



## OWENSBORO PARKS AND RECREATION DEPARTMENT ADULT FLAG FOOTBALL LEAGUE RULES

### OBJECTIVE

The objective of the City administered leagues shall be to promote and maintain amateur adult flag football in Owensboro and Daviess County under conditions most favorable to the enjoyment of the game and to the development of good citizenship and a spirit of cooperation between the players, officials, spectators and managers.

### DIVISIONS

1. League division names are Men's Recreational and Coed Recreational
  - a. Both divisions have a 10 team maximum and 4 team minimum

### REGISTRATION

1. Registrations must be accepted at the Owensboro Parks & Recreation Department Administrative Center before the deadline. Registration must be paid in full by the season's registration deadline.
  - a. Registration will be taken on a first come, first serve basis.
  - b. Late registrations will only be accepted with prior approval from designated City supervisory personnel and subject to a **\$50 late fee**.
  - c. League registration fees will only be refunded if the team withdraws 2 days prior to the captains meeting.
2. Registration fee for the season will be \$365 per team. All teams go forward to the end of league tournament at no extra charge. **KY State Sales Tax - Total Fee x 6% is in effect.**
  - a. No refunds will be issued after the preseason Captains' Meeting.
2. Each team participating in the league shall appoint **one** manager and a team representative who shall be responsible to the Parks & Recreation Department for receipt and distribution of schedules, and for any matter of general concern to the league.

- a. Each representative's name, address, phone number and e-mail must be registered with the Parks & Recreation Department.
- b. If a change to a team representative is made, the new team representative must notify the Parks & Recreation Department immediately.
- c. **It is the responsibility of the team representative to contact their respective team members in the event of a game time change, or of any other event of concern to their team.**
- d. Only the team representative will be contacted by the Parks and Recreation Department concerning such notices.

### **PRE-SEASON MEETING**

1. A mandatory captains' meeting will be scheduled in advance prior to the season beginning. League policies and facility procedures will be presented and game schedules will be issued.
2. **Managers and/or team representatives who do not attend the mandatory coaches meeting will automatically receive a loss for their first scheduled game.**
  - a. The game shall be played and final results such as touchdowns scored/allowed will be recorded.
  - b. If the team receiving the automatic loss fails to show for their first scheduled game their absence will be ruled a forfeit.

### **ROSTER**

1. It is desired all players be 18 years or older to play in the league. Three players per roster can be at least 16 years or older to play in the league.
  - a. **Any player under the age of 18 must have a parental consent form filled out and turned in with the team roster before the player is eligible to play.**
2. Teams must have a minimum of 10 players and a maximum of 15 players per team.
  - a. **The team manager and or secondary representative must be listed on the roster as a player to be eligible to participate in league play.**
3. Only one official team roster will be allowed. Any player not signing the official roster, prior to deadlines, will be listed as an ineligible player.
  - a. **A team roster must be completely filled out, legible, signed by all players listed, and submitted before the first scheduled game.**
  - b. Team rosters must be submitted to Parks and Recreation personnel or the game official prior to the team's first scheduled game time.

4. **Player changes to the team roster can be made through the third scheduled game. After the third game is played there will be no player changes made the rest of the season.**
  - a. All requests for player changes must be submitted by the appointed team representative in writing to Bryson Morrow, Recreation Facility Manager (bryson.morrow@owensboro.org )
  - b. If a player has signed a team roster but has not participated with that team in a game prior to the third scheduled game. The player is eligible to sign another team's roster, after first removing his/her name from the previous roster.**
  - c. All official team rosters will be recorded after the third scheduled game has been played.

