



SPAR Adult Flag Football Rules

All Adults participants agree to participate at their own risk and will use their own insurance, if needed. Neither SPAR, the City of Shreveport nor any game official will be held responsible if a player is injured.

ENTRY INFORMATION

Due to COVID-19, coaches can visit <http://myspar.org/253/Athletics> and register their team online. You will complete the team registration, team roster & player registrations online. Team Registration, entry fee and rosters must be turned into the SPAR Athletic Office no later than 4:30 p.m. on denoted registration deadline. League play will begin: Spring of the current year (2021). After the schedules are drawn up, NO GAMES WILL BE RESCHEDULED EXCEPT FOR SPAR CANCELLATIONS.

ENTRY FEE

Fee is \$265.00. Payments can be made over the phone with a card or in person by cash, check, card or money order. All fees are due by registration deadline.

SCHEDULES

SPAR Adult Flag Football will be played on Sundays after 1:00pm. The number of games and game days will be determined by number of teams registered.

PLAYOFFS

Playoffs will be played in a one day tournament style bracket. A date will be selected in advance to ensure the participation of those willing to participate.

WAIVERS

In order to participate in the league, each participant must sign a waiver. Due to COVID-19, we encourage all players to visit <http://myspar.org/253/Athletics> and fill out the Player Registration (waiver) online. **NO WAIVER...NO PLAY.**

FORFEITS

Games start on time! Game Clock starts at designated game time. Games will be forfeited if a team is not ready to play at the scheduled game time. THERE IS A FIVE (5) MINUTE GRACE PERIOD, FIRST GAME ONLY. At the Discretion of SPAR Staff. Players must be on the field ready to play. However, if a team is short it may pick up players (max of 2) who are rostered on another SPAR team in the same division or below from the stands to play the game. NO Forfeit will be issued and the outcome of the game will count. (Revised 2016) and the umpires will call the game.

If your team forfeits a game during the season, the following rules apply:

First Offense: Loss of game and warning issued.

Second Offense: Loss of game and staff reserves the right to remove team from playoffs.

Third Offense: Removal from the league.

If you know in advance that your team is going to forfeit a game, we encourage you to call our office so as to help us schedule your opponent a game. This will still be considered a forfeit, but is a courtesy to your opponent.



DISCIPLINARY ACTIONS

- **Game umpires and athletic staff** will have complete control of all games and all actions within the parking lot, playing field and all facilities associated with play.
- Boisterous behavior and unsportsmanlike conduct such as:
 - Unduly yelling and screaming at participants or official(s).
 - Profane language or gestures.
 - Public threat or physical violence and/or drunkenness.
 - The use of alcoholic beverages at the game site or on the premises.
 - **The dugout will be checked after each game. If signs of alcoholic use is found; that team will forfeit the next scheduled game and will be suspended until the coach meets with the SPAR Administrator.**
- A violation of any of these standards will constitute partial or permanent suspension at the discretion of SPAR STAFF.
- **A player or coach** ejected during a game for any reason will be immediately suspended from play. He/she must meet with the SPAR Administrator. Any player or coach ejected for fighting during or after the game might be suspended for the remainder of the season.
- Two (2) accumulative suspensions during one (1) season will constitute suspension from play for one (1) year from the date of the second infraction. **Entry fee will not be refunded.**
- **Any player or coach ejected** from the game must leave the facility and grounds for the remainder of that game and the duration of his/her suspension. **They must contact SPAR Administration, phone number (318) 673-7748 or (318) 673-7749 to set up a meeting.**

PROTEST PROCEDURES

- If a manager is protesting an ineligible player, he/she must notify the umpire-in-chief **before completion of the last inning**. If a **substitute** enters the game and he/she is suspected of being ineligible, the protest must be lodged **before the last out of the last inning**. The umpire-in-chief will then notify the scorekeeper who will annotate the time, inning, team protesting, number of outs, number/location of base runners, and the player being protested. **The game will resume after staff has been notified of protest and both teams are aware of being played under protest. Rosters and ID's will be checked.**
- The only grounds for lodging a protest are:
 - Misinterpretation of a playing rule
 - Use of an ineligible player.
- The manager must submit a formal letter of protest along with a \$25 check payable to **City of Shreveport**, no later than **4:30 p.m.** the following business day. If the protest is upheld, the \$25.00 will be refunded.
- At every scheduled **SPAR** league game, each participant will be required to have proper **picture** identification in his/her possession. He/she must produce this I.D. (driver's license) to any umpire or SPAR official if asked to do so. If this I.D. is not produced, the individual cannot participate.
- Failure to produce a picture I.D. 20 (twenty) minutes after the game he/she was protested in will result in a forfeit.
- Any player found ineligible during the course of the season will have every game in which he/she participated forfeited.



