

2023

ADULT FLAG FOOTBALL PROGRAM



CITY OF HOUSTON
PARKS AND RECREATION DEPARTMENT



February 27, 2023

Dear Team Manager,

On behalf of the Houston Parks and Recreation Department, I would like to welcome you as a participant in our **Adult Flag Football Program. We are excited to start our sports leagues again!**

Our goal is to offer quality sports programming at affordable prices and see that each participant has an enjoyable leisure experience.

Please read the rulebook at your first opportunity to familiarize yourself with our league's rules and regulations. Also, you will find a listing of online registration dates for each season in on page 3.

We now have an online registration system. You can establish your online account at <https://apm.activecommunities.com/houstonparks/Home>, but you will not be able to register for a league until the specified registration dates for a specific season. The online registration system was approved by the Mayor and City Council in 2009.

Separate flyers with upcoming registration information, fee changes and rule updates will be sent to you as they become available. You can also visit our department's web site at www.houstonparks.org for additional information as well. Please be sure to advise the Adult Sports Office with ample time if your contact information changes, including email address.

We now have an [HPARD Facebook Page](#) and [Twitter Page](#). We will add updates on league registrations and tournaments throughout the year.

Again, welcome to our program. Wishing you and your team a very enjoyable and successful season.

Sincerely,

Sean Gay,
Senior Superintendent
Recreation and Wellness Division

2023 ADULT FLAG FOOTBALL PROGRAM DATES:

A. Spring I Season

League Dates: February 27 – April 16, 2023
Online Registration Dates: January 17 (8:00 am) – January 29 (5:00 pm)
Holiday: Easter Good Friday: April 7th

Spring II Season

League Dates: May 8 – June 25, 2023
Online Registration Dates: April 17 (8:00 am) – April 30 (5:00 pm)
Holiday: Memorial Day: Monday, May 29th, Juneteenth: Monday, June 19th

Summer Season

League Dates: July 10 – August 27, 2023
Online Registration Dates: June 19 (8:00 am) – July 2 (5:00 pm)
Holiday: Juneteenth: Monday, June 19th, Independence Day: Tuesday, July 4th

Fall Season

League Dates: September 11 – October 29, 2023
Online Registration Dates: August 21 (8:00 am) – September 3 (5:00 pm)
Holiday: Labor Day: Monday, September 4th

Winter Season

League Dates: November 6 – December 17, 2023
Online Registration Dates: October 9 (8:00 am) – October 22 (5:00 pm)
Holiday: Thanksgiving: Thursday & Friday, November 23 – 24

B. LENGTH OF SCHEDULE:

Leagues will consist of four (4) to eight (8) teams playing ten (10) games in a double-header format for (5) weeks. Each team plays 10 games total in a season. Playoffs may be held if rainouts weeks are not exhausted.

C. REGISTRATION PROCEDURES:

Team managers register online during the above registration dates at:

<https://apm.activecommunities.com/houstonparks/Home>

Team managers can establish their online account in advance at:

<https://apm.activecommunities.com/houstonparks/Home>. (this only has to be done once).

If you do not have Internet access, team managers may register for leagues during the above registration dates between the hours of 8:00 a.m. – 5:00 p.m. at the Adult Sports Office, 6200 Wheeler Street, Bldg. #3, Houston, TX 77023. Personal checks are not accepted. Entry fees are accepted by cash, credit card, company check and money orders only. Company checks and money orders need to be made payable to “City of Houston.”

Registrations are accepted on a “first come, first serve” basis.

Team managers cannot register more than 1 team per league nor create duplicate online accounts.

D. **FEES**

\$413.55 per team per season.

Entry fees are subject to change without notice.

All teams participating in the 2023 Houston Parks and Recreation Department Adult Flag Football Program will be required to register with the Texas Amateur Athletic Federation (TAAF) at a cost of \$10.00 per team. Registration with TAAF is required once every calendar year, and is separate from the Houston Parks and Recreation Department League Registration.

TAAF offers team insurance at an affordable price. The City of Houston recommends for team managers to purchase team insurance. Please visit www.taaf.com for more information.

E. **REFUND POLICY**

Refund of team registration fees will be granted to team managers less 5% of the team registration fee, provided such request is made on or before the business day 14 days preceding the season’s start date. No refunds shall be given for a request submitted less than 14 days preceding the season’s start date. It should also be noted that it could take up to ninety (90) days from the date your refund request is received to be processed. All refunds must be requested in writing to the Adult Sports Office and have the following information:

1. Team manager’s name, address, telephone number and signature.
2. Team name, night, league and field.
3. Reason for withdrawal.

F. **TEAM CLASSIFICATION AND PLAYER ELIGIBILITY**

Teams will be classified based on the TAAF Flag Football Rules and Regulations. Class “A” teams are not restricted by the number of ex-professional and ex-collegiate players on the roster. Class “B” teams are restricted to three (3) ex-collegiate players who lettered in Football and no ex-professional football players. Class “C” teams are not allowed to have any ex-collegiate or ex-professional football players on their roster.

A player can only be listed on one (1) team’s roster per season, whether it be Class A, Class B or Class C. For example, a player cannot be listed on a Class A team, and during the same season, be

listed on a Class B team. The only exception is with Coed teams. A player can be listed on a Men's A, B, or C team and also be listed on a Coed team during a particular season.

Any team or players found violating these rules shall forfeit all games played in by the ineligible player or players and will not be eligible for regional or state tournament play. At all times, the responsibility of the eligibility of players will rest with the team managers or coaches.

The regular season playing roster will not exceed twenty (20) players.

No players will be permitted to play City of Houston Flag Football if he is presently a member of any semi-professional (includes Arena Football), professional, varsity high school, junior varsity, B-Team, 9th grade or college football team.

All players participating in City of Houston Flag Football leagues must be 18 years of age or over. Children 17 and younger must play in a youth sports league.

Teams should be aware and prepared to make up any games cancelled because of weather, light failure, etc., on any night of the week, including weekends at any field. Schedule changes are the sole responsibility of the Parks and Recreation Department.

G. **ROSTER CHANGES**

There will be NO TELEPHONE ROSTER CHANGES. If a player desires to transfer from one (1) team to another, a written roster change must be submitted to the Adult Sports Office in person prior to that player participating in a game. It can also be emailed to louis.moore@houstontx.gov.

H. **SCHEDULES**

Schedules for the entire season are posted one week prior to the season's start date on the Adult Sports Team Sideline website and app:

<https://www.teamsideline.com/sites/houstonparks/home>

If you do not have Internet access, please contact the Adult Sports Office at 832-395-7130 to request a schedule faxed or mailed to you.

I. **PROTESTS**

There will be no protests on judgment calls of the officials. Protests will only be accepted on rule interpretations or player eligibility. All protests must be voiced to the officials during the game and then turned in to the Adult Sports Office (6200 Wheeler Street, Houston, TX 77023) in a written format before 10:00 a.m. the next business day with a \$20.00 protest fee. Loss of protest will result in forfeiture of the protest fee.

J. **FORFEITS**

Any team not ready to play at game time will forfeit to the opposing team. Team must be on the field at game time to be considered present and ready to play. The only exception will be the first game of the evening; teams will be given a ten (10) minute grace period. Be aware that the game clock will start at the scheduled start time. For example, if a game starts at 7:00 p.m. and a team requests the grace period, the game clock will be running through the grace period. Referees will not decide on player eligibility. If a team captain desires to protest the eligibility of a particular player, he must follow the procedures set forth in Section I.

In order to reduce the number of unjustified forfeits by teams, the following rules will be implemented during the 2023 Seasons:

- If a team forfeits 3 or more scheduled dates of games during a 5-Week Doubleheader Season, the team would not be eligible to register and participate in any upcoming seasons within a period of 1 year. In addition, the team may be deleted from the current league and the schedule to be revised with remaining teams.
- For example, if a team forfeits 3 scheduled dates of games during the Spring season, they will not be able to register and participate in the Fall Season.
- If a new team is formed (within 90 days of becoming ineligible to register for another season), there cannot be 5 or more players on the roster from a team that was previously disqualified by forfeiting 3 or more scheduled dates of games in a season.

Of course, if a team experiences an uncontrollable circumstance that caused the team to have a forfeit (death in the family, car accident, etc.), the Adult Sports Office will review any written appeals with documentation submitted within 5 business days after the scheduled game(s) to the Adult Sports Office.

K. **PARTICIPANT BEHAVIOR**

Coaches are reminded that they are responsible for the behavior of their players and fans before, during and after all games. Conduct of participants deemed detrimental to the program will result in such person or persons being suspended from participation in the flag football program for a period of time as necessary due to the severity of the infraction. Officials are authorized to control the behavior of participants in the program from the time of arrival at the field until leaving park property. If you or anyone on your team has a problem with an official, do not approach the official; simply call the Adult Sports Office at (832) 395-7130 the next day, and we will monitor the situation to make changes, if necessary. **FIGHTING WILL NOT BE TOLERATED.** All persons involved in fighting will automatically be suspended by management for a period of time to be determined by the severity of the fight. Fighting and/or inappropriate behavior will result in both participants and teams being suspended for a minimum of 2 games up to a management decision of indefinite suspension, depending on the situation.

If a team is suspended for fighting or exhibits unruly conduct at any time during the league, **NO REFUND WILL BE GIVEN**, regardless of how many games remain. Proper behavior is required of players, coaches and managers at all times while on park property. This applies to before and after games as well as during games.

Any player banished from the game by the officials will also be ineligible to participate in the next game. The player may remain on his team's sideline, but may not direct any remarks towards the

official or opposition during the remainder of the game. Any player banished to the sideline who continues to cause disruption will be responsible for his team receiving a 15-yard penalty plus being asked to leave the park. If a player is asked to leave the park, he may be suspended for the remainder of the season. If a player does not comply, the team may be forced to forfeit the game and possibly be removed from the league without refund. If a player who was banished from a future game is found playing in that game, the team shall automatically forfeit the game.

Officials shall report any actions of players banished from their game to an Adult Sports staff.

Additionally, the Adult Sports Office may notify the Texas Amateur Athletic Federation (TAAF) Executive Director of any suspensions that occur during City of Houston Parks and Recreation league games.

All punishments may be appealed to the Adult Sports Office. All appeals must be sent in writing to the Adult Sports Office within 24 hours after the team manager is notified.

The Adult Sports Office reserves the right not to process complaints containing abusive or foul language.

L. **INJURIES**

The City of Houston Parks and Recreation Department and its employees and sports officials are not responsible for any injuries incurred before, during or after any game. Teams are urged to obtain their own insurance. Please visit www.taaf.com for additional information on insurance plans.

