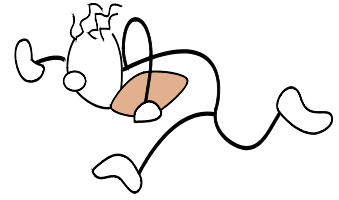




SPANISH FORK PARKS & RECREATION



Adult Flag Football Rules

THE GAME

- A. The game shall be played by an seven-man team. At least Three offensive players must be within one yard of the line of scrimmage at the snap. These four players must be within 5 yards of the ball laterally and all offensive players must be set for at least one second prior to the center snap. Instead of the ball carrier being tackled or tagged, a ball carrier is downed when a flag is pulled from his belt.
- B. The field is divided into four equal zones of 20 yards. Each zone is bounded by a zone line. A team will be given four downs to move the ball across the next zone line. When the zone line is crossed, a new series of four downs will again be awarded. Following a punt, the first 1st down can be anywhere from 1 to 19 yards away.
- C. If the offensive team fails to advance the ball to the next zone in four downs, they shall lose possession of the ball to their opponents at the spot where the ball is declared dead after four downs. A zone line may be passed only once during a series of plays to constitute a 1st down.
- D. Goal lines for each team shall be established at opposite ends of the field and each team shall be allowed opportunities to advance the ball across their opponent's goal line by running or passing it.
- E. Each team will designate to the referee a team captain. The captain will speak for his team in all dealings with the officials. A captain's first choice on any option shall stand.
- F. Captains are not allowed to talk to the officials privately. In order to address rules or issues, captains from both teams must be present. Only the team captain may ask the referee questions about rule clarification & interpretations. Players can not question judgement calls!
- G. Playing time will be kept on a timer by one of the game officials.

THE FIELD

- A. The regulation dimensions shall be: 80 yards by 40 yards.
- B. The lines bounding the sidelines and end zones are out of bounds in their entirety, and the in bounds area is bound by those lines. **The LINE is out.**

STARTING THE GAME

- A. Each half starts with the ball being placed on the 2 point conversion line. Before game time, the referee shall toss a coin with the two team captains, after first designating which captain will call the toss.

STARTING THE GAME

- B. The captain winning the toss shall choose one of the following options:
 - 1. To start on offense
 - 2. To start on defense
 - 3. To designate which goal his team will defend.
- C. The loser of the toss shall make his choice of the remaining options. At the start of the second half, the choosing of options shall be reversed. (No deferring! No team will start both half's with the ball)
- D. Between the first and second half, the teams shall change goals.

PLAYING TIME

- A. All leagues will play two 20 minute halves.
 - 1. The clock is stopped only for time outs and emergencies. The clock will be stopped for all dead ball situations during the last two minutes of half and the game.
 - 2. The clock will stop for incomplete passes and out of bounds during the last two minutes.
 - 3. The clock will stop for all 'First Downs' in the last two minutes of the second half. Clock will restart on the snap of the ball.
 - 4. Officials may stop the clock due to unfair timing tactics ; Kicking the ball away from play. Holding players from returning to the line of scrimmage and other pathetic acts.
- B. Three minute halftime. The referee will notify the coaches when two minutes remain before the half and end of the game.
- C. The playing time shall be kept on a stop watch operated by an official on the field.

TIME OUTS

- A. Two(2) time outs are allowed each team each half. After a team has used its time outs, they cannot take another. Time outs cannot be accumulated.
- B. A requested time out by a team shall not exceed one and one-half minutes. Emergency time outs for injury may extend longer if the referee deems it necessary.

ILLEGAL DELAY OF GAME

- A. The ball must be put into play within 30 seconds after it is declared ready for play by the referee. Any action or inaction by either team which tends to prevent this is illegal delay of the game. This includes:
 - 1. Interrupting a 30 second count for any reason except calling a time out.
 - 2. Using more than 30 seconds in putting the ball into play.
 - 3. The referee may order the game clock stopped or started if, in his opinion, either team is trying to conserve or consume playing time by tactics obviously unfair. In all cases, penalty: 5 yards.

