



City of Surprise Parks & Recreation Department

Rules and Guidelines for

Adult Flag Football

Welcome to the City of Surprise Parks & Recreation Adult 4 on 4 Flag Football Program.

This program is based on the recreational philosophy of fun and exercise for all individuals involved.

All questions, issues or rainout information should be directed to Ian Wallace, Recreation Programs Coordinator 623.222.2271 or Jason Bond, Recreation Programs Supervisor at 623.222.2238

PROGRAM INFORMATION LEAGUE FORMAT: No contact is allowed in 4 on 4 Flag Football. Teams will play a total of 12 regular season games. The regular season will be followed by a double elimination championship tournament. Tournament seeding will be based on league standings after each team has played 12 games. Games will be played Sunday evenings at a predetermined location. Please refer to the current season's schedule for up to date information regarding the location of league games.

AWARDS: Individual and Team awards will be given to the League and Tournament Champions.

CLASSIFICATION: This league is classified as recreational. Why so serious? Help your opponent up. Have fun!

COMMUNICATIONS: Unavoidable game cancellations due to rain, irrigation, etc., may be rescheduled by the league coordinator. Decisions on rainout games can be obtained 1 hour before the start of the first game by phoning 623.222.2238. League games that are rained out will be made up at the end of the regular season, when possible, and teams will automatically play the next week's games per their current schedule. In some cases, rainouts will not be made up due to field and time availability. THE SURPRISE PARKS & RECREATION DEPARTMENT RESERVES THE RIGHT TO ADJUST LEAGUE OR TOURNAMENT FORMAT DUE TO INCLEMENT WEATHER CONDITIONS OR CIRCUMSTANCES BEYOND OUR CONTROL

DURING THE SEASON. It is the responsibility of each manager to maintain regular communication with the Field Supervisor for newsletters, flyers, rescheduling of games, rulings, standings, etc.

RULES AND REGULATION POLICY STATEMENT: The City of Surprise Parks & Recreation Department reserves the right to change any rules or regulations during the season whenever due cause warrants a change. If a change is made, all team managers affected by the change will be notified. In addition, the Recreation Department reserves the right to add additional rules and regulations when they will benefit the program.

The City of Surprise does not provide individual accident insurance for its participants. It is recommended that all players acquire individual or team insurance. The Surprise Parks & Recreation Department urges all manager's and/or participants that incur an accident/injury situation during a game to report the incident to the Field Supervisor immediately so that appropriate measures may be taken!!

LOST OR STOLEN ITEMS: The Parks & Recreation Department is not responsible for lost or stolen items. Check with the Field Supervisor at the facility you are participating at for misplaced equipment.

LEAGUE POLICIES ALCOHOL: The consumption of alcoholic beverages is prohibited during all City of Surprise Adult Sports Programs. Any participant or spectator who appears to be under the influence of alcohol will be ejected from the game/playing area. If the individual refuses to leave the premises, the team will automatically forfeit the game, and the police may be notified.

Conduct:

1. When registering your team, it is to be understood that you are participating in a RECREATION program. The intent of City of Surprise recreation leagues is for players to have fun and enjoy themselves. Participants are expected to demonstrate sportsmanship before, during and after all activities sponsored by the Surprise Parks & Recreation Department. Should an official/field supervisor feel that a player(s) are demonstrating unsportsmanlike conduct or their conduct is detrimental to others around them, they will be penalized for their misconduct. At no time shall any player verbally or physically abuse a City of Surprise staff, which includes all game officials. All suspension rules will be in effect.
2. The officials will penalize unsportsmanlike conduct by a player, coach, substitute or team spectator. If there is a flagrant conduct violation, the officials will penalize the team by removing the offending player(s) from the game, and they will be ejected from the facility. Any spectator or team follower may also be removed from the park. Failure to comply with official's direction to leave the playing area can result in forfeiture of the game. A player or team can also be dropped from the league if they become a problem. Coaches and players will be responsible for their team followers and must make every effort to control them. If necessary, law enforcement officials will be contacted.
3. The Code of Conduct should be understood by all coaches/managers and players. It is the coach's responsibility to make sure that all players fully understand the consequences they will suffer if these rules are violated. When a player is listed on the roster, it will be understood that they will be informed, by the manager, of all playing rules and regulations as well as the code of conduct
4. Players ejected from a game for unsportsmanlike behavior must leave the field immediately. Any player ejected faces a possible two-game suspension (depends on severity of incident). Additional action may also be taken, including but not limited to, probation or total suspension.
5. Profanity will not be tolerated (this includes casual profanity). Guilty parties are subject to removal from the game.
6. Trash talking will not be permitted. Recreation staff and game officials determine language that is considered profanity or offensive. **FOUL PLAY WILL NOT BE TOLERATED.**

