

Mason City Parks & Recreation Department

Adult Flag Football Rules- 2023

RULES ARE SUBJECTED TO CHANGE



A. GENERAL INFORMATION

1. Cost for the tournament is \$75 per team.
2. Field dimensions are 60 yards by approximately 40 yards with two 10-yard end zones.
 - One first down (30 yards, mid-field)
 - 4 plays on each half of field to get 1st down or Touchdown.
3. Tournament games are played at Fredrick Hanford Softball complex located at 23rd S.W. Mason City, IA.
4. If the tournament is cancelled due to rain, all teams will get their registration money back. Managers will be contacted by the Athletic Supervisor if games are cancelled or postponed. **MANAGERS ARE RESPONSIBLE FOR CONTACTING THEIR PLAYERS AND INFORMING THEM OF THE CANCELLATIONS.**
5. The City of Mason City Parks & Recreation Department, its employees or appointed agents, assume no responsibility for any personal injury or loss that any team member or spectator may incur as a result of this program. Individuals are encouraged to have their own personal health/accident plan for any such injuries which occur.
6. The Parks & Recreation Department office is located at the Southbridge Mall, 100 S Federal Ave Suite 201. Tournament business can be conducted Monday-Friday 8:00am-4:30pm. All tournament transactions (rosters, manager changes, forfeits, etc.) must be conducted at these times.
7. The Recreation Programmer must be notified immediately and in writing when a team changes.
8. Managers must provide an email and phone number to be contact managers on cancellations and postponements. Must also include a second manager just in case the original can't be reached.
9. In compliance to the American's Disability Act (disability defined by the ADA), any team considering using a player with a disability is asked to notify the Recreation Department prior to the season, so appropriate action can be taken to accommodate their play.

B. ILLEGAL PLAYERS

1. Player that is not 18 years of age.
2. A player that is playing with two separate teams in the tournament
3. A player that is not listed on the team roster for that team which he/she is playing for
4. A player that fails to sign his/her own name on the original roster sheet.
5. A player that is playing under someone else's name.

C. ROSTERS

1. Roster forms must be completed and submitted to the Recreation Programmer prior to the tournament with your registration payment. If roster is not in by the time registration deadline is due your team will be ineligible to play until roster is turned in.
2. Rosters must have a player's first and last name, phone number, age, and signature listed on the roster form. No roster will be accepted other than those written on the official roster form issued to managers at the time of registration. If rosters fail to meet these guidelines, they will not be accepted.
3. Team managers will be able to make additions and changes on their rosters until October 20th.
4. Team rosters can only have a maximum of 10 players on their roster.
5. All players are asked to bring Identification to their games, if you don't bring identification, it could lead up to suspension of the game.
6. After rosters are turned in and once managers put down what league they want to be in, the Recreation Programmer has the right to move around teams to different leagues based on competitiveness.
7. Rosters will be checked by the Recreation Programmer if questions arise over the status of a given player. Any players who fail to conform to the eligibility and roster rules will be deemed illegal. All games won in which an illegal player is protested will be forfeited.
 - a. A manager who knowingly uses an illegal player or a player who plays an alias may be suspended for the remainder of the tournament.
 - b. Any found using an illegal player will be ineligible to win the tournament.
 - c. Any team found using an illegal player will be assessed a \$25.00 fee.
8. If an opposing manager believes an illegal player is being used, he/she should bring the concern immediately to the attention of the tournament director. He or she should then follow the protest procedure as outlined in this manual under Rules and Regulations.

D. RULES & REGULATIONS

1. Nicotine inside Frederick Hanford Complex will not be permitted. Alcohol will not be allowed on the field of play. Consuming an intoxicating beverage and/or smoking on the playing field or around the playing field during the game will be ejected from the game.
NO QUESTIONS ASKED!!
2. NO COOLERS or carry-in beer allowed inside the complex. The Recreation Department will oversee concessions with proceeds going to improvements at Frederick-Hanford Softball Complex. ANYONE caught with carry in beer will be assessed a \$25 fee. Players will not be allowed to play until the fee is paid.
3. **Game Time is forfeit time!** All games will start at the scheduled time, or earlier if the previous game is completed.
4. **BLOOD RULE:** If at any time blood is seen on the uniform or body of a player or captain, the game shall be stopped, and someone should treat the wound by cleaning and covering the area. If the uniform has blood on it, have the player exchange/cover the part regardless of the jersey, pants, or undershirt color. There will be no violation of a

wrong color. Play will continue as soon as the injured player is off the field. Teams can play with 5 players, but no less than that.

