

ERIE PARKS & RECREATION



ADULT FLAG FOOTBALL RULES & INFORMATION 2019

www.quickscores.com/erie

450 Powers Street
Erie, Colorado
Phone: 303.926.2550

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I. LEAGUE INFORMATION

A. MISSION STATEMENT

The Erie Parks & Recreation Department builds community through the delivery of exceptional parks, open spaces, trails, facilities, programs and services.

B. Play Hard – Have Fun—Respect One Another.

C. FACILITIES

League games will be played at the Erie Community Center on Mitchell Field or the Ballparks at Erie, located at 450 Powers Street.

D. LEAGUE CONTACT INFORMATION

Erie Parks & Recreation adult leagues are managed by:

Levi Moser, Recreation Coordinator-Sports
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Mollie Gunter, Assistant Coordinator
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Sports Information Websites
www.erieparksandrec.com
www.quickscores.com/erie

E. WEATHER HOTLINE

- 1) The weather hotline is a recorded message, which will inform teams of the status of that day's games. **A message will be recorded at 4pm Monday – Friday and 8am on Saturdays and Sundays.** Updates are made as necessary. It is every team captain's and player's responsibility to call the weather hotline. In case of inclement weather or poor field conditions after a game has begun, the field supervisor and/or umpire will decide if the field is playable. Every attempt will be made to play; however, safety is the #1 concern of Erie Parks & Recreation.
- 2) **WEATHER HOTLINE NUMBER IS – 303.926.2550 option 4.** This is a voicemail recording. Please listen to the full message as there can be many different fields listed on this recording.
- 3) You may also access game status information at www.quickscores.com/erie at 4pm Monday – Friday and at 8am on Saturday and Sunday.

F. LEAGUE CLASSIFICATIONS

We do our best to appropriately place teams into leagues; however, we reserve the right to place teams as we see fit and do not guarantee perfectly matched leagues. The league supervisor and Sports Administration team will monitor teams and/or players and if it is deemed a team and/or player(s) are incorrectly classified, may move teams and/or players up or down accordingly in future leagues. **To help determine the proper classification of your team, please use the following guidelines:**

1. Recreational/Open – This is the only league available at this time. There will be a mix of novice and experienced players/teams.

G. TEAM CAPTAIN'S RESPONSIBILITIES

The team captain is the primary link between their team and Erie Parks & Recreation. It is the team captain's responsibility to obtain all information regarding league play and communicate it to their team members. Responsibilities include:

- 1) Registering the team. To register with a deposit, you must pay with a credit or debit card in-person at the Erie Community Center. Balances should be paid in full by the third week of the season. Any remaining balance will automatically be charged to your card on the fourth week of the season
- 2) Read, understand, and explain league rules and facility regulations to each player prior to participation
- 3) Ensure that all players sign the roster prior to their first game played
- 4) Maintain control over players in all circumstances, including disputes on the field; disputes will be discussed with the team captain only
- 5) Regularly check www.quickscores.com/erie for correct scores and schedule updates.
- 6) Communicate with Sports Administration as needed.
- 7) Ensure your team is ready to play at the scheduled game time.
- 8) Ensure that the team area is cleaned after each game.

H. EMERGENCY PROCEDURES AND FIRST AID

Staff will respond to on-site emergencies. Participants and spectators must follow staff directions during any emergency. In the event of a medical emergency, participants/team captains are asked to report them immediately to the field supervisor. League supervisors will have first aid supplies as well as an AED.

I. BLOOD RULE

Any player or coach who is bleeding or who has blood on his/her uniform shall be prohibited from further participation until appropriate treatment can be administered. Officials should stop the game and allow treatment. If treatment is administered in a reasonable amount of time, the individual will not have to leave the game. The official will then apply the appropriate rules regarding substitution, re-entry, and playing short-handed.

J. SCHEDULES

- 1) All schedules, standings, and scores can be found at www.quickscores.com/erie.
- 2) League schedules will be ready approximately one week prior to the first game of the season and team captains will be emailed when they are ready.
- 3) Scheduling requests will not be accepted.
- 4) Games will be played if at all possible and may be played in weather conditions that are not ideal.
- 5) Games are not rescheduled except for inclement weather and/or poor field conditions.

K. CANCELLATIONS AND RESCHEDULING

- 1) If games are cancelled, makeup game schedules will be within 48 hours after the cancelled game. Once rescheduled, the makeup game time will not change.
- 2) Makeup games will be scheduled as long as the length of the season allows and will include doubleheaders. Should any team not receive the guaranteed number of games due to weather cancellations or other unforeseen events, pro-rated refunds will be given.