### **ELIGIBILITY**

1. **A player can only be listed on one team roster in its respective division.**
  - a. Any team with a player found to be non-compliant with the above eligibility rules, at time of roster check or protest, will forfeit that game and all previous games played, regardless of which players were listed on the line-ups of the previous games.
2. **Illegal Player – a player non-compliant with the above eligibility rules, not listed on the team roster, a player failing to sign the official roster prior to deadlines, or a player failing to produce a government issued picture ID will be ineligible.**
  - a. Any team found to have an illegal player at time of roster check or protest, will forfeit that game and subject to forfeit all previous games played, regardless of which players were listed on the line-ups of the previous game

### **ROSTER CHECKS**

1. Roster checks may be given at any point during the season with or without a protest to verify both roster and player eligibility.
  - a. Parks & Recreation personnel or game officials may require a picture I.D. at any time.
  - b. ALL PLAYERS MUST HAVE IN THEIR POSSESSION A GOVERNMENT ISSUED PICTURE ID DURING LEAGUE PLAY.**
  - c. A player failing to produce a government issued picture ID will be ruled an illegal player.

### **COIN-FLIP**

1. A team representatives, from each team will meet with the game official prior to the match to determine home and visitor status.
  - a. The game official shall toss a coin in the presence of each team representative.
  - b. The team representative of the winning toss shall choose home or visitor status.

### **LINE-UPS & SUBSTITUTIONS**

1. **Seven (7) players constitute a full team.**
  - a. Teams can play a maximum of seven (7) players on offense and defense.
  - b. IF a team does not have 7 players, they may start with as few as 5 players.
  - c. One team being short players for a full 7 on field does not obligate the opposing team to reduce their players on the field.
2. **Players may be substituted for each other at any time between plays.**
3. **A team must have the required number of players present in the team area to start or continue a game.**
  - a. Players listed among starters and not available at game time may be substituted for and re-entered later.
  - b. Eligible roster members may be added to the available substitute list any time during the game.
  - c. At no time may a team play more than seven (7) players
4. **If a game is postponed due to inclement weather the team is only required to have the same amount of players on the line-up for the make-up game, not necessarily the same player in person.**
  - a. All original players that are able to play must play in the original line up.
  - b. Players that did not play in the original game will then fill any open slots, up to the total amount of players that originally started the game.

### **OFFICIALS**

1. Each game shall be officiated by at least one League-assigned referee, who shall act as the head referee. A second League-assigned referee may also be used.
2. Referees are responsible for:
  - a. Keeping time.
  - b. Enforcing all rules and penalties.

- c. Announcing the 5-second count such that all players can hear.
  - d. Keeping and recording game score.
3. The referees shall eject a player from the game if that player repeatedly violates rules, or repeatedly behaves in an unruly and/or unsportsmanlike manner.

## **FIELD**

1. The football field shall measure approximately 80 yards long and 40 yards wide, or as close to those measurements as the game field will allow, with cones marking each 10-yard line on both sides of the field.
2. End zones shall extend an additional ten yards past the goal line. The dimensions may vary depending on the size and dimensions of the field.

## **EQUIPMENT**

1. The League shall provide the following equipment:
  1. Official Junior size football
  2. Field markers every 10 yards
  3. Flag belts and flags.
  4. Mesh Colored Jerseys if a team shirt is not available.
2. Players must tuck in their shirts during play; no article of clothing may cover any part of the flag belt. A player will be assessed a 5 yard penalty if the ball is snapped and the player has not complied.
3. Players must wear shoes or molded cleats.
4. Steel/metal spikes are prohibited.
5. Players must play using only the League-provided Junior size football. No other ball is permitted.
6. Players must wear the League provided flag belts and flags must remain at the sides and back of each player at all times.

## **SCHEDULE CONFLICTS**

1. The Parks & Recreation Department reserves the sole right to reschedule any games that cannot be played when originally scheduled for reasons beyond the control of the Parks & Recreation Department. Every effort will be made to give the team affected as much advance notice of such rescheduled matches as possible.
2. **All games must start at scheduled time.** Failure of a team to be ready to play at the scheduled time will constitute a forfeit to the opponent provided the opponent is ready to play. Failure of both teams to be ready for play shall result in a forfeit for both teams.

3. **A third forfeit recorded by a team will automatically disqualify the team from the league and post-season tournament.**
4. There will be a five (5) minute grace period for the first game only. After the first game and a team can't field a team or doesn't have enough players at the current start time, it will be declared a forfeit.
5. Any team knowing of a game forfeit must contact the Parks & Recreation Administrative Center before 5:00 p.m. The opposing team will then be contacted and will NOT be required to show up at the park.
6. **There will be a one (1) hour ten (10) minute time limit on each game. Timing will begin at the scheduled time.**
  - a. In Tournament Play, if the time limit is up and there is a three (3) or less run differential, then one additional inning will be played to determine the final outcome of the game.

