



FUQUAY-VARINA

# Flag Football Handbook

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Fuquay-Varina Parks, Recreation & Cultural  
Resources

[www.fvparks.org](http://www.fvparks.org)

1/9/2023

## **Inclement Weather Information**

[www.fvparks.org](http://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**

To provide diverse recreational opportunities and facilities that enhance social development and community well-being through welcoming parks, public spaces, facilities, organized activities, cultural resources, and special events.

## **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. The Town of Fuquay-Varina's youth flag football league is administered through Fuquay-Varina Parks, Recreation and Cultural Resources Department will focus on providing a recreational, fun, safe option for players to learn and enjoy the game of flag football. Good sportsmanship and skill development should be the main goal of all coaches. Winning is secondary to having fun and learning the game.
- b. All rule interpretations will be administered by the Fuquay-Varina Parks, Recreation & Cultural Resources Department (FVPRCRD).
- c. All team activities must be supervised by an approved head or assistant coach.
- d. No unsanctioned activities are permitted. Unsanctioned activities include practices held away from town owned/leased property; practices/activities held outside of the team's schedule provided by FVPRCRD.
- 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 being assigned a team and participating in the program. Any game that a non-registered player participates in will be ruled a forfeit and the coach may be suspended or subject to removal from the league.

## II. Coaches and Assistant Coaches

- a. No team shall have more than three (3) coaches. They are designated as Head Coach and two (2) Assistant Coaches.
- b. Head coach appointments are to be made by the Recreation Department for one (1) season. All coaches will be evaluated following each season. This evaluation will be used to determine whether he/she will be invited back to represent a team in the future.
- c. All coaches are required to submit a formal application and background check. The background checks are subject to approval of the Parks, Recreation & Cultural Resources Department.
- d. All Assistant Coaches may be selected by the Head Coach after the teams have been determined, pending approval of the Recreation Department. Assistant Coaches must submit a formal application and background check.
- e. All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Town of Fuquay-Varina Parks, Recreation & Cultural Resources Department. All coaches must be approved by the Recreation Department. Any coach not carrying out these duties and responsibilities will be subject to dismissal.
- f. Head Coaches are required to hold a preseason parent meeting to discuss rules, conduct, responsibilities, etc.
- g. Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should always conduct themselves accordingly.
- h. Only the Head Coach and their Assistants will be allowed on the sideline/field of play during the playing of an official game.
- i. Only the head coach may confer with officials during the play of a regulation game. Any assistant coaches who approach an official on field during play may be removed from the game.
- j. Coaches are responsible for reporting players who have dropped from their team. If a spot opens FVPRCRD will fill the opening with the next player available on the wait list. If no players are on the waitlist the roster spot will remain open.
- k. All coaches must wear their FVPRCRD issued coaches shirts and wristbands to all team activities. No coach will be permitted on the sideline that is not in uniform.
- l. Coaches are responsible for leaving the field area clean after their game. Please pick up any trash, equipment or items before leaving.
- m. Coaches must remain on the sideline unless the age specific rules state otherwise.

### III. Communication

- a. **24 HOUR RULE:** Parents sometimes disagree with a coach’s decision or coaching style, especially when it involves their child. Parents must understand that the coach does not represent a player, but the entire team and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child’s sports development from game emotions. For this reason, we have adopted the “24 HOUR RULE,” which simply states that the coach will not discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and cool off if necessary. This rule also applies to coaches and parents contacting the recreation department.

**Contact Info: *Primary Contact – Josh Hardin***

**Adam Hairr**, Athletic Program Administrator  
Office: 919-753-1033  
[ahairr@fuquay-varina.org](mailto:ahairr@fuquay-varina.org)

**Josh Hardin**, Athletic Program Specialist  
Office: 919-256-6708  
[jhardin@fuquay-varina.org](mailto:jhardin@fuquay-varina.org)

**Thomas DeGruchy**, Athletic Program Specialist  
Office: 919-753-1867  
[tdegruchy@fuquay-varina.org](mailto:tdegruchy@fuquay-varina.org)

**Sid Peterson**, Athletic Program Specialist  
Office: 919-552-1439  
[speterson@fuquay-varina.org](mailto:speterson@fuquay-varina.org)





**Fuquay-Varina Community Center**  
Office: 919-552-1430  
[info@fvparks.org](mailto:info@fvparks.org)

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

### IV. 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 coaches so that they can communicate with their parents any changes. You can also check for updates by visiting [www.fvparks.org](http://www.fvparks.org) and selecting ‘Field Status’ icon. If your facility is listed as “CLOSED” then your activity is cancelled. Coaches and families 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. If space/time allows, rained out practices may be rescheduled at the discretion of the FVPRCRD. Coaches 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 2<sup>nd</sup> 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.

