

City of Ada and East Central University Flag Football Rec League Format and Rules

Norris Field

1100 E 14th St Ada, OK 74820

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I. Facilities and Locations

Norris Field/Koi Ishto Stadium

1100 E 14th St Ada, OK, 74820

II. League Format

1. The Tommy Hewett Wellness Center Flag Football league will be broken into a regular season and playoffs.
2. All games will be played on Tuesday evenings.
3. Regular season:
 - a. Each team will play a minimum of five (5) regular season.
4. Playoffs:
 - a. Single elimination tournament. Playoffs will begin the week following the regular season.
 - i. Playoff schedule will be posted after the final regular season game.

III. Equipment

1. Jerseys: Teams must have jerseys or shirts of the same color for each player in every game (including the first game).
 - a. Intramural department jerseys are available.
 - i. Non-jersey penalty: any player who does not have a jersey that meets the above criteria will be assessed a personal foul. This rule will be enforced including the first week of play.
 - b. Shirts must be tucked inside pants and remain there or be at least 4" above the belt if not tucked inside pants or shorts.
2. Flags: must be worn and seen at all times during gameplay.
 - a. Flags are provided by City of Ada/ECU Rec League.
3. Shoes: football cleats are permitted on the football field.
 - a. Metal cleats ARE NOT PERMITTED.
 - i. Metal cleat penalty: any player who is found to be wearing metal cleats will be assessed a personal foul and must remove those shoes immediately. They are not to be worn for the remainder of the game or at any other time during the regular or post season.
4. Balls: the game ball will be provided by the league. The ball may not be played with by any team before the game.

IV. Roster and Players

1. All teams must submit a completed roster prior to their first game.
2. Rosters must be submitted through the City of Ada or ECU official Flag Football registration channels.
3. Rosters size:
 - a. Teams shall have a minimum of 5 players and maximum of 10 players.
 - b. Regular game play will be two teams of 7 players.
 - c. Teams cannot play with less than 5 players in any circumstance.
4. Players may be added to your roster up until game time of your first regular season game.
 - a. Each player must be 18 years or older.
 - b. Cannot be on a High School, College or Professional roster.
 - c. Each player can only be on one rostered team.
5. Teams are subject to being checked for age and identification. ID's must be always available.

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V. Team Captain Role

1. Each team shall designate one team captain before the game begins for each game.
2. Team captains must attend a mandatory captain's meeting prior to the first game of the season. If the team captain is unavailable for the meeting, they may send another team representative. Meeting details are included in the Flag Football registration form.
3. The designated team captain (and only the team captain) shall be responsible for all interactions with the officials.
 - a. Captains may discuss rule interruptions but may not discuss judgement calls.
 - b. Captains are expected to be respectful toward officials – the team captain does not have the right to question judgement calls or speak to the official in a rude or disrespectful way. Penalty: personal foul.
4. Team captains are responsible for ensuring that all players and spectators who are with their team behave in an appropriate manner. Penalty: personal foul.
5. The team's captain is responsible to disclose the full name of any player assessed a personal foul or ejected. The game will not resume until this information is disclosed. If a captain refuses to disclose a player's information after the game, he/she (the captain) will be assessed a personal foul and be held out of future games until the name is disclosed.

