



# Flag Football

## Manager's Handbook



# Gilbert Parks and Recreation Department - Adult Indoor Flag Football Rules

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# Gilbert Parks and Recreation Department - Adult Indoor Flag Football Rules

These rules are in addition to the National Intramural Recreational Sports Association (NIRSA) official rule book. The Gilbert Parks & Recreation Department reserves the right to implement, alter, add or delete rules and/or policies as deemed necessary.

## Program Structure

### Organizational Meeting:

Organizational meetings are no longer held for upcoming seasons. All league information is available on the Town website at [www.cactusyards.com](http://www.cactusyards.com). Please refer to the current league flyer for specific information on league offering and registration dates.

### Registration:

Registration occurs online at [www.GilbertRecreation.com](http://www.GilbertRecreation.com) or in person at the Parks & Recreation Main Office. Roster must be submitted via email within 24 hours of registering online.

### League Availability:

Registration for all divisions is typically capped at eight (8) teams. Team managers can view league availability at [www.GilbertRecreation.com](http://www.GilbertRecreation.com). The league director may restrict participation of any team or player into a league at the director's discretion.

### Game Schedules:

Indoor Flag Football leagues are normally based on eight teams per league. Final league structure will be determined by registrations received. Please refer to the current league flyer for additional league information.

### Classifications:

Leagues will be offered in the below categories. Check the Town of Gilbert website for the most current League offerings.

Men: .....5vs5 No Contact Rec

Womens: .....5vs5 No Contact Rec

## Cactus Yards Policies

### Facility Policies:

No cleats are allowed. No food or drink on the field. Closed lid water and sports drink are acceptable in the players bench. Player's benches are for players only, spectators are not allowed. Spectators are not allowed on the field. The field is reserved for players, officials, Cactus Yard staff and authorized personnel. Cleats, alcohol, tobacco, jewelry, and gum are all prohibited from the field. No amplified music devices will be allowed at Cactus Yards.

Cactus Yards does not recommend leaving your personal belongings unattended. Cactus Yards is not responsible for lost or stolen items. All equipment provided by Cactus Yards/Gilbert Parks and Recreation is to remain at the facility.

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## Alcohol Policy:

Outside alcohol is prohibited all alcohol must be purchased on site. The consumption of beer, wine or spirituous liquor is not allowed in the field of play or bench area. Players violating the alcohol policy will be subject to discipline, including game suspensions and/or expulsion from the league. Teams violating this policy may be subject to forfeiture of the game and/or expulsion from the league.

## Refund Policy:

No refunds will be given unless a league is cancelled.

## Roster Policy:

All Adult league players must be 16 years of age or older by the league start date. Participants under the age of 18 may only participate if participating with a parent or legal guardian. All rosters need to be submitted within 24-hours of registration. On first day of league each player will need to verify identity and sign the team rosters. Players who have been verified will be given a wristband to enter game field. Players must be prepared to check-in with a photo ID and receive a wristband before entering the field of play each week. *If a player who is not on the roster enters the field of play that team will automatically forfeit the game.*

**Rosters:** Rosters will require a minimum of five (5) players and a maximum of fifteen (15). Players are not allowed to be added to a roster after the start of the team's fourth game. *Roster must be finalized before the game of the teams fourth week of play.* Town of Gilbert employees have the right to add or remove any player from a team's roster at any time during the season. Players may play on multiple Men's, Women's, or Co-Ed teams if they choose, however ALL PLAYERS must be listed on the team roster for classification purposes when submitted. Furthermore, players can only play on one team per league. (I.e. A player can be on a Wednesday and Thursday team but not two Wednesday teams.)

**Roster Checks:** The Gilbert Parks & Recreation 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 or not a team member is eligible to play. Players must present the field supervisor with a form of photo identification upon request. If the player cannot provide I.D., he/she is removed from the game. The use of illegal or ineligible players will result in the guilty team forfeiting the game and may be subject to further league discipline.

If a team is believed to have a non-rostered player, the opposing team can request a roster check. If a roster check is requested, BOTH teams will be required to get roster checked. Roster checks must be requested within the first 15 minutes of a game. After the 15 minutes elapse, no protest involving eligibility or identity will be considered.