## **V. Uniforms and Equipment**

- a. Shirts will be provided by the FVPRCRD. Parents may be required to purchase additional equipment.
- b. Teams shall NOT alter the uniforms that are distributed to players in any manner (including adding names to shirts, cutting sleeves, changing colors). Parents will be responsible for the cost of replacing a modified uniform.
- c. All players participating in flag football are expected to wear a mouthpiece. The town will provide one mouthpiece for each player, but players may purchase their own.
- d. All players must wear a flag belt, provided by FVPRCRD, at all times during play on the field.
- e. No jewelry, including earrings, shall be worn by any player. Hair clips must be soft, elastic ties and may not be metal/plastic.

- f. Coaches will be issued a shirt and wristband that must be worn to all practices and games. Once a coach has been approved (both assistant and head) they may come by the Community Center and pick up their shirt and wristband.
- g. Equipment bags will be set out for practices and games. Bags will have footballs, flags, pinnies and cones. These bags should be left at the fields and a member of the athletics staff will collect them at the end of each day. If the bags are short equipment, please notify a member of the staff so they can ensure teams have adequate equipment.
- h. No metal cleats are allowed.
- i. All players must wear solid black pants or shorts. No pin stripes or different colors.
- j. Uniforms must be the outermost garment worn during play. Uniforms must be tucked in.

## VI. Player Draft

The vision of the Town of Fuquay-Varina's Sports division is to provide fair programming where fun, safety, sportsmanship and teamwork are emphasized. To provide balanced teams, the Recreation Department has established draft rules. All coaches must agree to follow the listed draft format and agree to be honest, fair and act in good faith to provide the best experience for all players and families. Coaches may not collude, conspire or attempt to manipulate the draft in order to benefit themselves or a small group of individuals.

- a. **CONFIDENTIAL:** The Draft, including Skills Evaluation results, player draft order and trades, is kept completely confidential. Everyone attending the draft is responsible for maintaining confidentiality of the draft and draft materials.
- b. **ADMINISTRATION:** The player draft shall take place following player assessments. The Athletic Program Administrator, or designated staff, will supervise the placement.
- c. **NON-GRADED PLAYERS:** Players who do not have skills evaluation grades will not be drafted and will be assigned at random after all eligible players have been drafted. These players will be placed on a team by the Athletic Program Administrator or designated staff. Draft will continue until all rosters are full.
- d. **DRAFT ORDER:** Draft order shall be determined by draw; **Draft format will be a snake draft.** Draft picks will be selected by grade range. Coaches must select a player from the designated grade range if available. Once all players have been selected from that grade range the draft will continue to follow the snake moving on to the next grade range of players. (Example, all A players must be selected before moving on to draft B players, etc...)
- e. **COACH/CHILD SELECTIONS:** Head Coaches with children will select their child(ren) as their first pick of their child's qualifying round. Coaches with multiple children

in the same division will select the first child as listed above. The second child and subsequent children will be selected first in their qualifying round. If the children are listed in the same qualifying round, they will be consecutive picks. See selecting siblings below.