All players should be aware that flag football can be a hazardous activity and by voluntarily participating in this activity, they acknowledge that there are numerous dangers and risks involved including various types of injuries, and even death.

M. **RAINOUTS AND CANCELLATIONS**

In order to preserve the condition of the city's sports fields and the safety of participants, the City of Houston Parks and Recreation Department has implemented a Rainout Policy.

In case of inclement weather at all Level I Tournament Quality Fields (e.g.: Memorial Park), a representative from the Adult Sports Office will inspect the sports field and make a judgment call if the sports field is safe and whether or not playing on the sports field could cause serious damage to the field.

To enhance communication, the Adult Sports Office will announce rainout information in the following manner:

1. Team managers may refer to the Team Sideline app or website @ <https://www.teamsideline.com/sites/houstonparks/home> for text alerts (updated daily before 4:00 pm).

As many cancellations as possible will be made up in the days/weeks following the league schedule. The Adult Sports Office reserves the right to cancel remaining make-up games if it is determined that team interest is lacking and a champion will be determined on a percentage basis.

Refunds for games not played during a season will be issued to team managers at the conclusion of each season. Please check your “My Account” section on our online registration website 2 weeks after the conclusion of a specific season and the refund will be applied to your online account. If you originally paid by cash/check for your team registration, you will need to complete a Refund Request Form 2 weeks after the conclusion of a season. A refund check from the City of Houston will be sent to you within 4 – 6 weeks. If your team forfeits no refunds will be given during that season. The Adult Sports Office no longer issues credits that can be applied towards a future season.

N. **AWARDS**

Awards will be given to the first place team from each league (regular season). It is the team manager’s responsibility to pick-up their awards at the Adult Sports Office (6200 Wheeler Street, Houston, TX 77023) within ninety (90) days after the season/tournament ends. The Adult Sports Office will not be responsible for issuing awards after ninety (90) of the season/tournament ending.

O. **ALCOHOL**

Alcohol is prohibited at the following HPARD parks:

1. Cleveland Park
2. Irvington Park
3. Alief Park

Alcohol is permitted at the following HPARD parks, but not on the ballfield or in dugouts during games:

1. Memorial Park
2. Cullen Park
3. Herman Brown Park

Players may not leave the dugout during a game to drink alcohol.

Alcohol in glass containers is prohibited at all HPARD parks.

Sports officials have been instructed to follow the below procedures to ensure the Alcohol Policy is in compliance.

1. Sports official meets with team manager immediately if a player is drinking alcohol at a park where alcohol is prohibited or if a player is drinking on the actual ballfield or dugout. The sports official will tell the team manager the incident is a warning and he/she must cooperate to ensure players discontinue drinking behavior.
2. If drinking behavior is observed a second time by a player within a specific season, the player will be ejected for the remainder of the game(s) on that date. Sports official completes a written summary statement to Adult Sports Office within 1 business day.
3. If drinking behavior is observed a third time within a specific season, a forfeit will be issued to the team by the sports official. Sports official completes a written summary statement to Adult Sports Office within 1 business day.
4. If drinking behavior is observed a fourth time within a specific season, a forfeit will be issued to the team by the sports official. Sports official completes a written summary statement to Adult Sports Office within 1 business day. Adult Sports staff investigate incident and complete an incident

report for documentation. Suspension of registration for next season for team that violates Alcohol Policy.

P. **2023 TAAF STATE TOURNAMENT INFORMATION**

For more information visit the TAAF web site: www.taaf.com.

Q. **SPORTS FIELD LOCATIONS (Directions are given from Downtown)**

1. Memorial Park - Fields 7 - 8 (6501 Memorial Drive): Take South Loop West to Memorial Drive Exit. Turn right onto Memorial Drive. Continue on Memorial to the first entrance to the right (Picnic Lane). Fields #4 & #5 are across from the sand volleyball courts. Field #7 is next to the baseball field.
2. Alief (11903 Bellaire Blvd.)

R. **CONTACT INFORMATION**

1. General Information: (832) 395-7130
2. Rainout Information: (Updated by 4:00 p.m. daily) Team Sideline
3. E-mail Address: louis.moore@houstontx.gov
4. Houston Parks and Recreation Web Site: www.houstonparks.org
5. Online Registration Website: <https://apm.activecommunities.com/houstonparks/Home>

S. **SCORES AND STANDING**

Please check the Team Sideline website to view your team's scores, standings and schedule. Go to:

<https://www.teamsideline.com/sites/houstonparks/home>

Scores and standings will be updated on above website within 1 business day after completion of games.

T. **PRIVATE/INDUSTRIAL LEAGUES**

The private/industrial league director and team managers are responsible for the conduct of their players and fans before, during and after all games.

The league director of Private/Industrial leagues must cooperate to obtain player's contact information when requested by HPARD staff.

Harassment of umpires, players and staff will not be tolerated at any time. Continued harassment may result in player and/or team being suspended from the league with no refund.

Fighting will not be tolerated and will result in both participants and teams being suspended for a minimum of 2 games up to a management decision of indefinite suspension, depending on the situation.

If a player or team is suspended for fighting or exhibits unruly/inappropriate conduct at any time during the league, no refunds will be given, regardless of how many games remain.

U. **TEAM WEBSITE**

It is recommended for team managers to have a team website to better manage and communicate with teammates. You can manage your season efficiently by creating calendars, schedules, reminders, rosters, and photos.

Both of the organizations below provide a free service:

<http://www.eteamz.com>

<http://www.teamer.net>

TEXAS AMATEUR ATHLETIC FEDERATION FLAG FOOTBALL RULES

(Approved by the T.A.A.F. General Body for the 2002 State Tournaments)



RULE 1. THE GAME, FIELD, PLAYERS & EQUIPMENT

SECTION 1. GENERAL GAME PROVISIONS

The Game

Article 1. a. The game shall be played between two teams of no more than eight (8) players each, on a rectangular field with a properly shaped, sized and inflated ball.

b. A team may legally play with no fewer than six (6) players.

Winning Team and Final Score

Article 2. a. The teams are awarded points based on values established by rules. Forfeited games are given a different value and depending on circumstances, may alter the outcome of the game.

b. The game is ended and the score is final when the referee declares the game complete.

Supervision

Article 3. a. The game is conducted under the supervision of two, three, four or five officials including: a referee, a linesman, a back judge, line judge and a side judge. Use of the line judge and side judge is optional.

b. Officiating crews will be assigned from an approved agent from the tournament host and/or the state commissioner. Officials will have completed training as set by guidelines outlined in the TAAF Cavalcade.

Team Managers and Captains

Article 4. a. Each team shall designate to the referee one or more players as its field captain(s) and one player shall speak for the team in all dealings with officials. There shall be no more than four captains from each team at the coin toss.

b. A field captain's first announced choice of any options offered his team shall not be reversed.

c. Any player that participated in the last play, and is still on the field of play, may call for a team charged time-out.

Persons Subject to the Rules

Article 5. All players, captains, managers, or persons affiliated with the teams on the field, involved with a tournament or contest are subject to the rules and shall be governed by the officials and/or the tournament director, staff or appointed agents.

TAAF Members and Tournament Host Sites Subject to the Rules

Article 6. a. TAAF Member Cities conducting contests shall adhere to rules set forth by the Cavalcade and TAAF Flag Football Rules.

b. Non-TAAF Members wishing to conduct contests utilizing TAAF Flag Football Rules, Logo must have approval of the Executive Director, State Office, State Commissioner and/or meet the requirements set forth by the TAAF Cavalcade. If approved contests must adhere to the guidelines set forth by the Cavalcade as well as the TAAF Flag Football Rules.

SECTION 2. THE FIELD

Dimensions, Markings and Area Designation

Article 1.a. 80 yards from goal line to goal line with two end zones of 10 yards each.

b. Field shall be divided into 4 zones of 20 yards each.

c. Field shall be a minimum of 40 yards wide and a maximum of 53 1/3 yards wide.

d. Marking the five (5) yard line and ten (10) yard line are optional for use during the PAT. These may be marked as hash marks in the center of the field no more than five (5) yards in width

e. Lines should be clearly marked and use of cones or yard line markers along the sideline to signify zone lines are strongly recommended for use during championship play.

f. Teams shall use opposite sides of the field to use as their team area during the game. The team area stretches from twenty (20) yard line to twenty (20) yard line and no less than ten (10) yards wide of the playing field. Only the team manager, captains and players are allowed within the team area. Persons associated with the team and are not the Manager, captains or players must be removed from the immediate playing field and team area. Where grandstands, bleachers or seating areas are available this is the preferred area for these non-players.

g. When teams and players are in the team area, adequate room along the sideline must be made available in order for officials to work the sideline and properly officiate the contest.

SECTION 3. THE BALL

Specifications

Article 1. It is recommended that teams use the Wilson Official NFL Ball or its equal. (Official NCAA or the R5) However, each team must provide an official size leather covered football, which is properly inflated.

Administration and Enforcement

Article 2. a. An infraction of using too small of a football will be an automatic penalty of reversing possession of the football at the place of the last snap prior to discovery of the illegal ball, if the ball was used for one play. If the illegal ball is discovered prior to snap, there will be a **10 yard penalty**, no reversal of possession and removal of ball. (S-19)

b. Each team is responsible for their own ball as to retrieving it after an incomplete pass and keeping it dry during adverse weather conditions. The center may carry the ball to the huddle.

SECTION 4. PLAYING EQUIPMENT AND UNIFORMS

Uniforms

Article 1. a. Shall be each team's choice as long as it does not include any hard or unyielding surface.

b. Jewelry: No jewelry of any kind may be worn by players. No headwear with an extended bill may be worn. (Ex: caps, visors. etc.).

c. Jersey/Shirts: All members of the same team must wear the same color jersey with non-duplicating numbers including at least an eight (8) inch number on the back. The number on the front is recommended but not mandatory. Jerseys must be tucked in. The midriff shirt is legal, if in the judgment of the referee, it does not hinder the defense from pulling the flag. No article of clothing may cover any portion of a player's flag. Officials should warn violators of this between plays. If a shirt/jersey becomes untucked during a play, it must be re-tucked before the next play.

d. Shorts/Pants: Any shorts or pants worn during flag football league play must not have pockets located flags would normally hang from the flag belt. This is to reduce the risk of injury when pulling flags. If discovered during a game or a pocket becomes ripped during a play (an attempt at deflagging a player), if successful, player will be ruled down as if he were legally deflagged from a flag belt.

