



Cobb County PARKS Department Adult Men’s Flag Football League Rules and Regulations

(Revised 8/8/25)

***Highlighted rules denote revisions made since the previous season. ***

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I. LEAGUE ORGANIZATION

- A. **Cobb County PARKS Department is the governing body of this league. UFFL 7-man screen and 8 coed rules shall be strictly adhered to unless superseded by the following rules and regulations. NFHS rules will be used if not defined within the UFFL rulebook. Cobb PARKS reserves the right to rule on anything not covered by the UFFL or NFHS rulebook.**
- B. Each team is responsible for checking the website for schedules, standings, and make-up game information. League information can be found at www.quickscores.com/cobbcounty.
- C. Three (3) leagues will be offered each season. A coed 8v8 league, a men's 7v7 B league (Geared for upper intermediate to advanced teams, and a men's 7v7 C league (Geared for beginner to lower intermediate teams). If we do not have a minimum of 5 teams per league, we will combine leagues.
- D. Cobb PARKS Department reserves the right to place any team in a higher or lower league. League standings and point differential will be used to help determine league placement. Teams that perform exceptionally well or poorly, whether in the regular season or playoffs, may be moved to a different division for the subsequent season.

II. FIELD & EQUIPMENT

- A. The Flag Football field is 40 x 100 yards. The field is divided into 20-yard sections with 10-yard end zones. The team area is located on opposite sides of the field across from scorekeeper. The area is 2 yards from the sideline and between the 20-yard markers. (No players or coaches are permitted inside of the 20-yard line.)
- B. The league will use a regulation size ball. Each team will furnish a regulation size ball on offense. Each player must wear shoes. They must be made of soft, pliable upper material (canvas, leather or synthetic) which covers the foot, attached to a composition bottom. Metal cleats shall be illegal.
- C. All players must wear similarly colored jerseys. Jerseys should be numbered on the front or the back (this rule may not be used to protest the outcome of a game). The referees do not enforce this rule. A 2-week grace period will be in effect from opening day of the season. If teams are wearing the same or similar color jerseys the PARKS department will provide jerseys to the visiting team if requested. **All pants or shorts must be without any belt loops or pockets or exposed drawstrings. If a player has pockets, they will not be allowed to play. (Shorts/pants can't be taped or turned inside out).** Jerseys must be either long enough to remain tucked in at all times, or short enough so there is a minimum of 4" from the bottom of the jersey to the waistline. Pullovers will be available if teams wear same color jersey.
- D. All teams must wear the one-piece triple threat belts provided by the department at all times.
- E. The following equipment is legal (optional): Ace bandages (no more than two turns deep), gloves made of soft, pliable non-abrasive material, knit or stocking caps (no caps with bills), soft, pliable knee pads or ankle pads and mouth pieces.



- F. The following equipment is illegal: all headgear, except knit stocking caps, all jewelry, all pads or braces worn above the waist, braces worn below the waist made of any type of hard or unyielding material, any slippery or sticky substance on the body or equipment, any electric or mechanical communications devices and hand towels attached at the player's waist.
- G. Ball Spotters – 2 ball spotters shall be used, one to mark the offensive scrimmage line and the second to mark the defensive scrimmage line. The ball spotters shall always be 1 yard apart.

III. ELIGIBILITY

- A. No college student who plays on a college football team will be allowed to participate in this league. No high school students who currently participate in high school football are eligible for this league.
- B. A player must be 16 years of age by the start of team's 1st game to be eligible.
- C. If a team forfeits two games or more during the season, Cobb PARKS reserves the right to drop that team from the league with no entry fee refund. If a team is scheduled to play a double header and forfeits the first game of the double header without notifying the league commissioners, the second game will be automatically forfeited as well.
- D. After the schedule is complete, there will be no changes or refunds. Schedules will be emailed to the team managers. You may submit a scheduling request before the season and the League Coordinator will accommodate if possible.
- E. A player cannot be a member of 2 teams within the same league. Teams may pick up players on another team, **ONLY** if they are short the full starting lineup. Teams may not pick up players as subs from another team. Once the playoffs start, teams may only use players that are on their team/roster. In the playoffs, if a team does not have enough players to start the game, they will forfeit their game.