APPEAL PROCEDURES

- Players, coaches and spectators may appeal any suspension or disciplinary action taken as a result of improper behavior. Additionally, the representative may appeal any decision based on an authorized protest.
- There are five levels in the appeal process which must be followed in sequence:
 - First Level: Meet with SPAR Superintendent of Athletics
 - Second Level: Meet with SPAR Athletics Division Manager / Lead Superintendent
 - Third Level: Meet with SPAR Assistant Director.
 - Fourth Level: Meet with SPAR Director.
 - Final Appeal: Meet with SPAR Council.

SPORTSMANSHIP

- ✓ The purpose of Adult SPAR Leagues is to have fun: MEET.GREET.COMPETE. We hope that all participants keep that in mind when becoming involved. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league.
- ✓ MANAGERS, COACHES, PLAYERS, SUBSTITUTES, TRAINERS or other team members or occupants of the bench, SHALL NOT, from any place including coaches' boxes:
 - Provoke, or try to provoke by word, or sign, or demonstration either opponents and/or spectators.
 - Use language that in any manner refers to or reflects upon opposing players, the umpires, players, or spectators.
 - NOTE: Use of profane or abusive language or taunting will not be tolerated.
 - **Players violating the above can be ejected from the game without warning. **
 - Argue calls.
 - Commit any act that could be considered unsportsmanlike conduct.

LEAGUE CANCELLATION/RAINOUT

- Leagues may be cancelled due to existing & upcoming weather conditions, dangerous or unplayable field conditions, facility constraints, etc. SPAR staff makes every effort to play all scheduled games, thus we will not cancel games until absolutely necessary. Therefore, if you are calling concerning a decision on a cancellation, remember we will not have an answer until close to the start of the league. If the league is canceled, SPAR staff will change the website and social media immediately.
- If we do cancel, follow next week's schedule (ex. If March 7 is cancelled teams should follow the March 14 schedule for their next game). The games that are cancelled will be made up at the end of the season if time allows. In extreme circumstances, SPAR reserves the right to run a shortened season without a refund of schedule matches on days other than our regularly scheduled league day/night.
- Rainouts will be called no later than 12:00pm on Game Day; this information will be given to Head Coaches only via Email/Text thread. We will also update our Facebook/Instagram status with rainouts.
- These policies are designed to make the league run as smoothly and safely as possible, and provide continuity for its participants. Each player in the league is responsible for this information: CAPTAINS please advise your team of these rules and thanks for your participation.



HIV-HEPATITIS B-BLEEDING PLAYER

Any player who is bleeding from the nose, mouth, or open wound will be governed by the injured player rule.

Any player with an excessive amount of blood on his/her uniform will be removed from the game until the uniform has been changed. In the event of a player injury during the game, that's witness by a SPAR STAFF. Player must notify umpire/staff immediately. Players cannot re-enter the game in an alternative jersey until permission is granted from the umpire/SPAR Staff.

NOTE: If the player's replacement uniform (shirt) is not the same basic color as his/her teammates permission must be allowed to re-enter the game.

ROSTERS AND PLAYERS

ROSTERS

A player CAN NOT be on more than one team's roster. An official SPAR team roster must be turned in before the start of the team's first game. The Official SPAR Adult Flag Football rosters will be held at the **Athletic Office**. All players must be listed on a certified team roster form provided by the Athletic office. A player may not be added at game time, roster changes must be made during Office hours (Monday-Friday 8am-4:30pm). 15 max man roster.

NO ROSTER...NO PLAY. Changes to the team roster may be made up to the end of the team's fourth game.

I.D. and roster checks will be administered at every game.

If a player is guilty of playing for another SPAR team (open or coed) other than the team (s) he/she is registered with, he/she will be suspended from league play for the remainder of the season. The coach who used the ineligible player will also be suspended two (2) games and placed on probation for the first offense. Second offense the coach who uses the illegal player will be suspended for the season or indefinitely from any SPAR Athletic programs. A team guilty of playing a non-rostered player will have every game that he/she illegally participated in forfeited. Discretion of SPAR STAFF

ELIGIBLE PLAYERS

DIVISION I-players ages 18-29

DIVISION II-players ages 30&Up

Only team roster players are allowed to play on the team. Teams may **ONLY** pickup players (2) if they are short 7 to play. Players in SPAR can only be on one roster per league. If a team believes the other team has a non-roster player or a player who is on 2(two) rosters in that league, they must make the officials aware before the game starts. Both teams will be checked for picture ID's and rosters again.

All players must have a picture ID present with them every game. Game time will not be delayed waiting on player to go get their ID. If a player has to leave, their ID will be checked at the first time out or at half-time, whichever comes first. If there are not enough players to start the game, that team will lose a point a minute until the player returns and ID is checked. If a team suspects that a player on the other team enters the playing field after the game starts and that player is ineligible, they must alert the officials when that player first enters the game. If they are found to be ineligible, or does not have their picture ID, they cannot play. SPAR Staff will check their ID at the next timeout or at halftime if they leaves to get their ID.



GENERAL RULES

SITE RULES

The possession or consumption of any alcoholic beverage on city property is rigorously prohibited. The parking lots are also city property.

