



FUQUAY-VARINA

Adult Flag Football Handbook

Fuquay-Varina Parks, Recreation & Cultural
Resources

www.fvparks.org

11/16/2021

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.*

Mission

The Town of Fuquay-Varina Parks, Recreation & Cultural Resources department commits to providing professional leisure services through exceptional programs, facilities, events, parks, and greenways in order to enhance the quality of life for the residents of Fuquay-Varina.

Vision

Participation in youth sports provides children with an opportunity to gain many valuable life skills and develop an appreciation for physical fitness, all of which can lead to a lifetime of healthy activity.

This can only occur, though, when organized sports programs are designed and administered to ensure a safe, positive, fair and fun environment for everyone.

Philosophy

- Provide a safe and positive environment for youth to participate in sports programs.
- Provide each child with the opportunity to play regardless of skill level.
- Teach participants the skills and fundamentals of the sport they are participating in.
- Encourage sportsmanship, team-play and leadership
- Winning is *not* the ultimate goal; giving your best effort and displaying sportsmanship no matter the outcome is! Losing is not failure, it's a chance to learn and develop your skills and character.

I. General Information

- a. All rule interpretations will be administered by the Fuquay-Varina Parks, Recreation & Cultural Resources Department (FVPRCRD).
- b. Participants must be at least 18 years of age on or prior to the closing of registration.
- c. A captains meeting will be held prior to the season. Each team is required to have a representative at the captains meeting.
- d. Captains shall bring their own team of players. Free agents will be allowed to register and will be assigned a team at a later date if needed.
- e. 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. (Participants that wish to participate on more than one team must register and pay prior to roster cutoff for each team)
- f. Each team shall consist of a maximum of 25 and a minimum of 10 players. This may be adjusted by the Fuquay-Varina Parks, Recreation & Cultural Resources Department.

- g. All players will be required to check in prior to each game. Players must show valid identification (State Driver's License, State ID Card and/or Passport) in order to participate in the game.
- h. All rosters must be finalized by the day prior to league games beginning. There will be no roster additions after this date.

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.

Contact Info: **Primary Contact – Trey Baggett**

Adam Hairr, Athletic Program Administrator
Office: 919-753-1033
ahairr@fuquay-varina.org

Thomas DeGruchy, Athletic Program Specialist
Office: 919-753-1867
tdegruchy@fuquay-varina.org

Fuquay-Varina Community Center
919-552-1430
info@fvparks.org

Trey Baggett, Athletic Program Specialist
Office: 919-753-1866
tbaggett@fuquay-varina.org

Sidney Peterson, Athletic Program Specialist
Office: 919-552-1439
speterson@fuquay-varina.org

**Parks, Recreation and Cultural Resources
Administration Offices**
Office: 919-552-9140

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. Each team will be required to have matching uniforms with numbers on the back. No two players on the same team may wear the same number. Any participant not wearing the team uniform may be withheld from competition. Jerseys and team names shall contain no vulgar or offensive language or graphics.
- 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. NO POCKETS ALLOWED!!! This means no zipper pockets, no taped pockets...no pockets, period! This is for the protection of flag pullers' fingers. If a player has pockets on their pants/shorts, they will not be allowed to play.

- e. 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 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 thirty seconds between plays (officials will warn).
- iii. Overtime Period (Regular Season)
 - 1. If the score is tied at the end of regulation, each team will have the opportunity to run one play from their 5-yard line. Whichever team gains the most yardage on their offensive play will win the game.
 - a. An incomplete pass is equal to 0 gained yards.
 - b. An offensive penalty is equal to negative 10 yards
 - c. If a defensive penalty occurs, the offensive team may accept the penalty yardage and run an additional play from that point. Yardage from penalty and play are included.
 - d. There are no safeties in OT periods.
 - e. If there is a tie each team will get another possession.
- iv. The playing field will be divided into two 40-yard sections and ten-yard end zones. The field will be 35 yards wide. The five-yard line and ten-yard line will be marked (extra points).
- v. A coin toss will determine which team has the first possession. Home team is Heads, Away team is tails. Whichever side of the coin lands on the ground facing up will start the game with the ball.
- vi. No intentional contact is allowed.
- vii. ONLY screen blocking is allowed behind the Line of Scrimmage (LOS). NO BLOCKING is allowed past the LOS.
- viii. Ball must be snapped between the legs to the QB. (No snaps to the side)
- ix. Each offensive possession will begin on the 5-yard line (unless an interception occurs)
- x. Offensive team will have four downs to reach the line to gain (First Down or Touchdown)

