



CITY OF BEVERLY HILLS
COMMUNITY SERVICES DEPARTMENT
League Coordinator: Jennifer Leuning
310.285.6823
jleuning@beverlyhills.org
www.beverlyhillsadultsports.org

ADULT FLAG FOOTBALL LEAGUE RULES

OBJECTIVE:

This is a recreational flag football league. The objective of the league is to promote, develop and conduct recreational flag football within the City of Beverly Hills and to promote physical activity and good sportsmanship. Respect each other. Play hard. Play fair. Compete. Have fun.

LEAGUE INFORMATION:

- 1) All games will be played at La Cienega Park, on field #3. (8400 Gregory Way, located south of Wilshire Blvd. and north of Olympic Blvd.)
- 2) Schedules will consist of 6 league games plus a double elimination playoff tournament.
- 3) A maximum of 6 teams will be accepted into the league
- 4) Game play consists of 7 players vs. 7 players.
- 5) Games are played on Sunday evenings at 5:30pm, 6:30pm, and 7:30pm.
- 6) Games will consist of two (25) minute halves. The clock will stop during dead ball situations within the final two minutes of the second half, only if the score is within 16points.
- 7) Game times will be determined by the league coordinator.
- 8) All league matters will be primarily communicated via e-mail and www.beverlyhillsadultsports.org. Text messages may also be incorporated.
- 9) League schedules, standings, and registration information will be posted and updated weekly on www.beverlyhillsadultsports.org.
- 10) It is the manager's responsibility to ensure that his team receives the schedule and schedule revisions.
- 11) Teams are responsible for their own bench, including the removal of all trash and personal belongings. Teams should vacate their bench quickly after their game.

REGISTRATION & LEAGUE FEES:

- 1.) How to register:
 - a. Complete registration form
 - b. Complete team roster form
 - c. Provide payment via cash, credit card, or check (payment due at time of registration) **on your appropriate registration date.**
 - d. Submit the above (2) two forms plus payment to either of the following:
 - i. Email: jeuning@beverlyhills.org
 - ii. FAX: 310.659.1620
 - iii. Mail or drop-off:
Attn: Adult Sports
471 S. Roxbury Drive, Beverly Hills CA 90212
- 2.) Registration Priority:
 - a. **1st Priority:** Any returning or new resident team with over 50% (min of 5) players on the roster residing in Beverly Hills. (Players who use address of parents of a P.O. Box in the city do not qualify as resident players). Business status is applicable to a business sponsored team if the business is licensed by the City of Beverly Hills and over 50% (min of 5) of the players on the roster are employees of **that** business.
 - b. **2nd Priority:** Any non-resident returning team from the season **immediately** preceding.
 - c. **3rd Priority:** Any NEW non-resident team.
 - d. Registration is first come, first serve, based on priority dates set by the league coordinator.
- 3.) League Fees:
 - a. Beverly Hills Resident Team - \$462
 - b. Beverly Hills Business Team - \$494
 - c. Returning and New Non-Resident Team - \$578
 - i. Official Fees - \$45 per team, per game.
- 4.) Leagues Offered:
 - a. Sunday C league: Average skill level, both competitive and recreational.

LEAGUE RULES:

- 1.) The minimum age requirement to participate in the league is 18 years old.
- 2.) Seven (7) players shall constitute a team. A team may not begin the game with less than (5) players.
- 3.) The field is 40 x 100 yards, divided into (4) four equal 20 yard zones with 10 yard end zones.
- 4.) Each player on the field is required to wear the prescribed one-piece, triple flag belt.
 - a. Wrapping, tying, or in any way securing the flag to the uniform or belt is illegal.
 - b. Knotting or tying a flag in a manner deemed inappropriate by the official is prohibited and may be grounds for ejection.
 - c. Flags must not be hidden under a player's shirt or jersey. All jerseys must be tucked in at all times.
- 5.) Each team is required to provide one individual to operate the down marker for one half.

PERIODS, TIME OUTS AND SUBSTITUTIONS:

- 1.) Each game will consist of (2) two twenty five minute, running clock halves. The clock will stop during dead ball situations during the final two minutes of the second half, only if the score is within 16 points.
- 2.) Half time is (3) three minutes long.
- 3.) Each team is entitled to (1) one timeout in the first half and two timeouts in the second half. An unused timeout from the first half will not carry over into the second half. An additional timeout will be granted during each overtime period. (Unused timeouts from the 2nd half and overtime periods may be carried over.)
- 4.) Each timeout is 45 seconds long.
- 5.) Substitutions are permitted on dead balls only.
- 6.) Manager – referee conference: A manager or field captain may request a conference with the referee if the manager believes a rule has been improperly enforced. If the rule enforcement is not changed, the manager's team will be charged with a timeout or a delay of game penalty if no timeouts remain.

