



2018 FLAG FOOTBALL

8 v 8 Men's Flag Football

Updated July 2018

BREC ATHLETICS
6201 Florida Blvd
Baton Rouge, LA
225.272.9200

THE RECREATION AND PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

Dear Team Manager,

On behalf of the Recreation and Parks Commission for the Parish of East Baton Rouge, we would like to welcome you as a participant in our Adult Football Program.

Our goal is to offer quality sports programming at affordable prices and see that each participant has an enjoyable leisure experience.

Please read the rulebook at your first opportunity to familiarize yourself with our league's rules and regulations.

We now have an online registration system. You can establish your online account at www.brec.org. For additional information, you can contact deveta.webb@brec.org or you can also visit our department's web site at <http://www.brec.org/index.cfm/subhome/athletics>.

All managers/coaches must take the SPORTSMANSHIP class. (NFHS Sportsmanship Course <http://nfhslearn.com/courses/37000>) Submit completion certificate with team registration form.

All manager/coaches must take the CONCUSSION training course (Center for Disease Control and Prevention Concussion Training Course <https://www.cdc.gov/headsup/youthsports/training>) Submit completion certificate with team registration form.

Again, welcome to our program. Wishing you and your team a very enjoyable and successful season.

Sincerely,

BREC Athletics

The Recreation and Park Commission for the Parish of East Baton Rouge reserves the right to make changes to this document as necessary during the season.



THE RECREATION & PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

BREC ADULT FLAG 8 V 8 FOOTBALL BYLAWS

GAME TIME

Game Time is Forfeit Time!

Playing time shall be forty (40) minutes, divided into two halves of twenty (20) minutes each. The clock will run continuously for the entire first half except for time outs by the teams or official time outs when deemed necessary. A two-minute warning will be given in the second half and the clock will be stopped for out of bounds plays incomplete passes, scores, time outs and first downs. Half-time will be three (3) minutes. NO KICKOFFS, ball will be placed on the fifteen (15) to start play each half and after touchdowns. Touchback on punts - ball will be placed at the fifteen (15) yard line. Each team will be given two (2) sixty (60) second time outs per half.

TEAM

Eight (8) players will play on offense and defense.

Eight (8) players must be present to start a game.

(Less than eight (8) players at the beginning of the game will result in a forfeit)

GAME BALL

Each team is responsible for bring their own game ball for each game. The ball must be a collegiate size football (No little league, or nurf ball). Each team is responsible for keeping their ball dry in the rain.

UNIFORMS

Matching t-shirts/jersey. Similar colored t-shirts/jersey, other than grey, with 6" number on the back. T-shirts/jerseys must be tucked in, and no shorts or sweats with pockets or outside drawstrings. No article of clothing may cover any portion of a player's flag. Pants/shorts with belt loops, and pockets are not allowed. **No hats with bills. No "do-rags". No sunglasses. No Jewelry. No flip flops or opened toed shoes. Uniform violations will result in a player being deemed ineligible for the game.**

ILLEGAL EQUIPMENT

A player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:

- A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.
- B. Jewelry of any kind.



- C. Shoes with metal, ceramic, screw-in, or detachable cleats unless the screw is part of the cleat.
 - D. Jerseys that have been altered in any manner which produces a knot-like protrusion.
 - E. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.
 - F. Towels may not hang from a participant's waist.
 - G. Shoulder pads
 - H. Stickum of any kind (on body, gloves, or ball)
- Penalty:** Ineligible until removed and a loss of ten (10) yards

FLAGS

Teams will provide flags. Velcro or Triple Threat. **NO BALL & SOCKET FLAGS ALLOWED.** Flags must be of contrasting color to pants, trim, or shorts. Flags must be worn as intended. Any looping, cutting, or alteration of any kind will result in an unsportsmanlike conduct penalty and a loss of down.

FIELD

The field will be 80 yards of play zone, 40 yards in width, and contain four (4) twenty (20) yard zones with a ten (10) yard end zone on each end.

A one (1) yard wide line should be marked at each end at the three and ten yard lines in the middle of the field. These lines shall be used for the extra point try when a team scores a touchdown.

