



SPARTANBURG
COUNTY PARKS DEPARTMENT



2023 ADULT FLAG FOOTBALL RULES

I. GOVERNING BODY

A) The governing body consists of the Spartanburg County Parks Dept. Park Operations Division.

B) The Park Operations Division will make decisions on all protests and suspensions with its interpretation of the league rules being final in all cases. *It also reserves the right to make any exceptions necessary if it feels it is in the best interest of the league.

II. PURPOSE AND INTENT

The purpose and intent of the Adult Flag Football League is to provide wholesome recreation for the adults of Spartanburg County. Each division is set up to instill good sportsmanship, team fellowship, for each participant to enjoy themselves and have fun.

III. REGISTRATION

Cost per team is \$350: This includes referee fees for 6 regular season games and a postseason single elimination tournament. Fees must be paid in full. Payment to Spartanburg County Parks Department (SCPD) can be paid by debit or credit card or by check or money order. **CASH CAN NOT BE ACCEPTED.**

IV. UNIFORMS

A) All team players must all wear the same color jerseys during regular season play and tournament play.

B) All jerseys must have a manufactured, permanently affixed number on the back at least six inches in height. No tape, drawn, temporary, or duplicating numbers are allowed. Numbers must be only single or double digits and range from 0-99. Metal cleats are not allowed.

V. Equipment

A) All game balls, flags and flag belts will be provided by the Spartanburg County Parks Department.



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VI. PLAYER ELIGIBILITY

- A)** All players must be **18 years** or older prior to the season to participate.
- B)** A person may only play on one team. Any player who plays for more than one team in the league will be automatically ruled ineligible with the team receiving a forfeit for all games in which the offense was committed. The Team Manager will also be subject to immediate suspension.
- C)** Players must provide identification to verify identity if it is questioned in regards to the name that is listed in the line-up. Failure to provide identification will result in suspension of play from the game and possible future games.
- D)** If a player is ejected from a game, it is the responsibility of the Team Manager or person in charge when the ejection occurred to notify the player of the suspension for the next game.

VII. TEAM ROSTERS AND WAIVER-RELEASE

- A)** Each team must complete a team roster to participate in the league.
- B)** Each player must read and sign the adult waiver-release on the back of the team roster before he/she is eligible to play.
- C)** Players may be added to the team roster by the coach submitting the player's name, address, and phone number to the Park Operations Division on a roster addition form before the deadline that is set. The player(s) being added must read and sign the adult waiver-release before they are eligible to play in the league.
- D)** There are no player releases or transfers within the league. Once a player plays for the team whose roster he/she is on, that player is locked in for the season and postseason. It is the responsibility of the Team Manager to know the eligibility requirements of all their players.
- E)** Falsifying a team roster or roster addition form will result in suspension from the league.
- F)** If a protest is lodged in regards to a player not being on the team's roster and it's ruled valid; the ineligible player will be removed from the program, the manager suspended for one game or more, and the game will be recorded as a loss. In addition, any prior game(s) in which the ineligible player participated will result in a forfeit.

VIII. PLAYER CONDUCT

The home referee(s) will have authority over players, coaches, and managers during the game. Profane language or display of unsportsmanlike conduct will not be tolerated in the program.



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The following provisions shall apply:

- A) Players, coaches, managers, and spectators are expected to demonstrate a good sportsmanlike attitude and courteous behavior.
- B) Persons failing to demonstrate appropriate conduct or behavior will result in an immediate warning or prompt ejection from the game, depending on the severity of the incident.
- C) If a person is warned regarding their misconduct (including arguing the judgment of the official's ruling), the next offense will result in prompt ejection from the game.
- D) Any person ejected from the game must leave the park premises (if possible). If a person is unable to leave premises, the person must be "out of sight, out of sound."
- E) Failure of an ejected player to leave park premises will warrant a forfeiture of the game.
- F) Any person ejected from a game will also be suspended from their next two scheduled games.
- G) If the offending act is flagrant, involves a fight or if the unsportsmanlike conduct continues after ejection, the person will be suspended from the league, including postseason tournament play.
- H) Any player, manager, and/or spectator who does or attempts to do bodily harm to an official will be immediately ejected from the game, suspended from the program, banned from all SCPD facilities, and may have criminal charges filed against him/her. The governing body will determine the length of time for banned suspension.
- I) **First Ejection** – The person will be suspended for the remainder of the game, the next two scheduled games from all Divisions and must leave the park premises immediately.
- J) **Second Ejection** – The player or coach will be suspended for the remainder of the game, the next two weeks from all league play and must leave the park premises immediately.
- K) **Third Ejection** – The player or coach will be suspended for the season, including any postseason tournament play and must leave the park premises immediately following the ejection.
- L) Smoking is not permitted inside any of the walk-in entry gates of any SCPD park.
- M) Alcoholic beverages are strictly prohibited on the premises of all SCPD facilities.

IX. GENERAL AND LOCAL RULES

- A) **Field Dimensions** – the game will be played on a field sized 100 yards' x 40 yards with marked 20 yard zones. These zones will be G, 20, 40, 20, G. Each zone, representing the first down lines and touchdowns. End Zones will be 10 yards long.



