

FORSYTH COUNTY PARKS AND RECREATION DEPARTMENT
GENERAL ADULT RULES AND REGULATIONS

I. **GOVERNING AUTHORITY**

- A. The governing authority of this league shall be the Forsyth County Parks and Recreation Department (F.C.P.R.D.).
- B. Final decisions concerning the operation of this league shall be made by the Forsyth County Parks and Recreation Department Advisory Board.

II. **ENTRY INTO LEAGUE**

- A. Entry fee must be paid with one of the following. Cash, check, money order, Visa or Mastercard.
- B. All teams must pay full entry fee and turn in a completed commitment form by entry deadline.
- C. There will be no refunds.
- D. Teams must register in person at the Central Park Recreation Center. No mailed registration will be accepted.

III. **ELIGIBILITY**

- A. **Age**
All participants must be 17 years of age prior to Jan 1, 2018 for the open and church leagues.
- B. **Open League Requirements**
Leagues are open to anyone that meets the age requirements.
- C. **Church League Requirements**
 - 1. Church must be located in Forsyth County to be eligible for district play.
 - 2. District eligible church teams must have all players be minister-approved members and minister-approved regular attendees of sponsoring church. The team's official roster must be approved by the signature of the pastor of the sponsoring church.

*NOTE: Players eligible for more than one church must choose, prior to the start of the season, only one team to play with for the entire season and post season.

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3. For league play, all players must be minister-approved members or regular attendees of the sponsoring church.
*NOTE: A regular attendee is a person who attends the church in an ongoing manner at least twice a month, either during the week or on the Sabbath.
- D. **School Team Participation**
No player may compete for a school team (college, high school, J.V., 9th grade, etc.) and in a F.C.P.R.D. League in the same sport during the same season.
*NOTE: Once the school year ends, a player may participate in any sport during the summer months.
- E. F.C.P.R.D. may, at its own discretion, investigate any team or individual without a corresponding protest.

IV. PLAYING ROSTERS

- A. Team rosters must be completely filled out and turned into league supervisor prior to or at the first game. No team will be allowed to play without a completed roster.
- B. Teams may carry a maximum of 20 players on their roster at one time.
- C. Teams may add or delete players from their rosters at any time. Please see the roster addition procedure handout for exact instructions.
- D. See specific sport rules for deadline to add players.
- E. All players must sign waiver on roster form before they will be allowed to play.
- F. A player may appear on only one roster per league. League is defined as either Open, Church & Coed. A player may be on different roster in multiple leagues. (i.e. A player can play for a church team and an open team or play for an open team on one night and play for another open team on another night, given that it is in the same division: A,B,C or Coed.)

- G. All players must meet all eligibility requirements before being put on a roster.

V. **PROTESTS AND PENALTIES**

A. **Definition of ILLEGAL PLAYER**

A player that is in violation of substitution rules or is not listed on playing roster, not of legal playing age, or does not meet church requirements.

B. **Protest**

1. The only legal protest shall be one which involves a violation of the playing rules or the use of an illegal.
2. The manager/coach raising a protest of a play situation shall inform the umpire he/she is protesting before the next legal pitch. The manager/coach must also submit a written protest with a \$25.00 protest fee to the F.C.P.R.D. Main Office by 5:00pm the next working day following the game in question. The manager/coach raising a player protest shall inform the umpire and the official scorekeeper he/she is protesting the use of an illegal or ineligible player before the conclusion of the game. The manager/coach must also submit a written protest with a \$50.00 protest fee to the F.C.P.R.D. Main Office by 5:00pm the next working day following the game in question. The protest fee is \$50.00 per player.

C. **Penalties**

1. The use of an illegal player shall result in the forfeiture of the game in question and any prior game in which the illegal player participated.
2. A player who is found to playing and not on the roster and/or guilty of playing on more than one team in the same league will be suspended for the remainder of the season.

3. Any team that allows a player from another team to play for them will forfeit the game in question plus their next scheduled game.
4. All protest fees will be refunded if protest is upheld. Games protested on rules interpretation will be replayed from point of protest.