TEAM ROSTER

Teams can carry twenty (20) players on their rosters. Your roster must be turned in to a BREC sports manager prior to the first week of the season. Coaches must have all players listed in readable print and signed by each player before they can participate in the adult flag football season. It is the coach's responsibility to make sure the roster has all the players listed. **NO NICKNAMES ARE ACCEPTED.** Full names must be printed and signed. All players must be eighteen (18) years of age or older. No new player can be added after the 2nd week of the season.

ROSTER DISPUTE

Teams that want to dispute the opposing team's roster may do so the first ten (10) minutes of the 1st half only. After ten (10) minutes, the right to dispute is forfeited. Roster disputes are done by checking driver licenses and/or any government issued ID, if a player does not have a valid picture ID the player will be removed from the game and cannot play until he or she shows proof. The player will have until the next game to show proof or the team will forfeit all games that the disputed player has played in.



GAME PLAY

- The team in possession of the ball shall have four (4) consecutive downs to advance to the next zone. The zone line-to-gain in any series shall be the zone in advance of the ball. A new series of downs shall be awarded when a team moves the ball into the next zone.
- **Line of Scrimmage** - A minimum of five (5) players must be on the line of scrimmage for the offense. Any time after the ball is set for play, each offensive team's player must momentarily be within 15 yards of the ball before the snap.
 - **Penalty:** Illegal procedure – Loss of 5 yards.
- One player may be in motion (laterally), but not towards their opponent's goal line until the snap and must start two yards behind the line of scrimmage.
- The defense may have as many as eight (8) or as few as zero players on the line.
- Players may use a 2-point or 3-point stance only.
- The QB may receive a direct snap from the center.
- **Kick-Off** – Kick-Offs will take place at the beginning of each half from the defenders 40-yard line.
- **Punts** – A punt is any legal kick from behind the offensive scrimmage line.
- When a kick is to be made, the kicking team must announce to the referee before the ball is ready for play that it wishes protection. After the announcement, the kick must be attempted.
- Both teams must have six (6) players on the line of scrimmage and maintain six until the kick is made. Players on the line must remain motionless until the ball is punted. Linemen may not raise their arms to distract the kicker.
 - **Penalty:** Loss of 5 yards from previous spot.
- When attempting a kick, the punter must be at least 5 yards behind the line of scrimmage. After receiving the snap, a punter must punt immediately and in a continuous motion. The punter may not take a direct snap.
 - **NOTE: THE BALL IS DEAD IF IT TOUCHES THE GROUND.**
- When a punt touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team. If the ball hits a player of the receiving team and is caught in the air, it can be advanced by the receiving team only.
- Any punt that becomes dead in the receiving team's end-zone is a touchback.
- **Spot Pass on a Punt Formation** – After receiving a punt the ball must be caught in the air, and not muffed. The receiving team has the option of throwing a pass or running the ball. The receiver of the punt must not take more than two steps if opting to pass, otherwise the ball must be ran.
 - **Penalty:** Illegal procedure – Loss of 5 yards (retain possession).
- **Passing** – A forward pass may be thrown provided the ball, when it leaves the passer's hand, is behind the offensive team's line of scrimmage.
- All players are eligible receivers
- Unlimited passes behind the scrimmage line can be thrown.
 - **NOTE: ONLY ONE PASS CAN BE THROWN ACROSS THE LINE OF SCRIMMAGE BY THE OFFENSIVE TEAM.**
- An illegal forward pass occurs with the following;