BLOCKING:

- 1.) Offensive Screen Blocking
 - a. The offensive screen block shall take place without contact.
 - b. The screen blocker must have his arms at his side or behind his back.
 - c. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal.
 - d. A blocker may use his arms to break a fall or to retain balance.
 - e. A player must be on his feet before, during, and after a screen block.
- 2.) Screen Blocking Fundamentals
 - a. A player making a screen block shall not:
 - i. Take a position closer than a normal step from an opponent when behind a stationary opponent.
 - ii. Make contact with a stationary opponent when positioned at the side or in front of the opponent.
 - iii. After establishing a legal screening position, move to maintain it, unless the screener moves in the same direction and path of his opponent.
- 3.) Use of Hands or Arms by the Defense
 - a. Defensive players must go around the offensive player's screen block.
 - b. Use of hands and arms to contact the offensive opponent is prohibited.
 - c. A blocker may use his hands to break a fall or retain balance.
 - d. The interpretation of this rule is the judgment of the official.
- 4.) The following actions are prohibited:
 - a. Three or four point stances.
 - b. Any contact with an opposing player.
 - c. Leaving one's feet during a block.
 - d. Spearing an opponent.
 - e. Arms leaving the side of one's body.

KICKING / PUNTING:

- 1.) There are no kick-offs. The ball will be placed on the 20 yard line of the offensive team to begin an offensive series.
- 2.) In the event of a safety, the team that is awarded the two points will begin their offensive series on their 20 yard line.
- 3.) Quick kicks are not allowed. A punt must be declared by the offensive team to the official and may be made during any down.
- 4.) When a punt is declared, each team must have a minimum of (4) four players on the line of scrimmage.
- 5.) The defensive team may not rush the punter.
- 6.) The punter must be at least (5) five yards behind the line of scrimmage when receiving the snap and must kick the ball immediately.
- 7.) The offensive team must stay on their side of the line of scrimmage until the ball is kicked.
- 8.) Blocking is not permitted during a punt return.
- 9.) While the ball is in the air during a punt, the kicking team may not:
 - a. Touch the ball.
 - b. Touch the punt returner.
 - c. Obstruct the punt returners' path to the ball.
- 10.) Once the punted ball has hit the ground and has not been touched by a player on the receiving team, the ball is dead.
- 11.) A punt that crosses the goal line is ruled a touchback.

MUFFS AND FUMBLES:

- 1.) A fumbled ball or muffed catch will be ruled dead at the spot where the ball hits the ground.
- 2.) Possession will remain with the team who last possessed the ball, unless lost on downs.

BALL CARRIER OR RUNNER:

- 1.) A ball carrier shall be considered down when the flag is taken off or falls off as a direct result of a defender attempting to pull the flag.
- 2.) Any defensive player who removes the flag from the ball carrier should immediately hold the flag above his head to assist the official.
- 3.) A ball carrier will be marked down if either knee or elbow touches the ground, whether the flag was pulled or not.
- 4.) The ball shall be spotted where the ball is when the flags are pulled and not where the flag drops.

- 5.) If a flag belt inadvertently falls to the ground, a one-hand tag between the shoulders and knees constitutes the end of the play. EXCEPTION: If quarterback obtains snap without a flag belt, the ball will be declared dead immediately.
- 6.) A ball carrier shall not slap, strike, or straight-arm an opponent's attempt to de-flag the ball carrier (no flag guarding.)
- 7.) A ball carrier shall not run through a defensive player and must attempt to evade the defense.
- 8.) The defense may not hold or run through a ball carrier and must play the flag, not the ball carrier.
- 9.) Tackling is strictly prohibited. If a defensive player tackles a ball carrier who, in the judgment of the official had an open field for a touchdown, a touchdown shall be awarded. The defensive player(s) shall be disqualified and a (10) ten yard penalty will be enforced.
- 10.) A defensive player(s) shall not push, tackle, or drive a ball carrier out of bounds.
- 11.) The quarter back may run at any time - during any play and can run up the middle.