No pets are allowed in any Shreveport City Sports Complex or off sites. Please leave your pets at home.

NO SMOKING or NO VAPING.

Please see full version of park rules for further information.

THE BALL

The official ball shall be pebble-grained leather or rubber covered and shall meet the recommendations for size and shape for a NFL or college regulation football. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. SPAR will provide game ball unless each team has a legal ball of its choice.

Legal Equipment

Players of opposing teams must wear contrasting colored jerseys. The pants/shorts must be a different color than the flags. The visiting team shall make any changes required. No article of clothing may cover any portion of a player's flag. NO METAL or SPIKED SHOES. A 10-yard penalty will be assessed for each player found wearing illegal shoes and that player will be disqualified for that game. Teams can only use popper flag devices. Flags must be at least 16" long. Do not shorten flags.

Team flags can be any color as long as the flag contrast with their own colored pants.

ILLEGAL EQUIPMENT

The use of headgear of any nature, shoulder pads, body pads, shoes with full or partial metal cleats; or any dangerous material is prohibited. Players must remove any dangerous material before being allowed to play. Pants or shorts with pockets will not be allowed. No turning inside out or taping of pockets.

KICKOFF

A kick-off following a safety must be a punt. However, in all these cases involving a safety, the ball is treated as a protected kick. The ball is dead as soon as it contacts a player and then touches the ground. (Punt from the 20-yard line).

REMOVAL OF FLAG

When the flag is clearly taken from the ball carrier, the down shall end and the ball is declared dead. A player who removes the flag from the ball carrier, should immediately hold the flag above his/her head to assist the official in locating the spot where the capture occurred. If a flag inadvertently falls off a ball carrier, the ball is dead at the spot. The players' hip designates where the ball will be spotted.

CONTACT

In an attempt to remove a flag from a ball carrier, defensive players may contact the body and shoulders of an opponent with their hands, but not their face or any part of their neck or head. A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag.

SNAPPING THE BALL

Snapping the ball is passing it back from the position on the ground through the legs. In a legal snap, the movement must be a quick and fluid motion of the hand or hands during which the ball actually leaves the hand. The ball may not be raised to move more than a 45 degree angle at the snap and the long axis of the ball must be at right angles to the scrimmage line.

All Snaps Except Punts Must Be In a Shotgun Style.



START OF EACH HALF

Each half shall start with the ball being placed on the 20-yard line. Prior to the start of the game the referee will toss a coin in the presence of both opposing captains.

The captain winning the toss shall choose one of these options:

Offense, defense, or designate which goal his/her team will defend (Note: There will be no defer to the second half).

The loser of the toss shall make a choice of the remaining options.

Before the start of the second half the choosing of options will be reversed. The first team to score will be the home team on the scoreboard.

PLAYING TIME

Playing time shall be two 20-minute running clocks, with the last 2 minutes of the game an official clock. In case where overtime is used, there will be a one-minute intermission.

EXTENDED PERIODS

A half may be extended by an un-timed down only when during the last timed down one of the following occurred:

If a touchdown was scored, the try-for point is attempted as a part of the same half.

If there was an inadvertent whistle and the down is to be replayed, the down must be replayed as part of that half.

If there was a foul by the defense only, and if the penalty was accepted, the half must be extended.

If there was fair catch interference and (1) if the offended team accepts an awarded fair catch, the half may be extended and the ball put in play by a snap or if this occurs at the end of the half, the offended team may choose to start by a snap, or (2) if the offended team accepts the distance penalty, the half must be extended and the down replayed.

If there was a deliberate foul by the kicking team and the penalty is not declined, the half must be extended.

STARTING AND STOPPING THE CLOCK

The clock will start when the ball is legally snapped. It will run continuously for the first 20 minutes unless it is stopped for time-outs.

It will run continuously the first 18 minutes of the second half unless stopped for time-outs.

During the last 2 minutes of the game the clock will be a regulation clock. It will stop on the referee's signal for time out.

Incomplete pass-(starts on the snap) Out-of-bounds-(starts on the snap)

Penalty and administration depending on previous play Touchdowns

Team timeouts

TWO MINUTE WARNING

Approximately two minutes before the end of the second half the referee shall stop the clock and inform both captains of the playing time remaining. After a (2) minute warning, clock starts on a snap.

TIME OUTS

The referee shall declare a time out when he/she suspends play for any reason. Each time out shall be charged either to the referee or to one of the teams.

TEAM TIME OUTS

Each team is entitled to two charged time-outs during each half without penalty. Successive charged time-outs may be granted each team during a dead ball period. During the last 2 minutes of the game a team may not call time-out to run up the score.

LENGTH OF TEAM TIME OUTS

A charged time-out requested by any player shall not exceed 30 seconds. Other time-outs may be longer only if the referee deems it necessary to remove an injured player.