## Forfeit Policy:

Team sports rely on majority participation. Please contact the League Coordinator by phone or email if your team is expecting to forfeit a scheduled match. If your team does not show up for a scheduled game without prior 24-hour notice, the team manager will be administered a **\$65.00** forfeit fee. If the fee is not paid by the next scheduled game that team will not be allowed to participate in any further league play until the fee is collected. Should the season end before the fee is collected the guilty team will not be allowed to register for future seasons until fee has been paid in full.

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## Injury Policy:

Any player/coach who is bleeding, has an open wound, or has blood on his/her uniform, shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical treatment or care can be administered in a reasonable time, the individual will not have to leave the game. (The length of time considered reasonable is referee judgement.) The referee will be responsible for determining whether an open wound or bleeding condition requires treatment. The referee will also determine in his/her judgement if a uniform needs to be changed.

If treatment or action is required, the referee shall:

- Stop the game and immediately call a coach, trainer, or other authorized person to the injured player and allow treatment.
- Apply the rules of the game regarding substitution, and re-entry if necessary.

Cactus Yards has an AED and First Aid kit on site in case of emergency. In a serious emergency please immediately call 911 and notify a staff member. It is each team's responsibility to provide bandage, dressings and administer care.

## Inclement Weather Policy:

The league is played in an indoor facility and will be played rain or shine. If an unforeseen circumstance prevents the play of practices or games, the League Coordinator will notify all staff, and team managers at the earliest time available.

# Cactus Yards Adult Indoor Flag Football Rules

## Rule 1: Field

Cactus Yards is home to a single indoor soccer field. The soccer arena is surrounded by a playable perimeter wall. If the ball hits the netting above the perimeter wall, ceiling or enters the players benches it will be considered out of play. The Field is 56 yards long by 26.5 yards wide with 5-yard Endzones

## Rule 2: Ball

Cactus Yards will provide all game balls. During game time only use of the official game ball is permitted.

## Rule 3: Players

No fewer than three (3) or more than five (5) players should be on the field at a given time.

**Substitutions:** Players are allowed to substitute at a stoppage of game play. A player is NOT allowed to jump the bench wall, all players must enter/exit the field through the doors. Any team who violates the substitution rule or is seen with too many players on the field will be a loss of 10 yards. There will be no limit to the number of substitutions a team can make, providing each sub remains in the game for at least 1 play and does not delay the game.

## Rule 4: Equipment

Players must wear a team uniform or same color t-shirt and closed-toe athletic footwear. **CLEATS ARE NOT ALLOWED.** Uniform shirts must be matching, the home team is responsible for changing if colors match. All players wearing a knee brace must have an ace bandage or protective sleeve over the brace, **NO EXCEPTIONS.**

It is mandatory that all players wear a protective mouthpiece while on the field of play. Players may supply their own flags or use flags provided by The Town of Gilbert. Town flags must be returned to staff at the conclusion

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of game. Flags must be a contrasting color to a player's pants/shorts. Altered or tampered flags could result in ejection or forfeit.

## Rule 5: Referee

Referee abuse will not be tolerated and handled accordingly. Decisions of the Referee regarding play and interpretation of the rules are final. Questions regarding a call and rules can only be asked by the team manager and will be answered by the referee(s) onsite. The referee is to complete a Game Ejection Report for all players ejections that take place.

## Rule 6: Duration

Each match will be comprised of two (2) 20-minute halves and one (1) 2-minute half time. Each Team has two 30 second timeouts PER GAME. Should a player arrive late to a game, the player must not enter the field until they have checked in with the site supervisor. A player cannot enter the game with less than 9 minutes left to play in the first half. To be active for gameplay a participant must arrive within the first 10-minutes of a game and be on the roster.

Games are played with a running clock. The clock can stop on a Referees signal. If the score is within 8 points during the last one minute of play, the clock will stop during stoppage.

Overtime is only played during playoffs and will last five (5) minutes or first score. If the game is tied after the overtime period (*See ice breaker rules for more details*)

## Rule 7: Start/Restart of Play

If a team does not meet the minimum required players within 5 minutes of game start it will be considered a 0-7 forfeit. Using a player that is not on your roster is not allowed unless a forfeit has been accepted.

