



**Acworth Parks & Recreation Department
Adult Flag Football League
By-Laws**

I. Governing Body and Rules

All league play will be governed by the Acworth Parks & Recreation Department; Stipulations found in league by-laws and Official National Intramural Recreational Sports Association (NIRSA) manual will be governing rules.

II. League Eligibility

- a) No collegiate football athlete currently on a team will be allowed to participate in league play. No high school football athlete currently participating in high school football is eligible for league play.
- b) A player must be 18 years of age by March 1st for Spring League and August 1st for Summer/Fall League of the current year to be eligible.
- c) When a player's eligibility is doubtful, the league coordinator must be given notice prior to the start of game which questionable player is participating.
- d) All players must be able to produce picture identification if asked.
- e) All registration fees must be paid in full at time of registration. No refunds will be given to teams that drop out of league.
- f) A player cannot play on more than one (1) team in the same league. A player may play on one (1) men's open team and one (1) coed team.

III. Roster

- a) No team will be allowed to have more than 17 players on roster at any time.
- b) No new players may be added to a team's roster after the start of the 4th game. All new players must be added to the team's roster by seeing the league programmer or league representative prior to the game to be eligible. No roster may be edited after the start of the team's 4th game.
- c) A player may change teams by having team manager report to league coordinator requesting his/ her release. A player may obtain his/ her release to play with another team; however, he / she must request to be added to his/ her new team's roster pending new team's manager's

approval. After he/ she is added to the roster, he/ she must wait for his/ her new team to play one league game before he/ she is eligible.

IV. Field and Equipment

- a) All league games are played on field 40 x 80. The field is divided into 20 yard sections with 10 yard end zones. The team areas are located on either side of the field, 2 yards from sideline and between 20 yard markers.
- b) All league games are to use a regulation size football. Each team will furnish a regulation size football on offense.
- c) All players must wear closed toe shoes. All shoes must be made of soft, pliable upper material including canvas, leather, or synthetic which covers the foot and attaches to a composition bottom. Shoes with metal, ceramic, screw-in or detachable cleats are illegal.
- d) All teams are required to provide their own jerseys. The home team shall wear same color light jerseys with numbers and the visitor's team shall wear same color dark jerseys with numbers in all games. Jerseys must be either long enough to remain tucked in or short enough so there is a minimum of 4" from the bottom of the jersey to the waistline.
- e) Matching pants are recommended. All pants or shorts must be without exposed pockets, belt loops, or exposed drawstrings.
- f) All teams must wear the flagged belts provided by the department at all times.
- g) The following equipment is legal: ace bandages, gloves made of soft pliable non-abrasive material, knit or stocking caps, head bands, soft, pliable knee pads or ankle pads and mouth pieces.
- h) The following equipment is illegal: caps with bills, all jewelry except smooth wedding bands, all pads or braces worn above the waist, braces worn below the waist made of any type of hard or unyielding material, any slippery or sticky substance on the body or equipment, any electric or mechanic communication device and hand towels attached at a player's waist.

V. Games

- a) A regulation game shall consist of forty four (44) minutes, divided into two (2) halves of twenty-two (22) minutes. The clock will run continuously until last 2 minutes of each half in which a regulation clock will be used. The halftime will consist of 2 minutes. In the event of overtime, there shall be a 1 minute intermission. Each team is allowed two 30 second timeouts per half; clock stops on all timeouts. The spot of the ball shall be put into play within 25 seconds after it is declared ready for play by official.
- b) Teams will be given a 10 minute grace period for the 6:00 p.m. games only, however, if a team has 5 players available, the game will start immediately or as soon as a fifth player arrives. After the 10 minute grace period, the team failing to place the minimum amount of players on the field shall forfeit the contest. The first game will not start before 6:00 p.m.

Daytime weekend games will be scheduled at the discretion of the league coordinator.