#### **PROTESTS AND COMMUNICATIONS WITH OFFICIALS**

1. **All communications to league officials throughout the course of the league must be conducted via the team manager. Protests shall be considered only in the violation or interpretation of a playing rule.**
  - a. No protests shall be considered on a decision involving a game official's ruling.
  - b. All listed rules will apply to play.
2. Protests can occur at no longer than 15 minutes after the game is played.
  - a. The team manager must make the protest and explain what they are protesting.
  - b. At that time, the game official will notify the Complex Supervisor on duty to initiate a formal written protest with the team manager.
  - c. Parks & Recreation personnel will determine a ruling within 24 hours of receipt of the written protest and payment. Teams will be notified by the Parks & Recreation Department of an official ruling.
3. **A protest fee of seventy-five dollars (\$75.00) cash will be paid to the Owensboro Parks & Recreation Administrative Center in person or by phone. If the protest is upheld, the protest fee shall be returned.**
4. The formal written protest shall contain the following information:
  - a. The date, time, and field color the game occurred
  - b. The names of the game official and scorekeeper.

- c. The rule and section of the local league rules under which the protest is based.
  - d. The decision and conditions surrounding the making of the decision.
  - e. All essential facts involved in the matter protested.
5. The decision made on a protested game or roster will be resolved within 24 hours of receipt of the written protest and payment. The following ruling will be determined:
- a. The protest is found invalid and the game stands as played.
  - b. When the protest is allowed for misinterpretation of a playing rule, the game is replayed from the point at which the incorrect decision was made with the decision corrected.
  - c. When protest for an illegal player is found, the team shall forfeit the game played to the offended team, and subject to forfeit all previous games played, regardless of which players were listed on the line-ups of the previous game.

### **UNSPORTSMANLIKE CONDUCT/FOUL LANGUAGE**

1. Any form of flagrant conduct, unsportsmanlike conduct, or the use of foul language on the part of the player, coach, manager, or spectator will automatically suspend the offending person or persons from the league for the remainder of the game, and/or for any period thereafter that the Parks & Recreation Department might deem fair and comparable with the violation.
  - a. If an individual blatantly uses profanity, they will be ejected.
  - b. If an individual throws any provided equipment out of play or in spite of frustration, they will be ejected.
  - c. **If an individual is ejected they MUST leave the park, if the person ejected refuses to leave the field of play in 60 seconds, their team will receive a forfeit and the game will end.**
  - d. If the situation escalates and creates an unsafe environment, the Owensboro Police Department will be contacted and a request for an Officer will be submitted.
2. "Flagrant Conduct" shall be construed to include verbal abuse toward and/or physical contact or attempted contact with a game official, other players, coaches or managers.
3. Any player who has been suspended from a game may be suspended for the remainder of the season or for any period decided upon by the Owensboro Parks & Recreation Department.
4. **Any player who is ejected twice during a season from a game for flagrant or unsportsmanlike conduct will automatically be disqualified from the league and post-season tournament.**

## **INCLEMENT WEATHER**

1. All games must be played as scheduled unless postponed due to inclement weather or wet field conditions.
2. All players can check the status of game cancellations via our cancellation line 270-687-0000, Facebook, and/or text messages.
3. If inclement weather occurs after 11:00 a.m. managers, or the second point of contact, should call the Parks & Recreation Department cancellation line at 270-687-0000 to confirm that games are cancelled. Postponed games will be played as rescheduled.
4. **It will be the team manager's responsibility to check on times and dates of rescheduled games.**
5. The Parks & Recreation Department will post updated schedules to the website and/or the bulletin board outside the athletic field house.
  - a. The Parks & Recreation Department will not individually notify each team manager of the make-up schedule.
  - b. If a make-up game is forfeited because a team did not call to check on the scheduled time, it will stand as a forfeit.
6. Make-up games may be scheduled on nights other than the regular league playing night (Friday or Saturday afternoons).
7. Teams will be expected to make up games on the dates set.

