

City of Vacaville
Community Services Department
“We Create Community through People, Parks and Programs”

Adult Flag Football Rules
Revised April 2016

OBJECTIVE

The primary purpose of the Adult Flag Football program is to provide an opportunity for residents of Vacaville and the surrounding communities to participate in and enjoy the game of flag football in a safe and organized manner.

A. GENERAL RULES

1. Rulings not specifically covered by the Community Services Department shall be governed by official USFTL rules. It is the responsibility of each manager to inform his/her own players of the established rules.
2. The Community Services Department will make every attempt to place teams in divisions based on overall skill level, when applicable, to ensure a fun and safe environment for all.
4. All players play at their own risk and must complete a liability release form prior to participation.
5. There are no radios or boom boxes allowed in or around the fields projecting music toward the field or stands.
6. No alcohol permitted in the park or parking lot at any time
7. No smoking in the parks. Smoking is only designated in certain areas (near the trees and parking lot prior to entering the track and field area).
8. No foul or abusive language by or toward players, officials, staff, or spectators. First offense will be a warning. Second offense is an ejection.
9. Dogs must be kept on a leash and attended to at all times.

B. PLAYER CODE OF CONDUCT

1. The Community Services Department shall suspend any participant which displays conduct that is considered not in the best interest of the Department’s Adult Sports Program. The length and scope of any suspension shall be determined by the Community Services Department depending on the degree of any code of conduct violation.
2. Unsportsmanlike conduct includes, but is not limited to, the use of profanity, obscene gestures, taunting, arguing calls, intentionally delaying play, unnecessarily rough play, or flagrant attempt to cause injury.
3. Any player displaying unsportsmanlike conduct before and/or after any game will be subject to disciplinary action.

4. Any player, manager, or fan directing verbal or physical abuse towards an official or staff before, during or after a game shall be removed from the facility and may face further disciplinary action.
5. Any friends or family of a team displaying unsportsmanlike behavior will be removed from the facility and the team may forfeit the game.

C. EJECTIONS

1. Any player ejected from a game will be considered ineligible to participate in their team's next scheduled game, including playoffs, championships, and the following season.
2. Any player ejected from two games during the season will be suspended for the remainder of the current season and possibly into the following season.

D. ALCOHOL

1. Any player, coach, or manager who shows up to a game with the presence of alcohol on his breath will be removed from the park. Any player caught drinking alcohol during a game will be suspended and the game will be forfeited. Any alcohol found on the sidelines will result in a forfeit for that team.

According to the Vacaville Municipal Code, it is unlawful for any person to consume, drink, ingest, exhibit, display or possess an open container of any alcoholic or intoxicating beverage in any public place or off-street parking facility in the city. (Ord. 1510 §1, 1994: Ord. 1336 §1(part), 1988: Ord. 1108 §1(part), 1981).

E. PLAYER ELIGIBILITY

1. All players must be 18 years or older.
2. Each player is required to sign a release of liability form provided by the Community Services Department before he/she is considered eligible to participate in the program.
3. Players playing on High School and College teams are considered eligible to play after his/her school league has ended.
4. Any teams playing an ineligible player and/or under an assumed name will forfeit all games played with that player.
5. The manager of any team who uses ineligible players may be suspended from the Adult Sports Program for a period of one year beginning from the date of infraction.
6. The Community Services Department has full authority to suspend or take away any game played or won while a team used an ineligible player.
7. Players are considered on any team in which they appear in two (2) games.

F. PLAYER ELIGIBILITY- PLAYOFFS

1. Players must participate in a minimum of two regular season games to be eligible for the playoff roster. The scorekeeper will be issued a playoff roster and this can be used by either manager to determine player eligibility.
2. Only players on playoff eligible rosters are allowed to play in playoff and championship games. Eligible players that show up after the game has begun must check in with the scorekeeper.

3. Players may only play on one team per division per night in the playoffs. If a player is eligible for more than 1 team in the same division the player must pick which team to play on. If a player plays on 2 teams in the same division in the playoffs, both teams will forfeit their games.