IV. ROSTER

- A. Teams shall not be allowed to carry more than 20 players on the roster at any one time.
- B. Rosters will be managed and updated online at www.quickscores.com/cobbcounty. It is the manager's responsibility to input all team members on the roster online.
- C. **No new players may be added to the team's roster after the 5th week of the regular season.** All players must be added to the roster with a first name, last name, and email on QuickScores. A team's coach may delete players on his/her roster at any time. Rosters and id's will be checked for all playoff games. **Players that are not on the roster after the 5th week of the regular season will not be eligible for the playoffs regardless of whether they played during the regular season.**
- D. In order for a player to change teams, the manager must report to the league coordinator requesting his/her release. A player may obtain his/her own release to play with another team; however, he/she must request to be added to his/her new team's roster filed with the scorekeeper at the field. After he/she is added to the roster, he/she must wait for his/her new team to play one league game before he/she is eligible. A player may change teams one time per year.



League Level Balance Rule – Teams are restricted from playing more than 3 players from a higher-level league on a team in a lower-level league during any game.

A player listed on a higher-level league roster is considered a player at that higher level. If a team suspects their opponent of using more than 3 players from a higher-level league, they must inform the official and staff before the game ends. Staff will then verify the roster and IDs of the player(s) in question. If confirmed, the lower-level team must reduce the number of higher-level players to 3 or fewer. If this reduction causes the team to drop below 4 players, they will forfeit the game. Teams are allowed to have more than 3 higher-level players on their roster but cannot play more than 3 of them simultaneously in a game. **Players in the A league may not play in the C league.** Same rule applies as above if an A player is playing on a C team. This rule cannot be used to protest the outcome of a game.

V. PLAYER CONDUCT

- A. **Abusive language, behavior, or profanity will not be tolerated by players or spectators who are on the bench, on the field or in the park. Offenders may be ejected before or after a game has been concluded and are subject to removal from the park, playing area and league.**
- B. If a player or coach touches an umpire or county representative in anger, or threatens to do bodily harm, before, during or after a game, he will be barred from the league indefinitely. The length of the suspension will be determined by Cobb PARKS staff (**MINIMUM SUSPENSION IS FOR 1 CALENDAR YEAR IN ALL COBB PARKS ADULT ATHLETIC PROGRAMS**). Violators may also be subject to legal penalties as enforced by the Cobb County Police Department.
- C. Any player or coach ejected from a game will serve a (2) game suspension for all Cobb County PARKS leagues he/she participates in. If a player ejected for the second time during a season will be suspended for the remainder of that season. If a player or coach participates in a game while ineligible due to suspension, the game shall be declared a forfeit and the player or coach will be suspended for the remainder of the season. **NOTE: Scorekeepers are not required to notify said player prior to the start of the game concerning ejections. Failure to do so shall not affect a player's ejection for the season.**
- D. Any player or coach attempting to play or coach when suspended shall be automatically ejected for the remainder of the season and the game shall be forfeited. If a player is ejected from a game and refuses to exit the park, the team will forfeit the game, and the player will incur a substantial suspension.
- E. Fighting among players, coaches and spectators, or any other conduct judged inappropriate by recreation department staff will result in ejection of the individuals or teams involved for an indefinite period set by the department. (**Minimum suspension is (1) one calendar year in all Cobb County PARKS leagues**). Violators may also be subject to legal penalties as enforced by the Cobb County Police Department.



- F. The league commissioner reserves the right to suspend players based on their behavior, even if they have not been ejected from a game.