SUBSTITUTIONS

- A. Free substitutions shall be used at all times.

SUBSTITUTIONS (continued)

- B. No substitute shall enter during a down. Any number for eligible substitutes may replace players as long as it is done before the ball becomes live. Existing players must be off the field.
- C. No substitute shall become a player and then withdraw and no player shall withdraw and then reenter as a substitute until one play has expired.
- D. Each substitute shall be in uniform ready for play with flags in position as directed. Penalty: 5 yards for substitution infractions.

EQUIPMENT

- A. Teams should have jerseys (T-shirts) of the same color worn by players. If a player forgets his jersey, he will need at least the same color shirt to be allowed to play!
- B. Use of all-purpose athletic shoes is optional. Said shoes must meet the following specifications:
 - 1. The cleat must be molded to the sole; detachable cleats are illegal.
 - 2. The sole must be constructed of rubber or plastic. No metal cleats. Tennis or gym shoes may also be worn.
 - 3. Bare feet or stocking feet will not be allowed!
- C. Each player on the field will wear a belt with three (3) flags attached. These will be furnished by the Spanish Fork Parks and Recreation Department.
- D. Wrapping, tying, or in any way securing flag belts to the uniform other than the prescribed rule is illegal. Penalty: 10 yards from original line of scrimmage, loss of down. Repeat offenders will be ejected from the game.

PLAYERS

- A. Each team will play 7 players on the field.
- B. Team must have 5 players present in order to play.
- C. Team may not continue to play if the number of players goes below 5 players on the field. Example: Injury, ejection, illness, or homesickness.
- D. Player **MUST** tell the truth when asked for assistance by officials. Liars will pay sooner or later.

DEFINITIONS AND RULES OF BALL CARRIER

- A. The ball carrier is a player in possession of a live ball trying to advance the ball.
- B. The ball carrier shall not lower his head and deliberately drive or run into a defensive player. This is running over. The carrier shall try to avoid this by agility rather than power.

DEFINITIONS AND RULES OF BALL CARRIER (continued)

NOTE: Officials, in judging "running over," will keep in mind the charging rule as applied in basketball. A ball carrier shall not charge into nor contact an opponent in his path or attempt to run between two opponents or between an opponent and a boundary unless the space is such as to provide a reasonable chance for him to go through without contact. If a ball carrier passes an opponent to have his head and shoulders in advance of the opponent, the greater responsibility for contact is on the opponent. If a ball carrier in his progress has established a straight line path, the carrier must avoid contact by changing directions or ending his forward motion. Penalty: 10 yards. Loss of down from point of foul. Flagrant offenders will be ejected. (Note: Same goes for defenders)

- C. The ball carrier cannot protect his flags by blocking, guarding, hacking, or holding flags with arms or hands so his opponent cannot pull or remove his flag. Penalty: 5 yards from point.
- D. The ball carrier may not hurdle or jump over a player who is standing on his feet. He may jump over a player who is lying on the ground. Penalty: 10 yards from point.
- E. After every score, the official will remove the flags of the player who scored. If it is found that the scoring player has tied his flags in any way, the score will not be allowed and the ball will go over to the other team.
- F. No running plays up the middle. Run plays should be sweeps, slants. (Middle is between center and guards)-This goes until play is broken up.

SPINNING

- A. Spinning is permitted as long as one foot remains on the ground

REMOVING THE FLAG

- A. When the flag is cleanly taken from a ball carrier, the down shall end and the ball is dead. Upon removing the flag, the defender shall hold the flag above his head to assist the referee in locating the spot of capture.
- B. In an attempt to remove a flag from the ball carrier, a defensive player may use his hands on the body and shoulders of an opponent but not on his face or head. A defender may not hold, push, or knock down the ball carrier to get his flag. Penalty: 10 yards from spot and automatic 1st down. If in the judgement of the official, the ball carrier would have scored a touchdown, a touchdown shall be awarded.
- C. The flag may be dropped at the spot of capture without a penalty.
- D. All player shirts of jerseys must be tucked inside their pants so the belt holding the flags can be worn at the waist and can be clearly seen by the opponents and referee. Failure to comply after one warning will result in a 5 yard penalty.