LEAGUE STANDINGS: The field supervisor will record all scores. The league director will keep league standings. If teams are tied in the standings, head-to-head competition will determine the higher seeding. If two or more tied teams split during head to head play, total points against (best defense) will be the next tie breaker. If two or more teams tie for total points against (best defense) than point differential will determine the higher seed. **Teams with a regular season forfeit/s will automatically take the lower seed.** Tournament seeding will be based on league standings after each team has played 12 games.

PLAYER ELIGIBILITY: All players must be 18 years of age or older to participate. All players are required to have a current ID in their possession at all times. Identification information should be consistent with roster information provided by the team manager. All decisions made by the league supervisor will be considered final. The league coordinator if necessary may take further action.

PLAYING TIMES: Teams must be available to play at any of the scheduled game times.

PROTESTS: Only protests of ineligible players(s) and rule interpretations will be accepted and considered valid. Protests involving the judgment of an official will not be considered. Team managers will be the only ones allowed to protest a game. Decisions to file a protest must be made immediately. No protests will be accepted after the game is completed. Protest information must be submitted to the Surprise Parks & Recreation Department prior to the completion of the next working day. The league director will review all protests.

ROSTERS: Each team's roster is due at the time of registration. Rosters must be finalized for tournament play before the start of game 7. Roster addition and deletion forms may be turned into the league supervisor on site or the Parks & Recreation Department Office. Team rosters may not exceed 10 players. There will be a mandatory roster check before the first league tournament game, make sure your players have photo I.D. Awards package is based on 10 players.

SUPERVISION: The Surprise Parks & Recreation Department will provide a field supervisor for this league. Any questions/inquiry's during game time must be directed to the field supervisor through the team manager. The supervisor's decision on any matter is final. If the supervisor deems necessary, the matter may go to the league director for further review.

TEAM PRE-GAME PROCEDURES: Arrival for all players should be 15 minutes prior to game time. There will be no grace period. Game time is forfeit time.

- 1 The dimensions of the playing field shall be 25 yards wide by 60 yards long. This includes two 7 yard end zones. (46 yard playing area)
- 2 Excluding the end zones, the field will be divided in the center.
- 3 "No run zones" are located 5 yards from each end zone and 5 yards on each side of the Center line.
- 4 A hash mark will also be placed 12 yards from each end zone for point after attempts.
- 1 Touchdown = 6 points
- 2 Extra Points = 1 point (5 yards out) = 2 points (12 yards out)
- 3 Safety = 2 points
- 4 Penetration = 1 point (Tie Games)
- 5 Forfeit = 6 to 0
- 6 No MERCY RULE

LEAGUE RULES AND INFORMATION:

1. The Game

Each Game is 30 minutes long. Two 14-minute halves and a two-minute half time.

The clock will not stop unless a time out has been called or the official feels it necessary however, the clock will stop when a team is within 8 points with ONE-MINUTE or less remaining in the game and a penalty is called. The clock will also stop for a first down, incomplete pass, change of possession and out of bounds plays.

