

City of Concord
Adult Coed Flag Football (7 on 7)
Rules & Regulations

(Amended 8/8/2013)

PROGRAM PURPOSE

The purpose of the City of Concord Parks and Recreation Athletic Program is to provide the citizens of Concord the opportunity to play organized sports. The leagues will promote, regulate, develop, and conduct competitive play, will encourage sportsmanship, and good conduct among participants, and it will develop such rules and regulations that will be for the general good of the leagues. At all times the health and welfare of each individual will be taken into consideration.

Article I – PLAYER ELIGIBILITY

- 1.1 All players must be listed on team roster and must have a signed waiver form on file in order to participate.
- 1.2 No more than **15** players on a roster. A player whose name appears on more than one roster is considered a valid player on the team with which he plays first. No roster addition after deadline date. A complete roster with every player listed must be turned in prior to the first game.
- 1.3 A team may have a maximum of **7** players on the field at any one time.
- 1.4 Each team must have at least **3** females on the field at all times.
- 1.5 A game may be started with a minimum of 5 players.
- 1.6 All players may be requested to show ID for eligibility. Players without ID at game time for regular season must present ID by 5:00pm of the next business day for proof of legal participation. During tournaments, players will not be allowed to play if they do not have ID available. ID checks will be performed at the discretion of Parks & Recreation staff. Only state issued I.D's or valid North Carolina drivers license will be accepted.
- 1.7 Players must be 16 years of age when league begins to play.

Article II – SAFETY & HEALTH

- 2.1 All participants and spectators are responsible for their own medical expenses.
- 2.2 The City of Concord Parks and Recreation Department, its administrators, officials, supervisors, facilities and staff are not responsible for any injuries, health problems, or otherwise that might occur to any person playing Flag Football. It is recommended that all players have a current medical examination before participating.
- 2.3 **Blood Rule** – any player who is bleeding or has blood on his uniform shall be prohibited from further participation until appropriate treatment and covering can be administered and the uniform sanitized or replaced.

Article III – PLAYER & SPECTATOR CONDUCT

- 3.1 Teams are responsible for their players and spectators.
- 3.2 Players and fans must remain at least 3 yards from the sideline and within designated spectator areas.
- 3.4 The coach is responsible for his/her team's and spectator's actions. Any coach, player, manager, trainer or team that is ejected from a game and/or a facility as a direct of undue disturbances before, during or after a game will receive at a minimum, a one-game suspension. Spectators will be asked to leave if they are unable to conduct themselves in a manner displaying good sportsmanship. Alcohol and tobacco products are prohibited at all Parks & Recreation facilities.
- 3.5 Taunting/Casual Profanity/Verbal "trash talking" – casual profanity pertains to improper words not directed at referees or opposing players, but venting frustration. This type of profanity, taunting or verbal "trash talking" will result in the offending team being penalized in the following manner: *Penalty: Unsportsmanlike conduct – 10 yards, possible player ejection, and loss of down if player was on offense. If a team is on defense when infraction occurs, the LOSS OF DOWN will be enforced on the first offensive possession. Officials may remove Player(s) from the field for one play*
- 3.6 Fighting, racial or religious remarks or any unsporting behavior towards other player's teammates or officials will not be tolerated and will result in long-term suspension (minimum one year). If necessary, the team may be dropped from the league.

3.7 If the Officials witness any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the players will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

3.8 EJECTIONS – A player who is ejected from the game must leave the field immediately. A player ejected must sit out the next scheduled game. If the same player receives a 2nd ejection, the player will be expelled from the league.

Article IV – THE FIELD

4.1 All games will be played at Webb field (147 Academy Ave)

4.2 Playing field shall be a regulation size full length Football Field.

Article V – Equipment

5.1 Game ball –Any regulation High School Football is allowed for Coed play. Each team must provide their own football or may agree to use the same ball. The offensive team is responsible for retrieving the ball after a play. Each team is responsible for getting their own game ball in and out of play following changes of possession.

5.2 Flags shall be provided to each team and must be worn by all players on the field at all times. The **FLAG** belts must be worn on the outside of all clothing with the clip/buckle in front. Two flags are to hang down vertically along the side seam of the trousers. The flags will be fastened to the belt in such a manner as not to be twisted under or fastened to the inside of the belt.