OFFICIAL TIME OUTS

When a team requests a charged time-out for rule interpretation, the officials will confer with SPAR staff. If the official changes his/her ruling; it is an official's time-out. If the ruling is not changed, it is a charged time-out. If the team has used their 2 time outs, a delay of game penalty will be assessed.

A TEAM DOES NOT HAVE AT LEAST 6 PLAYERS AT GAME TIME

The head official will at game time give the signal to start the clock. If before the clock runs down to 10 minutes and the team has enough players, the game will start with the time remaining on the clock for the first half. If after 10 minutes the team does not have enough players, it is a forfeit.

DELAYS

Each team shall have its players on the field for the opening play at the scheduled time for the beginning of each half. All players must have their flags in legal position. The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is illegal delay of the game. This includes: Consuming more than 25 seconds in putting the ball in play, deliberately advancing the ball after it has been declared dead. A coach/referee conference after all permissible charged time-outs for the coaches' team have been used, and during which the referee is requested to reconsider the application of a rule and no change results.

DEAD BALL BECOMES LIVE

A dead ball, after having been declared ready-for-play, becomes a live ball when it is snapped.

LIVE BALL BECOMES DEAD

A live ball becomes a dead ball as provided in the rules or when an official sounds his whistle (even if inadvertently) or otherwise declares the ball dead.

BALL DECLARED DEAD

A live ball becomes dead and an official shall sound the whistle and declares it dead when:

It goes out of bounds or when it touches the goal line of the ball carrier's opponents.

Any part of the ball carrier's person, other than a hand or foot, touches the ground.

A touchdown, touchback, safety or successful try for point is made.

During a try for point, the defense obtains possession of the ball.

A player of the kicking team catches or recovers any muffed free kick or a scrimmage kick, which is beyond the neutral zone.

A forward pass strikes the ground or is caught simultaneously by opposing players.

A backward pass or muff by a player touches the ground, NOTE: A ball snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot at which it hits the ground.

Exception: If the snapped ball goes out of the zone it is a safety.

A legal forward pass is legally completed, or loose ball is caught or recovered by a player on, above or behind the opponent's goal line.

A ball carrier has a flag removed legally by a defensive player. A muff or a scrimmage kick or free kick is dead when it strikes the ground.

INADVERTENT WHISTLE

If there is an inadvertent whistle the team who has possession of the ball when the whistle was blown will have two choices: Rerun the down or take the ball at the spot when blown dead. (All penalties nullified unless flagrant or un-sportsmanlike conduct.)

READY FOR PLAY

No player shall put the ball in play until it is declared ready for play. The ball shall be put in play within 25 seconds after it is declared ready for play, unless during that interval the referee suspends play.

SERIES OF DOWNS

A team, in possession of the ball, shall have four consecutive downs to advance to the next zone by scrimmage.



Any down may be repeated if provided for by the rules.

AWARDING A NEW SERIES

A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponents moves the ball into the next zone; or their opponents have obtained legal possession of a ball as a result of a penalty, free kick, kick from scrimmage, touchback, pass interception or failure to gain the zone in advance of the ball.

FREE KICK

When a scrimmage follows the penalty for a foul committed during a free kick, the down and distance established by the penalty shall be first down with the next zone line to gain.

DECLINED PENALTY

If a penalty is declined, the number of the next down shall be whatever it would have been if that foul had not occurred.

FOUL BETWEEN DOWNS

After a distance penalty incurred between downs, the number of the next down shall be the same as that established before the foul occurred unless enforcement for a foul by Team B leaves the ball on or beyond the zone line to gain.

FOUL BETWEEN SERIES

A scrimmage following a penalty incurred after a series ends and before the next series begins shall be first down, but the zone line-to gain shall be established before the penalty is enforced.

FOULS BY BOTH TEAMS

If offsetting fouls occur during a down, that down shall be repeated. **EXCEPTION:** If each team fouls during a down, in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul was not prior to thermal change of possession and it declined the penalty for its opponent



KICKING

PUTTING THE BALL IN PLAY AFTER A SAFETY

A free kick begins play following a safety. The ball shall be put in play by a punt from the 20 yard line on a field 80 yards long. Receiving teams restraining line will be the kicking team's 30. When the ball is legally kicked, all players of the kicking team must be inbounds and all players must be behind their restraining line. At least 5 players of the receiving team must be within 5 yards of their restraining line after the ball is ready for play and until the ball is kicked. The penalty is 5 yards from the previous spot; dead ball foul.

RESTRAINING LINES

For any free kick formation the kicking team's restraining line shall be the yard line through the forward-most point from which the ball may be kicked. The receiving team's restraining line shall be the yard line 10 yards beyond that point. It is encroachment for any player to be beyond the free kick line after the ball is ready for play and until it is kicked. Penalty: 5 yards from previous spot; dead ball. The defensive team may jump straight up to block the putt. If the player(s) make contact with the kicking team it will be a 10-yard penalty and a first down.