L. STANDINGS/TIEBREAKERS

Winning percentage will determine league standings and positional playoff rankings. If 2 or more teams have the same winning percentage at the end of league play, the following tiebreaker methods will be used:

- 1) Forfeits
- 2) Head-To-Head
- 3) Head-To-Head Point Differential
- 4) Average Point Differential
- 5) Average Points Against
- 6) Coin Toss

For more information, visit: http://www.quickscores.com/Orgs/Help_TieBreakers.php#winning-percentage

M. TEAM AWARDS/PLAYOFFS

- 1) All teams in each league will play a single-elimination tournament at the end of the season.
- 2) Tournament champions will receive awards at the conclusion of the season.
- 3) Team captains must complete the League Champions - Award Form at the conclusion of the championship game and submit to the gym supervisor prior to receiving their awards.
- 4) If the team is requesting more awards than the maximum allotted amount (as stated on the League Champions - Award Form), the team captain is responsible for incurring the additional fees at the rate shown on the form. Sports Administration will add this fee to the team captain's ActiveNet account to be paid within one week.

N. ROSTERS

- 1) All participants must be 18 years of age and teams may have unlimited players on their roster.
- 2) All players must sign the roster prior to participating. Any team playing with a non-rostered player is subject to a forfeit.
- 3) Open Rosters: All players must be on a roster in the league to be eligible to play; however, they may play, **as invited**, on any other team in the same league. Players may not play on more than one team per game. In the playoffs, players may only play on the team they are on the roster for. Players may only be on one roster per league. Teams may only pickup players if they have less than 5 players and then only as many as it takes to get to 5 players. At least 50% of each team playing must be from their own roster to play the game.
- 4) Rosters freeze after the end of the regular season. No players may be added to any team's roster after this point in time.
- 5) Each player must carry a photo ID with them to all games in the event of a roster check.
- 6) Any non-rostered player or player playing under an assumed name shall result in ejection of that player. A team may protest a player's eligibility, but must do so by the conclusion of the half the player enters the game.
- 7) Anyone participating in an adult sport prior to signing the waiver or team roster is considered an illegal player. By participating in that sport without signing the waiver/roster this illegal player assumes the same responsibility and is playing under the same inherent risks of the sports as any other legal player. Any team with an illegal player participating in the sport / activity could be subject to forfeit.
- 8) Free agent (players looking for teams) information is available at www.quickscores.com/erie.
- 9)

II. LEAGUE RULES

A. GOVERNING RULES

- 1) Erie Parks & Recreation is the sole governing body of the league.
- 2) Erie Parks & Recreation reserves the right to expel any team/player from the league for reasons of conduct or failure to observe rules, regulations and procedures. Written notification of such actions will be provided to the individual and/or team captain.
- 3) Any situation not covered explicitly in these rules will be acted upon by the gym supervisor, official, and/or Sports Administration. In addition, Erie Parks & Recreation reserves the right: to interpret any rules and situations, to insert, delete or change rules at any time, and make retroactive decisions should it be deemed necessary for the benefit of the program.

B. FORFEITS

- 1) Teams must have a minimum of 3 players to start and finish the game.
- 2) In the event a team does not have enough players to start the game at game time, that team will be granted a 10-minute grace period to allow for the minimum number of players to arrive. The official game clock will start at game time and continue to run until enough players arrive to start the game or a forfeit is declared at the end of the 10-minute grace period.
- 3) Forfeited games will be scored 20-0.
- 4) The gym supervisor and/or Sports Administration will make the final call on all forfeits.
- 5) Officials will NOT officiate a forfeited game.
- 6) Teams will be allowed use of the field until 10 minutes prior to the next scheduled game.
- 7) Non-appearance forfeit: When a team fails to show up for their assigned game without notification, the team must conduct a meeting with Sports Administration prior to participating in their next scheduled game. If a team has 2 non-appearance forfeits during the season, it is automatically dropped from the league. No refunds will be given.
- 8) If a team has to forfeit, the team captain MUST contact Sports Administration by 12pm on game day. If notified properly (e-mail and/or work phone), there will be no forfeit fee charged to the team. The team captain MUST also, out of courtesy, notify the opposing team captain by email and phone to ensure that the opposing team is aware of the forfeit.
- 9) Any team that forfeits 3 games in a season will be removed from the league without refund.

