

THE MORGAN SPORTS CENTER

650-1241

City of Destin

Adult Flag Football Rules

Spring 2019

Destin Adult Flag Football Program Goals:

Destin Adult Flag Football League is dedicated to providing an enjoyable recreation program for adults, regardless of their athletic abilities. The City of Destin and its staff members are dedicated to developing a Flag Football program that positively benefits the community's health, wellness and society. Providing a quality Flag Football Program and service to meet the needs of a growing community.

Note: Play is governed by NIRSA Flag Football Rules with the following modifications.

Rule 1. THE FIELD, PLAYERS, AND EQUIPMENT

- A. The field shall be rectangle 100 yards by 40 yards, including two 10 yard end zones. The width of the fields shall be lined at 20 yard intervals from goal line to goal line. The 3 and 10 yard try-for-point lines shall be 1 yard wide.

B. THE PLAYERS

****All teams and players must be registered with The Morgan Sports Center. All players must sign a waiver and pay individual fees prior to playing the first game. No exceptions. Team Captain is responsible for making sure that all individuals have signed the waiver and paid their fees.**

1. Players must play only for the team for which they are originally rostered, unless a team picks up one player to avoid a forfeit. Seven players constitute a team. A team may play with 5 players. If a team drops below 5 players anytime during the game for any reason game shall be recorded as a forfeit. Teams may only pick up one player to pull them to 5, 6, or 7 players. Players may be added to a team roster at any time during the season, but must have played at least 4 games with the same team prior to the tournament to be eligible for the tournament. Teams may have up to 15 players on their roster.
2. **Pick up players may not be used during tournament games. A game will not start until all players have checked in with the city staff person at the field.**
3. Players must be at least seventeen years old. If a player is not seventeen years of age, the team will forfeit the game(s) in which that player played.
4. **A player can switch teams only if it has approved by both captains, and only during the first half of the regular season.**

C. EQUIPMENT

1. Each player on the field must wear a one-piece belt **(Players can use their own flags that have been checked and approved by the City of Destin Supervisor)** at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. The flag belt must be free of any knots.
2. Shoes must be soft-soled soccer/football type cleats or cross-country, tennis, or AstroTurf shoes. **NO HARD PLASTIC, LEATHER, OR METAL IS ALLOWED IN THE CONSTRUCTION OF CLEATS OR SHOES.** Wet turf soccer shoes (screw-in cleats) are allowed. Molded one-piece screw-ins with a cleat length of ½ or less are permitted.
3. **NO POCKETS, belt loops or drawstrings on pants. No exceptions;** players will not be allowed to play. Duct tape **CANNOT** be used to tape pockets shut. Pockets that have been sewn shut are acceptable. If a player is found playing with pockets during the game he will be ejected.

4. **The use of headgear, jewelry, shoulder pads, body pads, or any unyielding or dangerous equipment is prohibited. Players may wear a knit or stocking cap and use soft, pliable gloves if they desire. No baseball style caps or bandannas may be worn at anytime.**
5. Tape or bandage on the hand, wrist, forearm, or any other part of the body is prohibited except to protect an injury. Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.
6. Flag color must contrast color of shorts, for example, if you are wearing red shorts you cannot use the red flags.
7. **Each team must wear team shirts with numbers for player identification.** The jerseys need to at least be long enough so that they remain tucked in during each down or cut at least 4" above the flag belt. Each team must wear the same color jersey or shirt. If not, pennies will be provided. The jersey must be tucked in to allow for grabbing the flag.
8. Teams provide their own footballs.
9. Any decision on the legality of any equipment on or being used by a player will be made by the supervisor on duty, and his/her decision will be final.

Rule 2. TIMING

A. PLAYING TIME AND INTERMISSIONS

1. Games will be played at the Morgan Sports Center Complex. Each team will have a 10 minute grace period at game time if needed. If grace period is used it will be taken from the game time.
2. If a team forfeits two games, the team will be allowed to play out the remainder of the season, but will not be able to play in the end of season tournament
3. Practice times are reserved through the Morgan Sports Complex at 650-1241. Calling to reserve a field is required.
4. The game will consist of two halves of 20 minutes. Approximately 2 minutes before the end of the first and second halves the Referee shall stop the clock and inform both captains of the playing time remaining in that period. In the last 2 minutes of each half, the clock stops for the following occurrences:
 - Time out by a team or an official-starts on the snap
 - After a touchdown or a safety-starts on the snap
 - During penalty enforcement- dependent on previous play
 - Ball or player out of bounds-starts on the snap
 - Incomplete pass-starts on the snap
 - First down-dependent on previous play
 - Touchback-starts on the snap
 - Change of possession-starts on the snap
 - Team attempting to conserve time illegally-starts on the ready
 - Team attempting to consume time illegally-starts on the snap
5. Half-time will be 5 minutes. The referee shall have discretion to reduce the length of the half-time if conditions deem it necessary.
6. **Overtime:** The two captains will determine the options by a coin flip. The home captain will call the toss. The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining option. Teams will alternate choices if additional overtime periods are played. **ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.** Each team will be given a series of 4 downs starting at the 10 yard line to score as previously stated. If the defense intercepts the ball and returns it for a touchdown, they will win the game. If it is not returned for a score, the ball will placed at the 10 yard line. Each team is entitled to one time-out per time overtime. The game will continue to be played until a winner is determined.