- c) The Acworth Department of Parks and Recreation Department reserves the right to drop any team that forfeits two games during the season, with no refund of the registration fee.
- d) Each men's team shall be composed of seven (7) players. The offensive line must have at least 4 players on the line of scrimmage. The defensive team may place its men anywhere on the defensive side of the playing field. The player receiving the snap must be at least two yards behind the line of scrimmage.
- e) Putting ball into play:
 - 1) The winner of the toss must choose one of the following:
 - i) To designate which team will take the ball first.
 - ii) To designate which goal his team will defend. For the second half, the losing captain on the toss has his choice of the two privileges and his opponent granted the other.
 - 2) Starting the Game:
The ball will be placed on the 14 yard line at the start of each half and the start of each drive after a touchdown.
 - 3) First Downs:
The offensive team has four downs to gain a first down. A first down is gained by crossing any one of the twenty yard markers with any part of the ball.
 - 4) Scoring:
 - i) Touchdown – passing or running – 6 points
 - ii) Point after touchdown: 3 points running or passing from the 20 yard line, 2 points running or passing from the 10 yard line, 1 point running or passing from the 3 yard line
 - iii) Safety – 2 points
 - iv) No field goals
- f) Offensive screen block: This 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 hands, arms, elbows, legs, or body to initiate contact during a block is illegal. A blocker may not leave his/ her feet (except inadvertent) during a block. Penalty: 10 yards or ejection if judged flagrant.
- g) No player shall strike opponent with his/ her, locked hands or elbows, kick or knee an opponent, or tackle an opponent. Lowering a shoulder and contacting an opponent or butting an opponent with the head is not allowed. Penalty: 10 yards or ejection if judged flagrant.
- h) Running the ball: A runner must make an effort to avoid defender. Defender must make an effort to avoid knocking a runner out of bounds. Knocking a player out of bounds is a personal foul unless done inadvertently in an attempt to pull his/ her flag. A runner may not leave

his/ her feet to gain yardage. The ball is down at the spot where he/ she left her feet. Penalty: 10 yards or ejection if judged flagrant.

- i) When a player accidentally loses his/ her belt, play reverts to one hand tag between the shoulders and knees.
- j) Guarding the flag: Neither hands, arms, nor any other part of the body may be used to guard the flag. Stiff arming is not allowed. The flag must be fastened in the normal way and may not be tied. Any player found with tied a flag belt will result in automatic ejection of the individual from the game.
- k) Passing: All players are eligible to catch a pass. Only one forward pass per down is allowed. Backward passes are unlimited. No contact is allowed between receiver and defender unless inadvertent. Penalty: 10 yards or ejection if judge flagrant.
- l) Fumbles: All fumbles are dead at the spot where it touches the ground. Fumbles caught in the air may be advanced.
- m) Substitutions are unlimited.
- n) Any player receiving a snap must be at least two yards behind the line of scrimmage. Penalty: 5 yards, illegal formation, illegal procedure.
- o) Mercy Rule: If a team is 17 or more points ahead at the second half 2 minute-minute mark or after, the game shall end.
- p) All punts must be declared in advance. All players must remain motionless until the ball is kicked. Penalty: 5 yards, illegal formation, illegal procedure.
- q) Tampering with the flag belt in any way to gain advantage, including tying, is illegal. Penalty: 10 yards, player disqualification.
- r) Overtime: If a game ends in a tie, the referee will call both team captains to the center of the field for a coin toss to decide who will have possession of the ball first and in which direction the teams will be facing. Each team will be given the ball for four downs from the same 10yard line. The object will be to score a touchdown. If the first team possessing the ball scores, the second team will still have four downs to tie the game. Extra points and penalties will be the same as in the regulation game time. If defense intercepts a pas or a mid-air fumble and returns it for a touchdown, they win the game. If the game is still tied at the end of the overtime period, it is repeated until someone is declared the winner. Each team is allowed one time-out during each overtime period.

VI. Coed Rules

- a) Each team must field at least 3 women. Teams can play with more women than men as long as there are at least 2 men on the field. To ensure coed participation, a penalty will be issued if the offensive team fails to use a female player to advance the ball within 3 consecutive downs.
 - i) Examples plays considered as female incorporation:
 - ✓ Female is intended receiver in the eyes of the official
 - ✓ Runs the ball as the primary runner

- ✓ Attempts a forward pass as quarterback
- ii) Examples of plays not considered as female incorporation:
 - Hands off the ball
 - Snaps the ball into play
 - Receives a hand-off only to give it back to a male player before crossing the line of scrimmage.
 - A completed pass to male player past the line of scrimmage, and then receiver laterals the ball to female player.
- b) The penalty for running 3 consecutive plays without female incorporation will be loss of down and a 5 yard penalty and a female must be incorporated on the team's next offensive play. If on the next play a male catches or runs the ball: loss if down, play is ruled "dead", and the ball is brought back to the line of scrimmage.
- c) Female incorporation starts over for extra points and punts. Everyone is eligible.
- d) Offensive screen block: This 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 hands, arms, elbows, legs, or body to initiate contact during a block is illegal. A blocker may not leave his/ her feet (except inadvertent) during a block. Penalty: 10 yards or ejection if judged flagrant.
- e) All players must be set before the snap. The offensive team must have at least 4 players on the line of scrimmage.