VI. GAME

- A. There shall be two twenty-minute halves. Each team is allowed two time-outs per half (30-second time-outs). The clock is stopped for time-outs only. ***Extra Point plays before the 2-minute warning are timed downs and clock will continue to run.*** The clock will continue running on incomplete passes and out of bounds plays, until the last 2 minutes of each half. **In each half, there will be a two-minute warning where the game clock will stop. The two-minute warning is called when the clock reaches exactly 2:00 if the ball is dead at that time. If the ball is in play when the clock reaches 2:00, the play is allowed to come to its normal end and the two-minute warning is called when the play ends. Therefore, it is not uncommon for the two-minute warning to be called with less than two minutes on the clock, for example 1:55.** The ball shall be put into play within 25 seconds after it is declared ready for play by the official. The official may order the game clock started or stopped whenever, in his opinion, either team is trying to consume or conserve playing time by tactics obviously unfair. Halftime will be 2 minutes.
- B. Teams will be given a **10-minute** grace period from the start of the scheduled game time for each game, however, if a men's team has 5 players available the game will start immediately or as soon as a fifth player arrives. After the 10-minute grace period, the team failing to place the minimum number of players on the field shall forfeit the contest. The first game will not begin before the scheduled game time. The grace period is considered as part of the game time.
- C. The Cobb County PARKS Department reserves the right to drop any team that forfeits two games during the season, with no refund of the entry fee.
- D. Each men's team shall be composed of seven (7) players. The offensive team must have 4 players on the line of scrimmage, with the remaining players in the backfield. The defensive team may place its men anywhere on the defensive side of the playing field. The player receiving the snap must be at least one (1) yard behind the line of scrimmage.

A.) Putting the ball into play:

- 1.) The winner of the toss must choose one of the following:
 - a.) Offense
 - b.) Defense
 - c.) Designate which goal their team will defend
 - d.) Defer choice to the second half

2.) Starting the Game:

The ball will be placed on the 14-yard line at the start of each half and at the start of each drive after a touchdown.

3.) First Downs:



The offensive team has four downs to gain a first down. A first down is gained by crossing any one of the twenty-yard markers with any part of the ball.

4.) Scoring:

- a.) Touchdown – passing or running – 6 points
 - b.) Point after touchdown: 1 point running or passing from the 3-yard line, 2 points running or passing from the 10-yard line 3 points running or passing from the 20-yard line.
 - c.) Field Goal – no field goals allowed.
 - d.) Safety – 2 points.
- B.) Offensive screen block: This 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 hands, arms, elbows, legs, or body to initiate contact during a block is illegal. A blocker may not leave his/her feet (except inadvertent) during a block. Penalty: 10 yards or ejection if judged flagrant.
- C.) No player shall strike an opponent with his/her fist, locked hands or elbow, kick or knee an opponent, or tackle an opponent. Lowering a shoulder and contacting an opponent or butting an opponent with the head is not allowed (except inadvertent). Penalty: 10 yards or ejection if judged flagrant.
- D.) Running with the ball: A runner must make an effort to avoid a defender. Also, a defender must make an effort to avoid knocking a runner out of bounds. Stiff-arming is not allowed (except inadvertent). Diving, leaping, or jumping in the air is allowed as long as the player does not dive or jump into the defense. Penalty: 10 yards or ejection if judged flagrant.
- E.) s long as the player does not dive or jump into the defense. Penalty: 10 yards or ejection if judged flagrant.
- F.) When a player accidentally loses his/her belt, play reverts to one hand tag between the shoulders and knee.
- G.) Guarding the Flag: Neither hands, arms, nor any other part of the body may be used to guard the flag. The flag must be fastened in the normal way and may not be tied on. Knocking a player out of bounds is a personal foul unless done inadvertently in an attempt to pull his flag.
- H.) Passing: All players are eligible to catch a pass. Only one forward pass per down is allowed. Backward passes are unlimited. No contact is allowed with receivers down field. Penalty: 10 yards or ejection if flagrant.
- I.) Defense: A player may not hold the ball carrier in order to get the flag. Penalty: 10 yards.
- J.) Fumbles: All fumbles are dead at the spot where they touch the ground. Fumbles caught in the air may be advanced.