Any shorts or pants that have striping, piping or a design that camouflages a player's flags or flag belt will not be allowed.

e. Shoes: Any flat soled or completely molded cleat shoes are acceptable. Removable cleats, baseball or track spikes or any shoes that have steel or metal tips are prohibited. All players must wear shoes.

f. Protective Equipment: Helmets, shoulder pads, thigh pads are prohibited. Any questions as to the legality of players equipment shall be decided by the referee of that game. The use of any unyielding hard substance cannot be used to protect an injury, no matter how well covered or padded. Therapeutic or prevention knee braces can be used if covered from direct external exposure.

g. Flags - The "Sonic" type of flag belts are recommended, but the choice of type, material, and securing mechanism used shall be the choice of each local league or local tournament. The Adult and Youth Flag Football State Tournament teams must use the "sonic" type flag belts. *(Triple Threat and Velcro type flag belts are acceptable alternatives, but must be approved by tournament director. Ball & Socket type flag belts are illegal and cannot be used.)*

Each player on the field (8 offensive and 8 defense) will wear 2 flags at the waist, one on each side. Flags must be attached to a belt and the belt will be worn snug around the waist to eliminate being turned partially around the waist during an attempted deflagging.

The flags must be a minimum of 12 inches (flag itself) in length and 1 1/2 inches in width and must be a different color than the players lower uniform. It is preferred that teammates must wear the same color of flags.

h. Gloves work by a player must be approved and inspected by game officials in the case any illegal substance has altered the gloves with the intent to enhance a player's performance.

Playing Equipment And Uniforms Enforcement

Article 2. a. If any player has improper attire, said player may not play in the game until he complies with these rules. If discovered during the game, player must be removed from play until compliance occurs. (Uniform violations: 5 yard penalty for someone who gains possession of the football). (S-19)

b. Treat item Section 4 Article 1e & Article 1f as dead ball fouls with a 5yard penalty and remove equipment or player.

c. Illegal alteration, securing, or substitution of flags or belts will result in removal of a player or players from the game and a 10 yard penalty from L.O.S. of last snap if offense and if defense from P.O.I. (S-19) Any player with less than two (2) flags in the proper position at the snap shall be ruled deflagged immediately at the point where he gains possession of the football.

RULE 2. ROSTERS, PLAYERS, ELIGIBILITY AND CONDUCT

SECTION 1. TEAM & PLAYERS

Eligibility

Article 1. a. TAAF flag football is 8 men with everyone eligible. A team may field no less than 6 players at any time.

b. Team Roster: Teams regular playing roster shall not exceed twenty **(20)** players including a playing manager. There will be no drafting of players for Regional or State Tournament.

c. No new player may be added to teams regular playing roster after October 15th and be eligible to compete in the T.A.A.F. Regional and State Tournaments. If a regional tournament occurs after October 15, the roster for that tournament becomes final and official. Player additions to rosters may only occur within the guidelines set by the TAAF Cavalcade.

d. Eligibility: No player shall be permitted to play T.A.A.F. Flag Football if he is presently or has, during the current season, been a member of any semi-professional, **(This includes arena football)**, high school varsity, B team, 9th grade, or college football team. Any player who has played **professional football** shall be ineligible to participate for one year after his last day as a member of a professional team.

All players must be eligible under General Regulations of the current T.A.A.F. Cavalcade of Sports.

Classifications

Article 2. a. **ADULT:** CLASS "A" - Teams are not restricted by number of ex-professional and ex-collegiate players on the roster. CLASS "B" - Teams are restricted to **three (3)** ex-collegiate players who lettered in football and no ex-professional football players.

b. **YOUTH:** Current age divisions include: 8 & Under Mixed, 10 & Under Mixed, 12 & Under Mixed and 14 & Under Mixed.

Team & Player Enforcement

Article 3. Any team or players found violating these rules shall forfeit all games played in by the ineligible player or players. If in Regional or State Tournament play, team will be removed from the tournament.

SECTION 2. PLAYER CONDUCT

Players Behavior

Article 1. a. Any verbal badgering of officials or derogatory language between opposing players after officials have asked **once** for team captain's control can result in player or players involved in action being disqualified.

1. **First** derogatory action or language should be **penalized 10 yards** and captain warned. (S-33)
2. **Second** derogatory action or language will cause players to be **disqualified plus 10 yards.** (S-32 & 33)
Sideline players are subject to the same disqualification for abusive, obscene or badgering language to either opposing players or officials. If the captain or coach of the penalized team **cannot** control the actions of his players, game **can** be forfeited.

b. Fake Excessive Contact: Any player, who in the judgment of the officials, fakes excessive contact for the sole purpose of drawing a penalty may be warned once by the officials and then penalized for unsportsmanlike conduct on the next offense.

Enforcement: A warning to one player may be applied to a team as a whole if the officials so state that this warning is to the team. **Penalty - (Treated as a dead ball foul) 10 yards** (S-33)

c. Begging A Call – During the course of a game, managers, players and participants on or off the field of play may decide to solicit unnecessary comments, badgering or complaints towards officials. If in the official's judgment, the unsolicited information is interpreted as "begging the call," a team may be penalized for such actions. The sideline must be able to be worked by game officials. When this hindrance comes into play, either verbally or physically, **Sideline interference** may be warned and penalized as such. **Enforcement:** a penalty of 5 yards can be tacked on to the end of the play. This penalty will be marked off as a dead ball foul even if it occurred while play was in progress. (S-33)

RULE 3. DEFINITIONS/PLAYING REGULATIONS

SECTION 1. APPROVED RULINGS AND OFFICIAL'S SIGNALS

Article 1. a. An approved ruling is an official decision on a given statement of facts made by the state commissioner, tournament director and/or the TAAF Cavalcade. This is to illustrate the spirit and application of rules. If there is a conflict between an approved ruling and the official rule, the official rules take precedence.

b. Official's signals - are outlined in the mechanics portion of the Official TAAF Flag Football Rules.

c. Protest: Judgment calls/interpretation of rules cannot be protested. Enforcement of penalties may be questioned and confirmed at the time of enforcement, but not protested. Player eligibility may be protested and must be filed with referee before end of the half in which said player is playing.

SECTION 2. LENGTH OF GAMES, SCORING AND TIME OUTS

Coin Toss

Article 1. At the beginning of each half, a coin toss will be held. The winner of the coin toss will have the following options: (1) offense, (2) defense or (3) choice of goal to defend. The loser of the opening toss will have choice of the remaining options for the first half and will have the first choice of all options in the second half.. The loser of the toss shall have first choice at the beginning of the second half. The winner of the toss has remaining second half options. There is NO DEFERRMENT to the second half.

Game Time

Article 2. a. Clock Management and Regulations:

- (1) Game clock will start each half when the official puts the ball in play.
- (2) The official's whistle makes the ball ready for play and starts the play clock prior to each down throughout the games. The play clock is twenty-five seconds in length.
- (3) After a team time-out, the game clock will start at the snap of the ball.
- (4) Because the game clock is a continuous click, it does not stop during P.A.T. attempts.
- (5) The game clock will stop for team time-outs, official time-outs, and at the discretion of the official to retrieve long incomplete passes.
- (6) The play clock is 25 second and starts once the official marks the ball ready for play. **(Delay of Game penalty if exceed 25 seconds)**
- (7) Half time - A minimum of 5 minutes and a maximum of 10 minutes.

The on-field captain or quarterback may request the amount of time left in the game from the officials at any time. Officials will be expected to give the correct time.

b. Periods of play include Regulation, Point After Touchdown (PAT), 7 Play Period and Tiebreaker.

c. Regulation Period - The game shall be played in 2 halves of 20 minutes in length. In all games the clock will be running continuous. (S-2&3)

d. The period of time after a touchdown is made is known as the PAT or Point After Touchdown. During regulation game time, the game clock does not stop. During the Seven (7) Play Period OR the Tie Breaker Period, the PAT is not counted as a numbered play, but will use the play clock as a guide.

e. With two minutes remaining in regulation period *{eighteen (18) minute into the half}* of the first and second half, teams will be given a two minutes warning and be instructed that the seven (7) play period will begin. The seven (7) play period has only the twenty-five (25) second play clock to use as a time guideline between plays. The officials will give down, distance, and play number on all plays remaining. Teams must continue to make first downs if they want to keep possession, as it is with using the clock. However, if they do not make a first down, the defense has a chance to gain possession and use the remainder of the seven plays. P.A.T. tries will not count as one of the seven plays.

f. Tiebreaker - In the event of a tie game at the end of the second half the following method will be used:

(1) After an official's time out of two (2) minutes, during which time officials and team captains will have a coin toss, the winner will have choice of playing offense or defense first. Both teams will go in the direction of the wind or if no wind in the direction chosen by the loser of the toss.

(2) Ball will be placed on the 40yard line and each team will have 4 consecutive plays unless terminated by an interception, in which to score the most points or gain the most yards. If no team scores, the team that gains the most additional positive yardage shall be the winner. Positive yardage is defined as yardage gained while on offense only and must be in advance of the 40yard line. If after 4 consecutive downs each, the two teams remain tied in all of the above combinations, additional downs will be played, one down at a time, alternating, until a winner is decided.

(3) If a team scores a touchdown, it will be allowed to use its remaining downs, beginning again at the 40 yard line. A free down will be granted for P.A.T. attempts after each touchdown.

(4) During Tie Breaker, teams will be allowed one time out each.

(5) An interception terminates the offensive team chances. The offensive team is credited with positive yardage gained to point of the last snap prior to the interception. The defense may not advance the interception. Play stops.

(6) **Winner of the Tie Breaker shall be given one point.**

Scoring

Article 3. a. Touchdown - 6 points (S-4) (Hips in which flags are attached must be on or in advance of the goal line before any points can be awarded.)

b. Point After Touchdown - 1 point - run or pass from **5 yard line** 2 point - run or pass from 10 yard line. Teams must declare before the official marks the ball ready for play. Once the ball is marked ready for play, a team may only "re-declare" if team uses a time out first. The PAT period is a separate period of the game. During regulation time, the game clock continues to run. During the 7 - Play period and Overtime Period, the PAT does not count as a numbered play. If infractions occur during the PAT, proper penalty enforcement may cause a re-play of the PAT and in some cases may be marked from the succeeding spot. Enforcement depends on type of infractions that occurs.

c. Safety - 2 points (Punt ball from 20 yard line, Rule VI-R applies.) (S-5) (This is a guaranteed punt. The ball must be put in play by a snap.)

d. Forfeited Game - Score is 7 - 0.

e. Winner of Tie Breaker - 1 point.

f. "17 Point Rule" - If either team is ahead by 17 points or more points by the second half's 7 play period warning or at any time during the second half's 7 play period, the game is over.

