COBB COUNTY PARKS DEPARTMENT
ADULT FLAG FOOTBALL LEAGUE
CONSTITUTION AND BY-LAWS
2020

I.) LEAGUE ORGANIZATION

The governing body of this league will be composed of one representative from each team and the league coordinator.

II.) FIELD AND EQUIPMENT

A.) The Flag Football field is 40 x 100 yards. The field is divided into 20-yard sections with 10-yard end zones. The team area is located on opposite sides of the field across from scorekeeper. The area is 2 yards from the sideline and between the 20-yard markers. (No players or coaches are permitted inside of the 20-yard line.)

B.) The league will use a regulation size ball. Each team will furnish a regulation size ball on offense. Each player must wear shoes. They must be made of soft, pliable upper material (canvas, leather or synthetic) which covers the foot, attached to a composition bottom. Metal cleats shall be illegal.

C.) All players should wear similarly colored jerseys. Jerseys should be numbered on the front or the back (this rule may not be used to protest the outcome of a game). The referees do not enforce this rule. A 2-week grace period will be in effect from opening day of the season. After that time, league coordinator may take action against teams that are non-compliant with the uniform rule. The home team shall wear white jerseys with numbers and the visitor's team shall wear colored jerseys with numbers in all games. Matching pants (without pockets) and socks are recommended, but not required. Jerseys must be either long enough to remain tucked in at all times or short enough so there is a minimum of 4" from the bottom of the jersey to the waistline. Pullovers will be available if teams wear same color jersey.

D.) All pants or shorts must be without any belt loops or pockets or exposed drawstrings.

E.) All teams must wear the one-piece triple threat belts provided by the department at all times.

F.) The following equipment is legal (optional): Ace bandages (no more than two turns deep), gloves made of soft, pliable non-abrasive material, knit or stocking caps (no caps with bills), soft, pliable knee pads or ankle pads and mouth pieces.

G.) The following equipment is illegal: all headgear, except knit stocking caps, all jewelry, all pads or braces worn above the waist, braces worn below the waist made of any type of hard or unyielding material, any slippery or sticky substance on the body or equipment, any electric or mechanical communications devices and hand towels attached at the player's waist.

III.) ELIGIBILITY

A.) No college student who plays on a college football team will be allowed to participate in this league. No high school students who currently participate in high school football are eligible for this league.

B.) When a player's eligibility is in doubt, it must be reported to the league coordinator by 5:00 PM the next business day. If not reported by this time, the game will be official and cannot be contested.

C.) A player must be 16 years of age by the start of team's 1st game to be eligible.

D.) The league entry fee must be paid in full at the time of registration. No refunds will be made to teams dropping out of the league.

E.) A player cannot be a member of 2 teams within the same league in the Cobb County Recreation Adult Football program.

IV.) ROSTER

A.) Teams shall not be allowed to carry more than 25 players on the roster at any one time.

B.) No new players may be added to the team's roster after the **start of the 6th game**. All new players must fill out and sign the roster (in person) by seeing the scorekeeper at least 30 minutes prior to the game. A team's coach may delete players on his/her roster at any time.

C.) In order for a player to change teams, the manager must report to the league coordinator requesting his/her release. A player may obtain his/her own release to play with another team; however, he/she must request to be added to his/her new team's roster filed with the scorekeeper at the field. After he/she is added to the roster, he/she must wait for his/her new team to play one league game before he/she is eligible. A player may change teams one time per year.

V.) PLAYER CONDUCT

A.) Any player found under the influence of alcohol/drugs shall be immediately removed from the game and automatically dropped from the league and barred from any league or play-off game.

B.) Fighting will not be tolerated. Teams or players involved in fighting before, during or after games will be put on probation or suspension after the first offense. After the second offense, the team will be suspended from the league for the remainder of the season with no refund.

C.) No tobacco will be allowed on the field or on the bench.

D.) Any player who is ejected from a game for profanity, rough conduct or unsportsmanlike conduct will be suspended for the next two games which his/her team plays, **NOT INCLUDING THE GAME THE PLAYER IS EJECTED FROM**. After the second offense, the player will be suspended for the remainder of the season. Officials are directed to eject players who are guilty of any of the above.

E.) If a player so much as touches an official in anger, or threatens to do him/her bodily harm, he/she will be barred from the league for an indefinite period of time to be set by the Department. (Minimum Two Years).

VI.) GAME

A.) There shall be two twenty-four minute halves. Each team is allowed two time-outs per half (30-second time-outs). The clock is stopped for time-outs only. ***Extra Point plays before the 2-minute warning are timed downs and clock will continue to run.*** The clock will continue running on incomplete passes and out of bounds plays, until the last 2 minutes of each half. The ball shall be put into play within 25 seconds after it is declared ready for play by the official. The official may order the game clock started or stopped whenever, in his opinion, either team is trying to consume or conserve playing time by tactics obviously unfair.