## Rule 8: Offense

### Running

- The quarterback may not run unless the ball has been thrown back, handed or pitched to him in the backfield.
- Teams may handoff (unlimited), pitch, or throw back in the backfield. Unlimited laterals or throwbacks behind LOS are allowed for the player to remain eligible to pass.
- A forward pass DOES NOT have to cross the LOS to be a legal play.
- Pitching (backwards/laterally) is allowed downfield (unlimited). Handoffs are allowed forward or backwards when behind the LOS, and only backwards beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.
- If the ball is placed on the "back" of ANY player, the player MUST run the ball (no give and go to the QB on the back).
- NO RUN zones are located 5 yards before the mid-field and 5 yards before the end zone. You may not run the ball in the NO RUN zone, only forward passes are allowed.
- Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.
- Players may not block down field in any form.



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## Passing

- The Quarterback has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, then the play is dead. After the ball is ruled dead it is returned to the LOS.
- Once the ball is handed off or pitched backwards the 5 second count stops. If the defensive team rushes, then there is no 5 second count.
- There is no arm in motion, if the ball is in hand when the quarterback's flag is pulled then it will be ruled a sack.
- Interceptions may be returned.
- The rusher may not have any contact with the QB (no hitting the QB arm or knocking the ball out of the QB hand).
- If ANY part of the players body is behind the LOS it is a legal pass.

## Rule 9: Defense

### Rushing the Quarterback

- Players that blitz/rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.
- The 7 yards will be measured by the referee.
- Players that are not 7 yards from the LOS when the ball is snapped may not enter into the backfield until there is a change of possession.
- The blitzer/rusher is allowed a direct lane to the QB as long as he rushes from either side of the center or outside the bunch formation. The offense must avoid interfering with the rusher if he has established a lane. Officials will announce LANE or NO LANE for rushers/blitzers prior to the snap. This is a judgement call/decision based on the spacing between the players in the offense formation.
- The rush of the blitzer has to be immediately after the snap, quick and straight towards the point where the QB receives the snap in order to retain the right of way. If a blitzer is rushing late, slowly, aiming at another spot, changing directions during the rush or just does not rush the quarterback, the player loses the right of way but still can participate as any other defensive player.

### Pass Coverage

- Contacting receivers is not allowed.
- Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.
- A player may find their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.
- A player may use their arms or hands to intentionally obstruct the receiver's view (face guarding) of the ball with out turning their head to play the ball as long as noteworthy contact is not made with the receiver.
- If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.
- Interceptions may be returned. Interceptions in the end zones that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5 yard line.
- Contact away from the direction of the pass is not considered pass interference but maybe considered illegal contact.
- Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include:

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- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Arm bars, hooking, restricting, grabbing wrist, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.

## Rule 10: Scoring

Touchdown	6 points
Point After Touchdown	1 point from the 5-yard line (no run zone in effect)
	2 points from the 12-yard line, run, pass (outside of no run zone)
	Interceptions returned on PAT's are worth 2 points
Safety	2 points

- Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.
- If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.
- Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will be attempting a 1-point try even if they call a time out.
- Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during PAT attempt (e.g. 2-point PAT attempts will be spotted at the 6 yard line, 1-point PAT attempts will be spotted at the 2.5 yard line) All other defensive penalties may be declined by the offense and the score will stand.
- Dead ball fouls committed by the offense that do not carry a loss of down penalty (false start) may result in penalty yardage assessed and the down replayed.
- Fouls by the offense during a successful PAT attempt that carry a loss of down penalty ( flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.
- Fouls committed by the offense in an unsuccessful PAT attempt will be declined by the defense and the PAT will be no good and will not be replayed.
- Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.
- If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively holds, tackles, etc). without making a clear, legal attempt to pull the ball carriers flag, the ball carrier will be awarded 2 points.



