



## Spring 2023 Hoover Parks and Recreation Adult Flag Football League Informational Packet and Rules

### **League Fees:**

\$400 Team Registration Fee. Must pay by the registration deadline. **No exceptions.**

### **Registration Deadline and Information:**

Registration ends Friday, February 24<sup>th</sup>

### **Schedules and Resources:**

All schedules are posted online at <http://www.quickscores.com/hover>

Additional league information can be found online at <http://www.hooveral.org>

### **League Start Dates:**

Games will begin Sunday, March 5<sup>th</sup>

## League FAQ's

- ❖ Game times are Sunday Afternoon at 12pm-7pm
- ❖ All games will be played at Hoover East
- ❖ No refunds or discounted league fee's will be given unless approved by the league director
- ❖ Rain out games or forfeited games will be played Sunday's at either 1-2pm or 7pm during the regular season
- ❖ For information regarding rain outs you can call 739-RAIN or 739-7246
- ❖ Practice field space is available to teams who have paid their registration fee and may be acquired through the assistant athletic manager by emailing Brent Solberg at [brent.solberg@hooveralabama.gov](mailto:brent.solberg@hooveralabama.gov) with the team name and manager name, time, field location, and date of the desired practice
  - You must have a field reservation receipt with you to practice, which you may obtain by following the steps above

**❖ PAYMENT MUST ACCOMPANY REGISTRATION FORM and ABSOLUTELY NO SPOTS WILL BE HELD. NO EXCEPTIONS.**

Questions or more information about the league can be found by contacting Brent Solberg at (205) 444-7754 or

[brent.solberg@hooveralabama.gov](mailto:brent.solberg@hooveralabama.gov)



# Spring 2023 Adult Flag Football Rules and Regulations

**\* Any Official or Hoover Parks and Recreation Department Employee has the final authority on any rule or regulation dispute\***

## General Information:

1. Hoover Parks and Recreation Flag Football League will be governed by the National Collegiate Flag Football Rules, which were developed by the National Intramural-Recreational Sports Association, unless otherwise stated in the Hoover Parks and Recreational Rules and Regulations
2. The game shall be played on a field 80 yards by 40 yards with two ten-yard end zones
3. All players must be 18 years or older to participate
4. **After the season begins, no refunds will be issued**

## Equipment:

- ❖ **Any equipment players choose to use or wear is up for investigation by officials and/or Hoover Parks and Recreation Department employees and may be deemed illegal for use by officials or Hoover Parks and Recreation Department employees at any time**
1. Each player must wear a jersey that either tucks inside the pants or is cut off such that the bottom of the jersey is a minimum of 4 inches above the flag belt, which must be worn at the waist
  2. **Belt loops and pockets on pants/shorts are illegal**
    - a. **Players may turn pocketed shorts inside out ONLY IF THEY ARE THE 7<sup>TH</sup> PLAYER ON THE TEAM and would be a forfeit without the player**
    - b. **Pockets that have a PERMENANT closure (ex. Fabric glue, sewing) will be allowed to play**
    - c. **Players who wear pocketed shorts on the field during game play will be asked to leave the field and will NOT BE ALLOWED TO PLAY with pocket shorts**
  3. Players may not wear metal cleats
  4. Players may not wear jewelry or hats with bills
  5. Players may wear bandanas around the head, but not the neck or face
  6. Towels at the players waist are illegal
  7. Play cards tucked into shorts/pants are illegal
  8. The ball will be of college or pro football size

## Play:

### 1. **Players:**

- a. Games are played between two teams of seven players
- b. At least 3 players are required to start the game

### 2. **Start of the Game:**

- a. Each game shall start with a coin toss
- b. The captain winning the toss shall choose one of the following options:
  - i. Whether his team will start on offense or defense
  - ii. The goal his team will defend
  - iii. Deferring to the 2<sup>nd</sup> half is an option
- c. Before the start of the second half, possession and field direction will be reversed