VI. Game Time

1. Games will begin promptly at the scheduled start time.
 - a. Games will start at 6pm.
 - b. If a team only has 5 players present at game time, they must play with 5.
 - c. If a team does not have 5 players present 5 minutes past the scheduled game time, they will forfeit the game.
2. Games will consist of two 12-minute halves with a 1-minute half-time.
 - a. The clock will be running time except:
 - i. The final 1 minute of the second half on all blown whistles only (unless a team is ahead by 10 points or more).
 - ii. An injury occurs that requires stoppage of the game for longer than a normal stoppage (this is up to the officials' judgment).
 - iii. A time out is called.
3. If teams are tied at the end of regulation:
 - a. Play will begin from the 20 yard line and teams will have 4 plays each.
 - b. A coin toss will precede the "tie breaker." The team winning the toss will have 3 options: offense, defense or direction. The opposing team then has the remaining choice.
 - c. The object is to score a touchdown. If team A scores then team B has a chance from the 20 yard line to match team A's score. If team B fails then team A wins. If team B scores more than team A after team A has had their chance, then team B wins. If team B matches team A's score then the process is repeated for two overtimes. If the game is still tied after two (2) overtimes then the game will be ruled as a tie.
4. Officials may correct a mistake by scorekeeper.
 - a. If a team requests a scoreboard correction, and no mistake is found, that team will be charged with a timeout.
5. Mercy Rule: If a team is ahead by 42 points at half-time or ahead by 31 points with 5 minutes left in the second half, or 17 points within 2 minutes of the second half then the game will be ruled on account of the mercy rule. Losing team may choose to accept mercy rule and stop play or keep playing.

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VII. Official Score and Scorekeeper

1. Managers or a team representative must fill out the scorebook at the score table prior to each game.
2. Players' first and last name along with the jersey number (if applicable) shall be entered in scorebook.
 - a. Only players who are present shall be listed in the scorebook at the beginning of regulation play.
3. Players arriving late may be added to the scorebook without penalty.
4. Players may not enter the game until they've been entered into the scorebook.
5. The running scorebook (kept at the scorer's table) will be the official foul and score count.
6. Teams shall alert the officials immediately if any errors occur.
 - a. If a team alerts the official to an error that requires a clock stoppage and no error is found, that team shall be assessed a timeout.

VIII. Game Play

1. Scoring
 - a. A player may score by running or passing the ball and it will count as follows:
 - i. 6 points for touchdown
 - b. The teams will then have the choice to go for one (1), two (2), or three (3) points and it will be scored as follows:
 - i. 1 point attempt will be tried from the 5 yard line.
 - ii. 2 point attempt will be tried from the 10 yard line.
 - iii. 3 point attempt will be tried from the 20 yard line.
2. Kickoffs
 - a. Captains will call a coin toss before each game.
 - b. The winner of the toss has 3 options: offense, defense, or defer.
 - i. A kickoff will begin each half.
 - ii. A kickoff is legal only if the kicker punts or throws the ball.
 - iii. After every score the ball will be placed on the new offensive team's 10 yard line with a 1st and 10 situation.
 - iv. The only times teams will kick off are to begin the game and to begin the second half.
3. Punting
 - a. A team who wishes to punt must announce the punt to the opposing team. Team's that announce to punt must punt.
 - b. The following conditions prevail on the run back:
 - i. Kicker must be 5 yards behind line of scrimmage.
 - ii. Kick must be caught in the air or the ball is dead where it kicking team downs it.
 - iii. Touchback on any ball punted into the end zone. Ball will be brought out to 10 yard line.
 - iv. All play is frozen by offense and defense until the punt is actually made. Once the kicker has punted the ball then teams may move.
 - v. Receivers may have 2 players back to catch a punt.
 - vi. The kick must be made 15 seconds following the ready for play signal by referee.
 - vii. The defense can attempt to block the punt only by raising arms in air, no jumping.
 - viii. The defense must have five guys within 5 yards of the line of scrimmage
4. Run or Pitch
 - a. A quarterback may run the ball only when the defense uses one of their blitz's or crosses the line of scrimmage in pursuit of QB. Pitching the ball is okay and counts as a lateral, depends on location of recipient one whether it is a backward or forward lateral, determined by referee.
5. Line to Gain
 - a. A team has four downs to penetrate from one zone to the next zone (20 yards)
 - b. If Team A fails to make the next zone after 4 downs, it is Team B's ball at the spot that team A failed.
6. Offensive and Defensive Play