C. COMPLETE GAMES

- 1) Each game will consist of 2 halves. The clock will start after the team captain's meeting or at game time. Game time will be kept by the official.
- 2) If a game is delayed for any reason, teams are required to wait for instruction from the field supervisor before leaving. If your team leaves prior to receiving information from the field supervisor, and games resume, you will be assessed a forfeit. All league games will stop at 11pm; if a game is still in progress at 11pm, and the game is tied, the game will end and be recorded as a tie.

D. GAME PLAY

- 1) **FIELD DIMENSIONS:** approximately 85 x 210 feet.
- 2) **STARTING A GAME:** A coin toss determines first possession.
 - a) The winner of the toss can choose to start the first half on offense or defense. Loser chooses the direction for the first half. The team that started the game on defense will begin on offense the second half. Teams will also change direction to start the second half.
 - b) The offensive team takes possession of the ball on the 5-yard line and has 4 plays to cross mid-field or the option to "punt," after the 3rd play.
 - i. If the offense chooses to punt, the ball changes possession and the new offensive team takes over from the 5 yard line.
 - ii. If the offense attempts the 4th down play and fails to achieve a first down, the ball changes possession and is spotted where the 4th down attempt concluded.
 - c) Once a team crosses mid-field, they will have 4 plays to score, or the option to "punt," after the 3rd play.
 - i. If the offense chooses to punt, the ball changes possession and the new offensive team takes over from the 5 yard line.
 - ii. If the offense attempts the 4th down play and fails to achieve a first down, the ball changes possession and is spotted where the 4th down attempt concluded.
- 3) **PLAYERS:** The game is played between two teams of 5 players each. Both teams must be ready for play at the scheduled time. Teams must start and end the match with at least 3 players. Failure to comply will result in a Forfeit that will be scored as 20-0.
- 4) **GAME CLOCK AND TIMEOUTS:**
 - a) The game will consist of two 22-minute running halves.
 - b) Halftime will be 3 minutes.
 - c) Each team has two 30 second time-out per half.
 - d) Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before "delay of game" penalty is enforced.
 - e) End of game time rules
 - i. Stop Clock Rule will be in effect for the second half.
 - ii. The point differential in the game must be 12 points or less in order for these rules to go into effect (second half only).
 - iii. At one minute (or as close to it as possible), the clock will stop for a one minute warning and both teams will be informed that the end of game timing rules are in effect.
 - iv. The Clock will stop for all incomplete passes, out of bounds plays, scoring plays, penalties, and change of possession. The clock will start on the next snap.
 - v. If 1st down is gained, clock will stop until ball is set and ready for play.
 - vi. During Stop Clock Rule, all accepted offensive penalties will incur a 10 second run off of the game clock.
- 5) **SUBSTITUTIONS:**
 - a) Both teams may substitute an unlimited number of players at any dead ball during the game.

- 6) **ONSIDE KICK RULE:**
- a) When stop clock rule applies, tied or losing team may elect to attempt an onside kick.
 - i. The onside kick is 1 play from your own 5 yard line.
 - ii. To convert the offense must get to the mid-field line. If executed, offense will continue from where onside play ended.
 - iii. If onside is not converted by offense, the defensive team will take over where the onside play ended.
 - iv. If either team scores on the onside kick play, it will be counted as a normal scoring play.
- 7) **CONTACT:** **There is no contact allowed.** In addition to a penalty, the first offense is a warning. Second offense is ejection.
- a) **Shadow blocking is allowed.**
 - i. **Behind the Line of Scrimmage:** Offense may shadow block the defensive rushers only. There may be no use of hands or any other contact allowed.
 - ii. **Beyond the Line of Scrimmage (Downfield):** Offensive players must establish a position downfield and remain still forcing the defender to avoid them. No use of hands (similar to basketball).
 - iii. **Rushing the QB** – receivers may not impede rushing player and need to avoid contact at all possible. The rushing player is allowed a straight path towards the QB, but may not initiate contact with offensive player.
- 8) **EJECTIONS:** Any ejected player **MUST** leave the park immediately or police will be called to escort the player from the premises and additional suspensions and penalties may be levied. The player shall sit out the designated number of games (determined by Sports Administration) before being allowed to play again. Failure to comply may result in suspension of the player for the remainder of the season. Ejections may not be appealed. Teams may substitute for the ejected player. Should an ejection cause a team to fall below the minimum number of players requirement, that team must forfeit the game. Additionally, any player receiving 2 unsportsmanlike penalties in the same game will be ejected.
- 9) **SCORING:** Touchdowns = 6 points, Extra Points = 1 point if successful from the 5 yard line; 2 points if successful from the 10 yard line, Safety = 2 points. Defensive Conversion on Extra Point Attempt = 2 points
- 10) **OVERTIME:**
- a) **Regular Season:** All games tied at the end of regulation will continue with college football overtime rules where each team takes possession at midfield and has 4 downs to score. If the score remains tied after each team has one possession, the game will be declared a tie.
 - b) **Post Season:** All games tied at the end of regulation will continue with college football overtime rules where each team takes possession at midfield and has 4 downs to score. Teams will alternate until one team is ahead at the end of the cycle. If a 3rd overtime period occurs, both teams must go for a 2 point conversion upon scoring a touchdown.
 - c) To begin overtime, the winner of the coin toss will have the choice of offense or defense.
 - d) In postseason only 1 coin toss; possessions will alternate based on that toss for the remainder of overtime
- 11) **FORMATIONS:**
- a) Minimum of 1 player on the line of scrimmage
 - b) No requirements on the amount of lineman
 - c) The ball can be snapped between the legs, or off to one side, to start play. The ball must remain in contact with the ground until snapped.

