



# COBB COUNTY PARKS DEPARTMENT MEN'S FLAG FOOTBALL LEAGUE



## 2021 Adult Flag Football League Rules and Regulations

**\*\*\*UPDATED April 8<sup>th</sup>, 2021\*\*\***

### **I. LEAGUE ORGANIZATION**

- A. Cobb County PARKS Department is the governing body of this league. UFFL 7-man screen rules shall be strictly adhered to unless superseded by the following rules and regulations. Cobb PARKS reserves the right to rule on anything not covered by the UFFL rulebook.
- B. Each team is responsible for checking the website for schedules, standings, and make-up game information. We will email managers and post this information to the cobbparks.org website as soon as it comes available.
- C. Three officials will be assigned for each league game. If only two are present at game time, the game must be played.

### **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. If teams are wearing the same or similar color jerseys the PARKS department will provide pinnies to the visiting team if requested. **All pants or shorts must be without any belt loops or pockets or exposed drawstrings. If a player has pockets they will not be allowed to play. (Shorts/pants can't be taped or turned inside out).** 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 teams must wear the one-piece triple threat belts provided by the department at all times.
- E. 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.

- F. 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 1<sup>st</sup> game to be eligible.
- D. 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 PARKS Adult Flag 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 last game of the regular season**. 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. Players that are not on the roster after the last game of the regular season will not be eligible for the playoffs.
- 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. 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.
- B. 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.
- C. 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-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. Halftime will be 2 minutes.
- 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 the game will start immediately or as soon as a fifth player arrives. After the 10-minute grace period, the team failing to place the minimum number 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 one (1) yard behind the line of scrimmage.

### A.) 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
- 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.

- B.) 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.

- C.) 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.
- D.) 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.
- E.) When a player accidentally loses his/her belt, play reverts to one hand tag between the shoulders and knee.
- F.) 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.
- G.) 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.
- H.) Defense: A player may not hold the ball carrier in order to get the flag. Penalty: 10 yards.
- I.) Fumbles: All fumbles are dead at the spot where they touch the ground. Fumbles caught in the air may be advanced.
- J.) Substitutions are unlimited.
- K.) Any player receiving a snap must be at least one yard behind the line of scrimmage. Penalty: 5 yards, illegal formation, illegal procedure.
- L.) Mercy Rule: If a team is 19 or more points ahead at the two-minute warning of the 2<sup>nd</sup> half, the game shall end.
- M.) 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.
- N.) All players must start each play with their flag belts on. Penalty: 5 yards
- O.) Tampering with the flag belt in any way to gain advantage, including tying, is illegal. Penalty: 10 yards, **player disqualification**.

P.) Onside Kick: In the 2<sup>nd</sup> half only the losing team can attempt an onside kick. The losing team must run 1 play from their own 15-yard line. They must reach their own 40 (25-yard play) yard line in order to retain possession and have a successful onside kick. The play must at minimum reach their 40-yard line. In the event of a successful onside, the kicking team will be granted possession of the football at the 40-yard line (midfield). If the result of an onside kick is a score or conversation past the 40 yard line the ball will still be placed at the 40 yard line. If the onside kick is unsuccessful the receiving team will get the possession of the football at the 40-yard line.

Q.) 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

#### A. **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.

#### VIII. **PARK RULES & RAINOUT PROCEDURES**

- A. Drinking of alcoholic beverages will not be tolerated. A player determined to be under the influence of intoxicants will be immediately removed from the playing area and suspended from the Cobb PARKS Department program for 1 year. Cobb County law prohibits possession of alcohol in the county parks system, including parking lots. No tobacco will be allowed on the field or on the bench as well.
- B. Unattended or unleashed dogs are not allowed in the parks. Dogs are not allowed on athletic fields. Dogs cannot be tied to the fence.
- C. In the event of inclement weather, register for our rain out line. To receive an automated text about field closures, please visit <https://rainoutline.com/search/dnis/7622028142> and click the email or text alerts link. You would then click the email or text heading and check which locations you would like to subscribe to for rainout alerts. You can also download the mobile app to receive notifications. No cancellations will be made before **10am**. The League Coordinator will reschedule games and notify all team managers 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.

## **IX. 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.

### **A. TWO WAY TIE:**

- 1) **Head-to-Head** - If two teams are tied with identical records, the winner is the team that won the game when the two teams played.
- 2) **Fewest Runs Allowed** - If the teams split their games, the team that allowed the fewest points during the entire season will be declared the winner.
- 3) **Most Runs Scored** - If the teams still remain tied, the team scoring the most points during the season will be declared the winner.
- 4) If a tie still remains, the team that allowed the fewest runs when they played each other will be declared the winner.

### **B. THREE WAY TIE:**

- 1) **Head-to-Head** - If one of the three or more teams defeated each of the other teams during the season
- 2) **Fewest Runs Allowed** - If three teams or more are tied, the winner will be determined by the team that allowed the fewest points.
- 3) If two of the teams still have the same total of points allowed, the winner will be the team that won the game played between the two teams during the season. If the teams split their games, the team that scored the most points during the season will win.

**NOTE\*** Forfeit games will be recorded as a 2-0 score. This score can be used except when a disadvantage would occur to a winning team or an advantage would occur to a losing team.