

Conway Parks & Recreation Department



Adult Flag Football Schedule

Tuesday September 28th	7:15 p.m.	Blue	vs	Green
	8:15 p.m.	Green	vs	Red
Tuesday October 5th	7:15 p.m.	Blue	vs	Red
	8:15 p.m.	Blue	vs	Green
Tuesday October 12th	7:15 p.m.	Red	vs	Green
	8:15 p.m.	Red	vs	Blue
Tuesday October 19th	7:15 p.m.	Green	vs	Blue
	8:15 p.m.	Green	vs	Red
Thursday October 21st	8:15 p.m.	Red	vs	Blue
Tuesday October 26th	7:15 p.m.	Seed 3	vs	Seed 2
	8:15 p.m.	Super Bowl		

**Thursday evenings will be used for rain make-ups*

2021 Adult Flag Football Rosters



Green	Blue	Red
*Chris Olds	*Joe Mccusker	*Jason Veno
Bayden Roy	Sarah Baker	Brian Dodd
Kenny Drew	Blair Lynch	David Albert
Brian Kelsch	Jared Doherty	Doug Hart
Justin Lettre	Tanner Wheeler	Tracey Hart
Alec Roy	Brian Powers	Scott Moody
Marcus Stanley	Tim Sutton	Liz Widmer
Nick Woods	Tom Donovan	Matt Ashnault
Odhran Coyle	William Ross	Chris Gowin

***Indicates Team Captain**

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2021 ADULT FLAG FOOTBALL RULES

1. A team will consist of (6 or 7) players on the field at all times (captains will decide this pre-game).
2. Each team has had a captain designated for their team (see rosters).
3. The referees have the final say on the field. They have the authority to interpret the rules as they deem appropriate in the interest of promoting safety and in the spirit of moving the game along. Referees are free to consult with one another, with the captain(s) of the teams playing but are not under any obligation to do so. This is a recreational flag football league, calls are blown in the NFL, this means there will be mistakes made. Regardless the referee's final decisions are the final word.
4. Game time: We will play two 24-minute halves running time. The exception to this is there will be stop time the last one minute of the game.
5. Each team will be given (3) 30 second time-outs per game. They may be used at any time.
6. The play clock will be (30) seconds to get off a snap.
7. Clock will stop for an injury. However, the injured player must leave the field for one play unless the injured player's team wants to use a time-out in order to keep him in the game.
8. **EQUIPMENT:** All players must wear flags at all times. A player's flags must be worn outside or on top of shirts, sweatshirts or team jerseys and be clearly visible to opposing players and referees. Players may not wear outer garments that have unzipped pockets, belt loops or hooded sweatshirts. A player may wear a knit hat but no baseball caps with visors will be allowed. Mouth guards are mandatory!
9. **CONTACT:** Tackling a player is a term used to de-flag an opponent only. Any other motion to obstruct a player's motion is illegal. Charging on offense or defense is illegal. Charging is running through an opposing player who has position on the field.
10. There is to be no blocking of any kind below the waist or above the shoulders. Players who do will be issued a 10-yard penalty. If at the referee's discretion believes the block was deliberate with intent to injure, the player may be ejected.
11. **DIVING:** A player may not dive forward to advance the ball or his position. Diving to catch the ball or to de-flag an opponent is legal. Diving into a player to de-flag is roughing. Illegal diving will be a 10-yard penalty.
12. Teams on offense must have 4 players on the line of scrimmage. Only 1 player may go in motion.
13. Only 5 players may cross the line of scrimmage on an offensive passing play. All offensive players may cross the line on a running play.
14. The defense may not cross the line of scrimmage until the quarterback touches the ball.
15. There will be no kick offs. Ball will be spotted 10 yards from the goal line.
16. Offensive players carrying the ball may not stiff arm or guard the flags. This will result in a 5-yard penalty from the spot of the foul.
17. An offensive player carrying the ball must run left or right when approaching a defender. The runner may not run directly at the defensive player. If an offensive

player runs directly at a defensive player it will result in a 5-yard penalty from the line of scrimmage and a loss of down.