Time Outs

Article 4. a. (1) Each team shall have two (2) time outs per half.
(2) Each time out will be one (1) minute in length.
(3) Each team will be allowed only one (1) time out during a tiebreaker period.
(4) A "time out" to be called from any player that participated on the playing field during the previous play is allowable. Said player may not have left the field and returned prior to the request.
(5) A team may use a time out to change their option during the PAT.
(6) A team MAY NOT use a time out to change any 4th down option (Punt or Play).

b. Officials may call additional time outs at their discretion. If a team exceeds their time out limits per half or during a tiebreaker. **Delay of Game 5 yard penalty** (S-17).

c. NOTE: During a team charged time out, a team representative may confer with their team either on the field or at the sidelines.

SECTION 3 THE BALL: LIVE, DEAD, LOOSE

Live Ball

Article 1. A live ball is a ball in play. A pass, lateral, kick or a fumble that has not touched the ground is a live ball in flight.

Dead Ball

Article 2. A dead ball is a ball not in play.

Loose Ball

Article 3. A loose ball is a ball not in player possession:

a. Following the snap and prior to a player fielding the ball cleanly in order to keep the ball live and in play.

b. Following a punt that has hit the ground and has not been fielded by the receiving team or touched by the punting team.

When a Ball is Marked Ready for Play

Article 4. A dead ball becomes ready for play once the referee:

a. If time is in, sounds his whistle and signals ready for play. The 25 second play clock begins on that whistle, **Delay of Game (5 yards LOS)** enforced if exceed time to put ball in play.

b. If time is out, sounds his whistle and either signals “start the clock” or “ready for play.”

“In Possession”

Article 5. a. A player is “in possession” when in the judgment of the covering official, the player exhibits control or is holding the ball.

b. A team is “in possession” of the ball when its players is “in possession” or attempting to punt; while a pass or lateral is in flight; or when one of its players was last in possession during a loose ball.

Catch or Interception

Article 6. a. A catch is the act of establishing player possession of a live ball in flight.

b. A catch of an opponent’s pass, lateral or fumble (prior to touching the ground) is an interception.

c. Simultaneous catch or a double reception of an offensive pass or lateral **always** goes to the offense.

Fumble

Article 7. a. When a backward pass hits the ground between the goal lines or a fumble occurs, the ball becomes dead and belongs to the team last in possession at the spot where the ball hits the ground or at the spot where the ball goes out of bounds (if in the air).

b. When a forward fumble occurs and hit the ground, it is considered dead. The End of the Run in this case would return to the point and which control was lost or from where the fumble originated. If the offensive fumbles forward and crossed or hits the ground beyond the next line-to-gain or goal line, the result will bring the ball back to where the fumble occurred and next down will be played.

SECTION 4. LINE OF SCRIMMAGE

Article 1. a. Is the plane of the ball that extends from sideline to sideline and ninety (90) degrees from the plane face of the field, once an official places his ball marker and signal the ball “ready for play.” Once the ball marker is set, the neutral zone becomes established.

b. If a change of team possession occurs between the five (5) yard line and the goal line due to an interception or a kick catch and the original momentum of the player catching the ball carries him into the end zone where he is downed by any means, the ruling will be a touchback.

SECTION 5. NEUTRAL ZONE

Article 1. The neutral zone is the space between the between the end of the ball when in t a normal resting position on its long axis while parallel to the sidelines and one yard beyond the line of scrimmage. This zone extends from sideline to sideline and is established once the ball is marked ready for play.

SECTION 6. SERIES OF DOWNS/LINE TO GAIN

Line to Gain

Article 1. The line to gain is the established line designating the twenty yard zones as well as the ten yard end zones. The zone shall be considered reached when the hips (flags) are on or in advance of the line marking the next zone or in this case **“the line to gain”** when the play is declared dead. (S-7)

Series of Downs

Article 2. A team will be allowed four downs to advance the ball from one zone to the next. (A zone is to be 20 yards.) If after four (4) consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at that spot.

SECTION 7. POSITIONING, MOTION, SHIFT, SUBSTITUTION

Huddle/Lining up on Offense or Defense

Article 1. a. Teams may choose to huddle prior to a play. It is not necessary to huddle after a play if a team wishes to use predetermined plays or audible signals.

b. Lining up: Any number of players may be on the offensive or defensive L.O.S. at the snap. Defense line must be one **(1)** yard off the ball at the snap. **No** defensive player may be within 4 yards of the ball if lined up directly in front of the center or within one yard of the ball if lined up to the side of the center at the snap. (S-19) **(5 yards)**

Substitution

Article 2. There will be free substitution as long as players being substituted for are off the field prior to the next snap OR player is out of the area of play and is departing the field in haste.

"Sleepers" on substitutions will not be allowed on any play. No player may line up closer than 5 yards from the sideline unless he came out of the huddle or unless he was on the field of play during the previous play and did not leave the field of play. (S-18) **(5 yards)**

Shift

Article 3. Two or more offensive players may be shifting their position at the same time prior to the snap. Their movement may be in any direction but they must become set for one full count before the ball is snapped or before another player can go in motion prior to the snap. (S-16)**(5 yards)**

Motion

Article 4. Only one player is allowed to be in motion at the snap and his movement must be parallel or away from the L.O.S. and must be continuous. (S-16)**(5 yards)**

Stance

Article 5. Any stance is permitted. Any number of players may be on the offensive or defensive L.O.S. at the snap. Defense line must be one **(1)** yard off the ball at the snap. **No** defensive player may be within 4 yards of the ball if lined up directly in front of the center or within one yard of the ball if lined up to the side of the center at the snap. (S-19) **(5 yards)**

Encroachment / Off-sides

Article 6. Shall be called if either the offense or the defense passes *over the* plane of their L.O.S. before the ball is snapped. A false movement of the football by the center shall constitute offensive **encroachment**. These are dead ball fouls and the play shall be **immediately** whistled dead **before** play begins and **5 yards automatically marked off** against the encroaching team. (S-14) **(Exception:** Defensive encroachment resulting in an offensive first down will become an offensive captain's choice penalty.)

If a player on either side lines up **off sides**, the official will point toward that player's team side. If that player does not get back on-sides before the ball is snapped, he will be considered as having been off sides at the moment of snap. If an official has not "**off sides warned**" a team for lining up off-sides, by pointing at them, he should not call off-sides on them at the snap of the ball. Play continues in this instance and following the play, this becomes a captain's choice penalty. This is a **5 yard penalty** from L.O.S. (S-14)

SECTION 8. CENTER SNAP

Article 1. a. A center snap may touch the ground **before** it gets to the quarterback and remain playable if the quarterback fields it cleanly off of a bounce (one or more) or from the ground. However, if quarterback muffs the ball to the ground or the ball goes past the quarterback it is dead where the ball touches the ground.

b. All center snaps must be made between the center's legs. A false movement of the football by the center after he is set shall constitute **encroachment**. No direct snap may be taken at **anytime**. The snap must travel a minimum of 5 yards to be legal (either backwards or sideways). (S-15) At all times the ball shall be snapped from the spot marked by the official ball marker.

SECTION 9. SCREENING AND RUSHING

Screening

Article 1. a. Only screen blocking is permitted. Screen Blocking: shall be defined as obstructing the rushers path to the quarterback or ball carrier, as long as it is done behind the L.O.S., with any part of the body except head, hips, and legs. There can be no independent movement of the elbows.

b. Techniques: The screener must use one of the two following methods: 1) Screener must have his thumbs hooked in his pants and holding the flag belt with each hand OR 2) Screener must hold his arms behind his back with arms locked together in some manner. A screener **may not** leave his feet to screen.

c. Type of screening includes: Moving Screens and Stationary screens.

1. Moving screens are when a player is in motion in an attempt to prevent the rusher from maneuvering to de-flag a player. These are only legal behind the L.O.S. when protecting the passer or potential passer.
2. Stationary screens are screens set by players in a manner that places the screener in a position that attempts to prevent the rusher or defender from maneuvering to de-flag a ball carrier, receiver or potential receiver or ball carrier. A stationary screen is legal behind the LOS. Once the passer or potential passer or ball carrier crosses the L.O.S., all **downfield screens must be stationary screens.**
3. As the ball crosses the L.O.S., offensive players may maneuver for laterals behind the ball but in doing so must not be deliberately screening any defensive players. They must be **clearly** in the act of positioning for a lateral.

d. Enforcement (Infractions Behind the LOS): A penalty will automatically be called if a screener's hand leaves his pants and flag belt or if arms are separated from behind his back while in the process of screening within 2 yards of the rusher. Although this method of screening cuts down on excessive contact by the screener, it nevertheless places the screener in very vulnerable position; therefore; THE MAIN RESPONSIBILITY OF AVOIDING CONTACT RESTS WITH THE RUSHER. (S-14) (10 yards)

The screener **may not step** into the rusher. **(Added for interpretation)** Illegal screen, behind LOS, 5 yards from LOS, if excessive 10 yards and loss of down.

e. Enforcement (Beyond the LOS) Moving screens shall be penalized from the end of run (E.O.R.) or the point of infraction (P.O.I.), whichever hurts the offensive team the most. If the illegal screen is judged to have caused excessive contact, it will be **penalized 10 yards and loss of down.** (Cannot have loss of down if penalty leaves ball in front of line-to-gain and 1st down.) (S-24, 29 & 8) **(If Not Excessive- 5 yards)**

"Pick Plays" by receivers on defensive backs or linebackers are illegal if set by receivers **within 5 yards** of defender (a form of downfield screening).

Rushing

Article 2. a. Rushing is defined as the act of a defensive player pursuing the offensive player who is in possession of the ball.

b. The rusher may not run over the screener. The rusher may not pull the screener toward him or push the screener away from him.

c. **Enforcement:** Illegal Rushing - **A penalty will be automatically** called if the rusher touches the screener's head as long as the screener is screening upright. (S-31)**(10 yards)**

Roughing the passer when the pass is **incomplete** will be marked off **10 yards** from the L.O.S., when the pass is **complete** the penalty will be **10 yards** marked off from the E.O.R. and automatic first down in either case.

If the rusher touches the quarterback in the head in his attempt to block the pass a penalty will be called. This will also go for striking the passer's arm when in a forward motion while attempting to block a pass. Roughing the passer will be called when the rusher, if while attempting to de-flag the quarterback or block a pass, lets his momentum carry him into the passer. Defensive player may not have any contact with the passer when he is passing. The defensive may rush as many players as it wishes. (S-26) **NOTE: OFFICIALS SHOULD BE AWARE IF CONTACT IS CAUSED BY PASSER STEPPING UP OR MOVING INTO RUSHER.**

IT IS ASKED THAT BOTH THE SCREENER AND THE RUSHER STRIVE FOR NON-CONTACT AT ALL TIMES.

