



FUQUAY-VARINA

Adult Flag Football Handbook

Fuquay-Varina Parks, Recreation & Cultural
Resources

www.fvparks.org

1/11/2019

Inclement Weather Information

www.fvparks.org

*Select "Facility Status" under the youth sports tab
If your facility is CLOSED your activity is CANCELLED*

Weather Hotline: 919-552-2698

Sign up to receive text message alerts!

*Both the weather hotline and webpage are updated weekdays by 4pm and weekends
by 8am.*

I. General Information

- a. The Town of Fuquay-Varina's Adult Flag Football league is administered through the Parks, Recreation and Cultural Resources Department.
- b. All rule interpretations will be administered by the Fuquay-Varina Parks, Recreation & Cultural Resources Department (FVPRCRD).
- c. All who wish to participate in Fuquay-Varina Parks, Recreation and Cultural Resources Athletic Programs must register and pay the registration fee prior to participating in the program.

II. Communication

- a. **24 HOUR RULE:** Players sometimes disagree with an official's decisions during the play of a game. For this reason, we have adopted the "24 HOUR RULE," which simply states that the no participant or coach will discuss game situations until at least 24 hours after the game. This rule helps to allow all parties to have time to put things in perspective and cool off if necessary and discuss the actual issues. This rule also applies to coaches and participants contacting the recreation department.

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Fuquay-Varina Community Center (FVPRCRD Main Office)

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info@fvparks.org

III. Weather Updates

- a. Decisions are made weekdays by 4pm and weekends by 8am or as status changes. Once the decision is made, FVPRCRD will email captains so that they can communicate with their players any changes. You can also check for updates by visiting www.fvparks.org and selecting 'Field Status' icon. If your facility is listed as "CLOSED" then your activity is cancelled. Coaches and participants may also check the town's **weather hotline by dialing 919-552-2698**.
- b. An attempt will be made to reschedule all games that are cancelled due to inclement weather. Captains may not request to change game times once schedule has been posted.

Text Message Alert Sign-up Instructions

1. Go to FVPARKS.ORG
2. Either:
 - Hover your mouse over the "Sports" tab, which will bring down a list of links. From there, you will find the "Alerts from PRCR" link on the left-hand side; click the link to go to the Alerts page.
 - Or click the "Sports" tab, which will take you to the main sports page. From there, you will find and click the link labeled "Alerts from PRCR".
3. You will then be directed to the Fuquay-Varina Alert Center. Find the link in the grey box labeled **"Notify Me ®"**
4. Click the "Notify Me" link. (To subscribe to text and/or email alerts.)
5. Type your email address in the box labeled "Email Address" and click the button labeled "Sign In".
6. For text message alerts, check the 2nd box that reads **"I would like to be able to receive text messages on my mobile phone"** and type your desired phone number in the box provided. Click save before continuing.
7. Underneath the Alert Center there are two icons beside PRCR Alerts:  & 
 - To subscribe or unsubscribe, you must click the Mobile phone icon,  beside PRCR Alerts. Once completed there will be a green check mark on the icon, which will look like: 

You will receive a text message asking to receive text alerts from PRCR. Reply **"Y"** to opt into the service. Once you reply **"Y"** you will receive a text confirming that you are signed up to receive text alerts.

IV. Uniforms and Equipment

- a. Teams must provide their own uniforms (each player must have the same uniform on in order to participate) and each uniform must have a unique number on the back.
- b. Uniforms must be the outermost garment worn during play. Uniforms must be tucked in.
- c. All players must have athletic shoes or cleats. Cleats should be rubber molded or detachable but are not allowed to be metal.
- d. All officials, fields and other equipment will be provided by Fuquay Varina Parks, Recreation and Cultural Resources Department.