VI. **ELIGIBLE LEAGUES FOR DISTRICT PLAY**

A. **SOFTBALL**

Any team that plays in the league can participate in the district and state tournaments. Teams will be required to turn in a roster and a check in order to play. Dates will be TBA. Listed below are the leagues that are eligible to participate.

1. MEN'S CHURCH
2. WOMEN'S CHURCH
3. MEN'S OPEN
4. COED

B. **BASKETBALL**

1. MEN'S CHURCH
2. MEN'S OPEN

C. **FLAG FOOTBALL**

1. MEN'S OPEN

VII. **DISTRICT TOURNAMENT REQUIREMENTS**

- A. Teams are responsible for the entry fee for G.R.P.A. district and state tournaments.
- B. A player must be an active participant of the league and must be 18 prior to Jan 1, 2018.
- C. A player may play in both Open and Church district tournaments, but these tournaments often play on same dates, and all State tournaments are on same dates.
- D. Any team entered in district tournament must commit to both district and state tournaments.

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- E. Any team forfeiting in district or state tournament play is responsible for the forfeit fees. Teams that forfeit both games in tournament play must reimburse F.C.P.R.D. for entry fee and entire roster will be suspended from G.R.P.A. play for calendar year.
- F. Any team forfeiting both games in State tournament play will reimburse F.C.P.R.D. for entry fee and be suspended from all F.C.P.R.D programs for a calendar year.
- G. F.C.P.R.D. is responsible for the conduct of team and fans; unsportsmanlike conduct will result in disciplinary action by F.C.P.R.D. against said team and individuals.
- H. In open division play, teams may pick up any player who participated and is listed on another team's roster from same league, provided the player meets all eligibility requirements.
- I. In church division play, teams may pick up any player who participated and is listed on the roster of another team sponsored by that church, provided the player meets all eligibility requirements.
- J. Tournament teams must have a copy of their official G.R.P.A. roster with them at all times and levels of tournament play. Each player must have proper picture identification with them in the bench area at all times and levels of tournament play. Failure to produce either immediately can result in forfeiture of game.
- K. Once rosters are checked in and verified no changes can be made under any circumstances.
- L. Teams are responsible for arranging lodging, meals, and transportation for all tournament play.

VIII. PLAYER CONDUCT

A. Any player or coach ejected from a game for ANY reason will be suspended at the discretion of the league supervisor as follows:

1st offense -- 1 game + a \$20.00 fine

2nd offense -- 2 games + a \$30.00 fine

3rd offense -- 1 calendar year

** Ejections do not carry over season to season however fines must be paid prior to further participation.

*NOTE: Players and coaches who are ejected may appeal the resulting suspension. A 3rd ejection in one season may not be appealed. A written appeal and a \$25.00 appeal fee must be turned in to the league supervisor by 5:00pm the next working day. If the appeal is upheld, the fee will be returned.

B. Team manager/coach is responsible for the conduct of his/her players and spectators.

C. Team manager/coach is the only person authorized to discuss a play situation with the officials.

D. Drinking of alcoholic beverages at any park or gym facility will not be tolerated. Any player or spectator under the influence of intoxicants will be immediately removed from the facility and subject to suspension.

E. **Smoking is only allowed in the grass areas along the outfield fences.**

F. Profanity, taunting, unsportsmanlike conduct, verbal and/or physical abuse of other participants, officials, scorekeepers, or F.C.P.R.D. staff by players, managers/coaches, or spectators will not be tolerated. Offenders will be suspended.

- G. F.C.P.R.D. may suspend without probation, any participant or spectator who, in FCPRD's judgment creates or is involved in creating a disturbance that endangers the health and safety of players, officials, park staff or spectators.
- H. Fines and suspensions are subject to review by the F.C.P.R.D. Advisory Board.
- I. All fines and fees must be paid before a player or team is allowed to participate in any F.C.P.R.D. program.

IX. **AWARDS**

- A. Team Awards will be distributed as follows:
 - 1. 7 or less teams...1st and 2nd place
 - 2. 8 or more teams.....1st, 2nd and 3rd place
- B. Individual awards will be given to first place teams only.
- C. **At the conclusion of the regular season, if there is a tie in the league standings the first tiebreak to be used will be head to head record during the regular season. The second tiebreak is runs allowed between teams. The third tiebreak is total runs allowed for entire season. If the standings are still tied, a coin will be flipped to determine the winner.**

ADULT SOFTBALL RULES AND REGULATIONS

I. **AGE REQUIREMENTS**

- A. ALL PARTICIPANTS PLAYING IN THE OPEN AND CHURCH LEAGUES MUST BE 17 YEARS OF AGE PRIOR TO JANUARY 1, 2018.

