

2016 Adult Flag Football Constitution and Bylaws

www.playroanoke.com

ROANOKE
PARKS AND RECREATION



I. Purpose:

To offer a well-organized sports program that promotes sportsmanship, and provides enjoyment for each participant. Herein these by-laws only cover those games played within the City of Roanoke.

II. Registration:

1. Team registrations must be received by the Recreation Department before the close of business on the published registration deadline. The entry fee (paid in full) must accompany the registration form for the team. Teams will not be included on the schedule if entry fee is not paid in full by registration deadline. Checks are to be made payable to City of Roanoke. No refunds will be issued after schedules have been created, unless league is dissolved. Team names that the athletic department feels are vulgar or suggestive will not be permitted.

2. Each player's full name (no nicknames) and signature must be on the team roster for them to be eligible to play. No team roster will be considered valid if all players have not provided a signature.

3. Team rosters must be filed with the Recreation Department before their first game of the season. Rosters will consist of no more than 25 players. Players may be added or removed during the first three weeks of the season. Players cannot be added after the first three (3) weeks for any reason. By the end of the third week, a valid roster must be on file, or the team may forfeit every game until a roster is turned in.

III. League Rules:

1. Players must be eighteen (18) years old on or before the first day of games in order to be eligible to play.

2. A player is eligible for only one team. Transfer of players during the season is not allowed. If a player is not on the roster they are playing for, that team will receive a forfeit for any game that the illegal player participated in, and that player will be suspended for the following game.

3. All players must have matching jerseys with numbers to play. A matching jersey is defined as a uniform top that has the same team name/logo, and color. Teams may have shirts with numbers only but they must be the same color. No vulgar or suggestive jerseys will be allowed. Teams must have their shirts by the beginning of the third week of the season.

4. It will be the official's responsibility to not allow any player on the field without a legal jersey. If a player is ruled ineligible to play, the player must be substituted for.

5. No player is allowed to wear metal cleats. Players found to be wearing metal baseball cleats after a game has begun will be immediately ejected. Football cleats (round) can be worn, but an official must check them before each game.

IV. Playing Rules:

1. All games will be conducted under official "United States Flag Football Association" rules, except for provisions herein.
2. Games will be played 8v8. A team that does not have seven (7) players at the scheduled starting time will forfeit the game. There will be a five (5) minute waiting period.
3. Each game will consist of two (25) minute halves, with a five minute half-time. Game time begins when the official calls out the start time for the game.
4. Games tied at the end of regulation time during the regular season shall be decided by permitting each team 4 attempts (the 4 attempts are regulation-like downs) to score from the 20, plus PAT attempt. If there is still a tie after both teams have finished their possession, the game will move into a second overtime. Teams will continue rotating possessions (i.e. NCAA Football Overtime) until the tie is broken.
5. Two (1) minute time outs per half will be allowed for each team during the games.
6. The ball shall be kicked off from the 40 yard line, unless moved due to penalty. Punts are not allowed on kickoffs.
7. There are no fumbles; once the ball hits the ground, it is dead.
8. A running clock will be enforced during the first and second halves. The clock shall ONLY be stopped during the last two minutes of the second half for regulation rules which include: timeouts, out of bounds, incomplete forward pass, injuries, penalties, 1st down, touchdown, field goal, touchback, and safety. (The clock will also stop for 45 sec. after PAT attempt).

Note: Following a free kick, the game clock shall be started when the ball is legally touched. On a scrimmage down, the clock shall be started when the ball is snapped or on prior signal by the referee. The clock shall not run during a try-for-point or during an extension of a period. The clock shall stop after PAT attempt during game, and shall not start until first touched, snapped, or after going out of bounds on ensuing kick-off.
9. After a PAT attempt, the clock will stop and the kicking team has 45 seconds to line up. If they are not lined up within that time, they will receive a 20 yard penalty on the return.
10. Press coverage on receivers is allowed 5 yards from the line of scrimmage.
11. The center has to snap the ball between his legs.
12. PAT: From the 5 yard line.
 - Kick & Pass = 1 pt.
 - Run = 2 pt.
13. On a 2pt. conversion, the defensive team is allowed to return the ball.
14. Flag Pulling- Players must attempt to go for a flag at all times. Players may not push or force a player out of bounds. Wrapping, tying, or in any way securing the flags to the uniform or belt, or intentionally removing a flag during play, is illegal:
 - Penalty — 10 yards and possible ejection.

15. A touchdown will be awarded once the ball crosses the goal line. There is NO DIVING across the goal line.

16. Motion – player must be moving in an east/west motion and not north/south.

17. No blocking downfield – players must be in an established position.

18. Blitzing can occur anywhere on the field – players are allowed to protect themselves by extending their arms.

19. A catch is ruled complete if at least one foot is inbounds.

20. Complaints regarding players, teams, coaches, officials, etc., should be channeled through the coach to Parks and Recreation staff.

21. After a team has forfeited two games, the team must pay a \$25 re-entry fee or the team will be dropped from the league. Each subsequent forfeit will result in an additional \$25 re-entry fee. If a team forfeits four (4) games they will be dropped from the league and the tournament.

22. A mercy rule will apply to all regular season and playoff games – A game will end when one team is ahead by 30 points in the second half, with 10 minutes (or less) left in the game.

