

City of  
Winter Park



# FLAG FOOTBALL LEAGUE

Winter/Spring 2026

**SHOWALTER FIELDS**

**2525 CADY WAY, WINTER PARK, FL 32792**

**WINTER PARK COMMUNITY CENTER**

**721 W. NEW ENGLAND AVE WINTER PARK FL 32789**

❖ **Entry Fee:**

- **\$550** – Checks must be made payable to the City of Winter Park. Visa, MasterCard, and AmEX are also accepted. The entry fee pays for the officials, trophies and t-shirts. The City of Winter Park pays for field preparation and league administration.

❖ **League Schedule:**

- Play is scheduled to begin February 1<sup>st</sup>, 2026. Each team will play 9 regular season games.
- **Website:** <https://www.teamsideline.com/sites/WinterPark/home>
- Schedules will be posted as they become available. Standings will be updated by the next business day following games. Please check schedules weekly for any changes.

❖ **Game Time and Location:**

- Games are played on Sunday mornings at Showalter Stadium.
- Game times can start as early as 8 am or as late as 4 pm.

❖ **Roster and Waivers:**

- All waivers/team rosters must be turned in (and filled out completely) by game time week one. **Players may only play for one team in each division.**
- Players must be 18 or older to participate.
- Every player needs to sign the Waiver/Roster. **NO ROSTERS/WAIVERS = NO PLAY.** All additions after week 1 must be filled out the roster/waiver.
- You may add players through week 5 (March 1<sup>st</sup>), after that they are locked. The League Director may make roster exceptions. **Rosters are capped at 16 players.**
- Players must play at least 2 regular season games to be eligible for the playoffs (this includes mixed skill levels)
  - It is the player's responsibility to make sure they sign the roster and check in for 2 separate games.
- A player may be asked to verify their identity at any time during the season. If they are unable to provide proper physical identification (Ex- driver's license, passport, student ID, state ID, etc.) then team will be forced to forfeit game.
- **A maximum of 2 players from a competitive team roster may play on a recreational/intermediate team at any given time.**

❖ **Forfeits:**

- \$100 forfeit fee- must be paid the Friday before the following game. **Captains who contact the league director 12 hours prior to the game will not be assessed a fine.**
- Three forfeits and a team will be dropped from the league and will not be invited back the following season.
- First game of season there will be a 5 minute grace period at starting time for each team.
  - After the first game of the season, only the first game of the day will receive 10 minute grace period.
- **You must have enough players (at least 6) by the game start time. If the game is forfeited, it is up to both teams whether they still want to play during that time slot.**
- **If you have 6 players, you are permitted to "pick up" one player to get to a total of 7. Subs are not permitted. This game will still count towards the team's overall record. If you pick up more than one player that is not committed to your roster, the game may be played but it will be recorded as a forfeit.**

### ❖ Game Play:

- The game will consist of four, 10-minute quarters.
- Teams will start with the ball on the 20 yard line at the start each half and after every score.
- The clock only stops inside of 2 minutes of the 2nd and 4th quarter. During these 2 minutes, clock will stop for: out-of-bounds, incomplete passes, first downs (until the ready whistle is blown), and penalties (until the officials start the clock).
- **Tackle: A tackle is made when a defender detaches a ball carrier's flag belt. The ball is dead and spotted where the pull was made (player's hips), not where ball is or where flag lands. For a 1<sup>st</sup> down or score, both the ball and flags must break the plane of the line.**

### ❖ Notable Penalties:

- If at anytime in the game the offense has back to back pre-snap penalties, during a running clock, the clock will stop and restart on the next snap of the ball.
- Any penalty committed by the defense on an onside attempt will result in the in the yards being assessed and a reply of the try unless it's declined by the offense or the yardage brings them beyond the 40 yard line.
- **Unsportsmanlike conduct (such as, but not limited to: excessive taunting of any individual, verbal or physical threats, loud excessive profanity use, repeated equipment violations, or any other infraction deemed inappropriate by the officials or field managers)**
  - Enforced with a 15 yard penalty from the succeeding spot upon first offense
  - 2<sup>nd</sup> offense will result in a 15 yard penalty and that individual will be ejected for the remainder of the game and for *at minimum* the following game.

### ❖ Ejections:

- Players ejected from game because of fighting will be suspended for the minimum of a full season (10 Games).
- Any aggressive behavior towards an official will result in a minimum 3-game suspension.
- Any player ejected from a game for other reasons will have an automatic next game suspension. Ejections may result in longer suspensions after further investigation.

### ❖ Overtime:

- During the **regular season**- 1<sup>st</sup> overtime period will allow each team to attempt to score from the 20-yard line in 4 plays. If score remains tied, then "one play for yardage" will come into effect. Each team will get one play from the 20-yard line. Whichever team has the most yards in one play wins the game. Penalties will be assessed. Referees may choose to replay "one play for yardage" if necessary or if score remains tied.
- **Playoff overtime**- 1<sup>st</sup> overtime period will allow each team to attempt to score from the 20-yard line in 4 plays. If score remains tied, a 2<sup>nd</sup> overtime will be played the same way. If score remains tied after two overtime periods, each team will have one play to attempt a one-point conversion from the 5-yard line. One-point conversions will continue until there is a winner.

### ❖ Uniforms and Flags (at the game official or field managers discretion):

- **Each team MUST provide their own triple-threat flags, uniform- with number on back, and a football (all players MUST wear the same or similar jerseys/color).**
- If 2 teams have the same color jerseys, the away team will be asked to change colors.