CROSSING THE NEUTRAL LINE

If any kicking team member touches a free kick before it crosses R's free kick line and before any R player touches it there, it is referred to as "First Touching." R may take the ball at that spot or may choose to have the ball put in play as determined by the action, which follows first touching. The right of R to take the ball at the spot of first touching by K is cancelled if R touches the kick and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down.

(Note: if in (b), (c), (d), or (e) there were an inadvertent whistle or a foul by the defense only, or fair catch interference during the un-timed down, the outlined procedure is repeated.

FREE KICK CAUGHT OR TOUCHED BY KICKING TEAM

If any member of the kicking team catches or touches a free kick before the ball is touched by R or hits the ground, it is fair catch interference. Penalty: 10 yards from previous spot or awarded fair catch.

FREE KICK CAUGHT OR TOUCHED BY RECEIVING TEAM

If any member of the receiving team catches the ball it may be advanced. If the kick is muffed and then strikes the ground, it is dead at the spot.

FREE KICK OUT OF BOUNDS BEHIND GOAL LINE

When any free kick touches anything while the kicked ball is on or behind R's goal line, it is dead immediately and is a touchback.

OUT OF BOUNDS BEHIND GOAL LINE

If a free kick goes out of bounds behind a goal line, it is a touchback and the ball belongs to the team defending that goal line at their 20-yard line.



SCRIMMAGE KICKS

When a scrimmage kick is to be made, the kicking team must announce to the referee before the ball is ready for play that it wishes protection. After such announcement, the kick must be attempted.

EXCEPTION: If a penalty occurs anytime during this down which results in the kicking team being in a position of fourth down. The kicking team then must re-declare the protected kick. Both teams must have 5 players on the line of scrimmage. Both teams must maintain at least 5 players on the line until the kick is made. Players on the line must remain motionless until the ball is kicked. A linesman may not raise his/her arms to distract the kicker. Penalty: 5 yards from previous spot. The kicker must be at least 5 yards behind the line when receiving the snap. If the kicker drops the snap, he/she may pick the ball up and kick it. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. Penalty: Delay 5 yards. If repeated, un-sportsmanlike conduct penalty 10-yards. Note: All scrimmage kicks must be announced. There are no quick kicks. Penalty 10-yards.

CROSSING THE NEUTRAL ZONE

No player of the kicking team shall touch a scrimmage kick, which goes beyond the neutral zone before it touches an opponent. Such first touching is a violation, which gives the receiving team the option of taking the ball at the spot of the touching when the ball becomes dead. However, if a penalty was by either team before or as the ball becomes dead is accepted, the option is cancelled. Any foul during the down committed by R cancels their right to the first touching option.

ELIGIBLE

When a scrimmage kick, which has crossed the neutral zone, touches a player from either team and then hits the ground the ball is dead and belongs to the receiving team. If it hits a player of the receiving team and is caught in the air it can be advanced by the receiving team and only recovered by the kicking team.

CATCH BY RECEIVING TEAM

If the receiving team on either side of the neutral zone catches a scrimmage kick it may be advanced. If muffed, it becomes dead at the spot where it hits the ground after the muff.

SCRIMMAGE KICK OUT OF BOUNDS BEHIND GOAL LINE

When any scrimmage kick touches anything while the kicked ball is on or behind the receiver's goal line, it is dead immediately and is a touchback.

FAIR CATCH INTERFERENCE

Defensive team cannot down punts, while the kick is in flight beyond the kicker's free kick line on a free kick or beyond the neutral zone on a scrimmage kick, K shall not touch the ball in flight or R nor obstruct R's path to the ball. This prohibition applies even when no signal is given, but does not apply if the act is after the kick has been touched by R. Penalty: 10 yards at the previous spot or an awarded Fair catch at the spot of interference.



BEFORE AND DURING THE SNAP FOULS

INFRACTION

Before the ball is snapped: The snapper, after assuming the position for the snap and adjusting the ball, may either move or change the position of the ball in any manner simulating the beginning of a play until it is snapped. An infraction of this provision may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment or contact foul by an opponent shall be cancelled.

The snapper must have both feet on the scrimmage line, and no part of his/her body shall be beyond the forward point of the ball.

The snapper shall hand or snap the ball back between his/her legs from its position on the ground with a quick or continuous motion.

No players shall interlock their legs at the line of scrimmage except with the snapper.

No player may make contact or interfere with an opponent with the ball before it is snapped.

Penalty: 10-yards

After the ball is ready for play and until it is snapped, no player on defense may touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the zone to give defensive signals or shifting through the zone.

No player of the offensive team shall make a false start. A false start includes feigning a charge, or a play. An infraction of this rule may be penalized whether or not the ball is snapped. The penalty for any resultant encroachment or contact foul by an opponent shall be cancelled. In a snap preceded by a huddle or shift, all players or the offense must come to a complete stop and remain stationary in legal position without movement of feet, body, head or hand for at least one full second before the ball is snapped.

HANDING AND PASSING THE BALL

LEGAL CATCH

A player must have only his/her first foot to land in bounds for a legal catch.

