



2022 Adult Flag Football League

Local Rules

(361) 485-3200

The City of Victoria Parks & Recreation Department reserves the right to change and implement new rules at any time. Victoria Parks and Recreation is committed to providing the best program possible to ensure the best environment for the players, coaches, and their respective families. In case of inclement weather, it will be the manager's responsibility to verify game status. Game status can be verified after 3pm on game day by phone/email and cancellations will be posted on The Victoria Parks and Recreation Facebook page. Managers will also receive an email through Quickscores for any game changes.

TAAF Rules and Regulations will be used in governing this league, any exceptions are listed below.

Equipment

- 1) **Shirts:** All teams must have similar shirts with permanent, non-duplicating numbers on the back that are a minimum of 6 inches and clearly visible. Numbers cannot be taped or pinned on. Shirts cannot have gaping holes under the arms.
- 2) **Shorts/Pants:** Any shorts or pants worn during flag football league play must **NOT** have pockets. Shorts may not have flag colored stripes running down them.
- 3) Players can wear cleats, but no metal spikes will be allowed. Closed toed shoes are required to play.
- 4) No jewelry may be worn during games.
- 5) No headwear with extended bills allowed. (caps, visors, etc.)
- 6) Officials and Rec Staff may ban any equipment that they deem as unsafe or illegal.
- 7) Official game ball(s), flags, belts, scoring equipment and officials will be provided by the Parks and Recreation Department. The official ball will be pebble-grained leather or rubber covered and will meet the recommendations for size and shape for a regulation football.
- 8) Flags must be worn at the waist, one on each side. Flags must be attached to a belt, and the belt will be worn snug around the waist. Teams must choose opposing flag colors.

Rosters

- 1) **Players/Eligibility:** The Flag Football League is a 5 on 5 Adult (18 years and older) Open league. Although it is a Coed league (men and women are welcome to participate),



there is no requirement for having a female on the field as in most coed leagues. Players must sign the roster to be eligible to play.

- 2) Rosters must be on file at the softball complex office prior to the first scheduled game. If a roster is not on file, then that team will receive a forfeit until one is provided. Players are locked to their roster for the full season once it has been turned in, but additional players may be added.
- 3) Players may be added to a roster after it is turned in, provided they are at least 18 years of age, are not on another roster, the roster has not exceeded 12 names, and it is not past the cutoff date. Added players must print and sign their first and last name in the presence of either the onsite Facility Attendant or the Recreation Coordinator.
- 4) **Rosters will lock at 5pm on the Friday of the 4th game of the season week (2/11/22).**
 - a. 5 on 5: A roster shall consist of no more than twelve (12) players and no fewer than four (4) players. A team may begin the game with four (4) players and must end with a least four (4) players. If at any point a team drops below the required four players, that team will forfeit the game.
- 5) Any protest made on a player's uniform or eligibility must be made by the team manager or acting team manager within 5 minutes of the start of the game. In the event of a protest, the game will be stopped until Recreation Staff can make it to that field of play and make a decision on whether the player(s) in question would be able to continue in the game. If no protest is made before that time, the game will continue and no further protest will be made for the duration of the game. Any team with a protested player that is deemed ineligible will receive a forfeit.
- 6) A team that forfeits 2 or more game nights in a single season will be deemed ineligible for the end of season tournament. A team that forfeits 3 consecutive games will be dropped from the league without refund.
- 7) Players are subject to ID checks at any time and a player without an ID will be ineligible to play until an ID is presented.

Playing Rules

- 1) **NO CONTACT.**
- 2) Scheduled game time is forfeit time (5 min "grace awarded for 7pm games only).
- 3) Lineup cards **MUST** be turned in to the referee during the manager's meeting prior to the start of the game – **FIRST NAMES, LAST NAMES, and NUMBERS.**
- 4) If a game has completed one full half and is cancelled due to weather or field playability, the score to the game will be final and will not be rescheduled. A "during game cancelation" will be determined by game officials and the Recreation Coordinator.
- 5) If a game results in a forfeit, the score for that game will be recorded as 7-0.
- 6) If a lead of 28+ points is reached at any point in the game, the game is over.
- 7) **ZERO TOLERANCE** on profanity; this includes music.
- 8) Each team shall designate, to the referee, one player as the captain before the start of the game.