- Pass beyond the line of scrimmage
- Pass after team possession has changed
- Pass purposely not completed
 - **Penalty:** Loss of 5 yards from spot and a loss of down
- The ball carrier cannot advance past the line of scrimmage, come back behind the line, and attempt to pass the ball forward. (Over & Back rule)
- A pass caught or intercepted is legally inbounds as long as the first part of the person to make contact with ground touches inbound.
- Offensive pass interference applies only to a pass which crosses the line of scrimmage and interference may only occur on the offensive side of the line. Restriction begins with the snap of the ball.
 - **Penalty:** Loss of 10 yards and loss of down
- Defensive interference applies only to a pass that crosses the line of scrimmage and interference may only occur on the defensive side of the line. Restriction begins when pass is airborne.
 - **Penalty:** Automatic 1st down at spot of foul.
- If there is a double pass behind the line of scrimmage, the defensive team cannot interfere with the receiver behind the line or the receiver down field.
 - **Penalty:** Automatic 1st down at spot of foul.
- **Running** – Behind the line, a running play includes a run not followed by a loose ball. Beyond the line, a running play includes any run and loose ball that starts beyond the line following the run.
- A run ends when a runner loses possession and that spot becomes the basic spot of enforcement.
- A fumble cannot result in gaining additional yardage and the ball becomes dead upon contact with the ground.
- A defensive player may bump a receiver if within neutral zone. Defender must be lined up with receiver on scrimmage line straight on.
- A loose ball play is active with the following; undeclared kick, legal forward pass, run before pass kick or kickoff.
- **Safety** – Occurs when a ball becomes dead in possession of a player on, above, or behind a player's own goal line.
- Also occurs when an accepted penalty for a foul or illegal forward pass leaves the ball behind the team's goal line.
- After a safety is scored, the scoring team puts the ball in play at their own 20-yard line.
- **Hurdling** – A runner may hurdle an offensive or defensive player to avoid injury but cannot do so to avoid being de-flagged.
- A player may spin to avoid being de-flagged but must be in contact with the ground.
- **Stripping the Ball** – A defensive player may legally steal the ball in player's possession, if he does not impede, hold, grasp, or obstruct forward progress of the player in possession of the ball.
- **Removal of Flags** – When a flag/belt is clearly taken from the ball carrier, the down shall end and the ball is declared dead.



- A player who removed the flag/belt from the ball carrier should immediately hold it above their head to assist the officials.
- The spot of the ball will be determined by the position of the ball (including goal line) at time of de-flagging.
- If a flag belt inadvertently falls to the ground, a tag between the shoulders and the feet constitutes a capture.
- **Tagging** – Is the placement of one hand anywhere between the shoulders and feet of an opponent with the ball.
- The tagging player may leave their feet to make the tag. Pushing, slapping, striking and holding are not permitted.
 - **Penalty:** Unsportsmanlike Conduct – Loss of 10 yards
- Players who refuse to wear flags, or intentionally remove them will be penalized.
 - **Penalty:** Unsportsmanlike conduct – Loss of 10 yards
- **Blocking** – Can be done by contacting an opponent legally with any part of the blockers body above the waist.
- Down field blocking is permitted except for kickoffs and punt returns. In those cases, shadow blocking or interference blocking is permitted.
- A teammate of a runner or passer may legally block with his shoulders, hands, outer surface of his arms or upper part of his body under the following provisions. Hands shall be;
 - In advance of the elbow
 - Inside the frame of the blockers body
 - Inside the fame of the opponent's body (Exception: When an opponent turns his back to the blocker)
 - At or below the shoulders of the blocker and opponent (Exception: When the opponent squats, ducks, or submarines).
- The hand(s) shall be open with the palm(s) facing the frame of the opponent or closed or cupped with the palms not facing the opponent.
 - The hand(s) and arm(s) shall not be used to grasp, pull, or encircle in any way that illegally impedes or illegally obstructs an opponent
 - The hand(s) or arm(s) shall not be used to hook, lock, clamp or otherwise impede or obstruct an opponent
- Blockers may not leave their feet while attempting to block
- Spiking the Ball – Permitted only in the last two (2) minutes of second half. The ball must be spiked immediately after the snap.
- **Overtime** – The winner of the OT coin toss will be given the option of offense/defense, or direction. Each team will have **one (1)** possession, 4 downs. (Toward same goal line)
 - Teams will start on 1st & goal from the defensive 10-yard line. (Unless moved by penalty)
 - If the team awarded the ball scores, the opposing team will still have a possession. (PAT allowed in OT).
 - If a team does not score in OT, they will go to a second, third, etc. until a team wins.
 - Teams will be given one (1) timeout and will still be able to accept penalties.