G. ROSTERS

1. The manager shall be held responsible for his/her roster at all times during league play. He/she will be the only person allowed to make changes to the roster.
2. Team rosters must be filled out completely (players' names, addresses and phone numbers), signed by each member of the team, and turned into the scorekeeper prior to the first game beginning. Incomplete rosters will not be accepted and game play will not begin until all information is filled out and turned in.
3. Eligible players can be added to a team's roster at any time throughout the season. It is the managers responsibility to have the player fill out and sign the roster add sheet and turn it into the scorekeeper prior to the game beginning. Failure to do this will result in the manager allowing an ineligible player to participate and could result in manager suspension (See Section E, Rule 5)
4. It is the manager's responsibility to turn in a roster, complete with all players first and last names, to the scorekeeper prior to the game beginning. Any player showing up after the game has started must check in with the scorekeeper. It is the manager's responsibility to make sure the roster is correct and complete.

H. ROSTERS- PLAYOFFS

1. Playoff eligibility rosters will reflect all players who have played in two or more regular season games in the current season based on the rosters submitted by the manager prior to each game. These playoff eligibility rosters will be emailed to the managers prior to the playoff games beginning. Any questions regarding playoff eligibility rosters should be directed to the Adult Sports office prior to the playoff games beginning.
2. If an ineligible player participates in any way during a playoff game, the game will be immediately forfeit by the team using the ineligible player and the game will be over.
3. Players may be asked to present their ID or Drivers License prior to or during playoff games to ensure their eligibility.

I. THE GAME

1. Teams will field a standard number of five players. However, a team may play with as few as three players.
2. A ten minute grace period will be granted for the first scheduled game if either team has less than three players. Only the first scheduled game is granted a grace period.
3. A coin toss will take place prior to the start of the game, with the visiting team calling the toss. The winner of the toss will determine possession, direction, or deferment. Teams will automatically change direction of play at half time.
4. Games consist of two 20-minute halves. The clock will stop during the last two minutes of each half for timeouts, incomplete passes, when the ball carrier goes out of bounds, penalties, scoring plays and changes of possession. When a first down is made with less than 2 minutes of each half the clock will stop to set the ball, once the ball is set the officials will signal to start the clock.

5. If a game is tied at the end of regulation, the NCAA format will be used for overtime. Teams will have four downs to attempt to score starting from the defense's 20 yard line. Teams will alternate possession until the tie is broken. If the tie is unbroken after 2 offensive possessions by each team, each team must go for a 2 point conversion after a score.
6. The mercy rule will be enforced when a team is ahead by 21 or more points with five minutes remaining in the game.
7. Managers must submit their line-up with first and last names to the scorekeeper and be ready to play by game time.
9. The game will begin with the ball on the offensive team's 25 yard line.
10. Teams will have four downs to advance the ball into the next zone. Advancing the ball into the next zone will constitute a first down. Only one first down can be awarded per zone per possession.
11. If a team fails to achieve a first down after four downs, the ball is turned over to the opposing team at the spot where the ball is declared dead after the fourth down play.
12. A team may elect on fourth down to punt the ball. The defensive team will attain possession at the spot the ball hit the ground, crossed the out of bounds line, or is caught. There will be no punt returns allowed. No rushing to block a punt or fake punts will be allowed. If the punt hits the ground first in the endzone the defensive team will take over possession at the 20 yard line.
13. The offense may use any alignment it chooses. However, the "center" must snap the ball between their legs to the "quarterback." The quarterback is the first player to touch the ball after the snap.
14. The quarterback may not run the ball across the line of scrimmage.
15. The receiver must have one foot in bounds with control of the ball to constitute a legal catch.
16. Only one forward pass is allowed. However, an unlimited number of backward passes are permitted.
17. The play is considered dead any time the ball hits the ground.
18. The offense has 4 seconds to advance the ball across the line of scrimmage.
19. Any defensive player rushing the quarterback must begin their rush 7 yards from the line of scrimmage.
20. Each team is entitled to call two time-outs per half. Timeouts will be one-minute in length.
21. A field goal can be attempted at anytime by the offensive team from the line of scrimmage. There are no fake field goals allowed. If the offensive team misses the field goal then defensive team would take over possession at the original line of scrimmage.
22. During a field goal attempt the defensive team can attempt to block the field goal but can not rush the kicker. The defensive team must attempt to block the field goal attempt 7 yards from the line of scrimmage.
23. All blocked or missed field goal attempts and kicked PAT attempts are considered an automatic dead ball.
24. There is a 25-second play clock. The clock starts when the referee spots the ball.
25. There is no blocking allowed at any time.