- 9) The 5 on 5 games shall be played in two (2) halves of fifteen (15) minutes in length with a five (5) minute half-time. When the clock gets below one (1) minute, the clock will stop after a player goes out of bounds, there is an incomplete pass, timeout, or score.
- 10) A coin toss determines first possession. The team who wins the toss can elect to have offense, defense, or choice of goal to defend. Loser of coin toss chooses from remaining options. The team that started with the ball the first half will start the second half on defense.
- 11) **Clock Management:** Game clock will start when the official puts the ball in play and signals to start the game. The official's whistle makes the ball ready for play and starts the play clock prior to each down throughout the game. The play clock is twenty-five (25) seconds. After a time-out, the clock will start with the snap of the ball. Since the clock is running continuous it does not stop during P.A.T. attempts.
- 12) **Series of Downs/ Line to Gain:** The line to gain in 5 on 5 will be three (3) downs to cross the midfield line from their 5-yard line which grants three (3) total downs to score. NO PUNTING. All possession changes go to the offensive team's 5 yard-line unless an interception occurs. Possession starts at that dead ball spot.
- 13) **The QB has 5 seconds to pass the ball if there is no rush.** If pass is not thrown in 5 seconds, play is blown dead and is a loss of down. Ball is marked at previous spot.
- 14) **Prior to the snap/huddles:** Teams may choose to huddle prior to a play. It is not necessary to huddle after a play. **Any number of players may be on the offensive L.O.S. at the snap.** Defensive line must be one (1) yard off the ball at the snap and not over the center. No defensive player may be within four (4) yards of the ball if lined up directly in front of the center or within one yard of the ball if lined up to the side of the center at the snap. There is a 7-yard rush handicap (meaning if rushing the QB, you must be 7 yards away from the center). If you are within 7 yards before the snap, you cannot rush the backfield until there has been a change of possession.
 - a. **Substitution:** There will be free substitution as long as players being substituted for are off the field prior to the next snap or the player is out of play and is departing the field.
 - b. **Shift:** Two (2) or more offensive players may be shifting their position at the same time prior to the snap. Their movement may be in any direction but they must become set (full stop) for one full count before the ball is snapped or before another player can go in motion prior to the snap.
 - c. **Motion:** Only one (1) player is allowed to be in motion at the snap and his movement must be parallel or away from the L.O.S. and must be continuous.
 - d. **Stance:** Any stance is permitted.
 - e. **Encroachment/Off-sides:** Shall be called if either the offense or the defense passes over the plane of their L.O.S. before the ball is snapped. A false movement of the football by the center shall constitute offensive encroachment.
 - f. **Center Snaps:** A snap can be made directly from under center, or a shotgun snap may be performed. Center snaps have to be made between the center's legs. If the ball touches the ground or slightly slips out of the quarterback's hands but is



recovered, the play is still live. If the ball goes past the quarterback, the play is dead and results in a loss of down.

