against all other teams involved in the tie. The team MUST beat all other teams tied in standings to win this tie-break.
  - c. Winning percentage vs. all other teams tied with same record.
  - d. If tied teams all played same amount of games vs. one another, team with lowest points AGAINST in the games vs. the other tied teams determines seeds.
  - e. Team with lowest points AGAINST all teams in all regular season games.
  - f. If still tied, a coin toss will determine seeds.

### **PLAYER-TEAM CONDUCT**

1. Any unsportsmanlike behavior such as abuse of equipment, taunting, etc. displayed in a game, or after a game shall automatically disqualify the offending player or captain for the next game on a first offense, and for the rest of the season (including any post-season play) for the second offense. These are automatic suspensions.
2. **PROFANITY RULE:** If a player uses profanity on Bolingbrook Park District property the penalty shall be as follows:
  - a. **Individual First Offense:**
    - i. The team automatically receives an unsportsmanlike conduct flag and the team is penalized yardage.
    - ii. The individual player receives warning for his foul language.
  - b. **Individual Second Offense:**
    - i. The team automatically receives an unsportsmanlike conduct flag and the team is penalized yardage.
    - ii. The individual player is automatically ejected from the game.
    - iii. Player is automatically suspended for the next game. Any player ejected from the game must leave the fields immediately. *Before a suspended/ejected player is reinstated into the league, a \$25 suspension fine must be paid to the Bolingbrook Park District office no later than 24 hours before the next scheduled game. Failure to do so will result in a further suspension until the payment is made.*
  - c. Any profanity directed towards an official or opposing player will result in an unsportsmanlike conduct flag, yardage penalty and automatic ejection of the player(s) involved – a warning is not necessary in this case.
  - d. Any player and/or team that uses excessive foul language is subject to immediate ejection without warning (at officials' discretion).
3. ***Any physical conduct / fighting with another player, coach, spectator, official/umpire or Bolingbrook Park District employee before, during or after a game will not be tolerated.*** Any player and/or coach participating in any physical conduct will be automatically suspended for a minimum of one (1) season with possible league suspension and civil action. The team will also be fined \$25 per individual suspended. This fee must be paid prior to the team's next game or a forfeit will be enforced. Teams will not be allowed to replace the suspended player on their roster.
4. Any player who verbally threatens a player, coach, spectator, official or Bolingbrook Park District employee before, during or after a game will be suspended a minimum of one(1) season with possible league suspension.

5. Persistent poor behavior, including harassment of officials or other teams, (aka “trash talking”) may result in the dismissal of that team from league and loss of returning team status. Teams exhibiting such behavior will receive a written warning from the Athletic Program Manager. Issuance of a second warning for team misbehavior will result in that team being placed on probationary status with possible individual suspensions to follow.
6. **Teams are responsible for the conduct of their spectators.** Spectators’ behavior can result in the same suspensions as stated above.
7. Any drugs and/or alcoholic beverages of any kind are prohibited on Bolingbrook Park District (BPD) property. The following applies to parking lots as well as all BPD facilities.

On Field Teams:

- a. If any Players or teams are caught with drugs and/or alcoholic beverages on their sideline during a game, the officials will pause the game and give a verbal warning to remove the substance from the field.
- b. If Players or teams are caught with drugs and/or alcoholic beverages and do not remove from field the team’s current game will be forfeited resulting in the opposing teams win. If both teams are caught and do not remove the game will be forfeited and will not be rescheduled or replayed.
- c. Spectators can and will be escorted from the park if caught with drugs and/or alcohol.
- d. Bolingbrook Park District and Village Police are empowered to issue tickets to violators in addition to the penalties listed above.

Spectating Teams:

- e. If any Players or teams are caught with drugs and/or alcoholic beverages on their sideline during a game, the Athletic League Supervisors on site will issue a verbal warning to the team to remove the substance from the field.
- f. If Players or teams are caught with drugs and/or alcoholic beverages and do not remove from field the Athletic League Supervisor will notify the officials of the incident and the team will forfeit their next game.
- g. Spectators can and will be escorted from the park if caught with drugs and/or alcohol.
- h. Bolingbrook Park District and Village Police are empowered to issue tickets to violators in addition to the penalties listed above.

8. **Any player ejected from a match must leave the fields immediately. An ejection will result in an automatic one game suspension for the next game/competition. Multiple game or season suspensions could be given out depending on the severity of the ejection.** Before a suspended/ejected player is reinstated into the league, a \$25 suspension fine must be paid to the Park District office no later than 24 hours before the next scheduled match. Failure to do so will result in continued suspension until the payment is made.
9. During a player’s suspension, the player can not attend any scheduled games of the Bolingbrook Park District flag football league. Any player which plays during a suspension will be considered an illegal player and the team will forfeit the game.
10. The Athletic Program Manager has the right to disqualify any player or team from league play due to unsportsmanlike conduct with no league refund.
11. Teams will not be able to replace a disqualified player(s) on their roster at any time.

**INJURIES / INSURANCE**

1. The Bolingbrook Park District (BPD) is not responsible for any injuries incurred while on the premises of the BPD and its’ facilities before, during or after a game and/or practice.
2. All teams and individuals should be commercially insured.
3. The Bolingbrook Park District provides no insurance.
4. A player who is bleeding, or has an open wound, or has an excessive amount of blood on his uniform must leave the game and may no return until the specific problem has been addressed.

**AWARDS & PLAYOFFS**

1. Cash prizes will be awarded to top finishers in the regular season and playoffs. Prize amounts will be determined based on total number of registered teams.
2. A tournament will be held at the end of the regular season. Number of teams and games will be determined based on the number of teams participating in the league.
3. All playoff schedules and standings will be viewable online at [www.teamsideline.com/bolingbrook](http://www.teamsideline.com/bolingbrook)

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