SECTION 10. PASSING REGULATIONS

Passing

Article 1. a. There can be only one forward pass per play. There can be only two **(2)** exchanges of the football in the air (forward pass or lateral) which are initiated from behind the L.O.S. After the 2nd exchange of the football in the air, if completed behind the L.O.S., the football must be run across the L.O.S. A **forward pass** is defined as a live ball thrown toward the opponents goal line.

b. A completed direct handoff, even if bobbled, shall not be considered an exchange of the football in the air.

c. If the passer is beyond the L.O.S. when the football is released, or if a 3rd exchange of the football in the air is initiated from behind the L.O.S., an illegal Forward Pass has occurred and will result in a **5 yard penalty and loss of down** if accepted. Illegal forward passes will be marked from P.O.I. (S-27 & 8)

d. Once the ball has crossed the L.O.S., in the air or in possession of a player, it cannot be passed forward, even if the ball is first returned back across the L.O.S. (Illegal Forward Pass) (S-27 & 8)

e. Intentional grounding shall also constitute an illegal forward pass. (S-28 & 8)

f. A lateral will be any pass thrown overhand or underhand perpendicular or away from the direction of advancement of team in possession. Forward laterals are treated as an illegal forward pass if beyond L.O.S. (S-27 & 8)

g. Push or Shovel Passes thrown in any direction is legal if initiated behind the L.O.S. Once a player crosses the L.O.S., push or shovel passes are legal if thrown parallel or behind the ball carrier.

Receiving

Article 2. All players of both teams are eligible pass receivers. Each player is eligible, even if he steps out of bounds or out of end zone, as long as he catches the ball in bounds or comes down first in bounds with at least one **(1)** foot. If a receiver comes down with one foot in bounds and one foot out of bounds simultaneously, the pass is incomplete. The lines marking the sidelines and the extreme end of the end zone shall be considered out of bounds if stepped on to any degree.

Two or more offensive receivers or defensive players may touch a pass in succession, resulting in a completion. After a pass is thrown, it is too much to expect of the officials to keep track of exactly who touched the ball and in what order, if receivers and defenders are battling for possession. Therefore, the only things that will be judged will be **(1)** did pass interference occur, **(2)** who caught the ball, and **(3)** was receiver in bounds with at least one foot at moment of possession.

Pass Interference

Article 3. a. Pass Interference Rules shall apply to any pass made from behind the L.O.S., whether it is a forward pass or a lateral pass and applies to both offensive and defensive players. After the pass is in the air, neither the pass receiver nor the defender may touch the other player until one of them touches the ball, or else offensive or defensive pass interference may be called. If contact occurs after one of them touches the ball, then pass interference cannot be called unless one of them catches the ball and the other "**strips**" or attempts to "**strip**" the ball from his hands.

b. Receiver stripping is attempting to take the ball from the grasp of a receiver after he has caught the ball, but before he has brought the ball into a possessive position. In which case, Pass Interference will be called: If player established possession of the football, the defender must go for the flag and not the ball.

Pass Interference Enforcement

c. Any contact that occurs after the pass is touched (excluding Receiver Stripping) and is either complete or incomplete, must be judged by the officials as either Non-Intentional contact caused by both players "**playing the ball**" or Intentional contact/**pass interference** which shall be penalized **from the point of infraction.. Penalty will be 5 yards** if incomplete or complete, and if judged to be **flagrant**, the penalized **player may be removed** from the game and **penalty will be 10 yards.**

d. All pass interference plays, offensive or defensive, whether they occur during the "**Regulation Play Period**", "**7-Play Rule**", "**Tie Breaker Period**", or the "**P.A.T. Try Period**", will be captain's choice penalties. If the captain refuses penalty the play will stand.

e. All offensive pass interference plays, whether they occur during the "**Regulation Play Period**", "**7-Play Period**", "**Tie Breaker Period**", or the "**P.A.T. Try Period**" which are **accepted** by the defensive captain shall be marked **5 yards** from L.O.S. **with a loss of down (and loss of play number if during Tie Breaker)**. (S-25 & 8)

f. Defensive pass interference plays, which occur on the playing field, during the "**regulation play period**", "**7-Play Rule Period**", and the "**Tie Breaker Period**", and are **accepted**, shall be marked **5 yards from P.O.I., automatic first down (except in Tie Breaker)**, and play number will be run again. (S-25 & 7)

Defensive pass interference that occurs in the end zone during the "**Regulation Play Period**" and accepted: ball will be placed on one **(1)** yard line, and 1st down. (S-25 & 7)

Defensive pass interference that occurs during the "**P.A.T. Try Period**", and accepted: ball will be placed on one **(1)** yard line - P.A.T. try will be rerun, plus one **(1)** free P.A.T. try will be awarded if needed. (S-25) Point value will be what ever was declared prior to original P.A.T.

Defensive pass interference which occurs in the end zone during the "**Tie Breaker Period**", or "**7-play Rule Period**" and accepted: ball will be placed on the one **(1)** yard line - same play will be run again, **plus** one **(1)** free down will be awarded, if needed, to score. (S-25)

Shielding/screening a receiver's eyes by a defender without playing the football is pass interference and shall be penalized as such. (S-25)

Bump and Run, or checking an offensive receiver during a passing play will be a **5 yard penalty** from P.O.I. and captain's choice. (S-31)

SECTION 11. RUNNING WITH THE BALL

Ball Carrier

Article 1.a. The responsibility of avoiding contact rests with the ball carrier. He must show the officials he made an effort to avoid contact. The ball carrier will not deliberately run or drive into a defensive player. A ball carrier may spin or jump but realize that while spinning or jumping he is in a "**State of Non-control**" and should contact occur as a result of his uncontrolled momentum, he will be penalized. The "**Stiff Arm**" is illegal. **Penalty: 10 yards** from P.O.I. (*added for interpretation*) and **loss of down** (S-29 & 31).

b. The ball carrier shall not protect his flags by blocking with his hand, arm or head, the opportunity to pull his flags. Flag guarding will be marked **10 yards** from P.O.I./L.O.S. (if behind line) and **loss of down**. (S-30)

c. If any of the above acts are judged to have caused excessive contact, **10 yards and loss of down**. (S29-30 & 8)

Deflagging the Runner

Article 2. a. The ball carrier is down and the ball is dead when either flag is detached from his belt or when the ball or either knee touches the ground. A defensive player may leave his feet to pull the offensive player's flag but may not make contact while doing so. When a defensive player pulls the ball carrier's flag he should stop and hold it above his head for officials to see. If the act of deflagging a player is simulated or faked, the infraction will be treated as a delay of game penalty.

b. **Tackling is prohibited**. Tackling is grasping or encircling the body of the ball carrier with a hand or arm. Grabbing the ball carrier's clothing shall be penalized as tackling. If the defensive player reaches across the body of a ball carrier to pull his flag, and contact occurs, the **responsibility** of the contact lies with the defensive player. **Penalty: 5 yards for impeding - 10 yards for tackling** (encircling of body) **with automatic first down if tackling** from P.O.I. or L.O.S. If in the opinion of officials, the act prevented a score, the ball will be placed on the one **(1)** yard line, first down and goal. The offender will be disqualified if the act was flagrant. (S-29 & 31 & 7)

c. **Illegal deflagging** is prematurely pulling an opponent's flag with the intent of making the offensive player ineligible to become a ball carrier. **Penalty - 5 yards** from L.O.S. or E.O.R. (S-31) **Runner Stripping** occurs when a defender attempts to strip or take the ball from the grasp of a player in possession. This is a form of Illegal Deflagging. (S-31)

d. The intended receiver of either a pass or lateral may be deflagged **only** after **first touching** the ball - even while fumbling or bobbling the ball and before possession is established. That receiver will be considered downed at the point he was deflagged.

e. If the quarterback's arm was in forward motion when his flag was pulled, the pass is allowed. If the passer is legally deflagged as he is passing the football, and later in that play receives the ball back, he shall be downed at that spot. If he is deflagged **after** he has released the football and he then receives the ball back, illegal deflagging should be called.

f. A defender may not push or knock a ball carrier out of bounds. A form of illegal deflagging, **if excessive contact - 10 yards.** (S-31 & 29)

g. **Illegal Advancement** - Advancement may not occur as a result of the ball being slapped, kicked, pitched, or pushed by either team in the direction of their goal line. The ball will be declared dead at the spot of such illegal advancement and a **5 yard penalty.** (S-23)

SECTION 12. PUNTS

Punt

Article 1. a. If a punt is to be made, the offense must announce it to the referee before the ball can be declared ready for play. Offense must declare within 10 seconds after asked by referee on 4th down play. **(Penalty delay of game.)** After offense declares, the referee will mark ball ready for play whereupon the offense will have 15 seconds to punt the ball. (S-17)

b. **When the offense declares the punt, it becomes a guaranteed punt, and only if a defense penalty occurs after the offense declares punt can the offense reconsider,** due to change in field position.

c. The ball will not be dead if it touches the ground before the punt is made even if muffed by the punter. After a punt has been declared, it must be made and neither team may cross the L.O.S. until the ball is kicked. The offense may have any number of players on the L.O.S. The punt returning team must have 5 players within 5 yards of the L.O.S. and they must remain in that zone until the punt returner enters that zone, at which time they may provide stationary screens or maneuver for a lateral. These 5 men may not attempt to screen any member of the punting team as they pass through this 5 yard zone. **(Penalty - 5 yards from EOR/POI)** (S-24)

d. If the punt hits a member of the punting team, which has not crossed the L.O.S., it is dead at that spot. Any member of the punting team may down the punt if it is beyond the L.O.S. and has touched the ground prior to being downed. The punt will be declared dead at the spot where it is first touched by the punting team.

e. The punt receiving team must be given an opportunity to field the punt in the air, therefore, there will be a **10 yard penalty** if touched in the air beyond the L.O.S. by the punting team, from the P.O.I. (S-23)

f. The punt returning team may have 3 returners in deep positions. The 2 returners that do not carry the ball may not be moving screens. They may run forward and provide stationary screens or be maneuvering for a lateral. **(Penalty - 5 yards from EOR/POI)** (S-24)

g. The punt receiving team may field a punt in the air, off of a bounce (one or more), or directly off of the ground, if fielded clearly. When a punt touches a player on the receiving team who is in bounds and the ball rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This applies even if the punt hits the ground before first touching the receiving team's player.

h. On a punt play, there are no line-to-gain lines (1st down lines) established. When the punt receiving team is returning a punt, any live ball fouls committed by either team, which are accepted, will result in the penalty being marked off after which the next line will become the line-to-gain for a first down. As soon as the play is blown dead, the line-to-gain is established.