HANDING THE BALL

No player may hand the ball forward except as follows: A team "A" player who is behind the scrimmage line may hand the ball forward to a backfield teammate who is also behind the line; or to a teammate who is also behind the line; or to a teammate who was on the scrimmage line when the ball was snapped. Penalty: 5 yards.

HANDING BACKWARD

A ball carrier may hand the ball backward at any time, except if intentionally thrown out of bounds to conserve time or prevent from being de-flagged/tagged. Penalty: 5 yards. It is the referee's discretion as to starting or stopping the clock.

BACKWARD PASS AND MUFF

A backward pass or muff may be caught in flight inbounds by any player and advanced.

BACKWARD PASS CAUGHT

A backward pass or muff may be caught in flight inbounds by any player and advanced.

BACKWARD PASS OUT OF BOUNDS

A backward pass or muff which goes out of bounds between the goal lines belongs to the team last in possession at the out of bounds spot. If out of bounds behind a goal line it is a touchback or safety.



DEAD WHEN BALL HITS GROUND

A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.

LEGAL FORWARD PASS

All players are eligible to receive a forward pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the ball, when it leaves the passer's hand, is on A's side of the defensive team's line of scrimmage. Only one forward pass can be thrown per down.

ILLEGAL FORWARD PASS

A forward pass is illegal if:

The player is beyond the line of scrimmage when the ball leaves the hand; Thrown after team possession has changed during the down; Intentionally thrown to the ground or out of bounds to save loss of yardage; There is more than one forward pass per down;

A player throws a ball to him/herself untouched by a defensive player. Penalty: 5 yards from the spot of the foul and loss of down;

ELIGIBLE RECEIVER

All players of either team are eligible to touch or catch a pass.

An offensive player who goes out of bounds on his/her own volition during a passing down, loses eligibility until an opponent has touched the ball. Penalty: 10 yards, 'Illegal participation'

OFFENSIVE FORWARD PASS INTERFERENCE

After the ball is snapped, and until a receiver has touched it, there shall be no offensive interference beyond the line of scrimmage while the ball is in flight. Penalty: Spot foul and automatic first down.

DEFENSIVE PASS INTERFERENCE

After the passer throws the pass, and until it is touched, there shall be no defensive interference beyond the line of scrimmage while the ball is in flight. Penalty: Spot foul and automatic first down.

BALL CARRIER JUMPING

A ball carrier may jump or leap to avoid his/her flag from being removed as long as no contact is made with the defensive player. If contact is made the referee may call the runner out of control.

Note: This is different from the diving penalty under loss of 10 yards.



POINTS AWARDED

SCORING

Touchdown	6 points
Safety	2 points
Forfeited Game	1 point
Penetration (tie game)	1 point
Successful Try for Point	
By running or passing from 3-yard line	1 point
By running or passing from 10-yard line	2 points
By running or passing from 20-yard line	3 points

NOTE: A team is given one choice, which cannot be changed even if a penalty should occur. If you declare you are going for 2 points, the ball is placed at the 10-yard line, and even if a penalty should occur, the team will only be able to run or pass and if successful no matter from what distance the value of the try is 2 points.

MORE RULES

FOUL DURING TRY FOR POINT

If an offsetting foul occurs during the down, the down shall be replayed. When Team B incurs a distance penalty during a successful try, Team A will accept the score with enforcement of the penalty from the 20-yard line. A replay after a penalty against Team B may be from any point between the inbounds lines on the yard line where the penalty leaves the ball.

TOUCHBACK-SAFETY

When the ball is out of bounds behind a goal line (except from an incomplete forward pass), the ball becomes dead in possession of a player on, above, or behind player's own goal line. It is a touchback if the attacking team is responsible for the ball being on or behind the goal line; if the defending team is responsible it is a safety. When an accepted penalty for a foul or an illegal forward pass leaves the ball on or behind the offending team's goal line it is a safety.

RESULTING FROM FOUL

When a penalty for a loose ball foul is committed leaves the ball behind the offender's goal line (in the end zone), it is a safety. When a penalty for a loose ball foul is committed behind the offended team's goal line, it is a touchback.

PLAY AFTER SAFETY

After a safety is scored, the ball shall belong to the defending team at its own 20-yard line and that team shall put the ball in play by a free punt. This is considered a protected kick and the ball is dead if muffed by a player and then hits the ground. The ball will belong to the receiving team.

FLAG REMOVAL

There are some basic rules, which are established for flag football because of legal or illegal removal of flags. These follow:

De-flagging is only legally allowed when the ball carrier has possession of the ball.

A player's flag(s) removed inadvertently (not removed by grabbing or pulling) does not cause play to stop, unless that player has possession of the ball. It should continue as if the flag had not been removed.

In circumstances where a flag is removed illegally and the play should continue with the option of the penalty or the play.

In all situations where the play is in progress and the ball carrier loses one or both flags accidentally, inadvertently, or on purpose, the ball becomes dead at that spot.