REMOVING THE FLAG (continued)

NOTE: This rule should be interpreted as follows: If an infraction is noticed before a snap, the referee shall warn or penalize the offending team as stated above. When a down is in progress, if for any reason (loose clothing, lost flag, etc.) it becomes difficult or impossible to pull the flags, a tag on the ball carrier anywhere with one hand shall take the place of a pulled flag.

- E. If an offensive player loses his flag without an attempt from the defense, he may continue to advance the ball until touch (anywhere) by a defensive player.

LIVE BALL

- A. A live ball is a term which indicates that the ball is in play.
- B. After being declared ready for play by the referee, the ball becomes a live ball when it is snapped or free kicked, legally or illegally.

DEAD BALL

- A. A live ball becomes dead and the referee sounds his whistle under the following incidence:
 1. When it goes out of bounds or when it touches the goal line (vertical plane) or the ball carrier's opponents.
 2. When any part of the ball carrier's person other than his hand or foot touches the ground.
 3. When a touchdown, a touchback, safety, or successful try for point is made.
 4. When, during a try for point, the defending team obtains possession of the ball or when it becomes certain the try will not score a point.
 5. When a player of the kicking team catches or touches any kick, or when the kicked ball comes to rest on the ground without any player touching it.
 6. When a forward pass hits the ground or is caught simultaneously by opposing players.
 7. When a lateral or backward pass, or a fumble hits the ground.

NOTE: A ball snapped from scrimmage which hits the ground before or after getting to the intended receiver is dead at the spot it hits the ground. Any fumbled ball that touches the ground is dead and possession of the ball belongs to the team which had it at the time of the snap, unless it is lost on # of downs.
 8. When a legal forward pass is caught by the offensive team on or behind his opponent's goal line. It is also dead if a defender catches a pass in the end zone and elects not to run it out.
 9. When a ball carrier has a flag removed legally by a defensive player.
 10. Any type of kicked ball in the end zone will be a dead ball.
 11. If the ball carrier slips or falls, he is down at that point.

SCORING

- A. A Touch Down is worth 6 points.
- B. Offensive team may choose to go for 1 point (5 yards out) or 2 points (10 yards out).

SCORING (continued)

- C. Interceptions in the end zone may be returned by the defense for a score. If returned, the points awarded will equal what the offensive team was attempting.
- D. 2 points will be awarded for a safety. Offensive team must kick. This will be the only time a kick off may be attempted . Punting is also an option. (Kickoff will be from teams own 20 yard line)

SCRIMMAGE LINE

- A. All plays from scrimmage must be started by a legal snap. Snap can either be from the side of the player or from between the legs. Penalty: 5 yards, down remains the same.
- B. Before the ball is snapped:
 - 1. After taking his hiking position, the center cannot move or change position of the ball in a manner simulating the beginning of a play until he snaps the ball. An infraction of this may be called whether or not the ball is snapped. Any contact by a defensive player on such will be nullified.
 - 2. After the ball is ready for play and before it is snapped, no defensive player can touch the ball or contact an offensive player.
 - 3. No offensive player shall make a false start. An infraction of such will be treated the same as faking a snap (Refer to #1).
 - 4. In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and hold stationary for one-full second before the ball is snapped. This means feet, hands, arms, legs, body, and head. Penalty: 5 yards, down remains the same.
- C. When the ball is snapped:
 - 1. At least 3 offensive players must be on the line of scrimmage. The ball may be snapped to any one of the remaining three backfield men.
 - 2. All players must be in bounds. Only the center may be crouched on the neutral zone over the ball. Linemen may start in three-point stance or two-point resting position.
 - 3. One offensive backfield player may be in motion but not toward his opponent's goal line. All other offensive players must be set before this player may go in motion.
 - 4. No offensive player while on his scrimmage line may receive a snap. Penalty: 5 yards, down remains the same.
 - 5. No fumble ruskie play.