V. Penalties:

* Loss of Down, If by the Offense **Automatic 1 st Down	
5 Yards 1. INVALID FAIR CATCH 2. EXCESSIVE TIME OUT 3. ILLEGAL FORMATION 4. ILLEGAL MOTION 5. FALSE START 6. INTENTIONAL GROUNDING* 7. HELPING THE RUNNER 8. DEFENSIVE HOLDING	10 Yards 1. DELAY OF GAME 2. FAIR CATCH INTERFERENCE 3. PASS INTERFERENCE* 4. STRIKING, KICKING, ETC. 5. ROUGHING KICKER/HOLDER 6. RUNNING INTO OPPONENT** 7. HURDLING, TRIPPING 8. ROUGHING THE PASSER** 9. CLIPPING 10. ILLEGAL USE OF HAND OR ARM 11. FLAG PROTECTING 12. ILLEGAL REMOVAL OF FLAG 13. OBSTRUCTING BALL CARRIER
15 YARDS 1. UNSPORTSMANLIKE CONDUCT 2. TOO MANY PEOPLE ON THE FIELD	

VI. Behavior:

1. The consumption of drugs or alcohol on City of Roanoke property by any player or team personnel before, during, or after a game will NOT be permitted. Any players or teams found violating this policy may be suspended from league play.

2. Threats or assaults toward any recreation staff or official before, during, or after a game will result in that person being expelled from the league and from any further participation in activities offered by this department. Additional criminal charges will also be filed against any person involved in this type of behavior.

3. Profane or abusive language directed at an official/staff person or arguing with an official/staff person before, during, or after a game will not be tolerated. Such actions will result in the player being ejected. Players that have been ejected must immediately leave the premises. Continued use of profane language after ejection may result in suspensions for multiple games or possibly the entire season. Any coach or player ejected from a game will not be allowed to coach/play OR attend his/her team's next game. Any player ejected from 2 games in 1 season must sit out the rest of the season and will not be allowed to attend any games.

4. Fighting among players before, during, or after a game on City of Roanoke property may result in the player and/or team being suspended from league play for an entire year. A team that is involved in more than one fight may be disqualified for the remainder of the season. Profane or abusive language between players, criticizing another player, or showboating, may result in the offender(s) being ejected and/or suspended from the game and/or league.

5. All suspension lengths for violation of any of the above rules will be made by the Recreation Specialist and Athletic Coordinator after speaking with the involved parties and any witnesses if possible.

VII. Protest Procedures:

1. Protests can only be made concerning player eligibility, rules, and violations of the bylaws. Official's judgment is not subject to protest. If a coach wishes to protest an incident, the following steps must be taken:

- The coach must notify the official and opposing coach of the protest at the time of the incident. For no reason can a protest be made after a game is complete.
- The coach must file a written protest including a \$45 protest fee with Parks and Recreation office by 4:30 p.m. the next working day after the incident occurs. If the protest is upheld, the \$45 protest fee will be refunded. **Under no circumstances** will a protest be accepted by phone.

VIII. Playoff Rules:

1. All teams qualify for the post-season playoff tournament. The Recreation Specialist has the authority to withhold a team from post season play if they have a history of forfeiting games or negative behavior throughout the season.

2. If two or more teams are tied in the final standings for regular season, the following tie breakers will be used to determine what seed they will be in the tournament:

- a. Teams record head-to-head
- b. Teams' total points scored for the season
- c. Coin flip

3. Games tied at the end of regulation time shall be decided by permitting each team 4 attempts to score from the 20 plus PAT attempt, repeating series until tie is broken. The 4 attempts are regulation-like downs.

IX. Weather Conditions:

1. If it can be determined at 4:00 p.m. on weekdays, and 10 a.m. on Sunday, that weather conditions may be hazardous, then the hotline (853-1196, Option #1) will be updated to indicate games have been postponed. If conditions worsen as the day progresses, games may be cancelled at the field.

X. Makeup and Game Information:

1. If a game is postponed due to weather or field conditions, then the Recreation Specialist will post makeup games on the athletics web site at www.playroanoke.com. NO MAKEUP SCHEDULES WILL BE MAILED OUT. If a team doesn't have web access, then the coach should contact the Recreation Specialist within three days after the postponed game.
2. Access game schedules, team standings, field directions, and other league information at the Roanoke Parks and Recreation web site, www.playroanokc.com.

XI. Blood Policy:

1. Bleeding must be stopped, open wounds must be covered, and clothes with blood on them must be changed.

XII. Lightning Policy:

1. Any time lightning is visible, then all players, coaches, fans and umpires should take shelter immediately.
2. Flash/Bang method should be used to count seconds between lightning flash and thunder and then divide by five. This will give you distance of the lightning in miles. If the count is 30 seconds or less take shelter immediately.
3. There must be a thirty (30) minute period without thunder and/or lightening before play may resume.
4. Safe places for shelter would be fully enclosed metal vehicles with windows up, enclosed buildings, or get as low to the ground as possible. Unsafe shelter areas would include outdoor metal objects like flag poles, fences, high mast light poles, metal bleachers, etc.
5. If you feel your hair standing on end or hear "crackling noises" you are in lightning's electrical field. Immediately remove metal objects (including baseball caps), place your feet together, duck your head and crouch down with hands on knees.
6. If anyone is struck by lightning Call 911 immediately. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply CPR if you are qualified to do so.