



City of West Palm Beach Recreation Division 2010 Adult Flag Football Rules and Regulations

The Team Captain is responsible to discuss these rules with your team. Each player should be familiar with these rules before beginning play.

Remember this is a recreation program, and we are here to have fun!

League Director: Chandler Brinkman
League Entry Fee: \$450

League play will use the FRPA Flag Football Rules unless otherwise noted

I. Administration

- A. The league is administered by the City of West Palm Beach Recreation Division's Athletics Section. League Director is Chandler Brinkman.
- B. Games will be played on Saturday mornings beginning January 9th, 2010.
- C. Team fee is \$450, payable to "City of West Palm Beach".
- D. Team rosters and Waiver of Liability are due at first league game. Any new players added to the roster must also sign these forms prior to participating.
- E. Team fees must be paid prior to receiving the game schedule.
- F. The league will consist of 8 regular season games followed by single elimination playoffs.

II. Rosters

- A. All players must be listed on the Team Roster Form prior to participating in any games and have signed the Waiver of Liability Form.
- B. Rosters are limited to 15 players per team.
- C. Players may not participate on more than one team during the course of the season.
- D. Rosters will be set after the fourth game of the season; any additions thereafter must be approved by the league director.

III. Uniforms and Equipment

- A. Players must wear shorts or pants without pockets or belt loops
- B. Players are required to tuck their shirts inside their pants or shorts.
- C. Mouthpieces are optional
- D. Players may wear rubber soled shoes or rubber cleated shoes.
- E. Flag belts must be in direct contrast to the players shorts / pants color.
- F. Tape and other type bandages worn on the hand and finger, unless worn to protect an injury, is prohibited. Any type of hard cast or hard padding is prohibited; soft surface elbow and kneepads are permitted.

IV. Field Size and Dimensions

- A. Field size is 100 yards long and 40 yards wide
- B. End zones are 10 yards each with a playing field of 80 yards
- C. Lines are painted from sideline to sideline at the 20 and 40 yard line

V. Timing Rules

- A. The games will consist of four 12 minute quarters with a running clock.
- B. The clock will be stopped in the final two minutes of each half for the following:
 - a. Incomplete passes
 - b. Timeouts
 - c. Out of bounds plays
 - d. Penalty
 - e. Change of possession
- C. When the clock is stopped in the above cases, it will restart on the snap.

***Exception: Following a penalty the clock will start on the ready –for- play whistle when the previous play ends inbounds.**

- D. Half time will be five minutes.

VI. Pre-Game Procedures

- A. The coin toss will take place prior to the beginning of the game.
- B. The team winning the coin toss will have the following options:
 - a. Defer to the second half
 - b. Kick, receive, or defend goal

VII. Kickoffs and Free Kicks

- A. Kickoffs will take place from the 20-yard line using a kicking tee.
- B. The free kick will remain live until the ball is touched by a member of the receiving team or downed by a member of the kicking team.
- C. A kickoff going out of bounds will be put in play at either the spot of going out of bounds or at the receiving team's 35 yard line. There is no re-kicking an out of bounds kickoff.
- D. There are no onside kicks. However, the kicking team may down the ball once it hits the ground. The ball will be dead at that spot, but possession would belong to the receiving team.
- E. The receiving team may align itself in any formation.
- F. The receiving team may advance a ball that is caught in flight or off a bounce as long as an opponent has not downed it.
- G. Once the receiving team muffs or drops the ball, the ball becomes dead at the spot where it hit the ground.
- H. If the kickoff goes into the end zone a touchback occurs and the ball is brought back into the 20-yard line.

VIII. Game Rules

- A. Seven players will be allowed on the field at one time. A minimum of four players must be on the line of scrimmage at the time of the snap. Penalty: illegal formation- 5 yards
- B. All players are eligible receivers.
- C. Official FRPA rules govern play.

IX. Conduct

- A. Any player ejected from a game will be automatically suspended from the next game.
- B. Fighting will not be tolerated. If 2 players get into a shoving/wrestling match, they will be ejected. If punches are thrown, they will be ejected and suspended 2 subsequent games. Any player leaving the sideline to fight will be ejected and suspended for 2 games. **Any player deemed to be involved in fighting can and will be suspended from all WPB athletics programs for up to one full year at the discretion of the League Director and Recreation Supervisor.**
- C. Any further fighting infraction will result in immediate dismissal from the league.
- D. Verbal abuse or any form of disrespect of the officials and/or profanity will not be tolerated. The offending player can be ejected from the game. If conduct persists from the same team, the official has the right to declare a forfeit. This applies to fans as well.

X Tie Breakers

- A. All teams will qualify for single elimination playoffs; top teams may receive a bye depending on the number of teams in a division. Overall record will determine league champion and runner-up.

If a two team tie occurs, the tie will be broken by, in order:

- head to head game record
- head to head point differential
- least number of points scored against
- overall point differential in wins
- coin flip

Ties among three or more teams will be broken by:

- record versus common opponents
- point differential in games involving teams in tie
- least amount of points scored against
- total points scored in league play
- coin flip