5.3 Footwear -All players must wear appropriate footwear. Open-toe or open-heel shoes may not be worn. Metal cleats or spikes may not be worn.

5.4 Jersey – Team members must wear matching -colored jerseys or shirts while on the field during live ball situations. All players must keep shirts (including sweatshirts) tucked in at all times. A cut-off shirt short enough to not interfere with the flags is permissible. A jersey shall in no way interfere with the flags.

5.5 NO JEWELRY IS ALLOWED. This includes, but is not limited to, earrings, wedding rings or bands, other rings, mouth, facial, and body piercings, necklaces, bracelets, rubber bands, Livestrong (and similar) bracelets, and metal barrettes. Taping of Jewelry is not permitted. **Exception: Medical alert jewelry, which must be taped down.**

5.6 Hats with bills may not be worn.

5.7 Sports stocking caps with elastic bands are allowed (bandanas, wave caps, or tied material are prohibited.)

5.8 The use of any shoulder pads, body pads, forearm pads, elbow pads or headgear is prohibited.

5.9 Shorts, pants or jerseys of any size and material are acceptable as long as they don't have pockets, zippers, belt loops or any other items that could injure a defensive player's hands as they attempt to pull the flag.

5.10 No sunglasses unless prescription sports glasses with safety strap.

5.11 Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.

5.12 Any slippery or sticky substance of a foreign nature on equipment or exposed body parts is illegal.

5.13 Items not covered are enforced at the officials' discretion.

Article VI – The Game

6.1 Games will start as scheduled. Only the first game will have a 10min grace period. No grace periods for additional games.

6.2 A coin toss determines first possession.

6.3 The offensive team takes possession of the ball at the 10-yard line.

6.4 There are four downs to advance the ball to the next zone line. Zone lines are the 20, 40, 40 and 20 yard lines.

Article VII – Forfeit

7.1 If one team does not have the minimum number of players or is not prepared to play, the team prepared to play will win by default.

7.2 After the ten (10) minute grace period has expired and the team is still not prepared to play, the game will be a forfeit.

Article VII – Timing

8.1 Games consist of two (2) 20 minute halves.

8.2 A team has 25 seconds to put the ball in play after it is signaled ready for play by the referee.

8.3 There will be a 5 minute half time.

8.4 Each team will have two (2) 30 second time outs per half.

8.5 Two Minute warning: The Referee shall stop the clock and inform both teams of the time remaining. The clock starts on the snap. The official will announce to the teams the remaining time and status of the clock after every play in the last minute.

8.6 During the final two minutes, the clock will stop for:

- A. Incomplete legal or illegal forward pass
- B. Out of bounds
- C. Safety
- D. Time-out
- E. First Down Dependent on previous play
- F. Touchdown
- G. Penalty

8.7 Officials may stop the clock at their discretion.

8.8 Any regular season game that is interrupted, regardless of the reason, will be considered official if half time has been reached. If the game is tied, only an overtime period will be rescheduled.

Article IX – Overtime

9.1 If the score is tied at the end of regulation game, teams move directly into overtime.

9.2 All overtime periods will be played towards the same goal line. A coin toss shall be administered to determine the options. If additional overtime periods are played, captains will alternate option choices.

9.3 Each team will have a series of downs to score a touchdown beginning from the 10-yard line.

Intercepted passes may be returned. If the ball is not returned for a touchdown, the ball will be placed at the 10-yard line and play will begin as stated above.

9.4 The goal line shall always be the line-to-gain.

Article X – Scoring

Touchdown: 6 points (*male to male*)

9 points (*male to female, female to male or female to female*)

Extra point: 1 point (*played from 5-yard line*) or

2 points (*played from 10-yard line*) or

3 points (*played from 20-yard line*)

*** A team is given one choice on an extra point attempt, which cannot be changed even if a penalty should occur. If a double foul occurs during the down, the down shall be replayed.**

***The defensive team may return a conversion attempt for 3 points**

Safety: 2 points

Mercy Rule: If a team is 19 or more points ahead when the referee announces the 2 minute warning for the second half, or any time after that, the game is over.

Article XI

Running

10.1 The player who takes the handoff or lateral can throw the ball from behind the line of scrimmage.

10.2 Once the ball has been handed off or lateral, all defensive players are eligible to rush.

10.3 Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).