B.) Teams will be given a **10-minute** grace period for the **first games of the day only**, however, if a men's team has 5 players available, and in coed a team has 6 players available, the game will start immediately or as soon as a fifth or sixth player arrives. After the 10-minute grace period, the team failing to place the minimum amount of players on the field shall forfeit the contest. The first game will not begin before the scheduled game time. Double Headers will be scheduled at the discretion of the League Coordinator.

C.) The Cobb County PARKS Department reserves the right to drop any team that forfeits two games during the season, with no refund of the entry fee.

D.) Each men's team shall be composed of seven (7) players. The offensive team must have 4 players on the line of scrimmage, with the remaining players in the backfield. The defensive team may place its men anywhere on the defensive side of the playing field. The player receiving the snap must be at least two yards behind the line of scrimmage.

E.) In the event of inclement weather, register for our rainedout.com alerts. Text Terrell to 84483 to receive rainout texts. The League Coordinator will reschedule games and notify all team managers 48 hours or 2 days prior to the playing date. Teams failing to appear for a make-up game shall forfeit. If you are not notified of a rainout by text alert, report to the field to play.

F.) Putting the ball into play:

1.) The winner of the toss must choose one of the following:
   a.) Offense
   b.) Defense
   c.) Designate which goal their team will defend
   d.) Defer choice to the second half

2.) Starting the Game:
   The ball will be placed on the 14 yard line at the start of each half and at the start of each drive after a touchdown.

3.) First Downs:
   The offensive team has four downs to gain a first down. A first down is gained by crossing any one of the twenty-yard markers with any part of the ball.

4.) Scoring:
   a.) Touchdown – passing or running – 6 points; **In coed, if a female scores a touchdown, the point value is 9.**
   b.) Point after touchdown: 1 point running or passing from the 3-yard line, 2 points running or passing from the 10-yard line 3 points running or passing from the 20-yard line.
   c.) Field Goal – no field goals allowed.
   d.) Safety – 2 points.

G.) Offensive screen block: This 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 a block is illegal. A blocker may not leave his/her feet (except inadvertent) during a block. Penalty: 10 yards or ejection if judged flagrant.

H.) No player shall strike an opponent with his/her fist, locked hands or elbow, kick or knee an opponent, or tackle an opponent. Lowering a shoulder and contacting an opponent or butting an opponent with the head is not allowed (except inadvertent). Penalty: 10 yards or ejection if judged flagrant.

I.) Running with the ball: A runner must make an effort to avoid a defender. Also, a defender must make an effort to avoid knocking a runner out of bounds. Stiff-arming is not allowed (except inadvertent). Diving/jumping is allowed as long as the player does not dive or jump into the defense. Penalty: 10 yards or ejection if judged flagrant.

J.) When a player accidentally loses his/her belt, play reverts to one hand tag between the shoulders and knee.

K.) Guarding the Flag: Neither hands, arms, nor any other part of the body may be used to guard the flag. The flag must be fastened in the normal way and may not be tied on. Knocking a player out of bounds is a personal foul unless done inadvertently in an attempt to pull his flag.

L.) Passing: All players are eligible to catch a pass. Only one forward pass per down is allowed. Backward passes are unlimited. No contact is allowed with receivers down field. Penalty: 10 yards or ejection if flagrant.

M.) Defense: A player may not hold the ball carrier in order to get the flag. Penalty: 10 yards.

N.) Fumbles: All fumbles are dead at the spot where they touch the ground. Fumbles caught in the air may be advanced.

O.) Substitutions are unlimited.

P.) Any player receiving a snap must be at least two yards behind the line of scrimmage. Penalty: 5 yards, illegal formation, illegal procedure.

Q.) Mercy Rule: If a team is 19 **(Coed Rule – 25 points)** or more points ahead at the two-minute warning of the 4th period, the game shall end.

R.) All punts must be declared in advance. Punting team must have everyone except the punter on the line of scrimmage. All players must remain motionless until the ball is kicked. Penalty: 5 yards, illegal formation, illegal procedure.

S.) All players must start each play with their flag belts on. Penalty: 5 yards

T.) Tampering with the flag belt in any way to gain advantage, including tying, is illegal. Penalty: 10 yards, **player disqualification**.

U.) Overtime:

1) Each team receives an Overtime Extra Point Attempt
2) Coin Flip – three choices – Offense, Defense, Type of Extra Point (1, 2 or 3 points)
3) If score is tied at the end of first O.T., repeat second O.T., reversing choices, etc.
4) If score is tied at the end of the second Overtime, teams must go for a 2 or 3 point Extra Point. Overtime will continue until a winner is declared. Choices will continue to be reversed per Overtime Period.
5) One timeout per team per Overtime Period
6) Interceptions on returned Overtime Extra Points are worth the value of the attempted Overtime Extra Point (1, 2 or 3 points)
7) Penalties are administered As in a regular game
8) U.S.F.T.L. SUDDEN DEATH OVERTIME will be used in Championship games.

VII.) COED RULES

A.) Each team will field no more than 8 players (4 men and 4 women). Teams NOT able to field a full team may play with a minimum of 6 players (3men and 3 women).

B.) Teams can play with more women than men as long as there are at least 3 men. To ensure coed participation, a penalty will be issued if the offensive team fails to use a female as an **operative player** within 3 consecutive downs.

