



# City of Santa Ana Athletics

## Adult Co-ed Flag Football Rules and Regulations

Wednesday Nights at the Santa Ana Stadium

The City of Santa Ana will not assume responsibility for injury. EVERYONE PARTICIPATES AT THEIR OWN RISK. The City of Santa Ana, Parks, Recreation & Community Services will enforce the rules and regulations stated below.

### I. **Entry Fee**

\$600.00 per team (includes all officials' fees.) All leagues will play 8 regular season games and playoffs.

- a. No late fees will be accepted, league fee must be paid in full at time of registration. NO payment plans will be available.
- b. Entry fee may be paid with check or money order made payable to City of Santa Ana at Jerome Community Center.
- c. Debit/Credit card payments accepted online at:  
<https://secure.rec1.com/CA/santa-ana-ca/catalog>
- d. Refund Policy: Once a team is posted on the schedule no refunds will be issued. Refunds will only be issued when the cause of the program cancellation was initiated by the city.

### II. **Divisions**

The league will play at the Santa Ana Stadium on Tuesday Nights.

\*Players MUST be 18 years or older before they play regardless of when the league starts.

- a. The league will be a 8 v 8 Coed League
- b. Each division must have a minimum of 4 teams to begin the season.
- c. There will be a capacity of 8 teams per division.
- d. Games will be played Wednesday nights at the Santa Ana Stadium.
- e. Games slots will be either 6pm, 7pm, 8pm or 9pm.
- f. Teams must make their scheduled game time or it will be a forfeit.
- g. If a team forfeits 3 games for any reason, they will be dropped from the league without a refund.
- h. There will be no game time rescheduling after the schedule is released.

### III. **Head Coach/Manager Responsibilities**

- a. Pay all registration fees before the deadline.
- b. Send CivicRec link to everyone on your team to register and sign the waiver.
- c. Make sure all players read league rules and park policies prior to participation.
- d. Maintain the cleanliness of the field being used.
- e. Make sure all there team roster is updated prior to lock date.
- f. Managers and head coaches will be held responsible for the actions of their players and team spectators.
- g. Only Coach/Manager can dispute, protest, and complain, etc. to the field supervisor.
- h. Coach/Managers will have a pregame meet with the official every game to conduct a coin flip and go over the game.

### IV. **Rosters**

- a. There is a maximum of 15 rostered players per team.
- b. ALL players must be entered online through <https://www.quickscores.com/santaana> by the head coach or manager prior to the first game.
- c. Each team shall field eight (8) players, with at least three (3) females.

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- d. Teams that are not able to field a complete team may play with a minimum of six (6) players with no less than two (2) females.
- e. Head coach/manager will be the main point of contact and will be responsible for relaying information to their teammates.
- f. Players must be 18 years of age or older. Age verification will be checked prior to the beginning of the season.
- g. Rosters are open for modification until week 4. After week 4, all rosters will be locked.
- h. Player on the roster must play a minimum of 3 games in the regular season, with one of those game played before the roster lock date in order to qualify for playoffs. NO EXCEPTIONS
- i. The use of an improperly registered player will result in a forfeit.
- j. An ineligible player is defined as a player that does not meet the following requirements;
  - i. Not on the roster
  - ii. Did not sign waiver
  - iii. Played on more than one team in same division
  - iv. Does not meet age requirement

## V. Equipment/Uniforms

- a. Game balls (NFHS Official Leather Game Football) will be provided by Santa Ana staff.
- b. Game Flags will be provided by Santa Ana staff
  - Flags – Each player on the field (8 offensive and 8 defensive) will wear two (2) flags at the waist, one on each side. The flags must be a minimum of 12 inches (flag itself) in length and 1-1/2" in width and must be a different color than the player's lower uniform. Flags must be attached to a belt, and the belt will be worn snug around the waist to eliminate being turned partially around the waist during an attempted deflagging. Only socket flags are allowed
- c. Jerseys must be the same color and have a visible, permanent number. Numbers cannot be duplicated.
- d. A jersey not in uniform will result in an AUTOMATIC 2-points per player, added to the opposing team once that player steps on the field.
- e. Jerseys/Shirts must be tucked in
- f. The lower uniform may be shorts, warm-ups, pants, or any other type of athletic wear. However, any shorts or pants worn during flag football league play must not have any pockets.
- g. Player's shorts cannot be the same color as the flags on the belt. The shorts must be a contrasting color determined by the official.
- h. No headwear with an extended bill may be worn (Ex: caps, visors, etc.)
- i. All players should wear cleats (both molded and detachable are allowed). Tennis shoes are acceptable, but are not recommended.
- j. Metal cleats are strictly prohibited.