Ball will change possession at the half.

Each time the ball is considered ready for play, the team has thirty seconds to snap the ball. Teams will be given one warning before a delay-of-game penalty is enforced.

Teams may not snap the ball until the officials are set (No Quick Snaps)

Each team has two 60 second time outs per game (Officials may stop the clock at their discretion).

Teams must field a minimum of three (3) players at all times.

2. Starting Time / Possession

Game time is forfeit time

A coin toss will determine first possession (Change of possession at the half).

The offensive team takes possession of the ball at their 5-yard line, and has three (3) plays to cross mid-field. Once a team has crossed mid-field, they have three (3) plays to score a touchdown. If the offensive team fails to score, the ball changes possession and the new offensive team takes over at their own 5-yard line.

If the offensive team fails to cross mid-field, possession of the ball changes and the opposing team will gain possession at their own 5-yard line.

All possession changes with the exception of interceptions start on the offensive team's 5-yard line.

Teams change direction after half-time. (Possession change)

3. ATTIRE: DUE TO SAFETY CONCERNS, SHORTS OR PANTS WITH POCKETS WILL NOT BE PERMITTED. Furthermore, players may not wear the same color shorts as the color of the flags. Flag colors may be red, green or yellow. During the first week of games players will be given a warning if they are wearing clothing that contains pockets. No player will be permitted to play with pockets during the second week of the season (NO EXCEPTIONS).

Shirts must be tucked in at all times.

It is recommended that all players wear protective mouthpieces.

FLAGS are required to be worn properly, flag on each hip and one in the back. Flag belts may not be tied, you must use the clip to fasten belt.

4. RUSHING THE QUARTERBACK:

All players that rush the passer must be a minimum of 7 yards off the line of scrimmage when the ball is snapped. Any number of players may participate in the rush.

***The rusher is allowed a direct line to the quarterback from anywhere on the field as long as he rushes from either side, not up the middle and 7 yards off the line of scrimmage.

Players rushing the quarterback may defend on the line of scrimmage.

The offense must avoid interfering with the rusher.

Once the ball is handed off, the seven-yard rule is no longer in effect, and all defenders are eligible to rush.

The referee will designate the 7-yard neutral zone.

5. RUNNING

The Quarterback may not run the ball unless the ball has been handed off to him.

Teams may handoff, pitch, or throw back the football in the backfield only. The player who receives the pitch or handoff may throw the ball as long as he is not beyond the line of scrimmage.

“No Running Zones” are located 5 yards before mid-field, and both end zones.

“No Running Zones” are designed to avoid short yardage power sweeps.

Spinning is allowed, but players may not leave their feet to gain additional yardage.

The ball is spotted where the ball carrier is de-flagged. If a player’s flags inadvertently fall off, the ball will be considered down when the player is touched with one hand below the shoulders.

**Quarterbacks may not take a handoff from the center. The center may take a handoff from the QB as long as he turns around or stands up to take the ball. No quarterback or center sneaks...

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Players rushing the quarterback may defend on the line of scrimmage.

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6. PASSING

Play is ruled dead when:

- Offenses flag is pulled
- The 5 second play clock expires
- Ball carrier steps out of bounds
- A touchdown is scored.
- Ball carriers knee touches the ground.
- Incomplete pass
- If a player starts the play without flags they are down where they touch the ball

There are no fumbles. The ball is spotted where the ball hits the ground. Any time the ball touches the ground, it is dead.

7. RECEIVING

The ball must be snapped from between the legs.

All players are eligible to receive a pass, including the quarterback if the ball has been pitched or handed off behind the line of scrimmage.

Players must have at least one foot in bounds when making a catch.

8. PENALTIES

Offense: Illegal motion (more than one person moving, false start, etc.).

Impeding the rush (the offensive players must avoid the rusher)

Forward pass received behind the line of scrimmage is allowed, except in the no-run zones.