II. **PLAYER CONDUCT**

- A. No profanity will be tolerated by players, coaches, or spectators in bench area, playing area, or spectator area. Offenders are subject to ejection from the game and/or the league.
- B. **Smoking is only allowed in the grass areas in between the outfield fences.**
- C. No drinking of alcoholic beverages will be tolerated in the park. Any player guilty of drinking alcoholic beverages or being under the influence of any intoxicant shall be removed from the park and subject to suspension from all F.C.P.R.D. Programs.

III. **THE SEASON**

- A. The season will consist of a 10 game schedule for each team.
- B. Three (3) forfeits during the season will result in an automatic suspension of the team and its players for the remainder of that season.
- C. There will be no change in the original schedule unless deemed necessary by the recreation department.
- D. Rainout games and playoffs will be scheduled according to day and field availability and not according to specific days of the week the league played on during the season.
- E. At the conclusion of the regular season, if there is a tie in the league standings the first tiebreak to be used will be head to head record during the regular season. The second tiebreak is runs allowed between teams. The third tiebreak is total runs allowed for entire season. If the standings are still tied, a coin will be flipped to determine the winner.

IV. THE GAME

- A. Play will be governed by A.S.A. rules and regulations except where Forsyth County League Rules apply.
- B. **A pitching box consisting of the area from the front of the pitchers plate, 50 feet from home plate, and extending back six feet perpendicular to the pitchers plate shall be used. One foot must remain in contact with the plate/box when the pitch is released with an underhand motion.**
- C. The Pitch arc will be 6 to 10 feet as measured from the ground.
- D. **All leagues will use a 3-2 pitch count. 3 balls will constitute a walk and 2 strikes constitute a strike out. The 2nd strike foul is an out.**
- E. **Bases will be 70 feet.**
- F. Pitching mask are not required but highly recommended.
- G. **THE OFFICIAL BALL**
The FCPRD will furnish game balls. The FCPRD ball that is furnished must be used for all league games. The ball is a 300 compression core 52 ball.
- H. **THE OFFICIAL BAT**
Bats must meet F.C.P.R.D league requirements. **All senior league bats are illegal.**
- I. **OFFICIAL GAME TIME AND LIMITS**
Each game will be played with a one (1) hour time limit. **Timers are located on the scoreboards and are the official time.** No new inning can begin after the time limit has expired. The ONLY exception is that a tie game will continue until a winner is decided. Teams will play a Texas tie break to decide winner.
 - 2. An official game constitutes seven complete innings or one (1) hour time limit. In the event of inclement weather, lighting failure, etc., five (5) complete innings will constitute an official game.
 - 3. A game that fails to go five (5) complete innings or one (1) hour shall be treated as a suspended game and will resume later at the exact point stopped. Games that do not complete one (1) inning shall be treated as no game and will be restarted later.

- J. **There will not be a grace period. We will set the scoreboards at 5 minutes at 6:40 pm to let you know how much time you have. Once the scoreboard runs out of time, both teams must be on the field and ready to play, if not, the team/s will forfeit.**
- K. A team must have at least eight (8) players (exception Coed) **on the field** and in uniform in order to begin a game. **Teams will not have to take an out in the 9th or 10th spot in the order.** If either player comes in late, he/she may enter the game upon notification of the umpire and official scorekeeper and bat in the last spot/s of his/her team's batting order.
- L. **UNIFORM RULE**
Teams are **required** to wear jerseys of alike color with a manufactured, permanently affixed number on front or back (preferred). Numbers must be at least six (6) inches in height. Taped or hand-drawn numbers are not allowed. Duplicate numbers are not allowed. **A player that does not abide by shirt requirements, will not be allowed to participate.** ALIKE COLOR refers to the base color of the jersey. The park staff shall make any decision regarding the legality of a jersey. This rule may not be used to protest a game.
- M. Shoes are mandatory. Rubber cleats or tennis shoes only. No steel cleats.
- N. **RUN RULE**
A game will be considered completed if a team has the following leads: 20 runs after three (3) complete innings, 15 runs after four (4) complete innings, or **12** after five (5) complete innings. Teams may use a courtesy runner provided the park staff and/or the umpires are notified before the game and approve the request. (A pre-game approved courtesy runner may not advance past 1st base. Any batter/runner that advances past 1st base must remain as a runner.) If a player becomes injured during the game, a courtesy runner may be used provided the umpires AND the opposing team approve the request. The courtesy runner shall be the player who recorded the last out for that team, provided he/she is not currently on base or on deck.