SPECIAL RULES, DEFINITIONS, AND MODIFICATIONS:

- 1.) The offensive team shall have a minimum of four (4) players on the line of scrimmage and all players must be within (15) yards of the ball after the ready for play whistle.
- 2.) When an illegal forward pass is thrown, the penalty shall be enforced from the spot of the pass. EXCEPTION: If an illegal pass is thrown from the end zone, the offended team may accept a safety or decline the penalty and accept the result of the play.
- 3.) No direct snaps. The person receiving the snap must be at least two yards behind the line of scrimmage.
- 4.) Prior to the snap, the defense shall not line up within five (5) yards of the line of scrimmage. EXCEPTION: When the offense has less than (5) yards to go for a touchdown or next-line-to-gain, the defense may line up at the goal line of the next-line-to-gain.
- 5.) All players are eligible pass receivers.
- 6.) The line-to-gain shall be the line in advance of the ball at the beginning of a series of downs.
- 7.) Using more than twenty-five (25) seconds to put the ball in play shall be considered a delay of game penalty.
- 8.) A live ball becomes dead when an official inadvertently sounds the whistle. If an inadvertent whistle occurs while:
 - a. The ball is in player possession, the team in possession may elect to put the ball in play where it was declared dead or replay the down.
 - b. The ball is loose from a fumble or backward pass, the team in possession may elect to put the ball in play where the possession was lost or replay the down.
 - c. A legal forward pass, snap, or kick is in flight, the ball is returned to the previous spot and the down replayed.

NOTE: If a foul occurs during any one of the above downs, an accepted penalty shall be administered as in any other play. When a penalty is accepted, disregard the inadvertent whistle.

- 9.) During an intercepted pass, only screen blocking is permitted.
- 10.) Bump and run defense is strictly prohibited.
- 11.) Except for a player who is in legal motion at the time of the snap, all offensive players must be set for a full second before the snap.
- 12.) Any offensive player in motion must be (3) yards behind the line of scrimmage at the time the ball is being snapped.
- 13.) A roughing the passer penalty will result in the penalty being enforced at the end of the play.

SCORING:

Touchdowns	6 points
Safety	2 points
Extra Point:	
From 10yd line	2 points
From 3yd line	1 point

- 1.) No field goal attempts.
- 2.) An intercepted extra point that is returned to the opposing team's end zone will be awarded (2) two points.

TIES / OVERTIME:

In the event of a tie at the end of regulation time, an overtime period shall determine the winner.

- 1.) Overtime shall be started with a coin toss. The winner of the toss shall be given the option of starting on offense or defense. Both teams will go the same direction they were going at the end of regulation.
- 2.) The offense will be given (4) four consecutive downs from the 20 yard line in order to score a touchdown and go for point conversions.
- 3.) After the series is completed, the opposing team will start its offensive possession from the opposite 20 yard line.
- 4.) In the event of a tie score at the end of two overtime periods, a third period will be played in the same fashion. A score or the total yardage of that possession will determine the winner. This type of period will be played until a winner is determined.
- 5.) In the case of an interception, the series of downs is over and the other team will gain possession.
- 6.) Each team is entitled to one timeout per overtime.
- 7.) Penalties will be marked off as in regulation.

- 8.) Team with the highest score or yards gained at the end of the overtime period shall be declared the winner.

PENALTY ENFORCEMENT:

- 1.) Loss of 5 yards:
 - a. Illegal procedure
 - b. Encroachment
 - c. Illegal snap
 - d. Less than (4) four players on the offensive line of scrimmage
 - e. Illegal stance
 - f. Delay of game
 - g. Illegal motion or shift
 - h. False start
 - i. Clothing covering portion of player's flag
 - j. Invalid or illegal fair catch signal
 - k. Aiding the runner
 - l. Intentional grounding (also loss of down)
 - m. Illegal forward pass (also loss of down)
- 2.) Loss of 10 yards:
 - a. Delaying the start of either half
 - b. Offensive pass interference (also loss of down)
 - c. Defensive pass interference (automatic first down)
 - d. Blocking
 - e. Striking, kicking, tripping, or kneeing (also ejection)
 - f. Illegal participation
 - g. Roughing the passer (automatic first down)
 - h. Quick kick
 - i. Illegal hurdling or diving
 - j. Flag guarding
 - k. Fair catch interference
 - l. Knotting, wrapping, or tying flag illegally.
- 3.) Loss of 15 yards:
 - a. Unsportsmanlike conduct displayed by a player, coach, or fan
 - b. Excessive rough or flagrant conduct.