SCORING

- Touchdown - 6 points
- Extra Points - 1 point – run or pass from the three-yard line
- 2 points – run or pass from the 10-yard line
- Safety - 2 points

DELAYS

Delay of Game - The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is a delay of game. This includes:

- A. Failure to snap or free kick within 25 seconds after the ball is ready for play.
- B. Putting the ball in play before it is declared ready for play.
- C. Deliberately advancing the ball after it has been declared dead.

Unfair Tactics - The Referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics obviously unfair.

SUBSTITUTIONS

No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

PLAYER BEHAVIOR

Any coach, or player verbally or physically abusing a game official, opposing player, or any other individual, will be ejected from the game and must leave the facility immediately. Any player refusing to leave will cause his team to forfeit the game. In the case of physical abuse or extreme unsportsmanlike conduct, additional disciplinary action can/will be taken by BREC's Athletic Department including but not limited additional suspensions and/or removal from the league.

COACHES WILL BE HELD RESPONSIBLE FOR THE ACTIONS OF THEIR TEAM MEMBERS AND FANS.

SUSPENSIONS

A player who is ejected from a game will be required to leave sight and sound of the facility within 2 minutes. If a player fails to leave after an ejection, the game will be forfeited by the umpire. Managers should see that your player leaves promptly. If any player is ejected from the game he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by BREC staff. If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of BREC indefinitely, pending review by staff



EJECTIONS

All ejections carry a \$25.00 player reinstatement fee. If a player is ejected twice (2) within one playing season, they are not allowed to participate within the playoffs.

PROTEST

All protest must be made on site prior to play resuming. Only team captains can confer with the officials. Protest must be lodged only for misinterpretation of rules. Protest must be lodged properly in writing and must be submitted to Athletic Department within two working days (Mon.-Fri.) after protested incident. If the protest is upheld the \$25.00 fee will be returned. The protest fee will be forfeited if the protest is not upheld.

CODE OF CONDUCT

- No manager, player, or spectator shall physically/verbally threaten, lay a hand upon, shove, or strike an official, field supervisor, staff member, player and/or spectator.
- No manager, player, and/or spectator shall be guilty of objectionable and/or disruptive verbal demonstrations of dissent at an official's or field supervisor's decision, or refuse to abide by official's or field supervisor's decision. No manager, player, and/or spectator shall be guilty of verbal abuse to include references to an individual or group's race, religion, gender, national origin, disability or age.
- Participants shall not use flagrant rough tactics against an opposing player.
- There shall be no unnecessary throwing of equipment, or any other objects.
- There will be no cause for defacement or destruction to any public facility or equipment.
- Participants (managers, coaches, players, etc.) may not falsify their own name or any other player's name on a team roster, scoresheet, or any other league document. The use of ineligible or illegal players is not permitted.
- Individuals and/or teams violating the Code of Conduct will be subject to league discipline action which may include one or more of the following actions: game ejection, game forfeiture, game suspensions, probation and/or seasonal suspension.

PARK POLICIES

No alcoholic beverages may be brought onto or sold on BREC property. (City Parish Ordinance, Title 13: Section 13:1010)

Pets must be leashed at all times and droppings removed. For information on our Dog Park locations, please call 272-9200 ext. 400. (City Parish Ordinance Title 14, Chapter 2, Sec. 14:204)

Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)

Gambling or games of chance are prohibited on BREC property. (City Parish Ordinance, Title 13: Section 13:90.2)



Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)

Please help keep your parks clean by placing all trash and litter in receptacles provided at all BREC parks. For safety purposes glass containers are prohibited within parks.

Sale of merchandise, food and beverage, solicitation of fees or donations, or conducting any type of business or event, including distribution of flyers, signs or other advertising mediums is prohibited without permit from BREC Commission. (City Parish Ordinance Title 3, Chapter 5, Sec 3:90- 93) For additional information regarding permits see Special Events.

Park patrons are advised to be cautious of purchasing any product or merchandise from a vendor in a BREC park not displaying a BREC Permit or not selling from a designated BREC concession stand.

Teams/Spectators may not play their own music inside of a BREC park before, during, or after games.

Teams/players violating any BREC park policy may be subject to forfeiture of the game and/or expulsion from the league.

RETURNED CHECKS

Teams will be eliminated from any further league play for non-payment of league fees.

