

Asheville Parks & Recreation 2016-2017 Flag Football League

General Rules:

1) Teams

- a) **Seven (7) players per team in the game**
- b) **A maximum of twenty (20) players on the Roster**
-Roster must be signed, with correct address and non-resident fees paid, before a player is eligible to play.
-Players must be a minimum of 16 years old to be eligible to participate.
- c) **Teams must have a minimum of six (6) players, or they will forfeit.**

2) Game times and locations

Fields: Asheville Memorial Stadium

Times: Monday, Tuesday & Thursday Nights; 6:30, 7:30 and 8:30

(NO GRACE PERIOD)

3) Entry into the League

- a) **Team “Pay Day” (at the Athletics Office, 72 Gashes Creek Rd.)**
Returning Teams at the meeting- Wednesday 9/30(10-4:30)
New Teams at the meeting- Thursday 10/1 (10:00-4:30)
All others- Friday 10/2 (10:00-1:00)

- b) **Teams must submit the following items on the “Pay Day” in order to enter the league.**

- 1. Entry Fee (\$600)**
- 2. Roster (filled out completely with address and signature)**
- 3. Non-Resident Fees (\$25)**
- 4. Schedule Requests (optional)**

c) New Teams must have at least five (4) players represented at the On-Field Clinic

4) Important Dates

9/28-30	Pay Day
10/6	Player’s Clinic
11/7	Regular Season begins
12/9	Last Day to Add Players to the Roster
12/15	Last game date before Holiday Intermission

5) Game Rules

- a) **The field is 80 yds by 40 yds.**
-The end zones will be 10 yds long
-The field is divided into three (3) 20 yd zones

- b) The game will consist of two (2) 20 minute halves
 - Intermission between halves will be 5 minutes.
 - The clock will be a running clock.
 - Each team will have 2 time-outs per half.
 - The clock will stop for official/injury time outs
 - The clock will stop for incomplete passes and out of bounds during the last 2 minutes of each half and during any over time periods.
 - Overtime is a sudden death format
 - Each team will receive a possession from the 20 yd. Line.
 - They will have the opportunity to score a touchdown (and P.A.T.) If the score is still tied after each team has their possession, the process will repeat until there is a winner.
 - An interception and run back for a touchdown will count as a touchdown.
- c) Teams will have 4 downs to score or achieve a first down (if 1st down is achieved then team gets 4 more downs) on each possession.
 - Teams may either pass or run the ball.
- d) A First Down is achieved by moving the ball from one zone to the next.
- e) If a team does not achieve a first down, the ball possession is turned over to the other team.
- f) There is not a kicking game (kick-offs, field goals or punts)
 - Opening the game and following each score a team will start on their own 14 yd line.
 - If a team turns over possession within their own 20 yard line, the ball is moved out to the twenty so that each team must travel at least one zone to score a touchdown.
- g) When the ball touches the ground, it is dead.
 - Incomplete passes, the ball is then spotted at line of scrimmage.
 - If a ball is fumbled or a backward toss touches the ground, the ball is spotted where it made contact with the ground.
- h) Scoring
 - Touchdown is worth 6 pts if achieved by a male
 - Touchdown is worth 9 pts if achieved by a female
 - PAT's will count for one point(2 pts. for a female)when the ball is spotted on the 3 yd line. Teams can attempt for 2 pt. P.A.T. (3 pts. for a female) if spotted on the 10 yd line. Teams can attempt for 3pt. P.A.T. (4pts. for a female) if spotted on the 20 yd line. The option for spotting the ball is up to the scoring team.

- 6) **Players Clinic - Things to be discussed, demonstrated and reviewed.**
 - 1) **Blocking**
 - 2) **Pass rushing**
 - 3) **Forward pass VS a backward pass**
 - 4) **Practical game rules.**

- 7) **Rule Book- Except where outlined in Asheville League Rules, the games will be governed by the National Intramural-Recreational Sports Association (NIRSA). Each team will receive a NIRSA rules book upon entry into the league. Teams are responsible for knowing and abiding by the rules.**

8) Sportsmanship and Player Behavior

This is a recreational league designed for all (player, official and spectator) to enjoy. This league is for recreational play, therefore, no professional players may participate.

The following behavior will not be tolerated: THIS IS THE WARNING

- a) **Profanity - use of profane language toward officials, league personnel, opposing teams, team mates or spectators will warrant an ejection.**
- b) **Arguments - Arguing with an official is not allowed. This action will earn players and fans an ejection**
- c) **Intentional or vicious physical play will earn a player a suspension from the league.**
- d) **Fighting - All persons (no fault clause) involved in a fight at the fields will be suspended from the league.**
- e) **A player that receives 3 unsportsmanlike penalties during the season is suspended for the remainder of the season**
- f) **If a player violates his suspension and shows up at the field or plays, the team will be removed from the league**
- g) **Unsportsmanlike penalties to spectators will be charged against the team**
- h) **A team that receives 5 unsportsmanlike penalties during the season will be removed from the league (NO REFUNDS)**

Anyone ejected or suspended from a game must leave the field immediately, failure to do so will result in a warrant for trespassing. Two unsportsmanlike penalties called during a game (on the same individual) will result in an ejection and suspension. An ejected player will be suspended for the teams next scheduled game. If you are ejected twice during the season you will be suspended for the rest of the year. Coaches can be suspended for continued arguing and/or aggressive play. During the period of a suspension, that person is not allowed to participate or be in attendance of any league games. Infractions of this will result in a suspension from all Parks & Recreation programs and facilities. These ARE the rules. If you do not agree with or feel you can't abide by these rules, then this is not the league for you.

- 9) Inclement Weather - Football is a game that can be played in poor weather conditions. With this understanding, few games will be postponed due to weather. However if field/weather conditions dictate, games may be postponed. When game days are canceled, teams may check the **WEATHER HOTLINE (251-4082)**. If there is not a message of cancellation, the decision to cancel will be made by the umpires at the field.
- 10) Field rangers will be working the fields and are in charge of any matter that takes place (outside of officiating the games). They have the authority to eject players and spectators at any time if deemed necessary.
- 11) Players must be able to present a photo ID is asked. If you don't have one then you will not be allowed to play. If you are asked for an ID after a game has started, and you don't have one, then your team will forfeit.