Any dead ball fouls that occur will result in the line-to-gain remaining the same (unless the enforced penalty leaves the ball past the line-to-gain.)

i. When a punt is left unattended, it becomes dead where it rolls still.

j. **NO Quick Kicks** are allowed. **(5 yards penalty and loss of down** from L.O.S.) (S-22 & 8)

k. Punts muffed by the receiving team in the end zone before possession, and ball hits in or out of end zone, it will be a touchback. If the ball is touched in the air or on the ground by the punting team in the zone, it is a touchback. If a punt receiver who has gained possession of the punt in the end zone is deflagged prior to crossing the goal line into the field of play, it is a touchback. If punt receiver remains in end zone 5 seconds after fielding punt, or downs punt by knee or ball touching ground after possession, it is a touchback. **A muffed lateral in the end zone will be a safety.** (S-5)

RULE 4. PENALTY ENFORCEMENT

SECTION 1. PENALTY INFORMATION

Article 1. a. All live ball fouls (fouls which occur while play is in progress) are captain's choice. All dead ball fouls (S-6) (Fouls which occur prior to snap or after ball is blown dead) will automatically be marked off. This means if a foul occurs during a down and is a live ball foul and then a dead ball foul occurs both fouls will be enforced. They do not offset, even if against different teams.

b. After a penalty is called, only captain of the penalized team may discuss it with the officials. The official making the call is obligated to give the player's number and the act they committed (without discussion) to the penalized team captain. Official will then give the opposing captain his options on the penalty. That captain's first choice will be final.

In the judgment of any game official, the following acts are deliberate or flagrant, the player or players involved shall be ejected from the game:

- 1) using fists, kicking, or kneeling (S-29 & 32)
- 2) illegal use of hands, forearms, or elbows (S-29, 31, 32)
- 3) tackling (S-29, 31, & 32)
- 4) any deliberate or flagrant act which could cause injury (S-29 & 32)
- 5) any act of unsportsmanlike conduct (S-33 & 32)
- 6) abusive, profane, or insulting language (S-33 & 32)
- 7) any act of unfair play (S-33 & 32)
- 8) harassment of officials or other players (S-33 & 32)

A minimum one **(1)** game suspension for any person ejected from a game for any reason. Local rule and tournament rules may be more severe.

c. **Penalties, which would otherwise be marked off past the goal line, shall be placed on the one yard line.**

d. **Offsetting Penalties** - If offsetting fouls occur during a down, or while the ball is ready-for-play, that down shall be played over. If offsetting fouls occur between successive down, the next down shall be the same as if no fouls occurred. (S-9)

e. If there is a change of team possession during a down, the teams last gaining possession may decline the offsetting fouls and retain possession after the penalty for its own infraction providing that the infraction occurs **after** the change of possession. If offsetting fouls occur prior to change of possession, play shall be repeated.

SECTION 2 T.A.A.F. PENALTY CHART

Article 1. a. All penalties will be marked 5 or 10 yards, if in the opinion of the officials, the foul is flagrant or excessive contact, the player (or players) might be ejected.

- b. In order to establish a simple philosophy in assessing penalties, these general rules hold true with only a few exceptions:
1. All **Accepted** Penalties: are marked from the E.O.R., L.O.S., or P.O.I., whichever hurts the infracting team the most and the down may or may not be replayed.
 2. All **Refused** Penalties: the ball stays where blown dead and down is not replayed.
 3. All **Live** Ball Fouls: are captain's choice
 4. All **Dead** Ball Fouls: are not captain's choice and will be marked off.

c. "Little-To-Lose" Penalties: If the full penalty cannot be marked off due to the field position relative to the goal line, the ball will be marked off to the one yard line.

1. **Defensive** penalties on teams backed up within 1 yard from their goal will result in play being run again from L.O.S. **Plus** one free down awarded to offense if they have not scored by the 4th down.
2. **Offensive** penalties on team backed up to within 1 yard from their goal will result in Loss of Down unless there is a change of possession during a play.
3. **Offensive fouls** in their own end zone will be captain's choice: Safety or Loss of Down.

d. Penalty Enforcement During 7-Play Period and Tie Breaker Periods: When infractions occur during either the 7-Play Period or the Tie-breaker Period, if the penalty is accepted, the down number may or may not be lost, depending on the penalty. In turn, that same infraction may or may not also lose the play number, depending on the penalty. Officials must enforce the combination that hurts the infracting team most. Exception: Only the offensive pass interference penalty during the tiebreaker period, if accepted, will cause that play number not to be repeated.

e. Penalties on the playing field during the tiebreaker period shall be marked the same as during regulation time.

f. **Penalties Enforcement and Line-To-Gain:**

1. Enforcement of **any** penalty which leaves the ball across the line-to-gain will result in a new line-to-gain (**1st down**).
2. After enforcement of **any live ball** foul that leaves the ball short of the line-to-gain will result in the first down line remaining the same.

g. All defensive dead ball fouls after a touchdown but before the ball is put in play after change of possession will be penalized from the 20 yard line. All live ball fouls during this period are captain's choice penalties.

SECTION 3. DEFENSIVE FOULS DURING / AFTER TOUCHDOWNS AND PAT ATTEMPT

Foul A: Touchdown

Penalty A: Live Ball Fouls - Captain's Choice Penalties (can take points & have penalty marked off from 20 yard line after PAT attempt.

Foul B: Dead Ball Period After Touchdown But Before Pat Attempt

Penalty B: Dead Ball Fouls - Marked Off After Change of Possession from the 20 Yardline.

Foul C: PAT Attempt

1. Which is Unsuccessful
2. Which is Successful

Penalty C: 1. **Captain's Choice Penalties Which if Accepted** - Ball Marked To The One Yardline and PAT Attempt Run Again (Same Point Value)

2. **Live Ball Fouls** - Captain's Choice Penalties (can take points and have penalty marked off from 20 yards line.

Foul D: Dead Ball Period After Pat Attempt But Before Ball is Put in Play from the 20 yard line.

Penalty D: Dead Ball Fouls - Marked Off After Change of Possession From the 20 Yardline.

TAAF PENALTY CHART

GENERAL INFRACTIONS	RULE NUMBER (Section/Article)	PENALTY/ MARKED FROM	CAPTAINS CHOICE	LOSS OF DOWN (IF ACCEPTED)	SIGNAL	
Clothing Covering Flag	1-4-1c	5 YDS POI/LOS	NO	NO	19	
Improper Equipment	1-4-2b	5 YDS LOS/EOR	NO	NO	19	
Flag or Belt Improperly Positioned At Possession	1-4-1g	5 YDS POI/LOS	YES	NO	19	
Flag Improperly Altered Or Attached	1-4-2c	10 YDS LOS/POI	NO	NO	19	
Delay of Game: Time Outs	3-2-4b	5 YDS EOR	NO	NO	17	
Illegal Substitution	3-7-2	5 YDS LOS	YES	NO	18	
Illegal Participation	3-7-2	5 YDS LOS	YES	NO	20	
Unsportsmanlike Conduct	2-2-1a	10 YDS LOS/EOR		YES/NO	NO	33
Faking Excessive Contact	2-2-1b	10 YDS EOR	NO	NO	33	
Begging A Call	2-2-1c	5 YDS EOR	NO	NO	33	
Encroachment	3-6-6	5 YDS LOS	NO	NO	14	
Offsides	3-6-6	5 YDS LOS	YES	NO	14	
Illegal- Advancement	3-11-2g	5 YDS POI	YES	NO	23	

***THESE PENALTIES COULD COME UNDER RULE 4 – SECTION 1**

OFFENSIVE INFRACTIONS	RULE NUMBER (Section/Article)	PENALTY/ MARKED FROM	CAPTAINS CHOICE	LOSS OF DOWN (IF ACCEPTED) SIGNAL
Too Small Football: Prior to Snap	1-3-2a	10 YDS LOS	NO	NO 19
After Snap	3-3-4a	Possession Reversed at Previous LOS		NO
Delay of Game: 25 seconds	3-7-3	5 YDS LOS	NO	NO 17
Illegal Shift or Motion	3-9	5 YDS LOS	YES	NO 16
Illegal Screening (Behind LOS)	3-9	5 YDS LOS	YES	NO 24
Illegal Down- field Screening	3-9	5 YDS POI/EOR	YES	NO 24
If Excessive	3-9	10 YDS POI/EOR	YES	YES 29, 24& 8
Illegal Screening (Punt)	3-9	5 YDS EOR/POI	YES	NO 24
If Flagrant	3-9e	10 YDS LOS/EOR		YES/NO NO 29&32
Illegal Forward Pass	3-10c	5 YDS POI	YES	YES 27 & 8
Intentional Grounding	3-10e	5 YDS POI	YES	YES 28 & 8
Forward Lateral (Beyond LOS)	3-10f	5 YDS POI	YES	YES 27 & 8
Pass Interference In: (Playing Field & End Zone)				25&8
Regulation Time Period	3-10-3d	5 YDS LOS	YES	YES
7-Play Rule	3-10-3e	5 YDS LOS	YES	YES (may be loss of play #)
Tie Breaker	3-10-3e	5 YDS LOS	YES	YES & LOSS OF PLAY #
P.A.T.	3-10-3e		YES	YES
Stiff Arm	3-11-1a	10 YDS POI/LOS	YES	YES 29 & 31 & 8
Protecting Flags		3-11-1b 10 YDS POI/LOS	YES	YES 30 & 8
Charging Into Defense	3-11-1a	10 YDS POI/LOS	YES	NO 29
If Excessive	3-11-1a	10 YDS POI/LOS	YES	YES 29 & 8
Illegal Snap	3-8	5 YDS LOS	YES	NO 15
Delay of Game: Declare Punt	3-12-1a	5 YDS LOS	NO	NO 17
Illegal Touching Punt In Air	3-12-1e	5 YDS POI	NO	NO 23

Quick Kick	3-12-1	5 YDS LOS	YES	YES	22 & 8
Sideline Interference	2-2c	10 YDS LOS	YES	YES	21 & 8