V. Playing Rules

a. General

- i. The game will be played in two twenty-five-minute halves. The clock will run continuously except for official timeouts, team timeouts (1 minute) and during the last minute of each half. An official warning will be whistled to each team at the one-minute warning mark of each half. During the final minute of each half, the clock will operate under regulation clock rules (ie. clock will stop when a player goes out of bounds, clock will stop when a team achieves a first down until the “ready for play” is whistled). Games will begin promptly on time.
- ii. Each team is entitled to one timeout per half and one additional time-out for each overtime period. Timeouts do not carry over. Timeouts are one minute in length; half time is five minutes and teams will be limited to forty seconds between plays (officials will warn).
- iii. The playing field will be divided into two thirty-yard sections and contain ten-yard end zones on each side of the field. The field will be 35 yards wide. The five-yard line and ten-yard line will be marked (extra points).
- iv. The visiting team may choose to go on offense or defense. The home team chooses the end zone to defend. **Teams may not defer.** The team that starts the game on defense will start the second half on offense.

b. Players

- i. Teams will play with seven players on offense and seven players on defense.
- ii. Teams can begin a game with a minimum of six players (one pass-rusher rather than two, on offense, one less receiver, must have two linemen).
- iii. Offense must have at least two players on the offensive line of scrimmage.
- iv. Defense must lineup the nose guard, three yards from line of scrimmage, within the parameters of the offensive line, and in a two-point stance.

- v. A three-point stance is prohibited for all players.

c. Scoring and First Downs

- i. Scoring Touchdown = 6 points
Extra Point = 2 points (run/pass from the ten-yard line)
1 point (pass from the five-yard line)
Safety = 2 points
- ii. Extra point option: Team captain must declare to the officials which option is desired immediately following touchdown. You may not change the choice after a penalty.
- iii. The extra point attempt, when run from the 10-yard line, can be a run play and does not count as the teams rush per 6 plays. If a team opts for the 2-point play and due to a defensive penalty, they are moved closer to the goal line than 10 yards, the offensive team may still run the ball on their extra point attempt.
- iv. Defense can return an interception on an extra point attempt for 3 points.
- v. First Downs: A team in possession of the ball shall have three downs to advance the ball twenty-five yards to the first down marker.
- vi. Teams are allowed one rushing play per first down (no roll over rush plays).
- vii. The offensive team takes possession at its 5-yard line and has three (3) plays to cross midfield. If a team crosses midfield, it has three (3) plays to score a touchdown.
- viii. If the offensive team fails to cross midfield or score, the opposing team takes possession on its 5-yard line.
- ix. All possession changes except interceptions start on the offensive teams' 5-yard line.
- x. Players must have their flag's past the line to gain to be awarded a first down or touchdown.

d. Passing

- i. All players except offensive lineman are eligible to receive a forward pass.
- ii. The first player to touch the ball after the snap is considered the quarterback. All snaps must be made between the legs.
- iii. If the ball is tipped by any defensive player, everyone will be eligible to advance the ball.
- iv. Only one forward pass may be made on each down.
- v. A player may not pass to himself.
- vi. A pass is considered complete as long as the receiver has control of the ball and one foot has touched completely in bounds.
- vii. Only one player can be in motion at one time.
- viii. Pass interference can only occur on a catchable pass.
- ix. Defensive players may "chuck" during the first five yards.
- x. The tight end must make himself known, "declare", before the beginning of the play.

e. Blocking

- i. Players may have both hands/arms at chest level but must stay within the front plain of the body.
- ii. Players may not block below the waist or above the shoulders.
- iii. Contact will be permitted with hands only. Blocking with other body parts (such as shoulders) is prohibited.
- iv. Any over aggressive play, pushing and/or holding will result in a penalty.
- v. The ball carrier may leave his or her feet only to avoid a player or official that has fallen to the ground. A player may not jump to avoid a flag pull. A defensive player may leave his or her feet in the attempt to grab the flag but not in an attempt to do harm.
- vi. Tackling is prohibited. If a defensive player tackles or holds a ball carrier that, in judgment of the official, had an open field for a touchdown, a touchdown will be awarded.