## VI. Game Rules

- a. Field dimension will be 80 yards from goal line to goal line with two end zones of 10 yards each.
- b. Field shall be divided into 4 zones of 20 yards each.
- c. **REGULATION PERIODS:**
  - i. The game shall be played in 2 halves of 20 minutes in lengths all games clocks will be running continuously.
  - ii. Half Time will be a maximum of 3 minutes.

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- iii. Each team will be allowed 2 time-outs per half. Time-outs will be one minute in length.
  - iv. If a team is leading by more than 28 points in the second half, they may not use their remaining time outs.
  - v. The offense has 25 seconds between plays. Delay of game is a penalty (5 yards, replay the down)
  - vi. The clock will stop during the last two minutes of the second half if the score is within 14 points in the following situations
    - Incomplete passes
    - Receiver steps out of bounds
    - Extra point attempts
    - Penalties by the team that is Winning the game
    - Quarterback sacks (if the team that sacks is losing)
    - "Six second" penalties (If the team is winning)
    - Turnovers / Changes of possession
  - vii. A 5-minute grace period will be available for every game if a team has less than the required amount of players to start. Official's time will start during grace period. Team that invokes the grace period will start on defense.
- d. Double forfeits will be assessed in games when neither team has the required number of players.  
EXCEPTION: Playoffs. Coin Flip will determine winner.
- e. Forfeited game will be recorded at 7 - 0
- f. **OVERTIME:**
- i. Both teams are given 2 plays, with no time outs, from the opponent's 10-yard line (similar to the college football overtime). If the first team is unsuccessful in scoring, the opposing team takes possession at the 10-yard line and has 2 plays to score. If they score, they win.
  - ii. If the first team is successful in scoring, they have the option of going for 1 or 2 points. The opposing team then tries their 2 plays to score and, if successful, attempts a conversion to either tie or win the game. If the opposing team does not score a touchdown or does not match the first team's extra points, the game is over and the first team wins
  - iii. If an interception occurs during overtime, the defense will take over at the 10 yard line unless the INT is returned for a TD. In this event, the defense will be awarded 6 points and the game will be over. If the game goes to a 3rd overtime, both teams must attempt 2-point conversions.
- g. There will be free substitution as long as the players being substituted for are off the field prior to the next snap.
- h. **SCORING:**
- i. Touchdown – 6 points
  - ii. 5 yard PAT – 1 point
  - iii. 10 yard PAT – 2 points
  - iv. Safety – 2 points
- i. A Coin toss at the beginning of the game will be held and winner will get the choice of, offense, defense or choice of goals.

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## j. PLAYING REGULATIONS:

- i. There are no kickoffs. Teams will begin with possession at the ten (10) yard line. Teams have four (4) downs to cross the “line-to-gain”. At the beginning of the second half, the teams will change their direction of play.
- ii. There will be no live punting. A punt will automatically result in the opposing team having possession on their 10 yard line. If a team goes for it on fourth (4th) down and does not gain a first down, the opposing team will start with possession at the yard line the offense ended.
- iii. After the official marks the ball “ready-for-play”, offense will have 25 seconds to put the ball in play or else be penalized 5 yards for a delay of game. It is not necessary to huddle after a play if a team wishes to use predetermined plays or audile’s
- iv. One player is allowed in motion at the time the ball is snapped, but cannot be moving towards the line of scrimmage. The player in motion may not receive the snap directly.
- v. All players are eligible to catch a forward pass so long as they are beyond the line of scrimmage.
- vi. The quarterback has 6 seconds to release the ball. Count starts on the snap of the ball. If the ball is not thrown within 6 seconds, it is a 5yard penalty and loss of down.
- vii. It is illegal for the defensive team to count the five seconds out loud (even from the sidelines. Officials will issue one warning. Teams will be assessed a 15yard penalty for unsportsmanlike conduct on the second offense.
- viii. In the event of a deflected / batted ball by the defender that is caught by the quarterback, he may run with the ball (even though it may be caught behind the line of scrimmage). The quarterback may NOT throw the ball again.
- ix. The quarterback can receive the snap from center either from between the center’s legs or from a “turn and throw” method where the center may throw the ball to the quarterback from a standing position.
- x. Flag guarding is illegal. It will result in a 10yard penalty and loss of down. Flag guarding by the quarterback in the end zone is a safety.
- xi. There is no Intentional Grounding rule.
- xii. Double Passes are legal if the first pass is backwards and behind the line of scrimmage. The second pass still must be thrown before the original 6 seconds are up. Any backwards pass that hits the ground will be ruled dead at the spot.
- xiii. The center may block the pass rusher. There is no blocking in the back and all blocks must be thrown with arms extended. Absolutely no crossblocking, pull the defender down, holding, or blocks in the back. Other players may block the pass rusher, but there is no downfield blocking on receptions or interceptions.
- xiv. Pass rusher must start at least 5 yards from line of scrimmage. Rusher must go for the quarterback’s flags. There is absolutely no stripping or attempting to knock the ball out of the QB’s hands.
- xv. Defensive players must pick a side and not run through a blocker.
- xvi. There are no live fumbles with the exception of a bad snap. A bad snap is a live ball

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that may be recovered by the defense but cannot be advanced. If recovered by the offense, the 6 second count does not reset and the offensive player will still need to throw a forward pass to advance the ball.

- xvii. Last Man Rule: If there is no one between the ball carrier and the end zone and the last remaining defensive player holds, tackles or pushes the ball carrier out of bounds, the player will be awarded a touchdown. This will be at the discretion of the official.

- k. **CO-ED PLAY REQUIREMENTS:** The offense will be penalized if it fails to use a female as an “operative player” at least once within three consecutive downs. The penalty for running three consecutive plays without using a female as an “operative player” will be a five yard penalty, loss of down, and a female must be the “operative player” on the next play. For example, if a male player catches or runs the ball on a play in which a female must be the “operative player”, the offense will be penalized and must replay the gender requirement. A pass attempt must cross the line of scrimmage to count as an operative play. There is no gender requirement for extra points

- i. An operative player is defined as a player who:

- If the intended receiver of a forward pass across the line of scrimmage. The pass does not have to be completed.
- If a ball is tipped or under/overthrown, the play’s gender is determined by the last player who made an attempt to catch the ball.
- Runs the ball as the primary runner (must cross the line of scrimmage)
- Receives the snap as the QB and scrambles past the line of scrimmage or attempts a pass crosses the line of scrimmage.
- Throws or catches a forward pass that is complete behind the line of scrimmage but the resulting run moves past the line of scrimmage.

- ii. An operative player is NOT defined as a player who:

- Hands off the football to another player
- Snaps the ball into play
- Receives a handoff only to pass or handoff the ball to a male before crossing the line of scrimmage
- Female who throws a lateral pass
- Receives a lateral from another player and does not cross the line of scrimmage.

I. **THERE IS NO CONTACT IN CO-ED LEAGUE**

- i. “Bump & run” coverage is not allowed by the defense.
- ii. Face guarding is not a pass interference penalty. Contact must be made for pass interference.
- iii. There is absolutely no stripping of the ball allowed. Players must attempt to pull the ball carrier’s flags. The defender may knock the ball away as a receiver is trying to establish possession, but once the ball is secured, it may not be stripped.
- iv. Interceptions are live and may be returned. One pitch or lateral is allowed on an interception return. An interception in the end zone not advanced beyond the 10yard line will be spotted at the 10.