12) PASSING:

- a) The offense has a 7-second pass clock. If the pass is not thrown within the 7 seconds, play is dead with a resulting loss of down. On a designed running play, the ball must cross the line of scrimmage before 7 seconds.
- b) Shovel passes are allowed but they must be beyond the line of scrimmage.
- c) If deflagged, interceptions change possession of the ball at the point of occurrence.
- d) Interceptions can be returned.
- e) All passes must be moving forward at or beyond the line of scrimmage.

13) RECEIVING:

- a) All players are eligible to receive passes (including the quarterback if the ball is handed off behind the line of scrimmage).
- b) Only one person is allowed in motion at the snap of the ball. The motion must be parallel to the line of scrimmage.
- c) Players must have at least one foot in bounds when making a catch, and must be the first foot to make contact with the field in play.

14) RUNNING:

- a) The quarterback is not allowed to run.
- b) Teams are allowed an unlimited amount of handoffs/laterals and pitches behind the line of scrimmage.
- c) You are allowed one backwards lateral/pitch beyond the line of scrimmage on any play; run, pass, or interception.
- d) The player who takes the handoff can throw the ball as long as he/she does not pass the line of scrimmage.
- e) "No Running Zones" are located 5 yards from each end zone and 5 yards on either side of mid-field.
- f) Once the ball has been handed off, all defensive players are eligible to rush.
- g) Spinning is allowed but players cannot leave their feet to avoid a defensive player (no jumping / diving / feet first sliding).
- h) The ball is spotted where the feet are located when the flag is pulled, not where the ball is located.

15) RUSHING THE QUARTERBACK:

- a) All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback.
- b) Once the ball is handed off, the 7-yard rule is no longer in effect and all defenders may go behind the line of scrimmage.
- c) Players not rushing the quarterback may defend on the line of scrimmage.
- d) A special marker or the game referee will designate 7 yards from the line of scrimmage.

16) DEAD BALLS:

- a) Play is ruled dead when:
 - i. The offensive player's flag is pulled (If the offensive player's flag inadvertently falls to the ground, a tag (with 1 or 2 hands) between the shoulders and the feet constitutes a deflagging.)
 - ii. The ball carrier steps out of bounds
 - iii. A touchdown is scored
 - iv. The ball carrier's knee hits the ground
- b) Substitutions may be made on any dead ball
- c) Any ball that hits the ground will be ruled dead. There are no fumbles and the ball is marked where it initially first hits the ground.

17) PENALTIES:

- a) Zero tolerance for any "trash-talk", verbal abuse, or rough play. Offending players will be ejected.
- b) Game officials determine incidental contact, which may result from normal run of play.
- c) Only the team captain may ask the game official questions regarding rule clarifications and interpretations. Players cannot question a judgment call.
- d) Games cannot end on a defensive penalty unless the offense declines the penalty.
- e) Offensive Penalties
 - i. Interference = 10 yards from the line of scrimmage & loss of down
 - ii. Illegal motion=5 yards (more than 1 person in motion, false start, etc.)
 - iii. Illegal contact=10 yards and loss of down
 - iv. Illegal use of hands = 5 yards and loss of down
 - v. Illegal forward pass=5 yard & loss of down (forward pass anywhere beyond the line of scrimmage / more than 1 forward pass per play)
 - vi. Flag guarding=10 yards (from the point of infraction) & replay the down
 - vii. Flag guarding (after an interception) = 10 yards from the spot
 - viii. Delay of game=(after 1 warning) clock will stop, 5 yards; repeat the down
 - ix. Performing a running play in the 'No Run' zone=Dead Ball and Loss of Down.
 - x. Intentional grounding = at the spot & loss of down
 - xi. False Start = 5 yards & repeat the down
 - xii. Unsportsmanlike Conduct = 10 yards and loss of down (2 UC penalties on same player = ejection)
- f) Defensive Penalties
 - i. Interference=at the spot & 1st down
 - ii. Illegal contact=10 yards & 1st down
 - iii. Illegal use of hands = 5 yards & automatic first down
 - iv. Encroachment/offsidess = 5 yards & repeat the down
 - v. Illegal rushing (starting rush from inside the 7 yard marker) = 5 yards and repeat the down. Any player/s who is/are lined up at or behind the 7 yard marker may not make forward movement towards the line of scrimmage until the ball is snapped. If the rusher is moving forward or crosses the 7 yard rush line before the snap, they may reestablish themselves at the rush line and legally rush before the ball is snapped.
 - vi. Roughing the Quarterback=10 yards & 1st down. Players may attempt to block a pass, but any contact with the quarterback / passer will result in a penalty. Similarly, a rusher who makes unnecessary contact with a passer while attempting to pull flags will be given a penalty.
 - vii. Unsportsmanlike Conduct = 10 yards and automatic 1st down (2 UC penalties on same player = ejection)

Penalties not covered above will default to high school football penalties

E. EQUIPMENT

- 1) Erie Parks & Recreation will provide a game ball, flags, penny's, and field markers.
- 2) Teams are required to bring their own gloves, shoes, water, and any other safety equipment they choose to use.
- 3) Uniforms are strongly encouraged. Teams should dress in similar colored shirts with numbers. Taped numbers are not allowed. All players must wear a shirt and shorts or pants. Midriff baring clothes are not allowed.
- 4) No jewelry may be worn during play with the exception of medical alert bracelets/necklaces.
- 5) Shoes must be worn by all players. No metal cleats allowed. No screw on cleats, open-toed sandals or shoes allowed (this includes Crocs).

III. CODE OF CONDUCT & REGULATIONS

A. GENERAL INFORMATION

All participants must adhere to all Parks and Recreation rules and regulations, as well as the Department's Code of Conduct. The Erie Parks & Recreation Adult Flag Football league is intended as a recreational activity. The Department expects reasonable and appropriate behavior/conduct and sportsmanship from those who participate. A violation of this code of conduct includes, but is not limited to, the use of obscene language or gestures, disorderly conduct, theft, public intoxication, use of drugs, sexual misconduct, indecency, harassment, failure to cooperate with staff/officials, possession of weapons of any kind, non-compliance with established policies, rules, and regulations, an unlawful activity, and any other behavior deemed offensive or unacceptable. Staff will enforce this code of conduct. Of special emphasis are the following:

- 1) The Erie Community Park closes at 10pm every day. Participants and guests must exit at that time unless involved in league play.
- 2) Climbing fences, bleachers, or any other fenced area is prohibited.
- 3) Children 10 years of age and younger must be directly supervised
- 4) Smoking/tobacco use is not allowed on the fields, in warm up areas, or in the player areas.
- 5) Pets must remain on leash in the Erie Community Park.

B. ALCOHOL POLICY

Alcohol is not allowed unless it has been purchased at the Concession Stand. Alcohol may not be consumed on the fields, warm-up areas, in the dugouts, or during your game. In addition, alcohol may not be taken out of The Ballpark (a red painted line on the sidewalk near the concession stand indicates the boundary for alcohol consumption). Alcohol may not be brought into Erie Community Park, including the adjacent parking lots. Enforcement of the alcohol policy is as follows:

- 1) Anyone seen in violation of this policy will be asked to comply.
- 2) If the person(s) refuses or violates the policy again, the Erie Police Department will be contacted and the violator could be issued a citation by the police in addition to being ejected and/or suspended from league play.
- 3) Should any person (including those associated with a team) receive multiple violations and/or if the situation escalates, games could be forfeited and/or teams could be suspended from the league.
- 4) If a cooler and/or drink container is brought into The Ballpark, and it is reasonably suspected to contain alcohol, it may be inspected by the field supervisor and/or Sports Administration. Failure to comply with this request will result in the owner of the cooler and/or drink container being asked to leave. If alcohol is discovered (that has not been purchased at the Concessions Stand), staff will implement steps #1-3 above as necessary.