***THESE PENALTIES COULD COME UNDER RULE 4 – SECTION 1**

DEFENSIVE INFRACTION	RULE NUMBER	MARKED PENALTY FROM	CAPTAIN'S CHOICE (IF ACCEPTED)	FIRST DOWN SIGNAL	
Illegal Line Play		5 YDS LOS	YES	NO	15
Illegal Rushing	3-9-2c	10 YDS LOS	YES	NO	31
Contact w/Passer ("Roughing")	3-9-2c*	10 YDS LOS/EOR	YES	YES	26 & 7
Contact w/ Receiver ("Bump & Run" - See Below - Pass Interference)					25 & 7
Pass Interference In: (Playing Field)					25 & 7
Regulation Time		3-10-3f 5 YDS POI	YES	YES	
7-Play Rule	3-10-3f	5 YDS POI	YES	YES & PLAY # OVER	
Tie Breaker	3-10-3f	5 YDS POI	YES	NO & PLAY # OVER	
P.A.T. (End Zone)	3-10-3f	BALL ON 1 YARD LINE	YES	PLAY OVER PLUS 1 FREE IF NEEDED	
Regulation Time	VI-M	3-10-3f BALL ON 1 YARD LINE		YES	YES
All Others	3-10-3f	BALL ON 1 YARD LINE	YES	PLAY OVER PLUS 1 FREE PLAY IF NEEDED	
Stripping	3-10-3f	SAME AS PASS INTERFERENCE			25 & 7
Screening Receiver's Eyes	VI-M	SAME AS PASS INTERFERENCE			25 & 7
Bump & Run	3-10-3f	5 YDS POI	YES	NO	31
Tackling: Impeding	3-11-2b	5 YDS POI/LOS	YES	NO	31
Encircling	3-11-2b*	10 YDS POI/LOS	YES	YES	29&31&7
Impeding T.D.	3-11-2b	BALL ON 1 YARD LINE	YES	YES	33 & 7
Impeding T.D. In Tie Breaker	3-11-2b	BALL ON 1 YARD LINE	YES	PLAY OVER PLUS 33 & 7 1 FREE PLAY	
Illegal Deflagging	3-11-2c	5 YDS LOS/EOR	YES	NO	31
Runner Stripping	3-11-2c	5 YDS POI/LOS	YES	NO	31
Pushing Ball Carrier Out of Bounds	3-11-2f	10 YDS POI/LOS	YES	NO	31
If Excessive	3-11-2f*	10 YDS POI/LOS	YES	NO	29 & 31
Faking Deflagging	3-11-2a	5 YDS POI/LOS	YES	Choice of #1 or #2 under VI-N	33
Sideline Interference*	2-2c	10 YDS EOR/POI	YES	YES	21 & 7

***THESE PENALTIES COULD COME UNDER RULE VI-V**

RULE 5. FLAG FOOTBALL OFFICIALS MECHANICS

**SECTION 1. THE BASIC POSITIONING OF OFFICIALS
REFEREE**

Article 1. a. The referee is the head official for the scheduled contest. He is responsible for giving signals, penalty enforcement and the workings of his or her crew.

b. Put the ball in play and count the 25-second huddle time.

c. Look at the defense for "lining up head over the center".

d. Watch for illegal movement before the ball is snapped.

e. Once the ball is snapped, watch for illegal screening and illegal rushing.

f. If the ball is passed, do not follow the flight of the ball. Continue to watch the quarterback, screeners, and rushers.

g. Look for roughing the passer and unsportsmanlike fouls, etc.

h. After the action in the offensive backfield has ceased, pick up the ball down field and "open your range of vision". "Opening your range of vision" applies to all three referees when they are positioned away from the ball.

i. This official should not be so concerned with the action in the immediate area of the ball but should open his range of vision and view players farther from the ball. The official should look for:

1. Illegal downfield screening
2. Charging, both live ball and dead ball
3. Defensive contact fouls
4. Unsportsmanlike fouls

j. Once the Linesman floats down field to help with receivers and defenders, when the quarterback runs toward the line of scrimmage to throw a pass, the Referee is responsible for determining whether a pass is legal or not.

k. By the nature of flag football, officials that are positioned close to the ball are more apt to be concentrating on the ball carrier and the immediate actions around the ball. These officials are more concerned with:

1. Spotting the ball, determining where the ball carrier is deflagged, in front or behind the line-to-gain.
2. Flag guarding
3. Defensive holding while pulling the flag

LINESMAN

Article 2. a. The Linesman will position himself on the line of scrimmage and look for offsides, encroachment into the one-yard neutral zone, and illegal movement before the ball is snapped.

b. After the ball is snapped, float 5 to 10 yards downfield and watch offensive receivers and defensive backs on your side of the field. In general, look for:

- a) Contact by defensive backs
- b) Offensive picks by receivers
- c) Pass interference

c. When the ball is near a line-to-gain or the goal line, instead of floating downfield, the Linesman should stay near the line and be prepared to make a call regarding whether the ball is across the line for a first down or touchdown. He should be ready to make the call all the way across the field, if needed.

d. The Linesman should be aware that because he has a side view of the action, he is in the best position to judge forward laterals.

e. The Linesman is responsible for the entire sideline on his side of the field. If a long pass is thrown down his sideline he must be in position to determine whether the pass was complete or incomplete, regarding the receiver's feet being in or out of bounds.

f. When the action is away from the Linesman, he should open his range of vision.

BACK JUDGE

Article 3. a. The Back judge is responsible for the sideline on his side of the field and downfield passes.

b. Line up outside the action so that as much of the play is in front of you.

c. Help the Referee by looking for movement before the ball is snapped by players lined up on your side of the field.

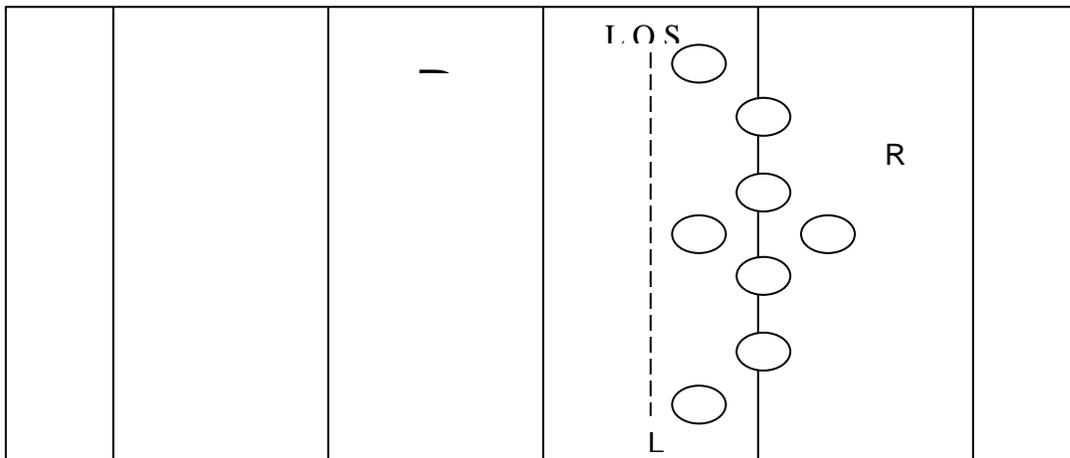
d. After the ball is snapped, watch receivers and defensive players on your side of the field. In general look for:

- a) Contact by defensive backs
- b) Offensive picks by receivers
- c) Pass interference

e. When a long pass is thrown, the Back Judge must get as close to the action as possible in order to spot the ball, short or over a line to gain or goal line.

f. When the action is away from the Back Judge, he should open his range of vision.

Figure 1. BASIC FLAG FOOTBALL OFFICIALS' POSITIONING



SECTION 2. OFFICIALS' CREW PUNT COVERAGE

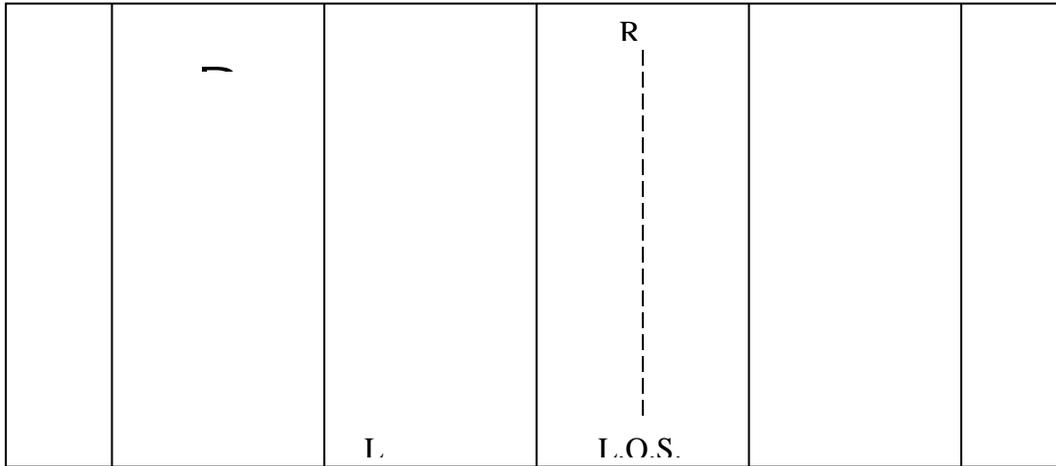
Article 1. a. The basic areas of responsibilities shift by the officiating crew changes slightly for better coverage of the downfield play.

b. Line up on the L.O.S. and put the ball in play. Count the 25-second snap count.

c. Check to see that the defense has 5 players within 5 yards of the L.O.S. and that they do not attempt to screen a member of the punt team as they run through this zone to cover the punt.

d. After the punt, make sure that the 5 members of the punt team on the L.O.S. stay within the 5-yard zone until the punt returner brings the ball back into this zone.

Figure 2. Punt Coverage by Crew Members



SECTION 3. POINT AFTER TOUCHDOWN COVERAGE BY OFFICIALS CREW

Referee

Article 1. a. The one (1) point conversion, run or pass attempt from the 3 yard line.

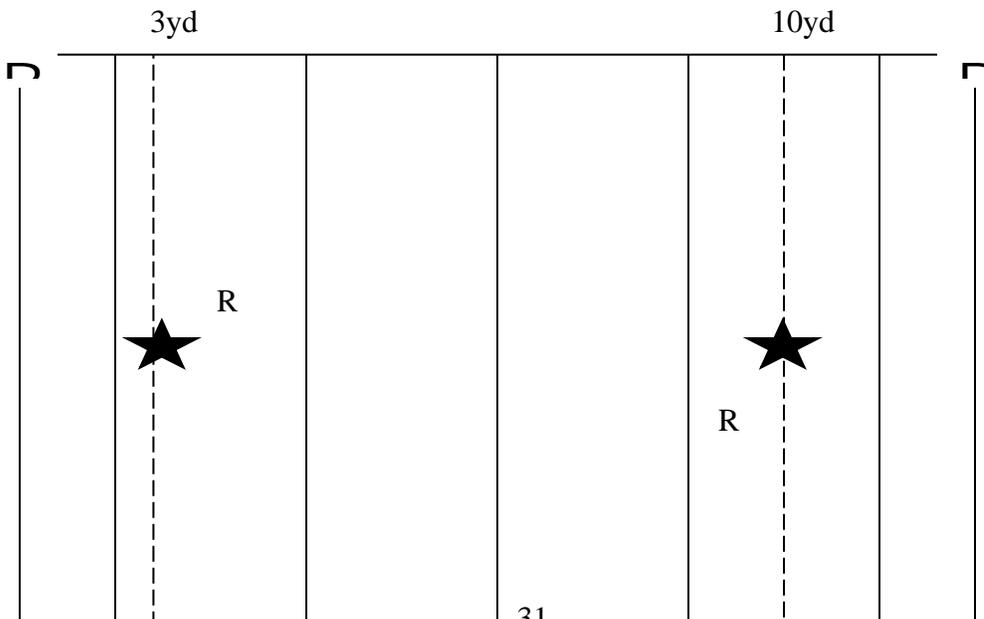
b. The two (2) point conversion, run or pass attempt from 10 yard line.

c. Teams must declare before the referee marks the ball ready for play.

d. Once the ball is marked ready for play, a team may only "re-declare" if team uses a time out first.

e. During regulation time, the game clock continues to run. During the 7-play period and overtime period, the PAT does not count as a numbered play.