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- O. Line ups must be turned in to the official scorekeeper ten (10) minutes prior to the start of game. Line ups should include player's name, and jersey number. Substitutes should be reported to the official scorekeeper prior to entering game.
- P. A team that begins with 10 or 11 players may finish the game as long as they have 8 (exception Coed) legal players participating. The team will receive outs in those spots unless it is due to an injury.
- Q. **LEAGUE HOMERUN LIMITS
(includes Men's Open, Men's Church & Coed Leagues)**
 - 1. A Leagues:
2 homerun* limit per team per game.
 - 2. B Leagues:
1 homerun* limit per team per game.
 - 3. C Leagues:
0 homerun* limit per team per game.
(once a team has hit their number of homeruns per game, the team will receive an out for any additional homeruns).
- * **The C league is for new formed teams or a team that finished below .500 in the previous B league that they participated in. Entry into a C league must be approved by the Adult Athletic Supervisor.**
- * = Homeruns are defined as over-the-fence, untouched homeruns only. Inside-the-park homeruns do not count towards limit.
- R. When a batter hits a Homerun (untouched over-the-fence) with in allowed league homerun limits, the batter and all base runners may go directly to the dugout. They do not have to touch any base(s).

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CO-ED SOFTBALL RULES

** All Forsyth County Adult Softball League rules and regulations apply, except in the following exceptions:

I. **BALLS**

Same core as regular league rules. Men and Women will hit the 12 inch ball.

II. **PLAYERS**

Teams must have one of the following combinations of players to start a game:

1. 5 MEN - 5 WOMEN
2. 6 MEN - 6 WOMEN
3. 4 MEN - 5 WOMEN
- 4. 5 MEN - 4 WOMEN**

** If an EH is used, team must have both male and female EH.

** If a team is playing with 9 players, the team will not have to take an out in the 10th spot.

** If a team is playing with 9 players, there will be 2 of the same gender batting back to back. In the case of a walk to the first man/woman, they will advance to 2nd base.

** If a team is playing with 9 players, that team is allowed a courtesy runner at 2nd base due to a 'base on balls' regardless of gender as long as all other courtesy runner rule are followed.

** Batting order must alternate genders unless a team is playing with 9 players.

III. **DEFENSIVE POSITIONING**

2 males and 2 females in the outfield, 2 males and 2 females in the infield. 1 male and 1 female as pitcher/catcher. Teams do not have to alternate genders in positions in the field. **(No short fielders are allowed)**

IV. Out fielders must remain behind a 200 foot line while female is batting, until she makes contact with the ball. **PENALTY:** Automatic double to the batter.

V. When any male batter draws a walk (intentional or not), he is awarded both 1st and 2nd base. The next batter (a female) will bat. **EXCEPTION:** With two outs, the female batter has the option to walk or bat.

VI. **CO-ED LEAGUES OFFERED**

- A. COED A LEAGUE: 2 Homerun limit.
- B. COED B LEAGUE: 1 Homerun limit
- C. COED C LEAGUE: 0 Homerun limit**

* Any additional homeruns after the homerun limit will be ruled an out.

* Homeruns are defined as over-the-fence, untouched homeruns only. Inside-the-park homeruns don't count towards limit.

FORSYTH COUNTY PARKS AND RECREATION DEPARTMENT
ADULT BASKETBALL RULES AND REGULATIONS

I. **ELIGIBILITY**

A. **Player Requirements:**

1. Open Divisions: All players must be at least 17 years of age prior to January 1, 2018.

2. Church Divisions: All players must be minister approved members or regular attendees of the church. The church must be located in Forsyth County to be district eligible. All players must be at least 17 years of age prior to January 1st of upcoming year.