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B) Teams – Each team will play with 7 players on the field at a time. You must have at least 5 players to start and finish a game.

C) Time – Each game will be played with 20 minute halves with a 5 minute half time. The clock will be a continuous running clock with the exception of the last 2 minutes of each half. Each team is granted 2 timeouts (1 minute in duration) for each half of the game.

D) Scoring:

- I. Touchdown = 6 points
- II. 1 point conversion = 1 point (at the 3 yard line)
- III. 2 point conversion = 2 points (at the 6 yard line)
- IV. Safety = 2 points and ball

E) Mercy Rule – if a team is leading by 28 points or more, the clock will run continuously. Also, at this time, no time outs will be allowed.

F) Game Play:

Offense:

- I. The field will be marked by zones. These zones represent the first downs. They will be marked as the 20, 40, 20. Once you cross into a new zone, this results in a first down. The offense will start at the 15-yard line at the start of the game/half and after a touchdown. The offense will have the option to punt the ball on the 4th down.
- II. The offensive play will start with the ball being snapped through the center's leg. There must be at least 3 players on the line. All players are eligible for a pass. Line players must be in a 2 or 3-point stance.
- III. The offense is allowed to advance the ball by running or passing. Once the flag is removed or falls off the carrier, the ball is dead at the spot of the flag removal. If a player's flag falls off before they catch the ball, then the receiver is down where they catch the ball. NOTE: No flag guarding is allowed!
- IV. There are no fumbles. As soon as the ball hits the ground, or the knee of the player who has the ball touches the ground, the play is ruled dead.
- V. Blocking is not allowed, with the exception of the line of scrimmage

Defense:

- VI. The defense may only rush up to 2 players at a time. Rushers must start behind the line of neutral zone. The neutral zone is the area from the ball and 3 yards toward the defense. There will be a marker placed in the front of the defense indicating the end of the neutral zone



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(3 yards from the ball). Rushers may try to get around the offensive lineman that will be blocking with their hands by their side. They may not have any contact with the offensive line. No hands are allowed to be up while rushing. If contact is made, the defense can be called for an illegal “Bull Rush”. This penalty will result in a 10 yard gain for the offense.

VII. Tackling is strictly prohibited. All players must reach for the flags and not the body of the ball carrier. If the defensive player tackles a ball carrier that, in the judgment of the officials, had an open field for a touchdown, a touchdown will be awarded. The officials have the authority to eject any player who intentionally tackles another player

VIII. Punting: on the 4th down, the offense will have the option of punting. However, the ball will not actually be punted. Instead, the offense will notify the game official that they wish to punt. When notified, the game official will mark off 25 yards or half distance to the goal line. If the ball has not crossed the 40-yard line (midfield), 25 yards will be marked for a punt. Half the distance to the goal line will be marked for a punt when the ball has crossed the 40-yardline.

Penalties:

IX. 5 Yard Penalties:

- **Illegal Procedure** – Either Team moving into the neutral zone before the ball has been snapped, lining up in the neutral zone, more than one player in motion before the snap, the motion player moving forward before or during the snap. NOTE: only one player may be in motion before or during the snap. He/she must be moving parallel to the line of scrimmage, or backward (away from the line of scrimmage). No motion player should be moving forward before or during the snap.
 - A) Enforcement: Dead ball – 5 yards from the line of scrimmage – replay the down.
- **Delay of Game** – Not snapping the ball within the allotted 25 seconds, prohibiting the game flow.
 - A) Enforcement: Dead ball – 5 yards from the line of scrimmage – replay the down
- **Illegal Equipment** – an offensive player not having their flags on, an offensive player that has their flags illegally placed on their body (such as tucking flags in shorts). Players that are found to be wearing improper equipment will not be allowed to play in the game.
 - A) Enforcement: Live ball – 5 yards from the spot of the foul-replay the down.
- **Batting or stripping the ball** – any attempt to strike or grab the ball away from the



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ball carrier.

A) Enforcement: Live ball – 5 yards from the end of the run.

- **Holding** – Keeping the ball carrier from advancing the ball without getting the flag.

A) Enforcing: Live ball - 5 yards from the end of the run.

- **Illegal Forward pass** – Throwing the ball in front of the line of scrimmage.

A) Enforcement: Live ball – 5 yards from the end of the line of scrimmage and a loss of down.

- **Illegal Forward Lateral** – Handing or pitching the ball forward down field.

A) Enforcement: Live ball – 5 yards from the spot of the foul and loss of down.

- **Defensive Flag Guarding** – Intentional pulling of the offensive players' flags before the player receives the ball.

A) Enforcement: 5 yards from the line of scrimmage, if the play is incomplete-
play the down. If pass is complete – 5 yards from the end of the run, or result
of the play.

- **Leaving your feet** – Hurdling or diving to gain yardage.

A) Enforcement: Live ball – 5 yards from the spot of the foul – replay down.

- **QB Rush No Blitz** – QB rushes when there is no blitz. Blitz is considered when a defensive player crosses into the neutral zone.

A) Enforcement: Live ball – 5 yards from the line of scrimmage – replay down.

