

City of Winter Park
Parks and Recreation
Adult Flag Football



Spring League - 2024



Entry Fee: \$500.00

\$500 – Checks must be made payable to the City of Winter Park. Visa and MasterCard 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:

Each team will play 9 regular season games. Play is scheduled to begin September 10, 2023.

Website: <https://www.teamsideline.com/sites/WinterPark/home>

Schedules will be posted as they become available. Standings will be updated by each day following games.

Game Time and Location: Games are played on Sunday mornings at Showalter Stadium. Game times can start as earliest of 8 am or as late as 4 pm.

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 window at starting time. After first game, 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. Anytime, less than 6 players will result in 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 for out-of-bounds, incomplete passes, first downs (until the ready whistle is blown), and penalties (until the officials start the clock)

Penalties:

- a. 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.
- b. 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 passed the 40 yard line.

Overtime: During regular season after the 2nd overtime if score is still tied after both overtimes then the one play for yardage 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. Playoff overtime: After the 2nd overtime if its still tied each team will attempt a 1 point conversion (from the 5 yard line). This will continue until we have a winner.

Ejections:

Players ejected from game because of fighting will be suspended for the minimum of a season(10 Games). Getting in the officials' face will result in a 3-game suspension. Any player ejected will have an automatic next game suspension

Uniforms and Flags:

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



Shorts/Pants:

- a. All players must wear pants/shorts that DO NOT have pockets (taped or not), belts, belt loops, belt tunnels, strings, ties, or any other item that is deemed dangerous by the official. They may be made of any cloth material.
- b. It is not required that team members wear matching or same colored pants/shorts.
- c. It is not required that opposing teams wear different colored shorts.

Shoes

- a. A player must wear molded bottom cleats or soft bottom sneakers, tennis shoes, running shoes, soft-soled shoes and football shoes are permitted.
- b. Shoes that have cleats that screw into a recessed hole on the sole are permitted.
- c. Any shoe that has steel-tipped cleats or steel-reinforced toe or heel, or a square-toe is NOT permitted.
- d. No player may compete shoeless except for that player who actually kicks or punts the ball in kickoff or punting plays.

Headwear

- a. 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.
- b. A cap/hat of no other material than cloth may be worn on the field.
- c. On the sidelines, a player may wear any type of cap/hat.
- d. Hat must be turned backwards.

Towels

- a. 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.
- b. A defender may, while attempting a legal flag pull, hold onto, grab, twist, etc., a ball carrier’s towel without penalty.
- c. A defender who tears apart or rips off any piece of a ball carrier's towel is credited with a “tackle” at that spot.
- d. 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.
- e. 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

- a. 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.
- b. Penalty: 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.



Roster and Waiver

All waivers/team rosters must be turned in (filled out) by game time week one. Every player needs to sign the Waiver/Roster. **NO ROSTERS/WAIVERS/NO PLAY.** All additions after week 1 must be fill out the roster/waiver.

Rosters lock after Week 5, meaning no player may be added to the team at this point. The League Director may make roster exceptions.

Players must play at least 2 regular season games to be eligible for the playoffs. It is the players responsibility to make sure the sign the roster and check in twice.

When a player is asked to verify identity by providing proper (Physical) identification Example: driver's license, passport, state ID. If, not presented then team will be forced to forfeit game.

Tied Division Standings

If 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. **Managers ONLY** 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.

Inclement 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. **TEAM CAPTAINS ONLY** may contact John Clarke at 407-643-1658.

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 reaches no 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 a 60-minute game is called. If the game is called and the game has not reached halftime then the game will be rescheduled for a later date and game will be restarted unless it's in the two-minute warning. At that point, the game will fast forward to halftime. If the game makes 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

1. No tables or chairs allowed on the field or the track
2. Tents may be used but need to be held down by weights
3. The track is not to be used for any activities
4. Only athletic shoes are to be worn on the field
5. No food is allowed on the field or track.
6. No Sunflower seeds
7. No loud music

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

Recreation Superintendent:

Shane Land – jland@cityofwinterpark.org – 407.599.3354

In case of Tie

- (1) Overall Record
- (2) Head to Head (If applicable)
- (3) Point Allowed
- (4) Coin Toss

Injuries

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

CITY OF WINTER PARK PARKS AND RECREATION