10.4 The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

10.5 A male runner cannot advance the ball through the scrimmage line.

10.6 There are no restrictions concerning runs by a female.

10.7 Once the line of scrimmage has been legally penetrated, all advancement restrictions are eliminated (i.e., a female runner may advance beyond the line and then pitch to a male who is still behind the line and he may advance with no restriction.)

10.8 Male QB cannot advance ball beyond line of scrimmage on closed play, even if rushed.

10.9 After a change of team possession, any male runner may advance the ball without restriction, as in an interception or punt return.

Receiving

11.1 All players are eligible to receive passes (including the quarterback if the ball has been handed off or lateraled behind the line of scrimmage).

11.2 Only one player is allowed in motion at a time.

11.3 A player must have at least one foot inbounds when making a reception.

Passing

12.1 All players are eligible to touch or catch a pass. Backward passes are unlimited.

12.2 Only one forward pass may be thrown per scrimmage down, but NOT on punts, or interceptions.

12.3 The following passes are illegal - *when either of the passer's feet are beyond the line when the ball leaves the hand, the ball is intentionally grounded, the passer catches their own untouched pass, when there is more than one forward pass during a scrimmage down, if a forward pass is thrown after a change in team possession.*

12.4 A player may pass the ball backward at any time. NOTE: Backward passes that hit the ground in play are dead at the spot. Backward passes that go out of bounds belong to the offense unless the ball goes out of bounds behind a goal line, and then the play will result in a touchback or safety.

12.5 The pass begins when the ball is released from the passer's hand. The ball is dead if the passer is de-flagged before the release.

12.6 The initial direction of a pass determines whether a pass is forward or backward.

12.7 If a forward or backward pass is caught simultaneously by opposing players, the ball becomes dead, is considered a completed pass, and belongs to the offensive team.

12.8 Interceptions in a team's own end zone may be advanced out or downed for a touchback.

12.9 Momentum rule: When a player intercepts a forward pass or catches a legal kick between his/her 5 yard line and the goal line, and his/her momentum carries him/her into the end zone and becomes dead, the ball is placed at the spot where possession was gained.

12.10 The defense rusher must be 7 yards from the line of scrimmage in order to rush the quarterback.

Hand-Offs

13.1 Any player may hand the ball backward at any time.

13.2 If the ball is tossed or there is airtime between the ball and the catch, then passing rules will apply.

13.3 There are no restrictions on handing the ball during punt returns or following changes in possession.

Article XII

Dead Balls

14.1 The ball must be snapped between the legs or off to one side, to start play.

14.2 Substitutions may be made on any dead ball.

14.3 Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- After an interception has been ruled dead.
- Ball carrier's knee hits the ground
- Ball carrier's flag falls off.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Line of Scrimmage

15.1 All players are subject to motion, position, and illegal procedure rules.

15.2 The offense must have at least 4 players not in motion on their scrimmage line at the snap.

15.3 The offense must bring all players within 15 yards of the ball at some point after the ready for play whistle and prior to the snap.

15.4 One player may be in motion, but not forward motion, at the snap.

15.5 Following a huddle or shift, each offensive player must come to a full stop for one second before the snap.

15.6 Rushers must be at least SEVEN yards off of the line of scrimmage.

OPEN vs CLOSED PLAYS

16.1 Each drive will begin with the play being open. During the offensive team's possession there may **not** be two (2) consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion **MUST** involve either a female passer or a female receiver for positive yards. (i.e. All plays are OPEN until a forward pass is completed from a male QB to a male receiver. After a male-to-male completion, the next play shall be CLOSED, and will remain closed until positive yards are gained on a passing play that involves either a female QB or a female receiver). All closed play violations shall be penalized as illegal forward passes. There are no other restrictions

concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completing is "open" or "closed." If a female ball carrier rushes the ball for positive yardage on a CLOSED play, there is no penalty, but the play shall remain closed.

Punting

17.1 On fourth down, a team may punt, however they must inform the official.

17.2 There are no fake punts.

17.3 If the offense wants to change their decision to punt or not, they must call a time-out.

17.4 After receiving the snap, the kicker must kick immediately and in a continuous motion. The kicker may not kick the ball to him or herself or any other member of the kicking team. Defensive players may jump in an attempt to block the kick.