### 3. **Timing:**

- a. The game shall consist of 2 twenty minute halves with a 5 minute halftime
- b. Each team is entitled to 2 one minute time outs for each half per game. The timeout is not required to be 1 full minute if the team calling time out just wants to stop the clock
  - i. The team calling the timeout has the option of taking the full 1 minute timeout
- c. 1<sup>st</sup> half and 2<sup>nd</sup> half clocks will run continuously for the first 18 minutes. The final 2 minutes in each half will be times as a high school game. The clock will stop for:
  - i. Incomplete passes (Starts on snap)
  - ii. Touchdown (Starts on the snap after the try)
  - iii. Team time outs (Starts on snap)
  - iv. Official time outs (Starts at officials discretion)
  - v. Scores (Starts on the snap after the try)
  - vi. Out of bounds (Starts on snap)
  - vii. Fair catch (Starts on snap)
  - viii. Touchback (Starts on snap)
  - ix. Change of possession (Starts on snap)
  - x. Safety (Starts on legal touching of safety kick)
  - xi. First downs (Dependent on previous play)
  - xii. Penalty and administration (Dependent on previous play)
    - ❖ Exception: Delay of game which starts on snap
- d. Mercy rule
  - i. The game shall end when a team has an advantage of 17 points or more at the 2 minute warning of the second half or goes ahead by 29 points at anytime during the 2<sup>nd</sup> half

### 4. **Scoring:**

- a. Touchdown = 6 points
  - i. The player scoring the touchdown must raise his arms so the nearest officials can deflag the player with one good pull. If the flag belt is

secured illegally, the touchdown is disallowed and there will be a 10 yard penalty assessed from the previous spot and the down will be replayed

b. Extra Points

- i. Running or passing from 3 yards out = 1 point
- ii. Running or passing from 5 yards out = 2 points
  - ❖ A team is given a choice, which can only be changed if the pucks have not been set. If the pucks have been set, then a timeout must be taken to change the decision
- iii. Safety = 2 points
- iv. Defensive team runs an extra point back for a touchdown = 2 points
  - ❖ It does not matter if the offense is going for 1 or 2 point conversion
- v. When an offensive foul occurs after the touchdown, but before the attempted extra point, the penalty will be administered from the spot of the extra point. When a defensive foul occurs during a touchdown or after a touchdown and prior to the initial ready for play signal for the try, the offensive will have the choice to have the foul enforced on the try or after the try at the succeeding spot (usually the 14 yard line)

5. **The Game**

- a. A team in possession of the ball shall have 4 consecutive downs to advance the ball to the next zone line (20 yards) to receive a 1<sup>st</sup> down
- b. A team shall be awarded a new series of downs when the ball is moved into the next zone, or when a penalty by the opponent moves the ball into the next zone
- c. The offensive team players are responsible for retrieving the ball after the down has ended
- d. A team has 25 seconds to put the ball in play after the ready-for-play signal
- e. On a play from scrimmage, the defensive team must line up no closer than 2 yards from the ball ( the orange cone or bean bag notes this point)
- f. Only 1 player may be in motion, but he may not be in motion towards the goal line
- g. The offensive team must have at least 4 players on the line of scrimmage at the time of the snap
- h. Any player (quarterback) who receives the snap must be at least 2 yards behind the line of scrimmage (shot gun formation)

6. **Kicking**

- a. Anytime the ball hits the ground the ball is considered dead
- b. For a scrimmage kick, the offensive team must have at least 4 players on the respective line and must remain motionless until the ball is kicked
  - i. The defensive team is not required to have anyone at the line of scrimmage
  - ii. The play must begin with a legal snap
- c. If the ball goes over the kickers head on the snap or hits the ground, the defensive team will gain possession where the ball landed

- d. On a scrimmage kick, the kicker must take the snap at least 2 yards behind the line of scrimmage
- e. Any type of kick received in the end zone may not be advanced
  - i. If the ball is downed or is declared dead in the end zone, it is a touchback and the ball will be placed at the 14 yard line
- f. A kick received by a player in the air may be advanced, but if/once the kick hits the ground it is dead at that spot
- g. Any kick crossing the goal line results in a dead ball
- h. If the clock would have started on the snap for 4th down and the offense elects to punt during the last 2 minutes, the clock will start when the ball is kicked
  - i. If the clock is running and the offense elects to punt, the kick must be made immediately following reception of the snap and a brief adjustment of the ball
  - ii. If the punter unnecessarily delays the kick, the play will be ruled dead immediately, delay of game foul and the clock will start on the kick