HANDLING THE BALL FORWARD AND BACKWARD

- A. No player may hand the ball forward except as follows:
 - 1. An offensive player who is behind his scrimmage line may hand the ball forward to a backfield teammate who is also behind that line.
 - 2. To a teammate who was on his scrimmage line when the ball was snapped provided that teammate left his line position and was at least one yard behind his scrimmage line when he received the ball. Penalty: 5 yards and loss of down.
- B. A ball carrier may hand the ball backward at any time.

PASSING

- A. Passing the ball is throwing it.
- B. Once the ball has crossed the line of scrimmage, it may not return behind the line and be thrown as a forward pass.

FORWARD PASS

- A. A forward pass is a live ball thrown toward the opponent's line.
- B. All offensive players are eligible to receive a pass.
- C. Only one forward pass behind the line of scrimmage is permitted.
- D. Only one forward pass beyond the line of scrimmage is allowed. The passer must be behind the line of scrimmage when the ball is thrown. Penalty: 5 yards from the spot and loss of down.

ILLEGAL FORWARD PASS

- A. A forward pass is illegal:
 - 1. If a passer is beyond the line of scrimmage when the ball is thrown.
 - 2. If thrown after team possession had changed during a down.
 - 3. If more than one forward pass beyond and behind the line of scrimmage is made.
 - 4. If ball is intentionally thrown to the ground or out of bounds. Penalty: 5 yards from spot and loss of down.

BACKWARDS PASS

- A. A backward pass is a live ball thrown toward one's own end zone or parallel to the passer's line of scrimmage.
- B. The ball may be passed backward at any time by the ball carrier except if intentionally thrown out of bounds. Penalty: 5 yards from spot and loss of down.

COMPLETED PASS

- A. A forward and backward pass is completed when caught by any player of the passing team who is inbounds with one foot. The ball is live and play continues by advancing the ball.
- B. If the pass is caught simultaneously by opponents, the ball is dead and belongs to the passing team at the spot of the catch.

INCOMPLETE PASS

- A. A forward and backward pass is incomplete when the ball touches the ground or goes out of bounds.
- B. It is incomplete also when a player jumps from inbounds and catches the pass but lands on or outside a boundary line.

INCOMPLETE PASS (continued)

- C. An incomplete forward pass belongs to the passing team at the previous line of scrimmage.
- D. An incomplete backwards pass belongs to the passing team at the spot the ball hits the ground unless lost on downs.

INELIGIBLE RECEIVER

- A. A player who goes out of bounds during a passing down, loses his eligibility until the ball has been touched by an opponent. Penalty: Loss of down at previous spot.
- B. The receiver must touch ONE foot down in play in order for a catch to be ruled legal.

PASS INTERFERENCE

- A. Contact by a player which interferes with an eligible receiver who is beyond the line of scrimmage during a legal forward pass is pass interference unless it occurs:
 - 1. When a defender contacts an opponent before the pass is thrown.
- B. Forward pass interference regulations are effective whether or not the pass crosses the scrimmage line.
- C. Interference beyond the line of scrimmage is prohibited by the offensive team from the time the ball is snapped until the pass is touched by any player.
- D. Interference by the defensive team is prohibited from the time the pass is thrown until it is touched by any player. Penalty: Interference by offense - 10 yards from scrimmage and loss of down. Interference by defense - point of foul and automatic 1st down.
- E. No receiver picks. Receiver may not go down field and block a defensive back prior to the ball being thrown.
- F. No bumping the receiver off the line! (Defensive back must play straight up defense.)