VII. Rules and Officials

- a) The National Intramural Recreation Sports Association Football rules will be strictly adhered to unless contrary to these by-laws
- b) Three officials will be assigned to each league game. In the event an official is absent, the game may be played with no less than two officials.

VIII. Playoffs

Playoffs will be organized at the discretion of the League Coordinator.

IX. Awards

Awards will be given at the league champions and at the discretion of the League Coordinator.

2009 Summer Adult Flag Football Roster

League/Park _____

Team Mgr. Signature _____

Team Name _____

Division: COED _____ OPEN _____

The following players will represent my team in the 2009 Summer Adult Flag Football League. These players have agreed to abide by all the rules as outlined in the League By-laws governing the league, and all the policies set by the Acworth Parks and Recreation Department

RELEASE AND HOLD HARMLESS AGREEMENT

PERMISSION TO PROVIDE EMERGENCY MEDICAL TREATMENT

Realizing the nature of this program, its physical demands and how important it is to follow rules, regulations, and instructions outlined by the staff of the City Of Acworth, Parks and Recreation Department, I am, to the best of my knowledge, in good health and able to participate in the program. I authorize the staff of the City Of Acworth, Parks and Recreation to organize any required medical or first aid procedure, or to take the undersigned to a hospital emergency room for treatment. If any treatment is required, I understand that every effort will be made to notify the individual indicated as emergency contact beforehand by telephone.

I release, indemnify, and hold harmless the City of Acworth, its employees, volunteers, officials and the Acworth Parks and Recreation Department. In the case of injury I waive all claims against the City of Acworth, its employees, volunteers, officials and the Acworth Parks and Recreation Department. I release the City of Acworth, its employees, volunteers, officials and the Acworth Parks and Recreation Department of any and all claims, demands, and causes of action whatsoever kind and nature arising from my participation in this program. I hereby covenant not to sue those named herein and I do hereby further state that neither I nor my heirs, executors, assigns and transfers will ever sue at any time the City of Acworth, its employees, volunteers, officials and the Acworth Parks and Recreation Department for negligence or liability of any type on their behalf or from another participant in this program. The undersigned agrees, as a further consideration and inducement for this release and indemnity agreement, that it shall apply to all unknown and unanticipated injuries and damages directly and indirectly resulting from the said accident, as well as to those now disclosed. The undersigned hereby acknowledge(s) receipt of a copy of this release before signing it.

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***NOTE* Players must be present to be added to this roster. All players are subject to I.D. checks if requested by the park supervisor/scorekeeper.**



**Acworth Parks & Recreation Department
Adult Flag Football League
Code of Conduct**

- ✓ I will respect the officials, City of Acworth staff, and spectators. I will respect all of the official's authority before, during, and after the game. If I need clarity on rules or regulations I will ask City of Acworth staff after a game.
- ✓ I will refrain from use of profanity, obscene gestures, or rude comments before, during, and after any league game. I understand that if I choose to use profanity, obscene gestures, or rude comments it may result in ejection or expulsion from the league.
- ✓ I will encourage sportsmanship by demonstrating positive support for all players, coaches, and officials at every game.
- ✓ I will remember the game is for fun and recreational purposes only.
- ✓ I will refrain from confrontational situations with opposing teams and spectators.
- ✓ During the game, I will remain in the designated team area two yards from the sideline between the 20-yard markers unless being involved in a substitution or in game play.
- ✓ I will abide by all rules indicated in the Acworth Department of Parks, Recreation, and Community Services Adult Flag Football League By-Laws.
- ✓ I understand there is zero tolerance on any sort of physical confrontation and any such circumstance will result in expulsion from league.
- ✓ I understand that any ejections will result in a two game suspension and if I am ejected again will result in expulsion from the league with no refund and I will be banned from all league games and events henceforth.
- ✓ I understand and will abide by the following rules:
 - No weapons of any kind are allowed on any premises of park.
 - No alcohol is permitted on park premises.
 - No tobacco products are permitted on or near playing field.

I understand the above expectations as a participant. I also understand that it is my responsibility to make sure any guest of mine at an Acworth Adult Flag Football League event understands these expectations. I further understand that any violation can result in me not being able to participate or attend any league events.

Participant Name (printed): _____

Participant Signature: _____ Date: _____