- K.) Substitutions are unlimited.
- L.) Any player receiving a snap must be at least one yard behind the line of scrimmage. Penalty: 5 yards, illegal formation, illegal procedure.
- M.) Mercy Rule: If a team is 19 or more points ahead at the two-minute warning of the 2nd half, the game shall end.
- N.) All punts must be declared in advance. Punting team must have everyone except the punter on the line of scrimmage. All players must remain motionless until the ball is kicked. Punts must punt the ball immediately and in continuous motion. Penalty: 5 yards, illegal formation or illegal procedure.
- O.) All players must start each play with their flag belts on. Penalty: 5 yards
- P.) Tampering with the flag belt in any way to gain advantage, including tying, is illegal. Penalty: 10 yards, **player disqualification**.
- Q.) Onside Kick: In the 2nd half, only the losing team can attempt an onside kick. The losing team must run 1 play from their own 15-yard line. They must reach their own 40 (25-yard play) yard line in order to retain possession and have a successful onside kick. The play must at minimum reach their 40-yard line. In the event of a successful onside, the kicking team will be granted possession of the football at the 40-yard line (midfield). If the result of an onside kick is a score or conversion past the 40-yard line the ball will still be placed at the 40-yard line. If the onside kick is unsuccessful the receiving team will get the possession of the football at the 40-yard line. If the receiving team intercepts the ball, they can return it for a score. If they do not score on the interception, the ball will be placed at the 40-yard line regardless of the spot they were downed. ***The clock will continue to run on onside kick plays before the 2-minute warning.***
- R.) Overtime:
- 1) Each team receives an Overtime Extra Point Attempt
 - 2) Coin Flip – two choices – Offense or Defense
 - 3) If score is tied at the end of first O.T., repeat second O.T., reversing choices, etc.
 - 4) If score is tied at the end of the second Overtime, teams must go for a 2- or 3-point Extra Point. Overtime will continue until a winner is declared. Choices will continue to be reversed per Overtime Period.
 - 5) One timeout per team per Overtime Period
 - 6) Interceptions on returned Overtime Extra Points are worth the value of the attempted Overtime Extra Point (1, 2 or 3 points)
 - 7) Penalties are administered as in a regular game

VII. **COED RULES**

- A.) Each team will field no more than 8 players (4 men and 4 women). Teams NOT able



to field a full team may play with a minimum of 6 players (3 men and 3 women).

B.) Teams can play with more women than men as long as there are at least 3 men. To ensure coed participation, a penalty will be issued if the offensive team fails to use a female as an **operative player** within 3 consecutive downs.

1.) An Operative Player is defined as a player who:

- Is the intended receiver in the eyes of the official
- Runs the ball as the primary runner (does not have to cross the line of scrimmage)
- Attempts a pass as quarterback

2.) An Operative Player is not defined as a player who:

- Hands off the football
- Snaps the ball into play
- Receives a hand-off only to give it back to a male before crossing the line of scrimmage

3.) Examples:

- A pass deflected by a male and caught by a female is a female play
- A pass intended for a female (in the eyes of the referee) that is deflected by a female and caught by a male counts as a female play.
- A completed pass to a female player past the line of scrimmage, and the receiver then laterals the ball to a male player behind the line of scrimmage is not a female play
- A completed pass to a female player past the line of scrimmage, and the receiver then laterals the ball to a male player past the line of scrimmage is a female play
- A completed pass to a male player past the line of scrimmage, and the receiver then laterals the ball to a female player is not a female play

4.) The penalty for running 3 consecutive plays without a female as an Operative player will be loss of down and a five-yard penalty (i.e. if it was 2nd down during the penalty, it is now 3rd down) and the female must now be the Operative Player on the next play. If on this play a male catches or runs the ball: loss of down, the play is ruled “dead”, and the ball is brought back to the line of scrimmage.

- Plays utilizing a female and resulting in “loss of down” penalties, will still be considered “female” plays.
- The slate is clean for extra points and punts, and everyone is eligible.

C.) Line of Scrimmage

1.) Players on the line must be set before the snap. The offensive team must have at least 4 players on the line. Teams may have one (1) player in motion, but they must be going parallel to the line and at least two yards back.



D.) Scoring

Gender scoring is illustrated below by run, pass, or turnover and a return.