CONDUCT OF PLAYERS, COACHES AND OTHERS SUBJECT TO BEHAVIOR OR THE RULE DELIBERATE OR FLAGRANT FOULS

EJECTION FROM THE GAME

Any player ejected from the game must start leaving the park within 3 minutes and be out of the park within 5 minutes. The number of games the ejected player must sit out will be determined by his/her attitude and actions after being ejected.

Whenever, in the judgment of any game official, the following acts are deliberate or flagrant, the players involved shall be ejected from the game:

- Using fists, kicking or kneeling
- Using locked hands, elbows or any part of the forearm or hand
- Tackling the ball carrier as in regulation football
- Any other deliberate or flagrant act

UN-SPORTSMANLIKE CONDUCT Penalty 10 yards and if flagrant, player shall be ejected.

There shall be no un-sportsmanlike conduct by players, substitutes, coaches or others subject to the rules. Acts of un-sportsmanlike conduct include:

1. Abusive or insulting language;
2. A substitute or any other person interfering with a player or any play while the ball is alive;
3. Using a "Hide Out Play" by placing a player or players near the sideline who were not within 15 yards of the ball from the time of the ready for play signal to snap;
4. Any player that is intentionally removing a flag from an offensive player that doesn't have the ball.

UNFAIR ACTS

If a team refuses to play within two (2) minutes after ordered to play by the referee, or if a team repeatedly commits fouls which goal line only halving the distance to its goal line can penalize. The referee may enforce any penalty he/she considers equitable, including the awarding of a score. For refusal to play, or for repeated fouls, the referee shall, after one warning, forfeit the game to the opponents.

PLAYER RESTRICTIONS

Penalty: 10 yards and if flagrant, player shall be ejected.

- No player shall block in a manner.
- No running over blocker.
- There shall be no tripping.
- There shall be no hurdling.
- No player shall contact an opponent either before or after the ball is declared dead.
- There shall be no unnecessary roughness of any nature.
- The ball carrier shall not deliberately drive or run into a defensive player.

HELPING A RUNNER

Penalty 5 yards

The ball carrier shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.

OFFENSIVE USE OF HANDS

Penalty: 10 yards from of foul

The offensive team shall be prohibited from obstruction an opponent attempting to de-flag or touch. This includes the use of a "stiff arm" extended to ward off an opponent attempting to de-flag or touch.

BLOCKING AND INTERLOCKED INTERFERENCE

Penalty: 10 yards from spot.

Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any matter.

Ball carriers shall not protect their flags by blocking with arms or hands the opportunity or an opponent to pull or remove a flag.



OBSTRUCTION OF BALL CARRIER

Penalty: 10 yards from spot of foul:

The defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing a flag.

OFFENSIVE SCREEN BLOCKING

Penalty: 10 yards, line of scrimmage.

The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side, front, or behind his/her back. Any use of the arm, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain balance. A player must be on his/her feet before, during and after screen blocking. Faking a charge by the offensive screener is illegal.

USE OF HANDS OR ARMS BY THE DEFENSE

Penalty: 10 yards

Defensive players must go around the offensive player's screen block. The arms may be used as a wedge and the hands may be used, if there is no holding or aggressive pushing. The application of this rule depends entirely on the judgment of the official. A blocker may use his/her arms or hands to break a fall or retain balance.

PROCEDURE AFTER A FOUL

CAPTAIN'S CHOICE

When a foul occurs during a live ball, the referee shall, at the end of the down, notify the offended captain of his/her options. If the penalty is declined or there is a double foul, there is no loss of distance. A captain's choice of options may not be revoked.

DEAD BALL FOUL

When a foul occurs during a dead ball between downs or prior to a free kick or snap, the ball does not become alive. The referee shall notify the offended captain of his/her options.

LIVE BALL DEAD BALL FOUL

When a dead ball foul by the opponent follows a live ball foul, the penalties are administered separately and in the order of occurrence.

DOUBLE FOUL

When both teams commit live ball fouls during the same live ball period and (a) there is no change of team possession, or (b) there was a change of team possession and the team possession at the end of the down had fouled prior to final change of possession, it is a double foul. In (a) or (b) the penalties cancel and the down is replayed.

When both teams foul during a down where there is a change of team possession, the team last gaining possession may retain the ball, provided it did not foul prior to the final change of possession and it declined the penalty for its opponent's foul.

When the same team commits two or more live ball fouls, only one penalty may be chosen except when a foul (s) for unsportsmanlike conduct follows a previous foul. In such a case, the penalty (ties) for the un-sportsmanlike conduct is administered separately. The offended captain may choose which penalty will be administered or he/she may decline all penalties.

MULTIPLE DEAD BALL FOULS

Penalties for dead ball fouls are administered separately and in order of occurrence. Dead ball fouls are not coupled with live ball fouls or other dead ball fouls to create double or multiple fouls. Penalize all un-sportsmanlike fouls separately, and in addition to those occurring during a down by the same team.