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- v. Fumbles are blown dead at the spot of the fumble. There is no change of possession. (no piling on)
- vi. If a ball carrier falls to the ground without being contacted by a defensive player, he may get up and run, unless touched while down.

## VII. Penalties and Enforcement

<u>OFFENSIVE FOULS</u>	<u>YARDAGE</u>	<u>PENALTY ASSESSMENT</u>	<u>RESULT</u>
<u>Flag Guarding</u>	<u>5 Yards</u>	<u>Spot Foul</u>	<u>Next Down</u>
<u>Offsides</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Downfield Blocking</u>	<u>5 Yards</u>	<u>Spot Foul</u>	<u>Next Down</u>
<u>False Start (*Dead Ball Foul)</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Gender Violation (Still Closed)</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Next Down</u>
<u>Illegal Contact/Pick (Pre-Pass)</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Illegal Contact/Pick (Post-Pass)</u>	<u>5 Yards</u>	<u>Spot Foul</u>	<u>Next Down</u>
<u>Illegal Forward Pass</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Loss of Down</u>
<u>Illegal Motion</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Illegal Participation</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Illegal Formation</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Offensive Pass Interference</u>	<u>10 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Diving</u>	<u>5 Yards</u>	<u>Spot Foul</u>	<u>Next Down</u>
<u>DEFENSIVE FOULS</u>	<u>YARDAGE</u>	<u>PENALTY ASSESSMENT</u>	<u>RESULT</u>
<u>Illegal Rushing</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Offsides</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Illegal Contact</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Pass Interference</u>	<u>10 Yards</u>	<u>Previous L.O.S.</u>	<u>Auto 1st Down</u>
<u>Roughing the Passer</u>	<u>10 Yards</u>	<u>Previous L.O.S.</u>	<u>Auto 1st Down</u>

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<u>Holding (on Run Plays)</u>	<u>5 Yards</u>	<u>End of Run</u>	<u>Next Down</u>
<u>Holding (on Pass Plays)</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>Illegal Flag Pull</u>	<u>5 Yards</u>	<u>Spot Foul</u>	<u>Next Down</u>
<u>Illegal Stripping</u>	<u>5 Yards</u>	<u>End of Run</u>	<u>Next Down</u>
<u>Illegal Participation</u>	<u>5 Yards</u>	<u>Previous L.O.S.</u>	<u>Replay Down</u>
<u>GENERAL FOULS</u>	<u>YARDAGE</u>	<u>PENALTY ASSESSMENT</u>	<u>RESULT</u>
<u>Arguing w/ Official</u>	<u>10 Yards</u>	<u>End of Play</u>	<u>Next Down</u>
<u>Unsportsmanlike Conduct</u>	<u>10 Yards</u>	<u>End of Play</u>	<u>Automatic 1st Down</u>
<u>Defensive Excessive Contact / Rough Play</u>	<u>10 Yards</u>	<u>End of Play</u>	<u>Auto 1st Down</u>
<u>Offensive Excessive Contact / Rough Play</u>	<u>10 Yards</u>	<u>End of Play</u>	<u>Loss of Down</u>

## VIII. Game Officials

- Referees shall have the authority to suspend or eject a player from a game for any reason.
- Any ejected player or spectator must leave the field, dugout and spectator area in a timely manner. The "out of sight, out of sound" rule will apply. Failure to do so will result in a team forfeit.
- Ejected players may be substituted.
- Three referee will be assigned to each game.
- Referees and City staff can and will stop the game if deemed necessary for any reason especially for safety purposes.

## IX. Standings In the event of a tie at the end of regular season, final standing will be determined by the following.

- Head to Head
- Head to Head point differential
- Lowest total points allowed throughout season
- Highest total points scored throughout season
- Coin flip

For additional information please call the Santa Ana Athletics Department  
at (714) 571-4264 or (714) 647-6559 during office hours  
or email [COA Athletics@santa-ana.org](mailto:COA Athletics@santa-ana.org)



## Flag Football Field

Player & Fan Area