FORFEITS

Game time is forfeit time!!

- The field supervisor's or umpire's watch represents the official time. Any time eight players are on the field; the game must start.
- Teams with fewer than eight (8) players will be given a forfeit.
- The score of a forfeited game will be 7-0.
- In the event of a double forfeit each team will be credited with a loss with the score being recorded as 0-0.
- Forfeit Limits: A team which exceeds its maximum limit may be dropped from the league without a refund. Maximum limits:
 - Teams which play one game per week2 forfeits
 - Teams which play two games per week3 forfeits

REFUND POLICY

No refunds will be given unless a league is cancelled. In the event that rule violations result in a team being removed from the league, the following refund formula will be used.

- Teams expelled between the date of registration and the beginning of their leagues first game **will forfeit 100%** of their registration fee.
- Teams expelled after the start of their first game **will forfeit 100% of fee.**



RAIN MAKE UPS

In most cases, teams will receive at least one week notice of schedule changes. In emergencies, teams may be asked to play with less notice. Managers will receive a rain make-up schedule through email upon games being rescheduled.

ROSTER CHECKS

BREC staff reserves the right to randomly check team rosters for player validity. The manager is responsible for keeping up-to-date team roster records. This practice can eliminate any question as to whether a team member is eligible to play. Players must present BREC staff with a form of photo identification upon request. Any player or team information which is not correct on a team's roster, and/or the use of illegal or ineligible players will result in league discipline.

PLAY-OFFS

Play-offs will consist of the top teams from each league.

COACHES

All coaches and officials are required to take and complete a Sportsmanship Course offered through the National Federation of State High School Associations (NFHS). Coaches and officials are also required to complete a concussion training course offered through the Centers for Disease Control and Prevention. The completion certificates for the Sportsmanship training as well as the Concussion training must be submitted when your team registration packet is submitted. If any coach does not submit his/her completed certificates will not be eligible to coach until the courses are completed and their certificates are submitted.

- Sportsmanship Course Link: <http://nfhslearn.com/courses/37000>
- Concussion Course Link: <https://www.cdc.gov/headsup/youthsports/training/>

Injury, Bleeding or Open Wound:

A player/substitute, manager, coach, trainer, or other team member or sports official who is bleeding or who has an open wound shall be prohibited from participating further in the game until the bleeding is stopped and the wound covered.

1. If treatment can be administered in a reasonable amount of time the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment.
2. If excessive time is involved, the re-entry rule would apply to players.
3. If there is an excessive amount of blood on the uniform/bandage must be changed before the individual may participate.

Concussion Protocol:

Any player that exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not be returned to play.



Communicable Disease Procedures:

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing potential or transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all blood contaminated surfaces and equipment with a solution made from proper dilution of household bleach (CDC recommends 1-100) or other disinfectants before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles contain body fluids.

The referee shall not permit any team member to participate if in his/her judgement any item constitutes a safety concern, such as, but not limited to, a player's fingernails or hairstyles.

BREC reserves the right to re-evaluate the rules and place improvements in place for any current rules and/or violations. BREC reserves the right rule on any items not covered in the document and to expand the rule basis. Rules that are not covered in the BREC rules and operating code, will automatically defer to NIRSA rules and procedures.





COACHES CODE OF ETHICS PLEDGE

I hereby pledge to live up to BREC's Coaches Code of Ethics.

I will place the emotional and physical well-being of my players ahead of any personal desire to win.

I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I promise to review and practice the necessary first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all players.

I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.





COACH & SUPPORTER CODE

NO COACH or SUPPORTER who is associated with your team is allowed under no circumstances to say (shout/criticize/heckle) anything to a BREC Sports official (Court/Scores Table). Any coach/parent/supporter who is cited with saying anything to a BREC Sports Official will be the result of a technical foul (2 shots) called/charged against the team (issued to the Head Coach) in which the erratic supporter is affiliated. In the event that a second (2nd) technical foul is called/charged against the team of the coach/parent/supporter, the team with two (2) Fan/Supporter Technical Fouls will forfeit the game immediately and the Head Coach will serve a one (1) game suspension. Coaches are responsible for the actions of their supporters.