- i. Head Coaches whose child(ren) does not have an evaluation grade will be required to select his/her child with their first pick in the draft.
- f. **SIBLINGS:** Brothers and sisters in the same age group will be placed on the same team. Coaches who select siblings will select the first sibling in their qualifying round and the second sibling with the first pick of the second child's qualifying round. If both siblings are listed in the same qualifying round, they will be consecutive picks. (Example – sibling 1 is rated an A and sibling 2 is rated a B. The coach will select the first sibling 1 in the A round and sibling 2 will be the coach's first pick in the B round. If siblings 1 and 2 are both A players; when the coach selects sibling 1, sibling 2 will be the coach's automatic next pick.)
- g. **AVAILABILITY:** Coaches shall not pass up a player selection choice if selections are available to fill vacant positions.
- h. **PLAYER REQUESTS:** All player requests will not be considered in the draft unless there is a special circumstance that has been submitted to the Athletic Program Administrator prior to the draft. Any children that must be paired together for transportation purposes will be drafted in the same manner as siblings (see selecting siblings in rule F).
- i. **TIME:** Coaches have one (1) minute to make their selection. Once one (1) minute has passed and a selection has not been made, the Athletic Program Administrator or designated staff member will assign a player from the current round to the coach's team.
- j. **TRADES:** At the conclusion of the draft, the draft administrator will open the floor to player trades. All trades must be finalized before coaches leave the draft room. Once the coaches leave the draft room, rosters are final. All trades must be approved by the Draft administrator or designated staff member. A player must be traded for another player with the same skill level grade (example; an A player cannot be traded for a C player). Coaches may make no more than two (2) trades. Players who do not have a draft grade are not eligible for trade. Any further changes made after the draft must be requested in writing and receive special approval from the Athletic Program Administrator.

## VII. Playing Rules

### a. All Divisions

- i. Field size will be 80yds by 30yds.
- ii. Games will consist of 2-25-minute halves with a 5-minute half time. A five-minute half time will begin at the 25-minute mark.
  1. **Regular Season:** If at the end of the regulation clock the game is tied, said game will be recorded as a tie. If the game is suspended at or after halftime, the game will be considered complete. If the game is suspended prior to halftime, it will be restarted from the beginning.
  2. **Playoffs:** If the game is suspended at any time, it will be restarted from where it was left off. If at the end of the regulation clock the game is tied, teams will play a college style overtime until a winner is reached following the rules below:
    - a. Each period consists of one possession for each team, the order of which is decided by a pre-overtime coin toss.
    - b. Each possession starts at the defenses 20-yard line and teams will have 4 downs in which to advance the ball into the endzone. Teams may then elect to go for a 1- or 2-point conversion.
    - c. If the game is still tied at the end of an overtime period, subsequent overtime periods will be played until a winner is reached.
    - d. After each period, the order of possession flips. If you had the ball first in one period, you have it second in the next.
    - e. Starting in the third period, teams can no longer attempt a 1-point conversion and must attempt a 2-point conversion.
- iii. Each team will have one, one (1) minute time out per half.
- iv. Games must be played with a minimum number of players. Any team that does not have the minimum number of players required to play will forfeit the game. If this occurs, we encourage teams to share players in order to scrimmage. If a team drops below the minimum number of players once the game has started due to injury or ejection, the game may continue.
- v. **6U-15U** - 3 players minimum must line up on the line of scrimmage; 3 players maximum allowed in the backfield.



- vi. Every child must play at least half of every game. Coaches who do not meet their minimum playing time requirements will receive a warning for the 1<sup>st</sup> offense and suspended for three (3) games for any subsequent offenses. More than 2 violations of playing time minimums may result in expulsion from the program.
- vii. Player substitutions may be made at any dead ball. Any number of players may be substituted.
- viii. If a player is hurt during a play, the player must leave the field for at least 1 play.
- ix. The quarterback is eligible to advance the ball (excluding 15U: see rule e-iv).
- x. All games will be with a minimum of one (1) official.
- xi. **Starting the Game**
  - 1. The game begins with a coin toss. A coach and two players from each team will meet in the center of the field with the official for the coin toss. Visiting team calls. At the start of the second half, the team which did not start the game with the ball will begin the 2nd half with the ball. The ball is placed at the 10-yard line to start the game.
  - 2. Each team will have four downs to advance the ball into the next zone or score a touchdown.
  - 3. Once the teams enter the next zone, a new series of downs begins.
  - 4. If a team fails to advance the ball into the next zone, they lose possession. The opposing team takes over at the point of the dead ball and begins its series of downs.
  - 5. At the conclusion of each down, the ball will be placed where the play ends, between the hash marks.
- xii. **Dead Ball**
  - 1. The ball will be considered dead and the play over under the following conditions:
    - a. Flag pull (the whole belt will be pulled off).
    - b. Player steps or lands out of bounds.
    - c. The flag belt falls off the ball carriers' belt.
    - d. Ball contacts the ground for any reason (ball is spotted where it hits the ground).
    - e. Offside on a defensive player or false start on the offense (does not result in a loss of down).