## **THUNDER AND LIGHTNING POLICY**

1. Parks & Recreation personnel on duty will monitor the weather situation.
2. Games will be put on a 30-minute delay at **first sound of thunder or first sight of lightning.**
  - a. Once declared a 30-minute delay, visitors must go to a safe shelter such a vehicle.

## **POST SEASON TOURNAMENT**

1. All eligible teams will play in the post-season tournament for their respective divisions.
  - a. Teams will be placed into a tournament bracket depending on their final league standing. The official order of finish for regular season play shall be determined as follows:
    - i. Win- loss record

- ii. If a tie exists then teams shall be ranked according to which team won in head to head competition.
  - iii. If a tie occurs teams shall be ranked according to defensive touchdowns allowed.**
  - iv. If a tie remains it shall be determined by the flip of a coin.
2. The team with the highest seed based on regular season play will be the home team.
3. In the championship game ONLY the team coming in from a winner's bracket will automatically be Home Team, regardless of seeding.

### **AWARDS**

1. Top 2 teams in each division (or) Top 4 teams will receive – 10 t-shirts per team.
  - a. Custom shirt orders will be placed at the conclusion of the season.
  - b. Any shirt orders not claimed by a team manager or representative will be donated to an organization or entity selected by the Parks & Recreation Department.**

### **OFFICE HOURS**

1. Parks & Recreation Department Administrative Center (270) 687-8700
  - a. Monday through Friday from 8:00 A.M. to 5:00 P.M.
2. Kentucky Legend Fields (270) 687-8709
  - a. Tuesday thru Thursday from 9:00 a.m. to 4:30 p.m.
  - b. Friday 9:00 a.m. to 12:00 p.m.

### **GENERAL RULES**

#### **START OF THE GAME**

1. The referee will flip a coin, heads or tails to be called in the air by one of the team captains. The winning team will choose one of the following options (winner may not defer to the other team):
  1. Choice of offense or defense
  2. Choice of end zone to start the game
2. Possession and offense shall be the reverse as indicated by the coin toss at the start of the 2nd half.
3. Play will begin at the 5-yard line of the team with possession.

## GAME CLOCK

1. Each game consists of two 20-minute halves, with a 2-minute halftime.
2. Each team is allowed one one-minute time out per half. Unused timeouts in the first half do not carry over into the second half.
3. The game clock shall be a running clock, except in these cases:
  1. A team uses one of their 1-minute timeouts
  2. The difference in the score is 14 points or less and it is the last two minutes of the second half. In this case, the clock shall stop in the event of an incomplete pass, a team scores, if the ball carrier goes out of bounds, a change of possession, or a penalty. The clock shall be resumed upon the snap at the start of the next possession, or on the punt. The clock shall not be stopped in the first half except in the case of a timeout, regardless of the score.
4. The 1 point conversation attempt shall be permitted after a touchdown regardless of the time on clock.
5. If time out is called, the clock will start on the next snap.
6. There will be no overtimes in Regular Season Games.

## LINE OF SCRIMMAGE

1. The referee shall use a chip/bag marking the line of scrimmage and place the ball in the middle of the field after the end of each play.
2. The offensive team must have a minimum of 4 players set (3 players if fielding 5 players or less total) at the line of scrimmage at the snap. Players in motion are not considered set.
3. Once the center has placed his or her hands on the ball no player may enter the neutral zone until the snap occurs.
4. The referee shall blow his or her whistle to signify the play may begin.
5. The defense may not cross the line of scrimmage until the line judge (second referee) has provided a count of "one one-thousand, two one-thousand, three one-thousand, four one-thousand, five one-thousand."
6. The quarterback may not run for positive yards unless rushed after the five-second count. The Center may not go out for a pass or beyond the line of scrimmage until after the five-second count, but can be thrown to at which point they can run upfield with the ball.
7. **The line of scrimmage shall never be placed closer to the goal line than the 5 yard line, except as a result of a penalty on the defensive team.**

## RUNNING

1. If a ball is lateraled from the quarterback that person may pass the ball or advance the ball beyond the line of scrimmage.
2. Subsequently, the defense may rush at any point after the ball is lateraled from the quarterback.