## 7. **Blocking**

- a. All blocking shall be non-contact screen blocking which is legally obstructing an opponent without contacting him with any part of the body
  - i. Incidental contact is legal as long as there is no advantage being gained
  - ii. All defensive players must maintain their frame stance when blocking
- b. When in the judgment of the official, the following acts are deliberate or flagrant, the players involved shall be disqualified from the game:
  - i. Using fists, kicking or kneeling
  - ii. Using locked hands, elbows or any part of the forearm or hand in blocking
  - iii. Tackling the player as in regular football
  - iv. Any other deliberate or flagrant act
- c. The ball carrier shall be prohibited from obstructing an opponent with an extended hand or arm
  - i. This includes the use of a stiff arm intended to ward off an opponent attempting to de-flag
- d. The ball carrier shall not grasp a teammate or be grasped, pulled, or pushed by a teammate
- e. Teammates of a runner or passer may interfere for him by screen blocking, but they shall not use interlocked interference by grasping or encircling in any manner
- f. The defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flag belt
- g. A player who screens shall not:
  - i. Take a position closer than a normal step when he is behind a stationary opponent
  - ii. Take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction

- iii. Make contact when he assumes a position at the side or in front of a stationary opponent
- iv. Defensive players must go around the offensive players screen block
- v. It is illegal to steal a ball in a players possession
- vi. Flag belt removal
  - ❖ In all situations where the play is in progress and the ball carrier loses the flag belt accidentally the play becomes dead where the ball carrier is tagged by at least one hand below the head and above the knee

## 8. Penalties

### a. 5 yards

- i. Delay of game
- ii. Encroachment-10 yards for subsequent fouls during the same interval between downs
- iii. Illegal motion
- iv. Helping the runner/interlocked (from spot of foul)
- v. Interlocked hands (behind back) separation
- vi. Illegal forward pass (loss of down from spot of the foul)

### b. 10 yards

- i. Delaying the start of the half
- ii. Defensive pass interference (automatic first down)
- iii. Roughing the passer (automatic first down)
- iv. Offensive pass interference (loss of down)
- v. Holding (from spot of foul)
- vi. Illegal contact (from spot of foul)
- vii. Flag guarding (includes loss of down) (from spot of foul)
- viii. Personal foul
- ix. Unsportsmanlike conduct

## 9. Clarifications

### a. Hand-offs

- i. All handoffs must be made behind the line of scrimmage

### b. Forward Pass

- i. Only 1 forward pass is allowed per down

### c. Passing

- i. It is legal for the runner to cross the line of scrimmage, come back across the line and then throw a forward pass, but the passer must be behind the line of scrimmage when he throws the forward pass

### d. Start of Possession

- i. The ball will be placed on the 14 yard line after scores and interceptions that occur in the end zone after extra points. At the beginning of each half the ball will be placed at the 20 yard line

### e. Line to Gain

- i. Ball crosses line to gain and a penalty is received by the offense

- **Rule is** the penalty yardage is assessed first and then the down and distance is set. *Example #1:* 4<sup>th</sup> down on the 18 yard line and 2 yards to line to gain for a 1<sup>st</sup> down. Team makes a 4 yard gain to the 22 yard line and is called for an illegal forward pass (penalty is 5 yard loss and loss of down). The ball is marked back to the 12 yard line and the ball is turned over to the opposing team with a 1<sup>st</sup> down and 12 yards to go for a touchdown. *Example #2:* 4<sup>th</sup> down on the 18 yard line and 2 yards to line to gain for a 1<sup>st</sup> down. Team makes a 4 yard gain to the 22 yard line and is called for flag guarding (penalty is 10 yard loss). The ball is marked back to the 12 yard line and it is 4<sup>th</sup> down and 8 yards to line to gain at the 20 yard line. *Example #3:* Same example but there is no penalty on the offense with the ball down at the 22 yard line. A player on the offense is called for an unsportsmanlike conduct penalty that happens after the play is over (dead ball situation). The ball will be marked back to the 12 yard line and it will be 1<sup>st</sup> down with the new line to gain at the 40 yard line (two lines to gain)