xiii. **Defense**

1. The defense is to stand at least three yards off the ball.
2. Defense cannot line directly over the center.
3. Stripping the ball from an offensive player is not allowed. Players must pull flags only.
4. All players must stand in a 2-point stance, 3-point stance not allowed (for safety reasons).
5. Diving and tackling are not permissible in attempts to pull a flag. No player should leave their feet; either as an attempt to pull flags or as a ball carrier avoiding having flags pulled. Block with soft hands.
6. If a flag is pulled, the ball will be spotted where the runner's feet were at the time of the flag pull, not where the ball is.
7. Defensive rushers must avoid contact with offensive players (blockers). Rushers may not use their hands/arms to shove or move offensive players.

xiv. **Offense**

1. The offensive team must form a huddle away from the line of scrimmage between each play. No type of "hurry-up" offensive is permitted. The defense is not required to huddle and should be ready for play before the offensive team snaps the ball.
2. The ball must be snapped between the center's legs; not off to one side or in any other manner.
3. Center Snap
  - a. The ball must be snapped to the Quarterback between the center's legs and without touching the ground. Should the ball touch the ground, it shall be declared dead at the spot of the ball touching the ground.
  - b. A false movement of the football by the center after he is set shall constitute a false start. At all times the ball shall be snapped from the center of the field, or the spot marked by the official ball marker.
  - c. Direct Snaps are legal; but there must be a clear and immediate exchange of the ball between the center and the quarterback.
  - d. No center sneaks
  - e. Shotgun is allowed if ball can remain in motion to continue play.

4. If the ball is intercepted the play will continue until the ball becomes dead (flag pull, stepping out-of-bounds, fumbled, etc.).
5. Teams will start with the ball on their own 10-yard line. They will have 4 downs to reach the next zone. Zones will be marked on the field every 20 yards (20-yard line, 40-yard line, 20-yard line). Once a team reaches the next zone, they will have 4 more downs to reach the next zone.
6. All players are eligible receivers.
7. Offensively, a player can dive to make a catch, however, they may not dive to avoid having their flag pulled. If they do dive and make a catch, they will be marked down at the spot of the catch.
8. Quarterbacks may advance the ball (excluding 15U: see rule e-iv). Once the quarterback has crossed the line of scrimmage, any defensive player may pursue the quarterback. If the ball is down at or within the 3-yard line of the defending teams goal line the quarterback is ineligible to rush the ball.
9. Screen blocking is allowed. Offensive linemen must have their hands holding the front of their shirt with their elbows down when blocking a rushing defensive player.
10. Blockers can move their feet to stay in front of rushers. Blockers should only move sideways or backward. They may not extend their arms to push off the rusher. Once the ball is past the line of scrimmage, no blocking is allowed, and the defensive players should always have the right of way to the offensive player's flag belt.
11. Once the ball has been marked/blown "ready for play" the offense will have 40 seconds to snap the ball.
12. Receivers must have one foot inbounds with possession of the ball to be a legal catch.

xv. **Rough Play**

1. Flag is non-contact and intentional blocking, or unsportsmanlike contact will not be allowed. Incidental contact is common and unavoidable. It will be the responsibility of all coaches to monitor and regulate their own players regarding rough play. Coaches should exercise good judgment on dealing with rough play, according to fairness and sportsmanship. Teaching should take precedent over penalty assessment concerning roughing. Children

may be asked to sit a game out if they engage in rough play after being warned by a coach or official.

2. Any issues concerning rough play, unsportsmanlike conduct or rule violations during a game should be reported to the Athletic Programs Supervisor as soon as possible. The Town retains the right to resolve issues to maintain fairness and integrity to the game process.

xvi. **Scoring**

1. Touchdown – 6 points
2. Extra point (from 3-yard line) – 1 point
3. Two-point conversion (from 5-yard line) – 2 points
4. Safety – 2 points

xvii. **Forfeits**

1. There will be a five (5) minute grace period for the first game of the day. Teams may start and play with the minimum number of players required for each league. Teams that do not have the minimum number of players must forfeit their game, but a scrimmage game may be played.
2. All other games will start at the regular scheduled game time or immediately following the previous game.