7. Each team will be permitted **2 time-outs per-half**. These time-outs shall be 1 minute in length and first half time-outs do not carry over to the second half of the game.

Rule 3. PRE-GAME AND KICKING

A. THE TOSS AND OPTIONS

Procedure Three minutes prior to the start of the game, the referee shall toss a coin, and the visiting team captain shall call the toss. The captain winning the toss shall have choice of options for offense, defense or defer their option to the second half.

B. PUNTS

- A. All punts must be announced.
- B. No offensive player may pass the scrimmage line until the ball is kicked.
- C. The defense cannot rush during a punt.
- D. Kick Catch interference: While a protected scrimmage kick is in flight beyond K's scrimmage line, K shall not touch the ball or R obstruct R's path to the ball. This prohibition does not apply if the act is after the kick has been touched by R. K may catch, touch, muff or bat a protected scrimmage kick in flight beyond K's scrimmage line if no R player is in position to catch the ball.

Rule 4. SNAPPING AND PASSING THE BALL

A. SNAPPING THE BALL

1. The player who receives the snap from the center must be at least 2 yards behind his/her scrimmage line. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hand(s).
2. The offensive team must have a minimum of 4 players on the line of scrimmage at the time of the snap. A player in motion is not counted as one of the 4 or 5 on the scrimmage line.

B. PASSING THE BALL

1. All players are eligible to touch a forward pass after it is thrown. The passer may catch his/her own forward pass provided it has been touched by another player first.
2. If a legal forward pass is caught simultaneously by members of opposing teams, the ball is immediately dead upon returning to the ground and belongs to the offense.
3. A forward pass is a live ball thrown towards the opponent's goal line. A backward pass is a live ball thrown parallel or backwards. The initial direction of the pass will determine whether or not the ball is backwards or forwards.
4. Defensive players must not contact the passer at any time during or after the play. They may only go for the flag. Rushers may try to deflect the ball, but they may not contact the passer even if the ball is deflected. If the defender contacts the passer, it is considered roughing the passer.
5. Pass interference on the offense will be 10 yards from the previous spot and a loss of down, on the defense it will be 10 yards from the previous spot and automatic first down.

Rule 5. SCREENING, RUSHING, AND CONTACT

A. SCREENING AND RUSHING

1. Screening blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.

2. The 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 hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hands or arms to break a fall or to retain his/her balance.
3. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this Rule depends entirely on the judgment of the official. A rusher may use his/her hands or arms to break a fall or retain his/her balance.
4. These actions are judged similarly to the block/charge call in basketball.

Rule 6. FLAGGING

- A. A ball carrier is down at the point where his flag is pulled (ball will be spotted where the ball was at the time of the flag pull).
- B. If runner loses flag(s), he will be considered down if defensive player touches him with one hand between the shoulder and knees.
- C. A defensive player may not tackle or charge into a ball carrier.

Rule 7. SCRIMMAGE LINE/LINE TO GAIN SCORING

A. SCRIMMAGE LINE/LINE TO GAIN

1. Teams will have four downs to make it across the line to gain markers, located at twenty yard intervals. A first down may also be given to the offense as the result of penalties.
2. There will be a one-yard restraining line for the defense.

B. SCORING

1. Touchdown 6 points
2. Safety 2 points
3. Extra Points 1 point from 3 yards
 2 points from 10 yards
 3 points from 20 yards

-If defense intercepts and scores they will be awarded 3 points

4. A 19 point mercy will be in effect at the two minute warning of the second half.

Rule 8. PLAYER/TEAM CONDUCT AND RAIN OUT POLICY

- A. No foul language, un-sportsmanlike conduct, or verbal threats will be permitted. Officials, Scorekeeper, or Supervisor, if deemed necessary, can suspend a player from the game or stop the game until order is restored. If a player is involved in a fight he will be ejected from the league and cannot participate in any Leagues or Tournaments run by the City of Destin Recreation Department for one calendar year from the date of the ejection.
- B. If a player is ejected before, during, or after a game, that player must leave the facility, and will not be eligible to play until their suspension is served (minimum of one game). If a player is ejected twice in one season they will be suspended from playing in Destin for the rest of that season.
- C. No alcoholic beverages allowed at the fields or in the parking lots. Any player who violates this City Ordinance will be suspended for one game. Subsequent violations will result in the team forfeiting the next game.
- D. In case of rain or inclement weather, a game will be considered a complete game if at least half of the game has been played. If not, the game will be made up at a later date. The game will start back up from the point of interruption.
- E. No pets or animals on premises – game will stop until the animal has been removed.
- F. Each team is responsible for cleaning up their area. This includes all trash around your team's bench and along the sidelines. If a staff member or supervisor has to pick up a single cigarette butt during the season, all smoking will be banned from the premises!