- g. **Line of Scrimmage:** The plane of the ball that extends from sideline to sideline and ninety (90) degrees from plane face of the field, once an official places his ball marker and signals the ball “ready for play”. Once the ball marker set, the neutral zone becomes established.
 - h. **Neutral Zone:** Is the space between the end of the ball when in the normal resting position on its long axis while parallel to the sidelines and one (1) yard beyond the line of scrimmage. This zone extends from sideline to sideline and is established once the ball is marked ready for play.
 - i. **Blocking: Only screen blocking is permitted.** Screen Blocking shall be defined as obstructing the rusher’s path to the quarterback or ball carrier, as long as it is done behind the L.O.S., with any part of the body except head, hips, and legs. There can be no independent movement of the elbows. The screener must use one of the two following methods:
 - i. Screener must have his thumbs hooked in his pants and holding the flag belt with each hand OR
 - ii. Screener must hold his arms behind his back with arms locked together in some manner. A screener may not leave his feet to screen.
- 15) **Flag Regulations:** The ball carrier is down and the ball is dead when the flag belt is detached from the player’s body or when any part of the ball carrier’s body (other than the hands or feet) touches the ground. A defensive player may leave his feet to pull the flag, but not make contact with the ball carrier. Tackling is prohibited. Grabbing the ball carrier’s clothing shall be penalized as tackling. The premature pulling of an opponent’s flag with the intent of making him ineligible is a five-yard penalty from the spot of the foul. A defender may not push or knock a ball carrier out of bounds.
- 16) **Flag Guarding:** The ball carrier cannot protect his flags by blocking with hands, arms, head or body. He must give un-obstructed opportunity for the defensive player in the act of pulling the flags. The penalty is a spot foul wherever the ball carrier is located at the time of the foul.
- 17) **Inadvertent Flag Loss:** If a player’s flag(s) falls off without anyone pulling it, then it becomes one hand touch anywhere.
- 18) **No Jumping or Diving to gain yardage** is allowed. Ball carrier is down and the ball is placed where the **flag is pulled**, not where the ball is.
- 19) **No knocking down passes out of the QBs arm. Rushers must play the flags, not the ball.**
- 20) **Time-Outs:** Each team is allowed two (2) 60 second time outs per half. Time-outs do not carry over from half to half. A time-out may be called from any player or coach/manager during a play or between plays.
- 21) There are no fumbles.
- 22) No running zones are 5 yards within the midfield line and end zones. You must pass when within 5 yards.



23) Multiple handoffs are allowed as long as they are behind the line of scrimmage. Only one pitch or handoff is allowed before a pass.

24) Receivers need one foot in bounds when making a catch on the sidelines.

25) **Penalties:**

- a. **5 Yards:** Delay of Game, False Start, Holding, Illegal Use of Hands (Blocking), and Offside/Encroachment, and Roughing the Passer - *Minor* (Responsibility to avoid contact is with the defense), Personal Foul, Defensive “Bull Rushing” or Offensive Charging, Unsportsmanlike Like Conduct, and **Spot Fouls**
- b. **15 Yards:** Roughing the Passer - *Major* (Responsibility to avoid contact is with the defense)
- c. **Spot Foul:** Flag Guarding, Pass Interference, and Down-Field Blocking
- d. The team benefiting from the penalty always has the option to accept or decline it.
- e. No penalty will be assessed within an offenses own goal line. On any offensive play from the goal line resulting in an offensive penalty, the ball will be returned to the goal line and the offense will lose a down; if the play was 3rd down then the result will be a turnover.
- f. Any penalty where the yardage gained is more than half way to the goal line from the previous LOS; the penalty will be half the distance to the goal.
- g. Taunting, excessive celebration or foul language will NOT be tolerated.
 - i. First infraction will result in a 5-yard penalty and sitting out the rest of the possession. The second infraction will result in an ejection from the game as well as another 5-yard penalty.

Scoring

- 1) **Scoring:** A touchdown is worth six (6) points. A successful P.A.T. attempt from the five (5) yard is worth one (1) point. A successful P.A.T. attempt in 5 on 5 league is from the twelve (12) yard line is worth two (2) points. Safety is worth two (2) points.
 - a. Interception on a one (1) P.A.T can be returned for one (1) point.
 - b. Interception on a two (2) P.A.T can be returned for two (2) points.
- 2) Any protest made on the game’s score must be made prior to the conclusion of the game. Once the game has been called by the referee, the score can no longer be protested. In the event the score is questioned, the referees will huddle with both team managers until a conclusion is reached.
- 3) In the event of a tie, teams will follow the same coin toss procedure as they did at the beginning of the game to determine possession. Each team receives the ball at the opponent’s 5-yard line with one play. Each team gets a possession. If a team scores they can choose to go for the 1-point or 2-point extra attempt. This will continue until a winner is declared. An interception will end the series.



- 4) **League Seeding:** In the event of a tie between teams at the end of the regular season, standings will be determined by: 1st win/loss record, 2nd head to head (all-play), 3rd points allowed, 4th points scored, 5th coin toss.