xviii. **Penalties**

1. Offside – 5 yards from the previous spot
2. Delay of Game – 1<sup>st</sup> offense will result in a warning; any occurrence thereafter – 5 yards
3. Illegal formation (too many players in the back field; not enough players on the line of scrimmage) – 5 yards
4. Illegal rush – 10 yards from the previous spot
5. Tackling/Illegal contact – 10 yards from spot of the foul
6. Defensive player pulling offensive player's flag to make him/her ineligible for play – 10 yards from the previous spot
7. Flag guarding – 5 yards from the spot of the foul, loss of down.
8. Illegal procedure (Offensive players must come to a complete stop for one second before the ball is snapped unless they are the only player in motion.) – 5 yards
9. Offensive or Defensive Diving – 10 yards from the spot of the foul.

b. **5–6-Year-Old**

- i. The game will be played 6 v 6. If a team is missing players, the game may be played with as few as 5 players.

- ii. After a loss of downs, the opposing team will start their possession at their own 10-yard line.
- iii. If the ball is intercepted the ball will be spotted where the ball becomes dead (flag pull, stepping out-of-bounds, fumbled, etc.).
- iv. Every child must touch the ball at least once every game.
- v. One coach for each team may stay on the field to call plays and adjust their players. The on-field coach and the sideline coach may switch responsibilities at any time. Once the offense lines up on the ball the coaches must be back 10 yards from the line of scrimmage. At this point on-field coaches are no longer allowed to talk or communicate to the players and must not interfere with player progress. **Penalty:** 1<sup>st</sup> offense is a warning; all subsequent offenses will result in a 10-yard unsportsmanlike penalty on the coach, and he/she must leave the field. Another coach may take the place of the dismissed coach.
- vi. Penalties for the 6U league are more lenient.
- vii. Players may not rush the quarterback; once the ball has been pitched or handed off, players may pursue the ball carrier.

c. **7–9-Year-Old**

- i. The game will be played 7 v7. If a team is missing players, the game may be played with as few as 6 players.
- ii. One coach for each team may stay on the field to call plays and adjust their players. The on-field coach and the sideline coach may switch responsibility at any time there is a stoppage in play. Once the offense lines up on the ball the coaches must be back 10 yards from the line of scrimmage. At this point they are no longer allowed to talk or communicate to the players and must not interfere with player progress. **Penalty:** 1<sup>st</sup> offense is a warning; all subsequent offenses will result in a 10-yard unsportsmanlike penalty on the coach, and he/she must leave the field. Another coach may take the place of the dismissed coach.
- iii. Any player that wishes to rush the quarterback must be 7 yards off the ball prior to the snap. The official will mark 7 yards off the line of scrimmage prior to the snap showing where players must line up who will be rushing. Once the ball has been pitched or handed off players may pursue the ball carrier. It is the rusher's responsibility to avoid contact with the blocker. Rushers may not bullrush a blocker or use their arms/hands as a wedge to get around the blocker. It will be up to the official to determine whether the blocker or rusher initiates contact.
- iv. **PUNTS:**
  1. Punting team must notify the official that they will punt.

2. The receiving team may place one player back to receive (catch) the punt.
3. There are no punt returns
4. All players other than the center, punter and a receiver must take a knee.
5. No fake punts.
6. No rushing the punter.
7. If the ball touches the ground when hiked to the punter, the ball may be picked up and punted.
8. The ball will be placed:
  - a. At the spot of the catch.
  - b. Where the receiving player first touches the ball.
  - c. Where the ball goes out of bounds.
  - d. Where the ball stops (if not caught by the receiving team).

d. **10–12-Year-Old**

- i. The game will be played 7 v 7. If a team is missing players, the game may be played with as few as 6 players.
- ii. Coaches are not allowed on the field.
- iii. Any player that wishes to rush the quarterback must be 7 yards off the ball prior to the snap. The official will mark 7 yards off the line of scrimmage prior to the snap showing where players must line up who will be rushing. Once the ball has been pitched or handed off, players may pursue the ball carrier. It is the rusher's responsibility to avoid contact with the blocker. Rushers may not bullrush a blocker or use their arms/hands as a wedge to get around the blocker. It will be up to the official to determine whether the blocker or rusher initiates contact.

iv. **PUNTS:**

1. Punting team must notify the official that they will punt.
2. The receiving team may place one player back to receive (catch) the punt.
3. There are no punt returns
4. All players other than the center, punter and a receiver must take a knee.
5. No fake punts.
6. No rushing the punter.
7. If the ball touches the ground when hiked to the punter, the ball may be picked up and punted.
8. The ball will be placed:
  - a. At the spot of the catch.
  - b. Where the receiving player first touches the ball.
  - c. Where the ball goes out of bounds.
  - d. Where the ball stops (if not caught by the receiving team).

e. **13–15-Year-Old**

- i. The game will be played 6 v 6. If a team is missing players, the game may be played with as few as 4 players.