INTERCEPTION

- A. A catch of an opponents pass before it hits the ground is an interception.

FUMBLE

- A. A fumble which touches the ground between goal lines is dead and belongs to the offensive team unless lost on downs. A centered ball is dead as soon as it touches the ground.
- B. On a punt, the returner may pick-up a ball that was not fielded cleanly. The defense may not recover a poorly fielded return. The ball will be marked down at the spot of recovery.
- C. A fumble may be caught in flight before hitting the ground and can be advanced.

TIE GAME - OVERTIME

- A. The ball will be placed 20 yards out from the end zone. Each team will have 4 plays to attempt to score.
- B. Overtime will continue until victory has been secured by one of the two teams.
- C. Both teams will have equal opportunity in overtime. Equal number of series.

KICK OFF

- A. A kick off will consist of the ball being placed on the 2 point conversion line, to start the offensive series.

PUNTING

- A. A punt is kicking the ball by the player who drops the ball and kicks it before it strikes the ground.
- B. There are no quick kicks. If a team desires to punt, they must announce the kick before the ball is ready for play. Penalty: 5 yards.
- C. Both teams must maintain five players on the line of scrimmage. All players must remain frozen until the ball is kicked. Penalty: 5 yards.
- D. The punter may be at least 5 yards behind the line of scrimmage when receiving the center snap or he may take a direct snap from the center. He must then kick the ball immediately in a continuous motion from behind his center. If the ball hits the ground when being snapped to the punter, it will not be ruled a dead ball. Both teams must remain on the line of scrimmage until the ball is kicked.
- E. If penalties during a kick cause the ball to go over a first down line, the ball remains to the offensive team with a first down.
- F. Offensive team must announce when they plan to punt. No fakes!
- G. On a replay of a kick due to penalties, the offensive team must re-announce their intention to kick if going to kick.
- H. A punt that goes out of bounds is dead and will be put into play in the center of the field parallel to where it went out.
- I. A punt that comes to rest untouched in fair territory is dead and will be put into play at that point by the receiving team.

PUNT RECEPTION

- A. A punt is caught by a player of the receiving team, or picked up cleanly after hitting the ground, being untouched, the ball continues in play and can be advanced.

PUNT RECEPTION (continued)

- B. A player of the receiving team who has an opportunity to catch a punt in flight must be given an unencumbered opportunity to catch said kick. At the point of touching the ball, then the defense may grab flags. Penalty: 10 yards from point of infraction and receiving team's ball.
- C. If the receiving team mishandles or muffs a punt and it is received by the kicking team, the ball is dead at that spot and cannot be advanced. The ball will remain in the possession of the receiving team.

OFFSIDE

- A. Offside denotes the position of a player, offense or defense, who has any part of his person beyond the scrimmage line at the time the ball is put into play. Offensively the ball is blown dead. Defensive off sides will be played out. At the end of the play, the offense will make a decision as to accept the play or replay the down with the penalty added.
- B. If the kicking or the receiving team is offside, the ball is kicked over if the penalty is accepted.

BLOCKING

- A. Blocking is legally obstructing an opponent by contacting him with the blocker's body.
- B. In all instances, a blocker must be on his feet during a block. If after the block, the blocker's body momentum causes him to fall or leave his feet, the referee, at his discretion, may rule it incidental to the block and not illegal.
- C. Arms must be kept forward in front of body, never to the outside hooking players. The hands and forearms must be kept below the shoulders of the opponent during the entire block. Penalty: 10 yards.
- D. At no time may any player make contact to the head.
- E. Running over is not permitted. This goes for both sides of the line. Penalty. 10 yards

OFFENSIVE USE OF HANDS

- A. The ball carrier shall not grasp a teammate or be grasped, pulled or lifted from the ground by a teammate. Penalty: 10 yards from spot and loss of down.
- B. The offensive team shall be prohibited from obstructing an opponent with extended hands or arms. This includes "stiff arm." Penalty: 10 yards from spot and loss of down.
- C. There shall be no interlocking interference or blocking. Penalty: 10 yards from spot and loss of down.