E. GAMEPLAY

1. The officials will keep the score and time on the scoreboard.
2. The time limit will begin on the first snap.
3. Each game will have a 40-minute time limit regardless of the time it starts. There will be two 20-minute halves that are running clock.
4. There will be a 5-minute halftime.
5. There is a play clock of 30 seconds after the ball has been set. This will be kept by the official
6. Each team has two 30-second timeouts per half.
7. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
8. Rock, Paper, Scissors (2 out of 3) determines who gets ball first. Winner elects to take ball at start of game or after halftime.
9. All Touchdowns are 6 points.
10. Team elects 1 point conversion (from 5 yards out) or 2-point conversion (from 10 yards out)
11. If the Defense returns an interception on the PAT, team gets the same number of points as the conversion.
12. There will be NO Safeties. Ball will be spotted at the last line of scrimmage.
13. Runner is down where their hips are when the flags are pulled, NOT THE BALL in all circumstances.
14. If flags happen to fall off before being pulled, runner is down immediately.
15. Flags must be worn over shirt or jersey, not under. It is recommended to tuck shirt or jersey in to prevent this. Buckle of the flags must be worn in the front of each player.
16. Absolutely no flag guarding.
 - Stiff arm
 - Swatting arms away
17. Absolutely no blocking is allowed.
18. Pass rushing – rusher starts 7 yards off the line, allowed to rush as soon as ball is hiked. Quarterback will not be able to run until rusher crosses the line of scrimmage. There will not be a throw clock. Officials will set the 7-yard line each play. Teams can have more than one player rush, but all rushing players must start behind the 7-yard line.
19. Teams are not required to rush the quarterback.
20. One foot in bounds with clear possession of the ball results in a catch
21. Laterals are allowed, but you are down where the ball lands if dropped.
22. There will be no fumbles. Play is automatically dead if the ball hits the ground.
23. Change of possession will take over at place of ball.
24. 4th Down Punt Rule: No Kicking
 - If a team elects to punt, they will throw the ball as their punt, possession takes over where ball first hits the ground, if in end zone, team takes it from their own 5-yard line.

- “Punting Team” must declare a punt if electing for positioning. If this is not called, the receiving team will receive the ball at the last line of scrimmage.
 - There will be absolutely no punt returns.
25. Children are not allowed on the sidelines or the field of play when the tournament is being played.
 26. Teams must start and finish with at least 5 players. If a team can’t field 5 players, it will result in a forfeit. If a team only has 5 players, the opposing team still gets to play with 6 players.
 27. If, during the game a player gets injured/ejected and can’t continue to play and they have no other substitutions to field at least 5 players, the game becomes a forfeit.
 28. ***Steal cleats are NOT allowed in the tournament.***
 29. All players must wear the same color shirts even in cold weather. Jackets and sweatshirts must be the same color as team shirt. Jerseys are not required for the tournament.
 30. It is considered a full game if time runs out or if it rains and the game is cancelled after the first half. Whichever team is ahead at the time of cancellation is the winner.
 31. Games that are tied at the end of the time limit will have one play from the five-yard line. If both teams score, we will continue until there is a winner. Each team will have the same number of possessions.
 32. **Protest Procedure:** A written description of the situation must be given to the tournament director directly at the conclusion of the game in protest at the main table. This must be into the tournament director before the start of the next game on the field they just played at. There is no protest if staff recognizes an illegal situation.
 - a. **Protest Ineligible Player:** \$25 fee and must be filed by opposing team of game/ player in protest.
 1. **Rule Against:** Game stands as played, and the Rec Dept. keeps the \$25 fee
 2. **Rule in Favor:** Team violating the rule forfeits and is disqualified from the remainder of the tournament. The \$25 fee is given back to the protesting team.

G.) CASUAL PROFANITY/ SPORTSMANSHIP RULES

1. A high degree of sportsmanship is required from players as well as spectators. Our tournament is intended to have fun and provide good clean leisure activities.
2. Only the captain is permitted to appeal to the supervisor or tournament director. If anyone else gets involved, they will be ejected.
3. Swearing will NOT BE TOLERATED! Players can be ejected from the game or suspended.
4. Players involved in fighting will be suspended for the remainder of the tournament and will need to leave the premises.
5. Any player striking or threatening staff will be suspended for the remainder of the tournament and will need to leave the premises. This rule will be in effect for all players & captains on and off the playing field.
6. Any staff member has the authority to eject players, captains, or fans from the playing area. If the ejected player refuses to leave, the police will be called.

7. Any player ejected from a game for unsportsmanlike conduct, such as profane language or gestures will automatically be suspended for the remainder of the tournament
8. Any player whose behavior results in damaging property such as fences, dugouts, gates, etc. will be charged for costs of repairing the damaged property. The player will be written up by the supervisor and will be suspended from future tournaments. The police will be called, and possible vandalism charges could be brought against the player. **THIS BEHAVIOR WILL NOT BE TOLERATED!!**

H. EQUIPMENT:

1. Each team will be responsible for supplying own footballs for warmups. The Recreation Department will supply all game balls used for the tournaments. All games must use the ball that is supplied by the Recreation Department.
2. There will be no tackle football equipment allowed in the tournament. (ie. Helmets, shoulder pads, girdles, football pants with pads in them.)
3. Players are allowed to wear gloves, wristbands, and sleeves.

I. Penalties

1. Officials will enforce all penalties that they see.
2. Game officials determine incidental contact that may result from normal run of play.
3. Only the team captain may ask the referee questions about rule clarification and interpretations.
4. Games and halves may not end on a penalty unless the opposing team declines it.
5. Penalties will be assessed half the distance to the goal line when the penalty yardage is more than half the distance to the goal.

J. PENALTY ENFORCEMENTS:

1. Flag Guarding: 5 yards from spot of foul, loss of down
2. Blocking: 5 yards from original line of scrimmage, loss of down
3. Illegal Rush: 5 yards from line of scrimmage, automatic first down
4. Offensive Pass Interference: 10 yards from original line of scrimmage
5. Defensive Pass Interference: Spot of foul, automatic first down
6. False Start: 5 yards from original line of scrimmage.
7. Offside: 5 yards from original line of scrimmage
8. Illegal Flag Pulling: 10 yards from original line of scrimmage, automatic first down.
9. Offensive Unsportsmanlike Conduct: 10 yards and loss of down
10. Defensive Unsportsmanlike Conduct: 10 yards and automatic first down
11. Illegal Forward Pass: 5 yards from line of scrimmage, loss of down
12. Delay of Game: 5 yards from line of scrimmage, loss of down

Good Luck! Have a fun tournament!!