18. No player, offensive or defensive may get in a 3-point stance.
19. No offensive team can run the ball within 5 yards of the goal line regardless if they still have their run left in their four downs.
20. Defensive players who pull an opponent's flag must hold on to the flag and hand it back to the player once the play is over.
21. Teams will be allowed to punt the ball. Teams may not fake punt. The receiving team may have up to (2) players back to receive the punt. The punting team may not cross the line of scrimmage to cover the punt until the ball is punted. All muffed punts will be dead at the spot the ball hits the ground.
22. Every team must start with a center snapping to another player. The snapper is eligible for receptions.
23. **FUMBLES:** All fumbles are a dead ball from the spot. If a ball is fumbled in mid air, the defender may recover the ball before it touches the ground. Center snap missed by the QB is a dead ball at the spot of the first touch of the ground.
24. **ILLEGAL MOTION OR OFFSIDES BY THE OFFENSE:** Illegal motion or off-sides by the offense will be immediately blown dead by the referee and the appropriate penalty assessed.
25. **KNEE/FALL DOWN:** If a player's knee touches the ground or falls down while his flags are still on, he may get up and advance the ball until he is de-flagged. A player who is touched by an opposing player with his hands while still on the ground shall be considered de-flagged and the play will be blown dead.
26. **OFFENSIVE PLAYER STEPS OUT OF BOUNDS:** The player becomes an ineligible receiver unless and until the ball is first touched by another player on either team.
27. **ONE RUN PER 4 DOWN SERIES:** Only 1 run is permitted per four downs. A screen pass completed behind the line of scrimmage and run across counts as a run.
28. **RECEPTION:** One foot in bounds for legal reception.
29. **SCORING:** A touchdown will count as six points. Extra points will be worth two points and must be a pass.
30. A team will have a game clock of only 15 seconds after a penalty. This will prevent teams from stalling deliberately.
31. **BUMP AND RUN:** The defense may only bump and run a receiver the first five yards off the line of scrimmage.
32. **5 YARD PENALTIES:** Illegal defensive rush, illegal forward pass and loss of down, delay of game, offensive player illegally in motion at the time of snap, intentionally grounding and loss of down, too many players on the field, defensive encroachment and equipment violation.
33. **10 YARD PENALTIES:** defensive holding, offensive holding, offensive pass interference, illegal contact after 5 yards from line of scrimmage, unsportsmanlike conduct, unnecessary roughness, tripping, clipping, charging, ball stripping, pushing out of bounds, illegal blocking and roughing the passer.
34. **SPOT OF FOUL PENALTIES:** defensive pass interference, flag guarding & illegal diving.

- 35. FIRST DOWN DETERMINATIONS:** There are no automatic first downs associated with any penalties. A penalty may advance the ball across the first down line which then would be considered a first down.
- 36. CONTACT PICKING:** contact picking or blocking a defender off coverage of another receiver is illegal contact of the offense. This will result in a ten yd. penalty.
- 37. ACCIDENTAL DROPPED FLAG/BELT:** If a player's flag or belt comes off they may still participate in the play. If on offense a player may not advance the ball once their flags/belt come off. The ball will be dead at the spot.
- 38.** There will be a 21-point mercy rule at the 6-minute mark and beyond of the second half. Anytime a team gets behind by more than 21 points from this point the game will be called.
- 39. SPORTSMANSHIP:** The determination of sportsmanship violations is to be reserved for the judgment of the referees. Behavior not in keeping with the traditional notions of sportsmanship constitutes a violation of this rule.
- 40. EJECTION:** Referees and Conway Parks & Rec. staff can eject players from individual games and suspend or otherwise eject players from the league for conduct deemed in gross violation of the mission of this league. This conduct includes, but is not limited to: excessive rough conduct on the field and abusive treatment of fellow players and referees. Any player ejected from a game may be subject to further disciplinary action by the Conway Parks & Rec. office.
- 41.** Any fighting or throwing of punches (landed or not) will result in automatic ejection and ban from the league for the remainder of the season. A player banned for the rest of a season to due violating this policy will have to meet with Asst. Director and Director before being re-instated to the league.
- 42.** Defensive face-guarding is illegal. Penalty: 15 yards from line of scrimmage and automatic first down.