X. 10 Yard Penalties

- **Illegal Contact** (on the line of scrimmage or incomplete pass) – any contact initiated by a player, pushing a player out of the way or to the ground, or contact preventing players from running their routes.

A) Enforcement: Live ball – 10 yards from the line of scrimmage – replay the down.

- **Illegal Contact (completed pass)** – any contact initiated by any player, pushing a player out the way, pushing a player out of bounds, screen blocking (setting a pick) at the line of scrimmage or down field.

A) Enforcement: Live ball – 10 yards from the end of the run – replay down or result of the play.

- **Picking / Screen Blocking** – making contact near a stationary opponent by taking a position in front or at the side of the opponent, taking a position too close to a moving opposing player so the player can't avoid contact, taking a stationary position then moving before the opposing player moves to force contact or block them from grabbing



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another player's flag, running near the player with the ball to prevent the defense from getting to the ball carrier's flags.

A) Enforcement: Live ball – 10 yards from the spot of the foul – replay the down.

• **Flag Guarding** – The ball carrier using parts of their body to prevent the defense from getting to their flags. This includes batting the hand of defenders reaching for your flags.

A) Enforcement: live ball – 10 yards from the end of the run. If the ball carrier made the first down, then the ball is spotted back 10 yards from the first down (the first down will count at this point).

• **Pass Interference** – Illegally contacting a player so they are unable to catch a pass. When a pass is thrown, any player from either team is allowed to catch the ball. If two or more players attempt to catch the ball, they are both eligible to catch the ball, but if one player pushes the other player out of the way or contacts the other player at less than a vertical angle, then pass interference will be called on the player that made the illegal contact.

A) Enforcement: A) Defensive – 10 yard from the end of the run – automatic first down.

B) Offensive – 10 yards behind the line of scrimmage – loss of down.

• **Roughing the Passer** – Contact made by the defense to the QB before, during, or after the player throws the ball. This is not including contact made by accident by the defensive player going for the flags. If the defensive player is over-aggressive in going for the flag resulting in knocking down the QB, then roughing the passer will be called.

A) Enforcement: 10 yards from the line of scrimmage or at the end of the run and an automatic first down.

XI. 15 Yard Penalties

• **Unsportsmanlike Conduct** – Excessive, intentional contact, over-aggressiveness during a play or disrespectful conduct to the game officials.

A) Enforcement: If the defense commits the penalty, the offense will get 15 yard gain from the line of scrimmage. If the offense commits penalty, the offense will get suffer the 15-yard loss from the line of scrimmage. This penalty could vary in severity, i.e.; player ejection, suspension for remainder of season, etc.

• **Tackling** – Tackling of another player. This includes excessive contact as determined by the game officials. The officials have the final authority to determine if contact is incidental or intentional.



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A) Enforcement: 15 yards from the spot of the foul. This penalty could vary in severity as well, i.e.; player ejection and suspension for remainder of season, etc.

X. PARK ASSISTANT (FIELD SUPERVISOR)

A park assistant will be present at the park during most scheduled games. After consulting with referees, the park assistant has the authority to cancel any game if hazardous or unsafe conditions exist. The park assistant also has the authority to warn or eject a person for demonstrating inappropriate conduct or behavior listed under the VIII. PLAYER CONDUCT section.

XI. RAINOUTS AND RESCHEDULING OF GAMES

- A) If any change in field or game status occurs, an email will be sent to each team captain/ Coach notifying him or her of this cancellation. It is the team's responsibility to be at the field at game time (unless otherwise notified) and remain there until officially notified by the park assistant with a decision.
- B) The Team Captain/ Coach will be notified by email of any rescheduled games and will be responsible for notifying all players of his/her team.
- C) Rainout games will be scheduled as time and space allows according to field availability and not according to specific days of the week that the League played on during the season.

XII. PROTESTS

The Team Captain/ Coach must lodge a legal protest with the SCPD Staff during the regulation game informing the SCPD Staff that the game is being played under protest. The SCPD Staff shall in turn notify the opposing captain and official scorekeeper. The scorekeeper must mark the time and game information when the protest was made. The SCPD Staff will submit a written report to the Park Operations Division stating the nature of the protest and the rule that the captain is protesting. With the exception of a request for identification to verify identity in regards to the line-up, the Team Captain must submit a written protest to the Park Operations Division and enclose a \$50.00 protest fee during office hours within 24 hours (*Exception – must be submitted within 12 hours during postseason play). If the protest is lost, the fee will not be returned and will be deposited into the appropriate account of SCPD. No protest will be accepted based on an SCPD Staff's judgment. Each protest must outline the events as they transpired and must cite specific rules and sections to justify the protest. The governing body will rule on each protest properly submitted and send the protesting captain a written ruling within one business day. When a protested game is upheld, the game is to be rescheduled from the point at which it was protested.



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I have read these rules and fully understand the implications of not abiding by said rules. I have also discussed these rules in their entirety with my fellow teammates. I understand that if these rules are not adhered to by myself and my team, it may result in disciplinary actions as sanctioned by the governing body.

Captain's/ Coach's Name: _____

Team Name: _____

Date: _____