f. Defensive Rush

- i. Before the snap all defensive players inside the tackle box must line up 3 yards from line of scrimmage, within the parameters of the offensive line, and in a two-point stance. The defensive ends must line up within a foot of the offensive line and with their heads no wider than the offensive lineman's outside shoulder and in a two-point stance. For LBs to be eligible to rush they must begin the play inside the lineman box. DBs must line up heads up on their man in order to rush.
- ii. At least 1 defensive player must rush on each play.
- iii. Once a quarterback leaves the pocket, he is considered a running back and all defensive players are eligible to come up and make a play on the ball carrier.
- iv. No defensive player may push or drive a ball carrier out of bounds.
- v. Defensive players- Contact will be permitted with hands only. Rushing the QB with other body parts (such as shoulders) is prohibited and will result in a 10-yard penalty.
- vi. Defensive players must make an attempt to go around the lineman and cannot run through a blocker. Violations result in a 10-yard penalty.
- vii. Defensive players must go for the quarterback's flags and not the arm. If a defensive player makes contact with the quarterback's arm (while in a passing motion), a 10-yard illegal contact penalty will be enforced.

g. Dead Ball Situations/Playable Ball

- i. A fumbled, muffed, or any dropped ball is dead. There are NO fumbles, the only turnovers are by interception or turnover on downs.
- ii. Any time any part of the ball carrier touches the ground, except his feet and hands, the ball is dead.
- iii. When a flag is cleanly removed from the ball carrier the ball is dead. The defensive player removing the flag should immediately hold the flag above his head to assist the official in spotting the play.

- iv. In the event of an inadvertent whistle by the official, the offense has the choice of taking the ball at the spot where it was blown dead or re-playing the down.

h. Flags

- i. Each player will wear at the waistline a belt with two flags attached. Two flags will hang freely on each side of the body. Shirts must be tucked inside pants.
- ii. Wrapping, tying, or in any way illegally securing the flag to the belt or clothing will result in a 15-yard penalty and could result in the ejection of the player.
- iii. **No player shall, by protecting his flag with hands or arms, impede the defensive player in his attempt to remove the flag.**
- iv. When a flag is intentionally pulled or removed from an offensive player not having possessions of the ball, the action will be considered unsportsmanlike and will result in a penalty.
- v. If the flag of the ball carrier is inadvertently lost during a play, the play will be called dead when a player is touched by any defensive player. Officials may call a play dead if a flag inadvertently falls off while the ball carrier is in a crowd of defenders and it cannot be determined if the flag fell off or was pulled.

i. Substitutions

- i. All substitutions must be made between downs.
- ii. All new players must report to their respective huddles prior to play formation.
- iii. All players leaving the field must be off the field before the ball is snapped.
- iv. An injured player must sit out a minimum of one play. Any player who is bleeding or who has an open wound will be considered an injured player.

j. Overtime

- i. The ball shall be placed on the 25-yard line closest to an end zone.
- ii. A coin will be flipped to determine possession.
- iii. Each team will get 3 plays to score from the 25-yard line and earn the extra point. If the score is still tied at the end of the 1st overtime period, play will continue, giving each team 3 plays to score from the 25-yard line. During the 2nd and any subsequent overtime periods, each team must attempt a 2-point extra point from the 10-yard line.
- iv. A winner must be determined in each game.

k. Penalties

- i. All penalties are marked off from the line of scrimmage with the exception of the following:
 - 1. Defensive pass interference that occurs in the end zone – this result in an automatic first down with the ball placed at the five-yard line.