CLIPPING

- A. Clipping is running or diving into the back, or throwing or dropping the body across the back legs of an opponent. Penalty: 10 yards from spot and loss of down.

TAUNTING

- A. Taunting is trash talking or physical gestures that the opposing team finds offensive. Taunting will not be tolerated. Play to have fun. 1st infraction for Taunting will be 15 yards prior to next play from scrimmage. 2nd infraction for Taunting will be 15 yards prior to next play from scrimmage and Player Ejection.

TRIPPING

- A. Tripping is using the lower leg or foot to obstruct or trip an opponent. This includes the ball carrier. Penalty: 10 yards from spot and 1st down.

TACKLING

- A. Tackling is grasping or encircling an opponent with the hand or arm. Penalty: 10 yards from spot and 1st down.
- B. It is illegal to tackle, trip, push, hold, hack, stiff arm or rough another player.
NOTE: Referee will enforce pushing the ball carrier out of bounds. Penalty: 10 yards from spot and 1st down.
- C. If a defensive player tackles or trips a ball carrier who, in the judgement of the referee had an open field for a touchdown, a touchdown will be awarded the ball carrier.
- D. If the official deems that a tackle was committed intentionally, he may eject the offending player. Tackling is a sign of poor sportsmanship and lack of control.

HURDLING

- A. Hurdling is an attempt by the runner to jump with both feet or knees over a player who is still on his feet. Penalty: 10 yards from spot and loss of down.
- B. Player may not leave his feet to advance the ball. The interpretation of this is left to the officials discretion.

HIDEOUTS

- A. A hideout is a player who is trying to conceal himself or be concealed by teammates on or off the field. No hideouts will be permitted.
- B. All players must break from the huddle and assume their position on the line or backfield.
- C. When no huddle is used, all players being substituted for must exit immediately with the substitute taking the proper position.
- D. All players not in the game being on the sideline must be behind the sideline in their proper zone.

HIDEOUTS (continued)

- E. Penalty for hideouts: 10 yards from scrimmage and play called back.

QUARTERBACK

- A. QB may run the ball. No hideout plays.
- B. There is no time limit for a QB to pass the ball

OFFENSIVE LINE

- A. 3 Players line up as linemen Center, 2 guards.
- B. All offensive players are eligible to catch a pass or run the ball.

SAFETY

- A. A safety is when the ball becomes dead in the offensive team's own end zone by cause of the defense.
- B. If during a scrimmage play, the ball becomes dead in the offensive team's end zone (pulled flag, fumble, out of bounds, or any manner or part of the play), a safety shall be called.
- C. After a safety is scored, the offensive team will kick off from their 20 yard line. This can be from the ground, a tee or a punt.

TOUCHBACK

- A. A touchback is a result of the ball crossing the end zone line because of a kick off, punt or intercepted pass in which the receiver elects to not run out of the end zone.
- B. After a touchback is declared, the ball shall belong to the defending team (team of defense prior to play) at its own 20 yard line.

NO RUNNING OFF CENTER

- A. A line buck is handing the ball off within one yard of the center. No running plays within one yard of either side of the center will be permitted (between center and guards). A shuffle pass is considered a running play and will not be allowed. Running outside of guard and tackles is permitted. Penalty: 10 yards.

DEFENSIVE RUSHING

- A. There is rushing allowed.
 1. The defense is allowed to rush.
 2. No rushing in the BOX (no rushing in between Center & Guards) Rushing between Guards and Tackles is permitted. If Center & Guards are lined up with enough room for someone to get through defense may rush inbetween-Referee's will use judgement
 3. Defense must have at least 3 lineman lined up within one yard of the line of scrimmage at the snap.