** To be district eligible, all players must be at least 18 years of age prior to Jan. 1, 2018.

B. **Rosters:**

1. All players must have their names on a completed roster that is turned into league supervisor before or at the team's first game.

2. All players must sign their team's roster

3. Teams may add or delete players on their roster according to the rules stated in the coach's packet for current season.

II. **PLAYER CONDUCT**

A. Sportsmanlike conduct will be expected at all times from all coaches, managers, players and spectators.

B. Profanity and/or any other unsportsmanlike conduct **will not** be tolerated. Offenders are subject to ejection from the game and/or the league.

C. No smoking is allowed in the gymnasium.

D. No drinking of alcoholic beverages will be tolerated in the gym area or on park grounds. Any player guilty of drinking alcoholic beverages or being under the influence of any intoxicant shall be removed from the gym and subject to suspension from all F.C.P.R.D. programs.

- E. Players receiving technical fouls for **ANY** reason will be suspended at the discretion of the league supervisor as follows:
 - 1st technical.....\$20.00 fine AND
1 game suspension
 - 2nd technical.....\$30.00 fine AND
2 game suspension
 - 3rd technical.....Suspended for 1
calendar year.

**NOTE: All gym rules apply as well.
Any profanity used during a game the
player will be asked to leave the gym
and will not be able to return for 24
hours.**

*NOTE: All fines must be paid before
a player can participate in any other
F.C.P.R.D. Program.
ALL FINES MUST BE PAID IN ADVANCE OF
THE FOLLOWING GAME AT THE FCPRD MAIN
OFFICE.
- F. The team **coach/manager** is responsible
for the conduct of his/her players and
spectators.
- G. Only the team coach/manager may
discuss a play with the referees.
Judgment calls cannot be discussed.

III. **GAMES/SEASON**

- A. Play will be governed by National
Federation of State High School
Associations' Rules except where local
rules apply.
- B. Three (3) forfeits during the season
will result in an automatic suspension
of the team and its players for the
remainder of that season.
- C. There will be no change in the
original schedule unless deemed
necessary by the recreation
department.
- D. Makeup games and playoffs will be
scheduled according to day and gym
availability and not according to
specific days of the week the league
played on during the season.
- E. At the conclusion of the regular
season, if there is a tie in the
league standings the first tiebreak to
be used will be head to head record
during the regular season. The second
tiebreak is points allowed between
teams. The third tiebreak is total
points allowed for entire season. If
the standings are still tied, a coin
will be flipped to determine the
winner.

F. **UNIFORM RULE:**

Teams are required to wear jerseys of alike color with a manufactured, permanently affixed number on are not allowed.

A player that does not abide by shirt requirements, will not be allowed to participate. ALIKE COLOR refers to the base color of the jersey. The color and/or design of the trim, graphics, numbers, and pinstripes do not matter. Tied-dyed shirts are not allowed. The park staff shall make any decision regarding the legality of a jersey. This rule may not be used to protest a game.

It is preferred that all teams use legal numbers (i.e. 3-5,10-15, 20-25, 30-35, 40-45, 50-55).

G. Line ups must be turned in to the official scorekeeper ten (10) minutes prior to the start of game. Line ups should include players' first initial, last name, and jersey number. Substitutes should be reported to the official scorekeeper prior to entering game.

H. **GAME TIME:** Games will consist of two 20 minute halves. The clock will only stop for team and official time outs in the first 18 minutes of each half. In the last two minutes of each half the clock will revert to a regulation clock.

***NOTE: In the case that one team has a 30 point or larger lead in the last two minutes of the game, the game will end.**

***NOTE:** In the case that one team has a 20 point or larger lead in the last two minutes of the game, the clock will only stop for team or official time out.

I. Teams are allowed two timeouts per half. Timeouts do not carry over. One additional timeout will be given to each team per overtime period.

J. There is no grace period. Teams must have **4** players on the court and in uniform to start a game.

K. **OVERTIME:** The overtime period will be two minutes. This period will be a regulation clock. There will be a maximum of two overtime periods. If game remains tied after two OT periods, game will be recorded as a tie.