26. There is NO diving, leaping or hurdling to advance the ball. Jump-stops and side steps are not considered penalties. However, the officials' judgment is final on questionable moves.
27. Grabbing or touching the ball prior to the snap by any defensive player will result in an unsportsmanlike penalty and a 15 yard penalty will be assessed.
28. When there is only 1 defensive player left between the ball carrier and the end zone, if that defensive player tackles, holds or pushes the offensive player out of bounds to avoid a touchdown, the penalty is an automatic touchdown for the offense.

J. OFFENSIVE PENALTIES

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| 1. Illegal motion | 5 yards from line of scrimmage |
| 2. Delay of game | 5 yards from line of scrimmage |
| 3. Flag guarding | 5 yards from point of infraction |
| 4. Blocking | 10 yards from point of infraction |
| 5. Diving, Hurdling, or Leaping | 10 yards from point of infraction |
| 6. Unnecessary roughness | 15 yards from line of scrimmage |
- * It is the responsibility of the offensive player to avoid contact with the defensive player. If this occurs, either diving or unnecessary roughness may be called.

K. DEFENSIVE PENALTIES

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| 1. Offside | 5 yards from line of scrimmage |
| 2. Chucking | 10 yards from line of scrimmage, automatic first down |
| 3. Pass Interference | 10 yards from line of scrimmage, automatic first down |
| 4. Holding | 10 yards from line of scrimmage, automatic first down |
| 5. Illegal flag pull | 10 yards from line of scrimmage, replay the down |
| 6. Unnecessary roughness | 15 yards from line of scrimmage, automatic first down |

L. SCORING

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| 1. Touchdown | 6 points |
| 2. Safety | 2 points + possession of ball on offensive 20 yard line |
| 3. Field Goal | 3 points |
| 4. 5 yard PAT | 1 points |
| 5. 10 yard PAT | 2 points |
| 6. 25 yard PAT Kick | 3 point |

* If the ball is turned over on a PAT attempt, the play is live and any points scored will match the attempt, except on kick attempts.

M. EQUIPMENT

1. Metal cleats may not be worn at any time.
2. Watches, jewelry, or other foreign objects may not be worn during the games. The official's discretion and judgment are final.
3. Teams must wear like colored jerseys.
4. Only flag belts provided by the Community Services Department are permitted.
5. Teams may provide their own game ball for when their team is on offense. However, the ball must be approved by the Community Services Department.

N. THE FIELD

1. The field measures 80 yards in length and 40 yards in width.
2. The field is divided into four 20 yard zones.
3. Each end zone is 10 yards deep.
4. Only eligible players for the current game are allowed in the playing field area.

O. OFFICIALS

1. Two officials per game will be assigned by the City of Vacaville. However, if only one official is present, the game will be played.
2. If there is no scoreboard, one official will be designated to keep the official time.
3. An appeal may be requested of an official in the case of a rule interpretation or to ask the second official if he/she had a different vantage point of a play. The appeal must be made before the next snap. Any ruling involving an umpire's judgment is considered final.

P. LEAGUE STANDINGS AND PLAYOFFS

1. The playoff format will be determined by the Community Services Department prior to publishing the league schedule. Playoff seeding will result directly from final league standings. The following criteria will be used to determine tiebreakers:
 - a. Head to head record
 - b. Lowest number of forfeits
 - c. Greatest point differential between the teams involved
 - d. Total points scored against the teams involved
 - e. Total points scored all season
2. **All rules will remain constant from the regular season through the postseason!**