Score	Male	Female
Touchdown	6	9
Extra Point – 1	1	2
Extra Point – 2	2	3
Extra Point – 3	3	4

VIII. PROTEST

- A. A manager can protest a referee's interpretation of the rules, provided the protest is made prior to the next official play. The protesting manager must make the supervisor aware of the protest. The protesting manager must file a written report with the league coordinator by 5 p.m. the next working day, along with the \$50 protest fee. (Check or money order only)
- B. Upon receiving the written protest and protest fee, the league coordinator will determine the validity of the protest. If, in his/her judgment, the protest is valid due to a **misinterpretation of the rules**, he/she will call a meeting of the staff protest committee and address the protest. If the protest is upheld, the protest fee will be refunded.
- C. When eligibility is in doubt, the burden of proof rests with the team whose player is in question.
 1. A case of a player participating under an assumed name **MUST** be handled on the spot. The opposing manager must bring this to the attention of the supervisor on duty before the last out of the game. The player under question must produce a picture I.D. or his/her team will forfeit the game, and the player could be suspended for the remainder of the season. **EXCEPTION:** The supervisor on duty may accept a non-photo I.D. if, in his/her judgment, extenuating circumstances exist.
 2. In other cases where eligibility is in doubt (**EXAMPLE:** A player playing on two teams in the same league or a player playing in the playoffs that is not on the roster), the protest must be submitted in writing to the league coordinator by 5 p.m. the next working day. A \$50 protest fee must accompany the report. If not reported by the deadline, the game will be considered official and cannot be contested.
 3. Recreation department staff will decide all cases of player eligibility. Teams found to have played an ineligible player(s) will forfeit the game, and the ineligible player can be suspended for the remainder of the season (from ALL Cobb PARKS leagues).



- D. Players may participate on **1 team per league**. If a player's eligibility is brought to the attention of staff and he/she is found to be on another team's roster in the same league, the game will be forfeited. If the player is on two rosters, they must then declare which roster he/she will officially remain on for the remainder of the season.
- E. Under no circumstances will audio or visual recordings be accepted for the review of any protested matter or incident.

IX. PARK RULES & RAINOUT PROCEDURES

- A. Drinking of alcoholic beverages will not be tolerated. A player determined to be under the influence of intoxicants will be immediately removed from the playing area and suspended from the Cobb PARKS Department program for 1 year. Cobb County law prohibits possession of alcohol in the county parks system, including parking lots. No tobacco will be allowed on the field or on the bench as well.
- B. Smoking in county owned or maintained parks, smoking or vaping shall be prohibited within the boundaries of any park, sports complex, recreation area or facility owned, leased, or operated by Cobb County, including any open area within such park, sports complex, recreation area or facility.
- C. Unattended or unleashed dogs are not allowed in the parks. Dogs are not allowed on athletic fields. Dogs cannot be tied to the fence.
- D. In the event of inclement weather, register for our rain out line. To receive an automated text about field closures, please visit <https://rainoutline.com/search/dnis/7622028142> and click the email or text alerts link. You would then click the email or text heading and check which locations you would like to subscribe to for rainout alerts. You can also download the mobile app to receive notifications. The League Coordinator will reschedule games and notify all team managers prior to the playing date. Teams failing to appear for a make-up game shall forfeit. If you are not notified of a rainout by text alert, report to the field to play.

E. ADULT FLAG FOOTBALL TIE BREAKER

The following procedure will be used to determine the first-place finisher at the end of the season or break ties for any place.

A. TWO WAY TIE:

- 1) **Head-to-Head** - If two teams are tied with identical records, the winner is the team that won the game when the two teams played.
- 2) **Fewest Runs Allowed** - If the teams split their games, the team that allowed the fewest points during the entire season will be declared the winner.



- 3) **Most Runs Scored** - If the teams still remain tied, the team scoring the most points during the season will be declared the winner.
- 4) If a tie still remains, the team that allowed the fewest runs when they played each other will be declared the winner.

B. THREE WAY TIE:

- 1) **Head-to-Head** - If one of the three or more teams defeated each of the other teams during the season
- 2) **Fewest Runs Allowed** - If three teams or more are tied, the winner will be determined by the team that allowed the fewest points.
- 3) If two of the teams still have the same total of points allowed, the winner will be the team that won the game played between the two teams during the season. If the teams split their games, the team that scored the most points during the season will win.

NOTE* Forfeit games will be recorded as a 2-0 score. This score can be used except when a disadvantage would occur to a winning team, or an advantage would occur to a losing team.