FORSYTH COUNTY PARKS AND RECREATION DEPARTMENT
ADULT FLAG FOOTBALL
RULES AND REGULATIONS

I. **ELIGIBILITY**

- A. Player Age Requirements
Players must be at least 17 years old prior to Jan 1, 2018.
- B. Residency Requirements
 - 1. This league is open to anyone meeting the age requirements.
 - 2. District Requirements: To be eligible for District and State Tournaments, a player must be 18 prior to Jan 1, 2018.

II. **PLAYER CONDUCT**

- A. No profanity will be allowed by players, coaches, or spectators on or around the field area. Offenders will be subject to ejection from the game and/or park.
- B. No tobacco use in any form will be allowed inside the playing area (field and bench) at any time.
- C. Alcoholic beverages are not allowed in Forsyth County parks. Any player, coach or spectator found in possession or under the influence of alcoholic beverages or any other intoxicants will be removed from the park and subject to further suspension from Forsyth County Parks and Recreation Department programs.
- D. Unsportsmanlike Conduct
 - 1. Any player involved in non-football related contact with an opponent will be subject to ejection from the game and suspension from the league and possible suspension from other F.C.P.R.D. Adult Athletic Programs.
 - 2. A player who receives two unsportsmanlike conduct penalties in a game will be ejected.
 - 3. Ejected players will leave the playing area. If the player continues to be a problem he/she will be asked to leave the park. If the problem continues from this point, the player's team can be made to forfeit the game and the player will be subject to further suspension.

4. The team captain or coach will be held responsible for the conduct of his/her players and spectators.

5. The team captain or coach is the only person authorized to discuss a play with the officials.

E. Taunting

1. Spiking or aggressively throwing the flag after removal will constitute an unsportsmanlike foul.

2. Spiking, spinning, or throwing the ball, or any act or gesture to taunt opponents will be a unsportsmanlike foul.

III.

THE SEASON

A. The season will consist of a 10 game schedule for each team. There will be no post season tournament.

B. Two (3) forfeits during the season will result in the automatic suspension of the team for the remainder of the season.

C. There will be no changes to the original schedule unless deemed necessary by F.C.P.R.D.

D. Rainout games and playoffs will be scheduled according to day and field availability, not necessarily according to the specific days of the week the league played during the season.

E. In the event of a tie in the league standings, the first tiebreak to be used will be head to head record during the regular season. The second tiebreak is runs allowed between teams. The third tiebreak is total runs allowed for the entire season. If the standings are still tied, a coin will be flipped to determine the winner.

IV.

THE GAME

A. Play will be governed by the N.I.R.S.A. rule book, except where the following local rules apply.

B. Games balls and flags will be provided by F.C.P.R.D.

C. **Game time is forfeit time.**

D. Each team must have 5 players to start a game.

E. Each team will select a captain before the game. The captain will be the one to handle the pre-game coin toss. The captain's first choice of options will be final. The captain and the team coach (if different) are the only people who may confer with the referees.

G. Equipment

1. Jerseys

a. Teams are required to wear shirts alike in color with manufactured numbers on the back.

b. Trim and graphics on shirt do not affect if the shirt is alike in color.

c. No taped, drawn on, or duplicate numbers are allowed.

d. **Shirts must be long enough to be tucked in the pants for the entire down or short enough so there is a minimum of four (4) inches from the bottom of the shirt to the top of the pants.**

2. Pants

a. Pants cannot have belt loops, pockets, or exposed drawstrings.

b. Pants must be different color from the flags. Flags are red and yellow.

3. Shoes

a. Shoes are mandatory.

b. Rubber or plastic cleats or tennis shoes only.

4. Jewelry

a. Players are not allowed to wear jewelry during the game.

b. Player's wearing jewelry must sit out at least one down and remove the jewelry before re-entering the game.