ROSTER & ELIGIBILITY:

- 1.) Team rosters must be turned into the scorekeeper prior to the start of the first league game.
 - a. Rosters must be complete with player names, contact information, and **signatures**, in order for player to be eligible to participate.
 - b. Only players who are listed on the roster and have all the required information completed are eligible to participate.
 - c. Any player who is not listed on the roster, or who is listed but has not signed the roster, will be considered an illegal player.
- 2.) Each team will be allowed a maximum of (15) fifteen players on its roster.
- 3.) All players must have a positive means of photo identification at all games.
- 4.) A player must play in (3) three league games in order to be eligible to participate in the playoffs.

- 5.) Roster changes may be done at the field with the site scorekeeper through the (3rd) third week of play.
 - a. Roster changes requested after the respective cut-off dates will need the approval of the league coordinator (playoffs excluded).
 - b. The manager must contact the league coordinator to request a roster addition, and must complete an add form if request is granted.
 - c. Once a player has been dropped from a roster for any reason other than a legitimate injury, he is no longer eligible to play and cannot be added again until next season.

- 6.) Any team found to be using an illegal player (a player that has not signed the team's official roster) will be penalized in the following manner:
 - a. First Offense:
 - i. Forfeiture of the game.
 - ii. A (2) two game suspension for the manager of the offending team, REGARDLESS if he was at the game or not.
 - b. Second Offense:
 - i. Forfeiture of the game.
 - ii. Manager of the offending team will be suspended for the remainder of the season.
 - c. Third Offense:
 - i. Forfeiture of the game.
 - ii. Offending team will not be eligible to register or participate in the following season.

PLAYER CONDUCT:

The Code of Conduct applies to all players, coaches, managers, and spectators. The Code of Conduct applies to players as individuals or as a team and penalties can be applied to an individual or an entire team. The Code of Conduct becomes effective as soon as the participant arrives at the facility of play and it remains until the participant leaves the facility (parking lots, streets, and general vicinity included).

- 1.) No participant shall:
 - a. At any time push, shove, strike, or threaten any player, official, spectator, or City employee.
 - b. Endanger the safety of any player, official, spectator, or City employee.
 - c. Verbally abuse a player, official, spectator, or City employee.
 - d. Taunt another player, official, spectator, or City employee.
 - e. Use profanity at any time while on the facility premises.
 - f. At any time have in possession of any alcohol or drugs. Players under the influence of alcohol and/or drugs are strictly prohibited from participation.

- 2.) Any player and/or team involved in fighting or unsportsmanlike conduct shown towards a player, official, spectator, or City employee will automatically:
 - a. Be suspended for the remainder of the current game.
 - b. Be suspended for the next scheduled game at minimum.
 - c. Have the incident reviewed by the league coordinator for possible further disciplinary action.
 - i. Discipline action after review could range from no further suspension to the permanent suspension of the player(s) and/or team(s) involved from the City of Beverly Hills Basketball Leagues.
 - d. A player ejected from (2) two games in one season due to unsportsmanlike conduct will be suspended for the duration of the season and may be suspended indefinitely from future Beverly Hills Sports Leagues.

- 3.) Any ejected player will be automatically suspended from his team's next game as a minimum penalty.
- 4.) Officials have jurisdiction before, during, and after the game.
- 5.) Team managers may address the officials during timeouts for rule clarification only.
- 6.) Team managers will be held responsible for the conduct of their players and fans. It is the manager's responsibility to notify his team of the league conduct policies.

UNIFORM & EQUIPMENT:

- 1.) All teams are required to have matching team uniforms with a number of at least 6 inches on the back. Teams and players have a three week grace period to acquire uniforms. The penalty for a player not wearing a legal jersey is one point per player awarded to the other team.
- 2.) Flags will be provided by the league.
- 3.) All players must wear shoes at all times. Standard tennis shoes molded one piece rubber cleats and multi stud turf shoes are permitted. **METAL CLEATS ARE NOT ALLOWED.**
- 4.) All support braces must be fully covered, with no metal, hard points, or sharp edges exposed. If not covered, player will not be allowed to participate.
- 5.) Unyielding substances (i.e. the use of pads, tape braces, etc.) worn above the waist are prohibited, except to protect an injury at the referee's discretion.
- 6.) Mouth guards are highly recommended.
- 7.) Teams are required to provide their own football. The ball shall be made up of an inflated (12 1/2 to 13 1/2 psi) and the size and weight shall be: long axis, 11 to 11 1/4 inches; long circumference, 28 to 28 1/2 inches; short circumference, 21 to 21 1/4 inches; weight, 14 to 15 ounces. (Official high school or college size is acceptable.)
- 8.) Absolutely no jewelry (ear rings, nose rings, etc.) may be worn during the game.