- ii. Coaches are not allowed on the field.
- iii. Any player that wishes to rush the quarterback must be 7 yards off the ball prior to the snap. The official will mark 7 yards off the line of scrimmage prior to the snap showing where players must line up who will be rushing. Once the ball has been pitched or handed off, players may pursue the ball carrier. It is the rusher's responsibility to avoid contact with the blocker. Rushers may not bullrush a blocker or use their arms/hands as a wedge to get around the blocker. It will be up to the official to determine whether the blocker or rusher initiates contact.
- iv. The quarterback may only run the ball if they are being rushed by a defender who crosses the line of scrimmage.
- v. **PUNTS:**
  - 1. Punting team must notify the official that they will punt.
  - 2. The receiving team may place one player back to receive (catch) the punt.
  - 3. There are no punt returns
  - 4. All players other than the center, punter and a receiver must take a knee.
  - 5. No fake punts.
  - 6. No rushing the punter.
  - 7. If the ball touches the ground when hiked to the punter, the ball may be picked up and punted.
  - 8. The ball will be placed:
    - a. At the spot of the catch.
    - b. Where the receiving player first touches the ball.
    - c. Where the ball goes out of bounds.
    - d. Where the ball stops (if not caught by the receiving team).

## **VIII. Protest Procedure**

- a. All protests must be noted with a staff member or official at the time of the objection and received in writing within 24 hours 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 Athletic Program Administrator.

## **IX. Schedules and Tournaments**

- a. Practices will be held during the week and on weekends until games begin. After the start of the game season, practices will be scheduled during the week with games being held on Saturdays.
- b. If a game is suspended at or after halftime, the game will be considered complete. If a game is suspended prior to halftime, it will be restarted from the beginning.  
**Playoffs:** If a game is suspended at any time, it will be restarted from where it was left off.
- c. At the conclusion of the regular season, each division 9U and above will play in a single elimination tournament.
- d. Tournament seeding will be based upon the final regular season standings. Ties will be broken by head-to-head results. If a tie still exists, then the tie will be broken by coin flip.
- e. Tournament games will be played by regular season rules.
- f. Higher seeded team will be the home team.
- g. All tournament games must play until a winner is reached. If at the end of the regulation clock the game is tied, teams will play a college style overtime following the rules in section VII.
- h. The Town of Fuquay-Varina Parks, Recreation and Cultural Resources Department reserves the right to make changes to activity schedules when necessary.

## **X. Awards**

- a. FVPRCRD provides individual awards for all players. Coaches are responsible for passing out individual awards to each player. If an award cannot be given to a player, please return it to the Fuquay-Varina Community Center and notify the parent that they may pick up their award there. Divisions ages 9U and younger receive individual commemorative trophies. Divisions 10U and older will receive individual achievement certificates.

## **XI. 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 Athletic Program Administrator.
- b. No coach, player or parent shall berate, belittle or taunt opposing team player, parents 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 parent may harass or continually argue with officials, 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 parents 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, Ballentine, and South Lakes Elementary).
- 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. Coaches may not intentionally run up the score. Any coach found to be guilty of running up the score could face suspension.
- j. 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.
- k. Coaches who do not meet their minimum playing time requirements will receive a warning for the 1<sup>st</sup> offense and suspended for three (3) games for any subsequent offenses. More than 2 violations of playing time minimums may result in expulsion from the program. Protests for not meeting minimum playing time requirements will be considered on a case-by-case basis. The intent of the protesting coach will be considered when ruling on playing time cases.
- l. The Fuquay-Varina Parks, Recreation and Cultural Resources Department reserves the right to suspend any coach, parent or player found to be violating the mission, vision or philosophy of the department.