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## Rule 11: Fouls and Misconduct

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of play or previous spot	<b>By the offense:</b> Loss of down <b>By the defense:</b> Auto 1st down
Unsportsmanlike Conduct	15	End of play or previous spot	<b>By the offense:</b> Loss of down <b>By the defense:</b> Auto 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead-Ball Previous spot	Replay down**
False Start	5	Dead-Ball Previous spot	Replay down**
Offsides	5	Previous spot	Replay down**
Encroachment	5	Dead-Ball Previous spot	Automatic 1st down
Illegal Shift or Illegal Motion	5	Previous spot	Replay down
Stripping or attempted stripping	5	Spot of foul	Automatic 1st down
Illegal Contact	5	Previous spot or spot of the foul	<b>By the offense:</b> Loss of down <b>By the defense:</b> Auto 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal participation	5	Previous spot	<b>By the offense:</b> Loss of down <b>By the defense:</b> Auto 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of foul	Automatic 1st down
Impeding the rusher	5	Previous spot	Loss of down
Charging	5	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line
** LOD, if 2 min or less in either half			

## Rule 12: Tiebreakers

If a tie exists at the end of regular playing time. Each team will have 1 opportunity to score and may go for 1 or 2 point conversions on the first possession. If the game is still tied the teams will alternate 2pt conversion attempts until a winner is determined. A coin flip determines first possession.

## Rule 13: League Standings

Final league standings are determined by the best overall win/loss record. If two teams are tied at the end of the regular season, the team which defeated the other more often in head-to-head competition will take the top position. In the case of a split, the team which had the lowest number of points scored against them by the other team will take the higher position in the standings. In the case of three (or more) teams with identical records, the team which had the lowest number of points scored against them by the common opponents will take the higher position in the standings.

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**Exception:** If one team won (swept) all of the head-to-head games versus each of the other common opponents, that team will be awarded highest position in the standings. (The league coordinator has the final decision in all matters concerning this rule.)

## Manager/Player/Team Conduct

### Manager/Coach Responsibilities:

Each manager is responsible to see that his/her players, spectators, and/or scorekeepers abide by all the rules governing league play and all rules/policies regarding the use of Gilbert park facilities.

### Player/Team Discipline:

Two reprimands or warnings to an individual, team and/or spectator for unsportsmanlike conduct will be cause for automatic ejection of the player, game forfeit, and/or removal of the spectator from the park premises. A third reprimand to any other player or spectator of the team will warrant termination of the game, with the forfeit win being awarded to the opposing team. **Any player ejected from a game is automatically suspended from the next game AND IS REQUIRED TO LEAVE THE PARK IMMEDIATELY.** Any ejected player who plays in the next game causes his/her team to forfeit that game. Any player ejected twice in a season will be dropped from the league. Some flagrant forms of unsportsmanlike conduct (as determined by the referee) will warrant automatic ejection with no warnings given. Any team receiving two ejections in the same game will be forfeited.

In the instance of an altercation on the field, players not on the field are to remain off the field. If a player and/or spectator enters the field of play for **ANY REASON**, the game will be terminated with a forfeit loss being dealt to the team whose player/spectator entered the field.

### Code of Conduct:

The Code of Conduct includes, but is not limited to the following:

- 1.) 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.
- 2.) 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.
- 3.) Participants shall not use flagrant rough tactics against an opposing player.
- 4.) There shall be no unnecessary throwing of equipment, or any other objects.
- 5.) There will be no cause for defacement or destruction to any public facility or equipment.
- 6.) 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.
- 7.) Consuming outside alcoholic beverages in Town of Gilbert parks is not permitted.
- 8.) All participants, coaches, and spectators must follow Cactus Yards park rules while visiting the park.

## Gilbert Parks and Recreation Department - Adult Indoor Flag Football Rules

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.

The Gilbert Parks & Recreation Department reserves the right to discipline and/or suspend players, or managers for incidents and/or conduct not specifically covered in this handbook or the NARSA official rules, but which in the opinion of the Gilbert Parks & Recreation Department constitutes unsportsmanlike conduct, dangerous conduct, or conduct which is determined to be detrimental to the Gilbert Indoor Flag Football Program. All official league disciplinary decisions as rendered by the Gilbert Parks & Recreation Department are final.

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*Comments or suggestion regarding the Adult Indoor Flag Football Program should be directed to:*

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