Offensive Pass Interference (illegal pick, pushing off with the hands).

Flag Guarding (players must keep their hands above their waist.)

Delay of game (Clock stops/5 yards and loss of down).

All offensive penalties are 5 yards (from the line of scrimmage) and loss of down except illegal motion and flag guarding which is from the point of the infraction.

Defense:

Off Sides

Interference

Illegal Contact (holding, bump and run, blocking, etc.) *Note the official will determine incidental contact.

Roughing the Quarterback

Illegal Flag Pull (before receiver has the ball)

Illegal Rush (starting the rush from inside the 7 yard line)

***All penalty rules apply.

All defensive penalties are 5 yards (from line of scrimmage) and an automatic first down except holding which is added on the end of the play. Illegal motion (false start) is a 5 yard penalty only, no loss of down for this infraction.

9. OVERTIME

If the score is tied at the end of 28 minutes, teams move directly to overtime.

A coin toss will determine possession. The team to gain possession first will have the choice to go for 1 point from 5 yards out or 2 points from 12 yards out. The opposing team will have the opportunity to either tie or win the game in overtime. If teams move into a second overtime and the first teams goes for 1 point from 5 yards out the opposing team must go for 2 points from 12 yards out for the win.

CITY OF SURPRISE ADULT FLAG FOOTBALL CODE OF CONDUCT

1. **No Individual Shall** at any time lay a hand upon, shove, strike or threaten to strike an official
Minimum Penalty: Banned from game and/or playing area with two game suspension. **Maximum Penalty:** Banned from adult sports program and assault charges may be filed.
2. **No Individual Shall** be guilty of objectionable demonstration of unsportsmanlike conduct.
Minimum Penalty: Warned by an official. **Maximum Penalty:** Ejection from game and playing area with a two-game suspension.
3. **No Individual shall** discuss with an official, in any manner, the decisions reached by such official except by the team manager, coach or captain. **Minimum Penalty:** Warning by an official. **Maximum Penalty:** Ejection from the game and playing area.
4. **No Individual shall** be guilty of unnecessarily rough tactics in the play during the game.
Minimum Penalty: Ejection from the game and playing area, with a two-game suspension. **Maximum Penalty:** Banned from City of Surprise adult sports programs and assault charges may be filed.
5. **No Individual Shall** be guilty of a physical attack as an aggressor upon any individual. Officials are required to immediately suspend the player from further play and report the incident to the league director. Such player shall remain suspended until the incident has been reviewed by the Sports Department. **Minimum Penalty:** Two game suspension and placed on probation for remainder of season. **Maximum Penalty:** Banned from the City of Surprise adult sports programs and/or assault charges may be filed.
6. **No Individual Shall** be guilty of an abusive verbal attack upon any official or individual.
Minimum Penalty: Ejected from the game and playing field with a two-game suspension and placed on probation for the remainder of the season. **Maximum Penalty:** Banned from City of Surprise adult sports programs.
7. **No Individual Shall** use profane, obscene, or vulgar language at any time, on or off the playing field. **Minimum Penalty:** Warning by an official. **Maximum Penalty:** Ejected from game with possible multiple game suspension and probation for the remainder of the season.
8. **No Individual Shall** appear on the field of play in an intoxicated condition or under the influence of any type of drug which will infringe upon their safety or the safety of others. **Minimum Penalty:** Ejection from the game with a two game suspension and placed on probation for the remainder of the season. **Maximum Penalty:** Banned from the City of Surprise adult sports program.

The severity of the infraction will determine the penalty. Penalties can fall between the minimum and maximum. In all situations, individuals may be banned from the flag football program, depending on the severity of the incident. City Recreation Staff will determine the penalty within a reasonable amount of time.

I _____ have read and understand the "Players Code of Conduct" and will follow all rules and regulations deemed necessary by the City of Surprise.

Signature _____ Date _____