1.) An Operative Player is defined as a player who:
- Is the intended receiver in the eyes of the official
- Runs the ball as the primary runner (does not have to cross the line of scrimmage)
- Attempts a pass as quarterback

2.) An Operative Player is not defined as a player who:
- Hands off the football
- Snaps the ball into play
- Receives a hand-off only to give it back to a male before crossing the line of scrimmage

3.) Examples:
- A pass deflected by a male and caught by a female is a female play
- A pass intended for a female (in the eyes of the referee) that is deflected by a female and caught by a male counts as a female play.
- A completed pass to a female player past the line of scrimmage, and the receiver then laterals the ball to a male player behind the line of scrimmage is not a female play
- A completed pass to a female player past the line of scrimmage, and the receiver then laterals the ball to a male player past the line of scrimmage is a female play
- A completed pass to a male player past the line of scrimmage, and the receiver then laterals the ball to a female player is not a female play

4.) The penalty for running 3 consecutive plays without a female as an Operative player will be loss of down and a five yard penalty (i.e. if it was 2nd down during the penalty, it is now 3rd down) and the female must now be the Operative Player on the next play. If on this play a male catches or runs the ball : loss of down, the play is ruled "dead", and the ball is brought back to the line of scrimmage.
- Plays utilizing a female and resulting in "loss of down" penalties, will still be considered "female" plays.
- The slate is clean for extra points and punts and everyone is eligible.

THE PLAY (COED)

C.) Line of Scrimmage

1.) Players on the line must be set before the snap. The offensive team must have at least 4 players on the line. Teams may have one (1) player in motion, but they must be going parallel to the line and at least two yards back.

VII.) RULES AND OFFICIALS

A.) The U.S.T.F.L rules will be strictly adhered to unless contrary to these by-laws.

B.) Three officials will be assigned for each league game. In the event that only two are present at game time, the game must be played.

VIII.) PROTEST

A. A manager can protest a referee's interpretation of the rules, provided the protest is made prior to the next official play. The protesting manager must make the supervisor aware of the protest. The protesting manager must file a written report with the league coordinator by 5 p.m. the next working day, along with the $50 protest fee. (Check or money order only)

B. Upon receiving the written protest and protest fee, the league coordinator will determine the validity of the protest. If, in his/her judgment, the protest is valid due to a **misinterpretation of the rules**, he/she will call a meeting of the staff protest committee and address the protest. If the protest is upheld, the protest fee will be refunded.

IX.) PLAY-OFFS

A.) Play-offs will be at the discretion of the League Coordinator, and may involve an additional fee.

B.) Top team in each league (men's teams only) will be eligible for GRPA District tournament **(Fall season only).**

C.) A HALF bid to the U.S.T.F.L. Nationals will be given to the Champion of each league.

X.) TROPHIES

A.) Team trophies will be awarded to first and second place teams in each league and first place will also receive champion t-shirts.

XI.) GRPA DISTRICT AND STATE **(ONLY IN FALL SEASON)**

A.) All members of teams advancing to GRPA. Post Season Play must be an integral part of the Cobb County Flag Football League.

B.) Team uniforms in GRPA must consist of like colored jerseys with a factory type non-duplicating number on the back at least six (6) inches in height. Shorts or pants without pockets will be worn.

C.) Roster limit for GRPA is fifteen (15).

D.) All players must be 18 years of age by December 1.

E.) The National Intramural-Recreation Sports Association Football rules will be strictly adhered to unless contrary to the GRPA State Athletic Manual.

F.) Teams qualifying for the GRPA post season play must post a deposit equivalent to the entry fees for district and state tournaments before they are entered. Said deposit will be refunded if teams meet all District and State commitments.

ADULT FLAG FOOTBALL
TIE BREAKER

The following procedure will be used to determine the first place finisher at the end of the season, or break ties for any place.

TWO WAY TIE: If two teams are tied with identical records, the winner would be the team that won the game(s) when the two met. If the two teams split their game, the team with the highest average point differential will win. If the teams are still tied, the team that gave up the fewest points will win.

THREE WAY TIE: If three or more teams are tied, the winner will be determined by the point differential average per game, unless one team has defeated all the others (must win both games if two games were played).

TO FIGURE AVERAGE POINT DIFFRENTIAL:

	WIN/LOSE	SCORE	POINT DIFF/GAME	
Example: Team A	WIN	21-14	+7	
	LOSE	26-20	-6	
	WIN	40-36	+4	
	WIN	35-0	+35	WIN
	14-7	+7		
	WIN	21-20	+1	
	LOSE	16-6	-10	
	LOSE	40-35	-5	

			+33	

Avg. Point Differential - +33/8 = 4.125 APD

If two teams then have the same average points per game differential, the team that won the game(s) played between the two teams during that half would determine the winner. If the teams split their games, then the team that gave up the fewest points will win. If a team registers a forfeit (win or loss), the results for tie-breaker will be optional, if forfeit decreases differential then score will be dropped from average. Losing game will be calculated with total games.