- xi. Each time the ball is set, the offense will have 30 seconds to snap the ball.
 - 1. The official will give a warning at the 10 second mark and will count down from 5 to 0 aloud.
 - 2. Offense may not snap the ball until after the official sets the ball for play to resume.
- xii. 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 NOT leave his or her feet in the attempt to grab the flag
- xiii. NO-RUN ZONES will be 5 yards from both the first down line and the goal line. If the ball is set by the official within these lines, the offensive team may not advance the ball via a run play.

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. 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. 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.
- iii. Defense can return an interception on an extra point attempt for however many points the offense was attempting to score.
- iv. Teams are allowed one offensive rushing play per first down (no roll over rush plays).
- v. The offensive team takes possession at its 5-yard line and has four (4) plays to cross midfield. If a team crosses midfield, it has four (4) plays to score a touchdown.
- vi. If the offensive team fails to cross midfield or score, the opposing team takes possession on its own 5-yard line.
- vii. Players must have their flag's past the line to gain to be awarded a first down or touchdown.

d. Passing

- i. All players 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. The QB can not advance the ball past the line of scrimmage unless rushed. (This will count as the offensive teams one rushing play per first down)

e. Screen Blocking

- i. Players may have both hands/arms behind their back, with thumbs under their belt in front of them, or with hands at chest holding their own shirt.
- ii. Blocking is NOT allowed past the LOS. Contact will NOT be permitted at any time.
- iii. It is the defensive player's responsibility to go around any screen blocks without touching the blocker.
- iv. 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. Any player who wishes to rush the QB must start behind the 7-yard cone.
- ii. Defensive players who do not start behind the 7-yard cone may not cross the LOS until the QB gets rid of the ball.
- iii. Defensive players must go for the quarterback's flags and not the arm. If a defensive player contacts 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 three flags attached. Three flags will hang freely on each side of the body and one in the back. 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 (1 hand) 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 players leaving the field must be off the field before the ball is snapped.
- iii. 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. All bleeding must be stopped before returning to the field of play.

j. Overtime (Playoffs)

- i. The ball shall be placed on the midfield line.
- ii. A coin will be flipped to determine possession.
- iii. Each team will get four (4) plays to score from the midfield 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, a loss of down, and loss of run play.
 - 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. Forfeiture Fees

- a. All games will start at the regular scheduled game time or immediately following the previous game.
- b. If a team forfeits one game for any reason, they will be issued a warning. Any future forfeits will incur a \$50 penalty. Forfeiture fees must be paid in full before the teams next scheduled game. If a team does not pay their forfeiture fee prior to the next game, said game will be ruled a forfeit and an additional \$50 fee will be applied. Any team with outstanding fees will not be eligible for post season play and will be ineligible for future seasons.

- c. All forfeiture fees will accumulate for each game forfeited (this includes all regular season games). If a team has a balance at the end of the regular season, the fees will be split among all players on the roster and applied to his/her account. Individuals and their households will not be allowed to register for any future activities until forfeiture fees have been paid.

VII. 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.

VIII. 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.

IX. Awards

- a. The Fuquay-Varina Parks, Recreation & Cultural Resources Department will provide a team trophy that will be displayed at the Community Center.
- b. Teams that win the tournament championship will receive "Championship T-Shirts" for each rostered player.

X. 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.

XI. Field Layout