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- a. It is illegal to hold, trip, or grasp.
 - b. Screeners may not leave feet or step out to screen opposing players. Screeners must be careful not to stick out a knee or an elbow to prevent a rusher from getting into the backfield. Screeners can move but must do so with hands behind their backs like a basketball player would set a screen or hands at side.
 - c. The ball carrier may not at any time attempt to run over the tagger. He/she must attempt to dodge an opponent going for the flag.
 - d. Those attempting to grab a flag may not hold up the runner while that person or a teammate grabs the flag.
 - e. Only legal contact down field may be a screen basketball principle.
 - f. A runner is automatically down any time that any part of the body other than a hand or foot touches the ground.
 - g. Rushers must do their best to go around screeners. It is understandable that some contact may occur in the rushing process, but rushers cannot run through screeners. Rushers can only go around screeners to get to their target. Any rusher who runs through a screener can be kicked out of the game. If rushers and screeners get out of hand then the referee has the option to disallow rushing in that game.
 - h. Defense must count to 3 "Mississippi" out loud before rushing the quarterback, one the third Mississippi is counted of they may cross the line of scrimmage to pursue the quarterback. Additionally defense get 1 blitz attempt per 1-4 downs, they do not need to declare anything beforehand but if they attempt a second blitz in the same 1-4 downs they will be penalized.
 - i. Defensive rushers may leave their feet to bat a pass down from the quarterback but must be very careful not to run into or land on the quarterback or a screener. If the rusher does hit the quarterback or the screener then it is considered unnecessary roughness and it is an automatic 1st down and a 15 yard penalty.
 - j. The QB may only run the ball when the defense crosses the line of scrimmage in pursuit of a sack. If the QB runs without anyone crossing the line it will be a penalty, but still has the ability to throw behind the line of scrimmage.
 - k. No folding of the belt to several thicknesses when put into the clip.
 - l. Players on offense may participate without a flag belt. These players are eligible to catch a pass or a lateral; however, following the catch or lateral, play will be whistled dead and the down will be ended at the spot of the catch. A catch in the end zone will be a touchdown.
 - m. There can be only one forward pass per play and one backward lateral is allowed. During kickoffs and punts teams are allowed one backward lateral.
7. Miscellaneous
- a. The Quarterback will have a 5 second QB clock to throw the ball in, if time hits 5 seconds and the ball isn't thrown then play is dead and results in a "coverage sack."
 - i. QB clock if off if rushed.
 - b. A team shall have four downs to advance the ball from one zone to another (20 yards). If they fail to do so, they lose the ball to the opponent at the spot.
 - c. A snap shall put the ball in play.
 - d. A low snap that touches the ground is considered down at the spot the ball touched the ground.
 - e. A fumble that touches the ground is dead immediately and remains in possession of Team A unless it is 4th down or a declination of a penalty that would award the ball to Team B. A fumble that first touches the ground in the opposing team's end zone is a safety.
 - f. The ball is ready for play whenever it has been placed for a snap by the referee and the ready for play signal has been given. The 15 second game clock then begins.
 - g. No direct snap - The player receiving the snap from center must be no more than 5 yards behind the snapper.
 - h. No more does a runner or ball carrier have to have two hands on the ball. However, if flag guarding becomes an issue between teams then the referee has the option to require teams to have two hands on

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the ball when making a move up the field. With one hand free to run teams must make sure they don't stiff arm or push off with that hand.

IX. Time Outs

1. Each team will be allowed one (1) 30-second timeout per half.
 - a. Unused timeouts do not carry over between halves.
2. If overtime is played, each team shall be awarded one (1) 30-second timeout per overtime period.