FORFEITS:

- 1.) A game shall be determined a forfeit, if in the judgment of the official and/or scorekeeper:
 - a. The (5) five minute grace period has elapsed.
 - b. A team continues to delay a game after the officials have indicated that it's time to play ball.
 - c. A team has less than (5) five players.
 - d. A manager does not have control of his team.
 - e. A player who has been disqualified and asked to leave due to unsportsmanlike conduct, refuses to leave the field.
 - f. A team and/or their spectator(s) are guilty of harassment of players, officials, spectators, score keepers, or city employees.
 - g. A team uses illegal player(s).
- 2.) Teams who forfeit (2) two games in one season will be dropped from the league and will not be able to participate in the next season. Refunds will not be granted.

CANCELED GAMES / RAIN OUTS:

- 1.) If a referee deems it necessary, a game may be called due to any unsafe condition. Called games may be rescheduled at the end of the season, if time permits and if playoff standings are affected.
- 2.) If a game has started and is called due to bad weather or any other circumstances, the score will stand if an entire half had been played. If less than a half has been played, the game will be rescheduled if possible.
- 3.) Decisions on whether or not a game will be played due to weather conditions will be made before 3:00pm on the day of the scheduled games. The managers will be emailed and the decision will be posted on www.beverlyhillsadultsports.org. Please do not call because there will not be anyone in the office.

PROTESTS:

- 1.) A protest cannot be made on a judgment call. A protest will only be received and considered based on misinterpretation of playing rules ONLY.
- 2.) Whenever a matter of protest arises during a game, only the manager of a team may notify a City staff member or the head referee of their concern, prior to the next snap
- 3.) A team manager suspecting the use of an illegal player(s) by the opposing team, must inform the scorekeeper(s) before the game or during an official time-out, and prior to the conclusion of the game. The scorekeeper will notify the opposing manager and site manager, and the player in question will be required to show ID at that time. If no ID can be furnished or the player is not listed on the official roster, the player will be deemed an illegal player.
- 4.) All protests not resolved with the on-site staff must be submitted in writing to the league coordinator's office, detailing the full nature of the protest, no later than 5:00pm the following day.
 - a. Teams will be charged \$25 for all protests not granted and must be paid to the league coordinator office prior to the next scheduled game.
 - i. Fax number: (310) 553-3862
 - ii. E-mail: jeuning@beverlyhills.org

PLAYOFF DETERMINATION:

Playoffs will begin the week following the last week of regular season play. Playoffs will consist of double elimination tournament for the 1st through 6th seeded teams.

- 1.) Tie breaking procedure:
 - a. In the event of a two-team tie, playoff position will be determined in the following order:
 - i. The best head-to-head record of tied teams.
 - ii. Point differential between tied teams (head-to-head).
 - iii. Point differential over the course of the season (total points scored minus total points allowed.)
 - iv. Coin flip.
 - b. In the event of a three or more team tie, playoff position will be determined in the following order:

- i. The best record involving games between the tied teams.
- ii. Point differential between remaining tied teams (head-to-head).
- iii. Point differential over the course of the season among the remaining tied teams (total points scored minus total points allowed.)
- iv. Coin flip.

MANAGER'S RESPONSIBILITIES:

- 1.) Team managers assume the responsibility of all the following:
 - a. Attendance at mandatory manager meeting's (if scheduled) or sending a well informed representative in their absence.
 - b. Payment of league fees.
 - c. Submittal and maintenance of official league roster.
 - d. Knowledge of all league rules contained herein.
 - e. Convey all league rules and information to teammates.
 - f. Presentation of a starting line-up and the \$45.00 official's fee to the league scorekeeper before the start of the scheduled game
 - g. Notifying the league coordinator of any roster changes and/or manager contact information changes.
 - h. Ensure that no alcohol and/or drugs are consumed on the premises by any players or spectators of the team.
 - i. Ensure that all players are not under the influence of drugs or alcohol while participating in the City of Beverly Hills Adult Sports League.

Men's Flag Football League Rules: Revised 8/25/2014