EJECTED PLAYERS

- A. Ejected players must leave the field of play and physically leave the park.
- B. Players who continue to cause a problem after ejection will be awarded an additional suspension.
- C. Any act of fighting will result in player ejection and suspension for the remainder of the season.
- D. Ejected Players: Team will play down a player the remainder of the game.
- E. Ejected Players will be required to either A: Referee 2 games before they play again or B: Sit out the next game

CONDUCT OF PLAYERS

FLAGRANT FOULS

- A. Whenever, in the referee's judgement, the following acts are deliberate or flagrant, the players involved will be suspended from the game:
 - 1. Using fists, kicking, or kneeling.
 - 2. Using locked hand, elbows, forearm or hands except according to rule.
 - 3. Tackling or tripping the ball carrier.
 - 4. Any other deliberate or flagrant act that could cause injury.
 - 5. Foul language will result in a penalty and possible ejection.

**Please refer to "Players' Code of Conduct".
Players who cannot control their tempers
will NOT be allowed to continue play in this league!**

UNSPORTSMANLIKE CONDUCT

- A. The referee may bar a player, manager, or coach for the entire game for unsportsmanlike conduct, abusive language, profanity, or talking back at any time. Penalty: half the distance to goal from the line of scrimmage.
- B. Unsportsmanlike conduct by players, substitutes, and coaches or other subject to rules is prohibited. Unsportsmanlike conduct includes:
 - 1. Acts of unfair play.
 - 2. Managers, coaches, or other on the field of play at any time without permission.
 - 3. Interference of coaches, players, or others of any nature associated with the game.
 - 4. Using a hide out play.
 - 5. Attempting to substitute a suspended player.
 - 6. Pulling or removing a flag of an offensive player by a defender as the ball is snapped with the intent of making the offensive player ineligible to become a pass receiver or ball carrier. Penalty: 10 yards; offender may be disqualified.
 - 7. Trash talking will be a 15 yard penalty.

This is NOT a contact sport. Those players who think they are HE-MEN need to find another league. If you fight you are done playing. Official will be quick with ejections.

PERSONAL FOUL

- A. Any act prohibited hereunder or any act of unnecessary roughness is a personal foul.
1. No player shall block in a manner that would cause his feet, knees, or legs to strike an opponent.
 2. No high-low blocking.
 3. No tripping or clipping.
 4. No hurdling.
 5. No unnecessary roughness of any nature.
 6. No running over by the ball carrier.

The official, the site supervisor and the Program Director reserve the right to expel any coach, manager, or player from further participation in a game for any action that they deem not in keeping with the rules of the philosophy of the department. If a player is ejected from a game, he will be suspended from the following game.

Adult Flag Football – PLAYER CODE OF CONDUCT

The following “Player Code of Conduct” has been adopted by the Spanish Fork City Parks & Recreation Department. These rules of conduct will be strictly enforced in all adult leagues throughout the year. Penalties for code violations will carry over from league to league and from sport to sport.

It is the coaches’ responsibility to ensure all his players know and adhere to these rules.



PLAYER CODE OF CONDUCT (continued)

All Code of Conduct rules are enforced before, during and after the game.

1. NO PLAYER SHALL – At any time lay a hand upon, shove, strike, threaten or be guilty of physical attack as an aggressor or in retaliation upon any official, player, or spectator anywhere on the premises. Officials are required to immediately suspend the player from further play and report such player to the League Director. Such player shall remain suspended until his case has been considered.

Minimum Penalty: Suspension for two (2) league games and placed on probation for the rest of the season. (Including post season tournaments)

Maximum Penalty: Placed on suspension for life (from any Spanish Fork Adult Sports Programs), and/or assault charges filed.

Automatic Penalty: Any punch landed will result in expulsion from league and lifetime ban in Spanish Fork Recreation Programs.

Note: Any players involved in fighting will be removed from play for the entire season. Fighting will be pushing, punching, aggressively tackling or kicking. Spanish Fork Recreation does not view first punch or retaliation punches as being different.