5. **A player not wearing proper equipment will not be allowed to play until equipment meets these rules.**

H. Playing Time and Intermissions

1. Game will consist of two 20 minute halves.

2. The clock will run continuously for the first 18 minutes of each half, only stopping for:

- a. Team time out
- b. Referee time out
- c. Score

3. During the final 2 minutes of each half, the clock will stop for the following:

- a. Incomplete pass
- b. Out-of-bounds
- c. Score
- d. Team time out
- e. First down
- f. Penalty
- g. Fair catch
- h. Referee time out
- i. Touchback
- j. Change of possession
- k. Team attempting to conserve time illegally

4. The intermission between halves will be 5 minutes.

5. When overtime is used there will be a three minute intermission.

I. Mercy Rule

1. If a team is leading by 17 or more points at the two minute warning or achieves a 17 or more point lead during the final 2 minutes of the game, then the game is over.

J. Overtime

Refer to N.I.R.S.A. Rule Book

FORSYTH COUNTY PARKS AND RECREATION DEPARTMENT
ADULT FLAG FOOTBALL
KEY RULES

- A. Flip
 - 1. Flip of a coin determines who gets the ball first.
 - 2. Team on offense first, will start at the 14 yard line.
- B. Series of Downs
 - 1. Offensive team has four (4) downs to advance the ball across the next Zone Line.
 - 2. Offensive team is responsible for retrieving the ball after each play. The offense should take the ball to the huddle with them and then up to the line of scrimmage for the play.
- C. Punts (protected scrimmage kick)
 - 1. Must be announced by offensive team on fourth down.
 - 2. No quick kicks.
 - 3. Formations
 - a. Kicking team must have at least four (4) players on the line of scrimmage and kicker must receive the ball at least five (5) yards behind the line.
 - b. Receiving team must have at least 4 players within five (5) yards of the line of scrimmage.
 - 4. Kicker must kick immediately upon receiving the snap.
 - 5. Receiving team cannot rush the kicker, however they may attempt to block the kick from their side of the line.
 - 6. No players, offense or defense, may release from the line of scrimmage until the ball is kicked.
- D. Snap
 - 1. Must be one continuous motion, but does not have to be through legs.
 - 2. Players receiving the snap must be at least two (2) yards behind the line of scrimmage.
 - 3. Offensive team must have at least four (4) players on the line at the time of the snap. All offensive players must be within at least 15 yards of the ball at the snap.

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E. Ball Carrier

1. Ball Carrier cannot:
 - a. guard his/her flag with hands or ball.
 - b. use a stiff arm.
 - c. initiate contact with defender to avoid being deflagged.
 - d. lower his/her shoulder to avoid being deflagged.
2. Teammates cannot push, pull, or help the runner physically.

F. Defensive Players

1. Defensive players cannot intentionally deflag a player without the ball.
2. Defensive players cannot hold, push, or knock the ball carrier down in an attempt to deflag.

G. Screen Blocking

1. Definition: Legally obstructing an opponent without contact by any part of the blockers body.
2. Blockers hand and arms must be behind his/her back or at the side of his/her body.
3. Blocker must get in the rusher's direction of movement quick enough for the rusher to change direction without contact.
4. Screen blocking penalties are similar in concept to the block/charge infraction in basketball.

H. Clock Stoppages

1. The clock will run constantly during the first 18 minutes of each half except for the following:
 - a. Team time out
 - b. Official time out
 - c. Score
2. During the last two (2) minutes of each half the clock will stop for the following:
 - a. Incomplete pass
 - b. Out-of-Bounds
 - c. Score
 - d. Team time out
 - e. First down
 - f. Penalty
 - g. Fair Catch
 - h. Official time out
 - i. Touchback
 - j. Change of possession
 - k. Team attempting to run the clock illegally.

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I. Time

1. Game is two (2) 20 minute halves.
2. Intermission between halves will be 5 minutes, unless deemed otherwise by league staff and/or officials.
3. The play clock is kept by the officials. The offensive team has 25 seconds to snap the ball after the officials give the "ready for play" signal.

J. Time Outs

1. Each team is allowed two (2) charged time outs per half.
2. Each team is allowed one (1) time out per overtime period.
3. Time outs do not carry over to the 2nd half or overtime.

K. Fumbles

1. A fumbled ball is considered dead as soon as it hits the ground. The ball remains with the team that last held possession. Includes fumbled snaps.
2. Fumbles caught before touching the ground may be advanced by either team.