2. In the event of a tackle the penalty (15 yard – unsportsmanlike conduct/over aggressiveness) will be marked from the spot of the foul. When inside the defending teams’ twenty-yard line, a defensive penalty is half the distance to the goal and a replay of down (with the exception of pass interference).
 3. Offensive and defensive holding will be marked off from the spot of the foul if the play was completed.
 4. Clear Path Rule - If, in an attempt to prevent a big play, a defensive player grabs and holds a ball carrier a penalty will be called and the offensive team will be awarded 15 yards from the spot of the foul and an automatic first down.
 5. Flag guarding is not allowed (stiff arms, slapping hands away, holding your flag, etc.). If the official determines such has occurred the ball carrier will be whistled down at the spot of the foul with no additional penalty assessed.
- ii. If a team attempts a “run” play inside a “no run zone”, a 5-yard penalty will be assessed in addition to a loss of down.
 - iii. **Five-yard penalties include:** offside, motions, encroachment, not enough players on the offensive/defensive line, play clock violations (40 Second Play Clock), illegal equipment (no belt/jersey not tucked in), illegal forward pass (plus loss of down), illegal snap, and time out violations.
 - iv. **Ten-yard penalties include:** offensive/defensive holding (lying on a grounded player is not holding), roughing, illegal contact, tripping, offensive pass interference, and defensive pass interference. Defensive pass interference will result in an automatic first down and will be spotted on the 5-yard line if it occurs in the end zone.
 - v. **Fifteen-yard penalties include:** illegal blocking (elbows etc.) and all unsportsmanlike conduct and over aggressiveness (tackling). Two instances during a game will result in ejection.
 1. Any of the above infractions can and will result in a 15-yard penalty and/or an ejection if a player or players continue to abuse the rules.
 - vi. If, during the last 2 minutes of the second half or any overtime periods, an offensive penalty is called, the defense may choose to accept or decline the penalty. If the penalty is accepted, the clock will stop until the next snap of the ball.

VI. Protest Procedure

- a. All protests must be noted with department staff at the time of the objection and received in writing within 24 of the game in question. Protest will only be allowed for rule misapplications. All judgment calls are final. Coaches may not question judgment calls or the integrity of the official.
- b. Protests must include a brief description of the play in question and the ruling that was made, reference to the written rule and how the rule was misapplied.

- c. Protests will be ruled on by the Athletic Program Administrator. All decisions are final.
- d. Protests may be denied if the outcome does not have any bearing on final standings.
- e. All decisions will be made within one (1) week of the protest
- f. If a coach wishes to protest a tournament game, the game in question will stop until a ruling can be made by the Parks, Recreation & Cultural Resources Department.

VII. Schedules and Tournaments

- a. A minimum 8 game regular season will be played, follows by a single elimination post season tournament.
- b. Game schedules are final and there are to be no changes to the schedule without permission from the department. If team can't field a minimum of 6 players, the game will be considered a forfeit. Teams are not allowed to use guest players and only those players that are registered for each team are allowed to participate.
- c. Regular season games will be recorded and standings will be kept.
- d. The Champion and runner-up will be determined by a Single Elimination Playoff between all teams.
 - i. Seeding for the playoffs will be based on the standings at the end of the regular season.
 - ii. Ties in the standings will be settled using head to head record. If teams are still tied after head to head record is taken into consideration, a coin flip will be used to determine final seeding.

VIII. Code of Conduct

- a. Any coach, player or spectator that is ejected by an official or town staff member will be suspended for the team's next scheduled game. Suspensions may be longer depending upon the severity of the offense. All suspensions are at the discretion of the Parks, Recreation & Cultural Resources Department.
- b. No coach, player or spectator shall berate, belittle or taunt opposing team players, spectators or coaches. Any unsportsmanlike conduct will not be tolerated. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. If ejected the offender must leave the premises immediately. All judgement calls are final.
- c. No coach, player or spectator may harass or continually argue with umpires, scorekeepers or FVPRCRD Staff. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. All judgment calls are final.
- d. Coaches, players or spectators that have been ejected from an official game will be required to vacate the premises and escorted out by a staff member immediately. Failure to abide by this will result in forfeiture of the game.

- e. Drugs and alcohol are prohibited at all games and practices. Violations will result in a minimum one (1) game suspension.
- f. Spectators that wish to use tobacco products are encouraged to be courteous of others around them and do so away from other spectators & program participants. Use of tobacco products on the field is prohibited. Tobacco products are prohibited on Wake County School property (Banks Rd, Herbert Aikens, Ballentine, & FV Middle).
- g. Pet owners are asked to leave pets at home for town sanctioned athletic events. (practices, games, & special events)
- h. No spectator (non-coach) may enter the field of play to argue or discuss an on-field issue. Violations will result in an immediate ejection.
- i. No coach or player may deliberately or intentionally try to injure or harm another player or coach. No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- j. The Fuquay-Varina Parks, Recreation and Cultural Resources Department reserves the right to suspend any captain or player found to be violating the mission, vision or philosophy of the department.

IX. Field Layout