2. NO PLAYER SHALL – Be guilty of verbally abusive behavior, using profanity or swearing before, during or after a game.

Minimum Penalty: Unsportsmanlike penalty: 15 yards.

Maximum Penalty: Discretion of Recreation Staff.

3. NO PLAYER SHALL – Be guilty of using unnecessarily rough tactics (before, during or after a game) against the body or person of an opposing player. Officials are required to immediately suspend players from further play and report such player to the League Director.

Minimum Penalty: Unsportsmanlike penalty: 15 yards and four plays off the field.

Maximum Penalty: Suspension for two (2) league games and placed on probation for the remainder of the season.

4. NO PLAYER SHALL – Discuss with an official in any manner the decision reached by such official except the coach or captain. Be guilty of objectionable demonstration of dissent at an officials' decision. Refuse to abide by officials' decisions. Physical contact with an official will result in an Ejection and multiple game suspension. This conduct will also result in "Lifetime" probation.

Minimum Penalty: Warning and 15 Yard Penalty.

Maximum Penalty: Ejection and multiple game suspensions.

5. Players are prohibited from the use of drugs or alcohol anywhere on a city's property or any playing area. Players who in the opinion of the officials, site supervisor or director appear to have been drinking alcohol or taking drugs, shall be ejected from the game, placed on probation, must meet with recreation staff, and could include possible suspensions.

PLAYER CODE OF CONDUCT (continued)

6. Player Ejections during pre-season, season, and post-season will be penalized as follows:
 - Minimum Penalty: Ejection from game. Must sit out from the point of the offense.
Suspended next complete game.
 - Maximum Penalty: Dropped from all team rosters that player participates on. No refunds issued. Must receive permission to play in future leagues.
7. Teams are responsible for the conduct of their spectators. Failure to attempt to control disruptive spectators may result in a forfeit to your team. This includes controlling children from running around the playing area. Players are not considered appropriate supervision for children.
8. Players not listed on the official roster (who have paid and signed the waiver form) will not be allowed to play! Do not try to play under an assumed name! Teams caught trying to cheat in this manner will forfeit the game where they were caught; will also be suspended for two league games and banned from tournament play. If caught during tournament, the team will be suspended from the tournament.
9. Throwing, kicking, or slamming footballs away from the official will not be tolerated. This represents disrespect to officials, players, and spectators. Warnings and/or penalties will be given.
10. A game may be stopped at any time by the officials, site supervisor, director or program management staff, if the situation warrants.
11. The Recreation staff has final authority over all disputes!

SUMMARY OF PENALTIES

5 YARDS

Delay of game
Illegal substitution
Free kick infractions
False start
Any illegal act by center
Defensive Encroachment
(15 yard for second violation when A has 5 yards or less to go for a first down).
Less than 4 players on offensive line at snap
Illegal position at snap
Offensive illegally in motion
Illegal shift
Illegally handing ball forward
Article of clothing covering portion of player's flag

SUMMARY OF PENALTIES (continued)

SPOT OF FOUL

Defensive pass interference (automatic first down)

10 YARDS

Holding (down field holding is a spot foul)

Illegal block

Delaying start of either half

Interference with opponent or ball before snap

Offensive pass interference (down counts)

Illegal forward pass (down counts)

Illegal use of hands

Pushing the ball carrier

Quick kick

Illegal contact

Running Over (spot foul)

Flag Guarding (spot foul even if flags are pulled)

15 YARDS

Striking, kicking, kneeling, tripping, clipping, hurdling, or hitting (spot)

Striking the head (spot)

Unsportsmanlike conduct by player or bench

Interlocked interference

Roughing the kicker, holder, passer, or center
(automatic first down)

Quick kick

Fighting

Illegal participation

Any listed unfair, unsportsmanlike, personal foul, or prohibited act

Taunting