3. Once the ball is lateraled the Center is free to move past the line of scrimmage and becomes an eligible receiver (Center may not block).

## **PASSING**

1. A pass is completed when the ball is caught by any player of the passing team who has at least one foot in-bounds.
2. An eligible receiver becomes ineligible if he leaves the field during the play and remains ineligible until the ball is touched by an eligible receiver or any defensive player. However, if an eligible receiver is forced out-of-bounds he shall be considered eligible as soon as he returns inbound.
3. If an ineligible receiver catches the ball the pass shall be considered incomplete.

## **DOWNS**

1. The offensive team will have four downs to achieve a first down.
2. A first down is achieved by crossing either that 20 yard lines or the 40 yard line (midpoint of the field).

## **PUNTING**

1. The offensive team may punt on the fourth down.
2. All punts must be kicked and declared to the opposing team and to game officials.
3. Fake punts are not permitted.
4. Punts may not be blocked by the receiving team.
5. All members of the punting team must remain behind the line of scrimmage until the ball is punted.
6. At least five players from the receiving team must be on the line of scrimmage until the ball is punted.
7. The receiving team may either call for a fair catch or may catch and advance the ball.
8. Ball is dead on contact with the ground.
9. Ball that lands out of bounds will be spotted at the point of exit.
10. Ball will be placed at the 5 yard line if it lands in or beyond or inside the end zone.

## **TURNOVERS AND STOPPAGE OF PLAY**

1. Possession will change from one team to the other when:
  1. A team scores. Play will start again at the 5 yard line.
  2. Four downs are counted without obtaining a first down. Play will start at the previous line of scrimmage.
  3. A forward pass is intercepted (play does not stop).
2. Play will stop when:

1. **One of the ball carrier's flags is removed by an opposing player or; the opposing player touches one hand to the ball carrier between the waist and neck when at least one of the ball carrier's flag has inadvertently fallen off.**
2. Receiver catches the ball while not having all flags attached.
3. The ball carrier leaves the field of play.
4. A team scores a touchdown or extra point.
5. The ball touches the ground because of a fumble or incomplete pass.
6. Any part of the ball carrier's body, including hands, other than his or her feet touch the ground.
7. A defensive player intercepts an extra point pass attempt.
8. A referee inadvertently blows his whistle.

## **PENALTIES**

1. All penalties may be declined by the opposing team should the penalty be to their detriment.
2. All penalties will be imposed at the line of scrimmage. Should the full imposition of the penalty carry the line into an end zone, the ball will be spotted at the one-yard line.
3. The following shall incur a ten-yard penalty:
  1. Any player:
    1. Running into an opponent, including using a "stiff-arm.", without having made a reasonable effort to avoid contact.
    2. Reckless play. Players must make every effort to avoid contact.
    3. Blocking. Players may not use their hands, elbows, or any other part of their body to block opponents.
    4. Flag guarding. Players may not intentionally block access to any flag, including those worn by teammates. Flag guarding and Pass Interference will be enforced 10 yards from the spot of the foul.
    5. Stripping the ball from the ball carrier.
    6. Intentionally removing an opponent's flag who has not yet taken possession of the ball (enacted spotted at location of catch, and an automatic first down).
    7. Intentional foul.
    8. Unsportsmanlike conduct - this includes illegally secured flag belts.
  2. Defense:
    1. Holding. Defenders may not touch the receiver prior to catching the ball.
    2. Face guarding. Players may not use their hands to block the sight of the receiver.
    3. Pass interference. Given that no player shall be obligated to give up a position once gained, a defender shall not deliberately obstruct an intended receiver from obtaining a position to catch the ball.
  3. Offense:

1. Offensive pass interference. No player shall obstruct another player from obtaining a position from which to go to and catch the ball, given that neither shall any player be obligated to give up such a position once gained.
4. The following shall incur a five-yard penalty:
  1. Defense:
    1. Offsides. A defensive player is off sides when any part of his body crosses the line of scrimmage before the five-second count is called.
    2. Encroachment. A defensive player may not enter the neutral zone prior to the snap.
  2. Offense:
    1. Delay of game. The offensive team has 30 seconds from the referee's whistle to snap the ball.
    2. Illegal participation. Teams may not have more than 7 players on the field, including at least 3 of each gender, or in accordance to the on-field rules per the "Team" section of these rules.
    3. Illegal cadence. The player calling the cadence must receive the snap.
    4. False start. At least 4 players (or 3, if only 5 players or less are on the field) must be set at the line of scrimmage for a minimum of one full second prior to the snap. Play is blown dead when False Start occurs.
    5. Illegal motion. No player is permitted to move forward toward the goal line until the snap.
    6. Illegal forward pass. The ball may be passed forward only once and only from behind the line of scrimmage. A forward pass must cross the line of scrimmage. Lateral passes are permitted at any time.
    7. Intentional grounding. A passer may not throw the ball without a realistic chance of completion, with the exception that a passer may ground the ball to stop the clock with less than two minutes to play in the game. Also penalized a loss of down.
    8. A player will be assessed a 5 yard penalty if the ball is snapped and their shirt is completely untucked.

## SCORING

1. A player shall score when and only when the ball and the player's entire body has crossed the plain of the goal line. The ball crossing the goal line is insufficient for a score.
2. A touchdown shall count for 9 points when scored by a female player, or by a male player who catches a pass in the end zone from a female quarterback.
3. A touchdown scored during a play involving a lateral pass beyond the line of scrimmage shall count for 6 points, regardless of the gender of the individual who scored.
4. All other touchdowns shall count for 6 points.
5. A ten-yard conversion shall count for 1 point.
6. A twenty-yard conversion shall count for 2 points.
7. A "safety" counts for 2 points.

8. Upon any scoring play, an official will need to pull off the participant's flag belt to ensure that it was legally secured. (Belts cannot be tied, must be clipped.)
9. Each game won shall count as 2 points in the League standings. A tie shall count as 1 point. Losses and forfeits shall count as 0 points.

### **MERCY RULE**

1. A game shall be immediately called whenever a team achieves a 50-point or more advantage.

### **PLAYOFF TIEBREAKER**

1. There will be an overtime in which both teams will have equal chances to score 20 yard line.
2. A coin toss will take place with the victor deciding to either attempt to score first or defer.
3. Each team will have 4 downs to score. Gender rules still apply including points. If a turnover is committed, the team on offense will either convert to defense or the game will be over.
4. If a team scores, they have an option to go for 1 or 2 points from the aforementioned designated spots.
5. If the teams are still tied after each has attempted to score on offense, the team that started on offense will begin on defense and vice versa. If the teams are still tied after 2 rounds, you must attempt a 2 point conversion after a touchdown.
6. The game cannot end on a penalty.

### **FORFEITS**

1. Teams must be ready to play and meet game start requirements at the posted game time. Any team not ready to play at this time shall forfeit, and the opposing team shall take a default win. The team that is available will win 40-0.
2. If neither team is ready to play, both teams shall forfeit.
3. Any team found to be playing with a player not registered with the League or team shall forfeit the game.

### **MISCELLANEOUS**

1. Please be respectful and help the Parks & Recreation Department conduct an excellent league.
2. Observe all facility and field rules and help maintain a clean facility.
  - a. Absolutely no alcohol on City property. This includes the parking lot!
  - b. Use of tobacco and smoking products at all City parks, grounds and facilities is prohibited.
  - c. Individuals will be ejected and subject to season suspension if disregarding rules.

## **CONTACT INFORMATION**

Parks & Recreation Department Cancellation Line	270-687-0000
Website: owensboroparks.org Facebook: Owensboro Parks & Recreation Instagram: @OwensboroParks	Please follow us on Facebook and Instagram and visit our website to find out more about all the City Parks and programming.
Bryson Morrow, Recreation Facility Manager Jon-Michael Perry, Crew Leader	Office: 270-687-8709 E-mail: <a href="mailto:bryson.morrow@owensboro.org">bryson.morrow@owensboro.org</a> <a href="mailto:john.perry@owensboro.org">john.perry@owensboro.org</a>