17.5 If a punt touches a player on either team and then hits the ground it is dead and belongs to the receiver. If a punt hits a receiving player, and is then caught in the air by a receiver, it can be advanced. If a punt hits a receiving player, and is caught in the air by the opposing team, it belongs to the opposing team at that spot.

17.6 If a punted ball goes out of bounds anytime before being touched, or comes to rest between the goal lines it shall belong to receiver at that spot.

17.7 There are no fair catches. The punting team may not interfere with the receiving team's ability to catch the ball. If the punting team touches the ball first, the receiving team can take the ball at that spot or the result of the play.

Blocking

18.1 An offensive screen 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 arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain balance.

18.2 A player who screens shall not:

- a) when behind a stationary opponent, take position closer than a normal step from the opponent;
- b) when he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her;
- c) take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction. This position will vary and may be one or two normal steps or strides from opponent;
- d) after assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent.

*If the screener violates any of these provisions and contact results, he/she has committed a personal foul.

18.3 Teammates of a runner or passer may interfere for him/her by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner.

18.4 Defensive players must go around the offensive player's screen block. A blocker may use his/her arms or hands to break a fall or retain his/her balance

Article XIII - PERSONAL FOULS

Players may not commit any of the following personal fouls

1. Punch, strike, strip, steal or attempt to steal the ball from a player in possession
2. Trip, clip or hurdle and player
3. Contact an opponent who is on the ground, or after the ball is declared dead.
4. Throw the runner to the ground
5. Deliberately drive or run into a defensive player or lower the shoulder
6. Commit any unnecessary roughness
7. Tackle a runner by grasping or encircling with the hands or arms
8. Roughing the passer (automatic first down) – applies only to the player throwing a legal forward pass behind the offensive line of scrimmage. If a defender contacts the passer in any fashion whether or not he/she touches the pass, it is roughing the passer. Contacting the ball while in the passer's had is roughing the passer.
9. Aid the runner, grasp push or pull a team mate with the ball
10. Stiff arm an opponent
11. Guard flags by blocking then with the hands, ball or otherwise denying the defense the chance to pull.
12. Use hands or body to block an opponent
13. Pulling the flag from an opponent who does not have the ball
14. Tying the flag belt in a knot or any other tampering with the flag belt. (Also results in player ejection)

Article XIV - SUMMARY OF FOULS & PENALTIES

19.1 Loss of 5 Yards

- Delay of game
- Offside's
- Encroachment
- False start
- Illegal shift or motion
- Illegal procedure
- Failure to wear required equipment or required equipment worn illegally
- Helping the runner

19.2 Loss of 10 Yards

- Personal foul
- Flag guarding
- Impeding the runner of holding
- Illegal participation
- Unsportsmanlike conduct
- Forward pass interference – Defense (also automatic 1st down)
- Roughing the passer (also automatic 1st down from line of scrimmage)

19.3 Loss of Down

- Illegal forward pass (also loss of 5 yards)
- Forward pass interference – Offense (also loss of 10 yards from the previous spot)
- Intentional grounding (also loss of 5 yards)
- Illegally secured flag belt (also loss of 10 yards from the previous spot, player ejection)

19.4 Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

19.5 Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

19.6 Games cannot end on a defensive penalty, unless the offense declines it.

Article XV - Cancellations

20.1 In case of inclement weather, please call our hotline at 704-920-5640

Article XVI - Protests

21.1 Protests on rule interpretation or misinterpretation must be made on the field to the officials and site supervisor. The team captain must call a time-out and indicate the protest. There is no protest on an "officials judgment call". A \$100.00 protest fee must be submitted to the athletic office for all protest including illegal players, and it is refundable if the protest is upheld. Once a game is announced as a protest then *a written protests* from the team must be submitted to the Concord Parks & Recreation Athletic Department by the next working day between 8:30am – 5:00pm. **NO JUDGEMENT CALL CAN BE PROTESTED.** Rule Interpretations and illegal players will constitute a legal protest.

Article XVII – Standings/Tournament

22.1 Regular season will be first decided on won/loss record, 2nd head to head, 3rd head to head (points), 4th flip of coin.

This is a working document. The "Parks & Recreation Athletic Department" reserves the right to amend this document as needed.