X. Fouls

1. Any participant who is assessed two personal fouls will be removed from the game (ejected).
2. An unsportsmanlike conduct is considered a personal foul
 - a. Example: a player who receives one personal and one unsportsmanlike is ejected.
3. See Section XVII for Penalty Chart

XI. Player Conduct

1. The City of Ada/ECU Rec League is a recreation program aimed at creating a welcoming environment for all players. As such, the following conduct expectations are in place for all adult basketball games.
2. The following actions may result in a personal foul:
 - a. Use of profanity.
 - b. Complaining about or questioning an official's call by a non-team captain.
 - c. Persistent complaint about judgment calls by any player, including captains.
 - d. Abusive or profane language by a spectator (team foul shall be assessed).
3. The following actions shall result in a personal foul, double personal foul = ejection, or flagrant foul:
 - a. Use of profanity toward an official or opposing player.
 - b. Making a comment that is personal in nature to or about an official or opposing player.
 - i. Any attempt to "bait", taunt, or otherwise instigate an opponent.
 - c. An attempt to physically intimidate an opponent or official.
 - d. Any physical contact with an official will result in ejection from league and notification of authorities.
 - i. Note: The officials' jurisdiction begins from the time a player arrives on site until the player leaves. Actions that occur before, during or after games are all subject to a personal foul, flagrant foul, or ejection.
 - e. Alcohol, tobacco, and marijuana are not permitted to be on-site during any City of Ada and ECU activities.

XII. Fighting

1. Any player who is ejected for or found to be fighting will be ejected from the game and may be ejected from the league for the remainder of the season, including playoffs.
2. We use a strict definition of fighting and shall impose the fighting for penalty for any of the following action:
 - a. Throwing a punch (regardless if it landed or not).
 - b. Slapping or pushing a player's face or head area.
 - c. Grabbing or pushing a player during an altercation (exception, trying to restrain a player from your own team).
 - d. Any violent, physical act on another player outside of the actions allowed in football.
 - i. Example: throwing a player on the field.
 - e. Any player who leaves the bench while an altercation is happening shall be considered to be fighting.
 - i. Exception: if an official specifically asks for help from players to restore order.
2. The officials have the right to halt and discontinue any game if it is believed that allowing a game to continue may result in a fight or an out of control situation.

XIII. Officials

1. The officials for the City of Ada/ECU Rec League are contracted and are not employees of the City of Ada or East Central University. However, these officials are expected to treat players in a professional and respectful manner and uphold all the rules and policies in this manual.

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2. There will be at least one but up to two official on the field per game.
3. In the event that one official is unavailable, a game may be officiated by one official and will be considered an official game.
4. In the event that neither official is present, teams may decide to proceed in one of the following ways:
 - a. Solicit a Volunteer(s) to officiate the game.
 - b. Play a self-officiated game.
 - c. Declare the game a no-contest, so neither team standings are affected.
 - d. If the option A or B are agreed upon, the game must be played to completion. If an official shows up the game will resume with the official taking over to complete the game and the game will not be restarted.

XIV. Team Conduct

1. Any team which consistently exhibits poor sportsmanship may be eliminated from the league with a forfeit of all fees.
2. Officials and teams shall report all poor sportsmanship to a League Director.

XV. Rules Not Listed

1. Any rule not listed in this manual will be governed by OSSAA (High School) rules.

XVI. Forfeits

1. If you forfeit, you must call a League Director as soon as possible.

XVII. Weather

1. In the event of inclement weather, contact a League Director to determine whether games have been cancelled.
 - a. Information will be posted on the City of Ada – Recreation and the Tommy Hewett, M.D. Wellness Center Facebook and/or Instagram pages.
 - b. Team captains will be informed via text message and/or email.

XVIII. Penalty Chart

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	5	Previous spot	Loss of down
Defensive 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 the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down

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Penalty	Yardage	Penalty Assessment	Result
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**
Illegal Rush	5	Live ball – Previous Spot	Automatic 1st down
Encroachment	5	Dead ball – Previous spot	Automatic 1st down
Cool Down Period	0	No foul	Player must sit out 5 plays
Illegal Shift or Illegal Motion	5	Previous spot	Loss of Down
Stripping or Attempted Stripping	5	Spot of the foul	Automatic 1st down
Illegal Contact	5	Previous spot or spot of the foul	By the Offense: Loss of down By the Defense: Automatic 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal Participation	5	Previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of the 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