### Shorts/Pants:

- All players must wear pants/shorts that DO NOT have pockets (taping pockets is not permitted). Belts, belt loops, belt tunnels, strings, ties, or any other items may be deemed dangerous by the official and players will be asked to change.

- It is not required that team members wear matching or same colored pants/shorts.
- It is not required that opposing teams wear different colored shorts.

### Shoes/Cleats

- A player must wear molded bottom cleats or soft bottom sneakers, tennis shoes, running shoes, soft-soled shoes, or football shoes.
- Steel-tipped cleats or steel-reinforced toe or heel, or square-toed shoes are NOT permitted.
- No player may compete shoeless except for the player who kicks or punts the ball in kickoff or punting plays.

### Headwear

- On the field a player may wear any type of cloth cap/hat. The player will be penalized if the cap/hat repeatedly falls off during play or if the player repeatedly knocks-off or discards the hat to the field during play.
- A cap/hat of no other material than cloth may be worn on the field.
- On the sidelines, a player may wear any type of cap/hat.
- Hat must be turned backwards during play.

### Towels

- A player may wear a hand towel tucked in the front part of the waist/flag belt area. In this situation, the towel becomes a flag. **A ball carrier whose towel is pulled by a defender is “tackled” at that spot.**
- A defender may, while attempting a legal flag pull, hold onto, grab, twist, etc., a ball carrier’s towel without penalty.
- A defender who tears apart or rips off any piece of a ball carrier's towel is credited with a “tackle” at that spot.
- The offense may have a full-size towel in the huddle between downs. During plays, the towel may remain on the field ONLY if kept well behind the quarterback. **NOTE:** The offense will be penalized if, during a play, the towel somehow negatively affects any defender who is making an honest effort to rush or tackle a player.
- The defense may have one full-size towel in the huddle between downs. The towel may not remain anywhere on the field during play.

### Jewelry

- NO jewelry may be worn with the exception of a medical bracelet, stud earrings, or wedding band. A team warning will be issued at the pregame coin toss.
- Penalties: The 1st offense will result in a Delay of Game penalty and 5 yards. The 2nd offense will result in the offending player being removed from the remainder of the game. This does not constitute an ejection unless unsportsmanlike conduct accompanies the action.

### ❖ Tied Division Standings:

- Standings determined by overall record, then head-to-head, then points allowed, then coin toss.
- If 2 teams are tied in various positions at the final standings, the team who has defeated the other will take the top position. **(NOTE: Forfeits will be penalized!)**
- In the case of a tie of more than two teams where head-to-head outcomes cannot break the tie, total points allowed among the tied teams will determine the higher place.

### ❖ Irrigation, Rain, and Unforeseen Reasons for Game Cancellations:

- Games cancelled for these reasons will be made up at the end of the season. Games will not be rescheduled if field time does not permit.

- Game locations may be switched to other fields if the scheduled field is unplayable.
- ONLY MANAGERS of the teams affected will be notified regarding make up games; players should contact the team manager for information regarding date, time, and location of makeup games

❖ **Incllement Weather:**

- **First games of the day must go to the field- games will be cancelled from fields.** In all cases, unless specifically told that games are cancelled, assume that they will be played. An Email will be the first form of communication. TEAM CAPTAINS ONLY may contact Cassidy Davis at 689-229-5067.

**Game Interruption – Lightning**

- The decision to suspend a game due to lightning will be made by the site coordinator(s) or referees on the field at the time of play.
- Thor-guard will sound when lighting is within a 5-mile radius. In the absence of technology to assist with weather evaluation, games will be suspended when the “flash-to-bang” count for lightning is less than 30 seconds.
- Once a game is suspended, the site coordinator(s) and referees will assist event staff in quickly evacuating teams and spectators. Teams and spectators will be instructed to proceed to safe shelter (their automobiles or adjacent buildings).

**Resumption of Play following a Game Interruption**

- If a game is stopped under the above circumstances, the remaining time will be played as soon as possible with the score resuming from the stoppage point.
- The decision as to when the game teams will be allowed to warm up following a game interruption as follows:
  - ◆ If the delay is not more than 30 minutes, a 5-minute warm-up will be allowed
  - ◆ If the delay is between 30 and 60 minutes, a 10-minute warm-up will be allowed.
  - ◆ If the delay is more than 60-minutes the game will be called.
  - ◆ If the game is called and had not reached the 2-minute warning of the first half, then the game will be rescheduled for a later date and restarted.
  - ◆ If the game was within the 2-minute warning, the game will fast forward to halftime at resumption.
  - ◆ If the game made it to halftime then the game will resume at halftime at a later date.
  - ◆ If the game is in the 3rd quarter and five minutes has passed off the game clock then whichever team is winning at the point will be declared the winner of that game.

❖ **Showalter Stadium Specific Rules**

- No tables or chairs allowed on the field or the track
- Tents may be used but need to be held down by weights
- The track is not to be used for any activities
- Only athletic shoes are to be worn on the field
- No food is allowed on the field or track.
- No Sunflower seeds or other food items that leave behind shells/remnants.
- No loud or obscene music

❖ **We follow FFFL 7v7 Rules for any rule not specifically stated in our rule book.**

❖ **Contacts:**

- Cassidy Davis – [cndavis@cityofwinterpark.org](mailto:cndavis@cityofwinterpark.org) – 407-599-3387
- Allen Graham – [agraham@cityofwinterpark.org](mailto:agraham@cityofwinterpark.org) – 407-599-3309

**\*\*ALL INJURIES MUST BE REPORTED AND AN INCIDENT REPORT FILLED OUT ON THE DAY THE INJURY OCCURRED.\*\***