f. **Overtime**

- Each team will be given the opportunity to go for a 1 point or 2 point conversion (team decision)
- A coin toss will determine which team goes first
- If the score is still tied, a second round conversion opportunity will be given to each team
- The team that went first in the first round will go second in the second round and vice versa
- If the score is still tied after the second round of extra point conversions, the game will end as a tie game
  - ❖ **Tournament Rule:** If a tie still exists after the 2<sup>nd</sup> round, each team must go for a 2 point conversion until a winner is decided

g. **Encroachment**

- Encroachment will be called when a defensive player enters the neutral zone before the snap is made
- A player does not have the opportunity to get back before the snap as seen on TV
- Encroachment is a dead ball foul
- 10 yards for subsequent fouls during the same interval between downs

h. **Reception**

- When making a catch in the field of play or in the end zone a player must have one foot land in bounds before making contact out of bounds

i. **Ball in Hand**

- A ball in hand may touch the ground and the play is still alive
- The ball does not become dead until the ball is released

j. **Pick up Player Rule**

- During league play, teams may pick up as many players as needed



- ii. During playoff/tournament play, teams may pick up to 3 players upon opposing coaches approval
  - iii. Any player or players that are picked up must total a maximum of 7 players on a team for that game
- k. **Ball Spot**
  - i. The ball is spotted where the ball is when the flag is pulled
- l. **Inadvertent Whistle**
  - i. During a legal forward pass or a punt, the ball is returned to the previous spot and replays the down
  - ii. If a ball is in player possession (running play) the team in possession may elect to put the ball in play where the inadvertent whistle was blown or replay the down from the previous spot
  - iii. An offensive or defensive player has the right to jump, dive or do any other athletic move as long as he or she does not make contact with an opposing player
- m. **Safety**
  - i. There is a free kick (punt) from the 20 yard line following a safety and the defensive team is required to line up beyond the 40 and there is no requirement for the defensive players on the line of scrimmage for the punt
- n. **Unsportsmanlike Behavior**
  - i. 2 unsportsmanlike penalties on any player is an automatic ejection
  - ii. 3 on any team is an automatic forfeit
    - ❖ If you are ejected in the first half, you sit the rest of that game
    - ❖ If you are ejected in the second half (or OT or immediately after the game), you sit the rest of the second half and the first half of the next game
- o. **Team Unsportsmanlike Behavior**
  - i. Teams will be given 1 unsportsmanlike behavior warning for fighting or badgering the officials. If another unsportsmanlike behavior occurs the offending team will be kicked out of the league. **No refunds.**
- p. **Rain Out & Lightning Ruling**
  - i. Games called off before halftime will result in the teams to receive their money back from the officials and the game will be rescheduled
  - ii. Games called off during or after halftime will be treated as a full game played. No refund.





### **Additional Information**

- Schedules will be available on [quickscores.com/hoover](https://quickscores.com/hoover)
- To schedule practice times you can email [brent.solberg@hooveralabama.gov](mailto:brent.solberg@hooveralabama.gov)
- In case of inclement weather, the rain out line is (739-RAIN)
- Please make sure that you provide us with an email since this is our primary form of communication

❖ **You can mail your Registration Form or Roster to**

**Hoover Met Stadium**

**Attn: Brent Solberg**

**5500 Stadium Trace Parkway**

**Hoover, AL 35244**



## MANAGERS AGREEMENT

I \_\_\_\_\_ of \_\_\_\_\_  
Manager Team Name

\_\_\_\_\_  
League Registration #

Have received the Spring 2023 Adult Flag Football Coaches Packet and agree to all of the above rules and regulations for myself, the team and its players I am representing above.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date