Figure 3. PAT Coverage By Crew Members



RULE 6. APPROVED RULINGS AND INTERPRETATIONS

Section 1.

A rule interpretation or approved ruling is an official decision on a given statement of facts. The Approved Rulings and Interpretations Section will be used as a clarification resource in order to illustrate the purpose and application of the official rules of the game.

Coed Supplemental Rules

1. Overtime:

After a tie game, a coin flip will take place with the decision by the coaches with the winning toss deciding on first or second possession. Teams will attempt to score in the same end zone. Each team will then have four downs to score from 2-point conversion line. If a team scores, they will have the opportunity to go for one or two on the PAT. A female must be used once within the first three plays or on the 1st and 4th downs when applicable. Interceptions will result in a turnover and may not be returned for any points. If a tie occurs after the first round, then teams will begin at the 1-point conversion line using the same format. If a third round is needed, then the ball will be placed on the goal line using the same format. The game will be decided when one team scores more points in the round. No 1st downs will be awarded except in the case of a penalty.

2. Players:

The maximum numbers of players on the field is 8 (standard: 5 men, 3 women); minimum number of players is 6 (minimum: 4 men, 2 women) **you must have at least have 4 men on the field at all times.** If there are only 2 females, then 5 men may play. However, there cannot be more than 5 men on the field under any circumstance. There are no limits to the number of females allowed on the field at one time. The 3rd woman may enter the game at any time if she is running late. If one team has only a team of 6 players, then the opposing team may choose to even up and play 6 on 6, or they may play with their full team of 8 against 6.

3. Open/Closed Plays:

A. Open Play: Teams must use a female as an operative player within 3 consecutive downs. The referee will call an open play if a closed play is not required on the current play. For open play, the ball may be thrown to either a male or female player. Ex. 2nd down / goal / open. If a female was not used within 2 downs, then the Closed Play Rule is put into effect. This means that a female **MUST** be used in the next play.

B. Closed Play: When the offense has not used a female/operative player within the last 2 plays, the next play **MUST** be a closed play. [Please note that the offense may use a female during any down/play at anytime. The closed play rule is only put into play when one has NOT been used within 2 plays.] The operative player here is a female who is seen as the intended receiver in the eyes of the official, or runs the ball as the primary runner, or acts as the quarterback (even if positive yards are not gained). If the female is the quarterback, then the play may continue without regard to special defensive coverage. Once a female is used in any play then the gender count is reset. A thrown ball cannot be intercepted by a man on a closed play unless it has first contacted the female receiver. If the QB is sacked or fumbles the snap on a closed play, the next play must be closed. The open/closed plays are reset once a TD is made. The gender rule is not in effect during extra points or punts.

Examples:

Closed Play: A pass thrown to a female...A pass intended for a female (in the eyes of the referee) that is deflected by a woman, and is caught by a male... A woman lines up as quarterback and throws a pass to a male or female. A woman runs the ball across the line of scrimmage.

NOT a Closed Play: A female receives a hand off only to hand it back to a male behind the line of scrimmage... A female snaps the ball into play...A female receives a hand-off only to give it back to a male before crossing the line of scrimmage...A pass is deflected by a male and caught by a female...A male QB throws the ball into the ground at the feet of a woman...A female QB grounds the ball to stop the clock.

C. Defensive Coverage for a Closed Play:

a. Men can cover women on closed plays, but must allow a 3-yard halo zone. A male cannot intercept a pass to this woman or knock a pass down to this woman but may be in position to pull her flag after a reception, or intercept a deflected/dropped pass. Females are free to intercept or defend passes to females on closed plays.

D. Penalty on Closed Play: If the foul is on the defensive team, the offense will have 2 options: 1) Spot Foul if accepted and repeat the closed play; 2) Decline the penalty and the next play will be open. If the foul is on the offensive player, the penalty will be assessed and the next play will be closed. Ex. Closed play, female is not used, 10 yards from LOS and next play remains closed.

E. Scoring:

- a. Touchdown - 6 points
- b. Touchdown - 9 points - **(When a female scores or completes a touchdown pass)**
- c. Safety - 2 points
- d. Extra point - 1 point (from **5-yard line** - pass or run.)
- e. Extra point - 2 points (from 10-yard line - pass or run.)

F. Rushing:

a. There will be a 5 count before the rusher can rush the QB. Also, the QB can only run on their side of the field; however, they may run if rushed on their opponent's side of the field.

G. Equipment:

- a. Game Balls – Each team must provide their own game ball. Teams must use a regulation men's ball.
- b. Cleats – No metal cleats of any kind will be allowed.
- c. Jerseys – Team jerseys or player line numbers are not required at this time.

Adult Sports Code of Conduct

The Code of Conduct will be enforced before, during, and after all league or tournament play at HPARD parks and community centers. The term "individual" includes the following: coach, manager, player, fan or spectator.

Misconduct will result in the penalty of an individual and/or team for all Adult Sports leagues and tournaments. The term "official" includes the following: umpire, sports official, park monitor, and HPARD staff.

During the team registration process, team managers acknowledge they are responsible for the behavior of their teammates before, during, and after games.

1. No Individual Shall: At any time lay a hand upon, shove, or strike an official or individual.

Minimum Penalty: Ejected from game and/or playing area with a minimum 1-week suspension.

Maximum Penalty: Suspended from HPARD Adult Sports leagues, facilities, and assault charges may be filed.

2. No Individual Shall: Be guilty of objectionable demonstration of dissent by throwing a ball or any other forceful actions.

Minimum Penalty: Warning by sports official/umpire.

Maximum Penalty: Ejection from the game, playing area and 1-week suspension.

3. No Individual Shall: Discuss with sports official/umpire, in any manner, the decision reached by such official except a team manager.

Minimum Penalty: Warning by the sports official/umpire.

Maximum Penalty: Ejection from game and/or playing area with 1-week suspension.

4. No Individual Shall: Be guilty of using unnecessarily rough tactics in the play of the game.

Minimum Penalty: Ejected from game and playing area by sports official/umpire.

Maximum Penalty: Suspended from HPARD Adult Sports leagues and assault charges may be filed.

5. No Individual Shall: Use profane, obscene or vulgar language in any manner, or at any time on or off the playing field.

Minimum Penalty: Warning by sports official, umpire, or HPARD staff.

Maximum Penalty: Ejected from game and suspended for 1-week from the league.

6. No Individual Shall: Be guilty of a physical attack as an aggressor upon any individual.

Sports officials and umpires are required to immediately suspend player from further play and report the incident to the league director. Such player shall remain suspended until HPARD management review the incident.

Minimum Penalty: Suspension from two weeks and placed on probation for remainder of the season.

Maximum Penalty: Suspended from HPARD Adult Sports leagues and facilities and assault charges may be filed.

7. No Individual Shall: Be guilty of an abusive verbal attack upon or threatening of any sports official, umpire, or individual on or off the playing field.

Minimum Penalty: Ejection from game and 1-week suspension.

Maximum Penalty: Two weeks suspension and placed on probation for remainder of the season.

8. **No Individual Shall:** Appear on the field of play at any time in an intoxicated condition or under the influence of any other type of drug which will infringe upon their safety or the safety of others.

Minimum Penalty: Ejection from game.

Maximum Penalty: Suspended for the remaining season of play, including playoffs.

9. **No Individual Shall:** Be guilty of damaging, destroying or stealing HPARD property.

Minimum Penalty: Compensation for damages.

Maximum Penalty: Suspended from HPARD Adult Sports leagues and criminal charges may be filed.

10. **No Individual Shall:** Be guilty of any demonstration of un-sportsmanlike conduct before, during, or after league or tournament play.

Minimum Penalty: Warning by sports official, umpire, or HPARD staff.

Maximum Penalty: 2-game suspension and suspension for remainder of season.

Concussion Policy and Procedures:

THE FACTS

- A concussion is a brain injury.
- All concussions are serious.
- Most concussions occur without loss of consciousness.
- Concussions can occur in *any* sport or recreation activity.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

A bump, blow, or jolt to the head can cause a concussion, a type of traumatic brain injury (TBI).

Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for and ask others to report the following two things among your athletes:

1. A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head. --*and*--

2. Any change in the athlete’s behavior, thinking, or physical functioning.

Athletes who experience **one or more** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it’s OK to return to play.

SIGNS OBSERVED BY COACHING STAFF, SPORTS OFFICIALS, OR LEAGUE ADMINISTRATORS:

Appears dazed or stunned

Is confused about assignment or position

Forgets an instruction

Is unsure of game, score, or opponent

Moves clumsily

Answers questions slowly

Loses consciousness (*even briefly*)

Shows mood, behavior, or personality changes

Can’t recall events *prior* to hit or fall

Can’t recall events *after* hit or fall

SYMPTOMS REPORTED BY ATHLETE:

Headache or “pressure” in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Just not “feeling right” or is “feeling down”

DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (a brief loss of consciousness should be taken seriously and the participant should be carefully monitored).

WHEN A CONCUSSION IS SUSPECTED

If you suspect that an athlete has a concussion, implement your four-step action plan:

1. **Remove the athlete from play.** Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out.

2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion.

Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach or team manager, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (*if any*)

3. Inform the athlete’s parents or guardians about the possible concussion and give them CDC’s fact sheet on concussion. This fact sheet can help parents monitor the athlete for sign or symptoms that appear or get worse once the athlete is at home or returns to school.

4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

Procedure: If an athlete sustains a concussion, a doctor’s letter of clearance will be required to be submitted to the Adult Sports Office prior to returning to play in a sports league.

Take a FREE online training on concussion or get more information and educational resources on concussion, go to: www.cdc.gov/Concussion

The above information was provided by the U.S. Centers for Disease Control. Also, please note that concussion awareness disclosures, protocols and requirements may be mandated by state or local law. Consult applicable laws for legal requirements.