TYPES OF PLAY AND BASIC ENFORCEMENT SPOTS

LOOSE BALL PLAY

If a foul occurs during a down, the basic enforcement spot is determined by the type of play.

There are two types of play: (A) A loose ball play and a (B) a running play.

A loose ball play is action during:

A scrimmage kick

A legal forward kick

A backward pass or a fumble by (A) from on or behind the scrimmage line

A loose ball play also includes the run, which precedes a legal pass, kick, or fumble

Note: When a foul occurs during a loose ball play, the basic enforcement spot is the previous spot. A

running play is any action not included in item (A).

Behind the line a running play includes a run, which is not followed by a loose ball

Beyond the line, a running play includes any run and any loose ball, which starts beyond the line following the run

A run ends when a runner loses possession, and that spot becomes the basic spot for enforcement.

Note: When a foul occurs during a running play, the basic enforcement spot is where the related run ends, which is where the ball becomes dead or where the player loses possession.

However, if the foul is by the offense and occurs behind the basic enforcement spot, it is from the spot of the foul.

ADMINISTERING PENALTIES

FOUL BETWEEN DOWNS

The penalty for a foul between downs is enforced from the succeeding spot.

FOUL SIMULTANEOUS WITH SNAP/FREE KICK

The penalty for a foul, which occurs simultaneously with a snap or free kick, is enforced from the previous spot, which is the spot of the snap or free kick.

SPECIAL ENFORCEMENTS

HALF THE DISTANCE

A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway from the enforcement spot to the goal line.

SAFETY/GOAL LINE

If the offensive team throws an illegal forward pass from its end zone or commits any other foul on or behind its goal line for which the penalty is accepted, it is a safety. For a defensive team foul on or behind the offended team's goal, measurement is from the goal line.



SUMMARY OF PENALTIES

A LIFETIME BAN FROM SPAR PROGRAMS / FACILITIES FOR ANYONE HITTING OR ATTEMPTING TO HIT A SPAR OFFICIAL, SCOREKEEPER OR SUPERVISOR.

EJECTION FROM THE LEAGUE

Fighting, excessive foul language and/or refusal to leave the park in a timely manner, exhibiting a pattern of criticism or disrespect to officials by an individual or team.

EJECTION FROM GAME

**Profane or foul language
Excessive rough play**

LOSS OF 5 YARDS

Delay of game or illegal substitution, Free kick infractions, Interference with opponent or ball before snap, False start or any illegal act by the snapper, Encroachment, Illegal players in motion, Illegal shift, Illegally handing the ball forward, illegal forward pass (and loss of down), Illegal substitution, Article of clothing covering portion of a player's flag.

LOSS OF 10 YARDS

Delaying the start of either half, Offensive forward pass interference (also down counts), Holding or illegal block, Striking, kicking, kneeling (also disqualifications) Clipping, hurdling, Tripping, striking head or neck with heel, back or side of hand, Un-sportsmanlike conduct by player or coach (1st time, after that, ejection), Illegal participation Pushing runner, interlocked interference, Illegal use of hands or arms, Roughing the passer (additional 10 yard added to end of play & automatic first down), Illegal contact, Quick kick, Ball carrier dives (head or feet first/airborne) to gain a touchdown or first down will be penalized from spot of infraction. Trash talking or using profane language, Stripping the ball will be illegal from spot of infraction. (Stripping is physically trying to take the ball away from a player who has possession of the ball.)

SPOT OF FOUL

Defensive pass interference (automatic first down).

FORFEITURE OF GAME

It will be a forfeit if a team does not have at least 6 players 10 minutes after game time, a team fails to play within 2 minutes when ordered by the referee; repeatedly commits fouls to delay the game.



MEASUREMENT REDUCED TO HALF DISTANCE TO GOAL LINE

When measurement spot for a 10 yard or 5 yard penalty is inside the offender's 20 or 10-yard line, respectively.

OVERTIME RULES

If a game is tied at the end of regulation time the following rules will take effect:

1. There will be a coin toss and the winner of the toss can take one of these three options,
 - a. go on the offense,
 - b. go on defense,
 - c. Choose which goal to defend.

The loser of the toss shall select which way each team will go on offense. The ball will be placed on the 40yard line. The team on offense will have 4 downs to gain as much yardage as possible. If a team scores, they will be allowed to try for an extra point. If a team scores before they have used their 4 plays, the ball will again be placed on the 40-yard line and they will continue until all 4 downs are used. If they throw an interception, their progress will stop at the original line of scrimmage. An interception ends the offenses possession of the ball. The team that gains the most points will win. If the points are the same, the team making the most yardage wins. 2 points will be added to their score.

DIVING TO REMOVE A FLAG HAS BEEN REMOVED AS A PENALTY. IF INJURIES FROM DIVING FOR A FLAG BEGINS TO HAPPEN, THEN THE RULE WILL BE PUT BACK IN.

LEAGUE TOURNAMENT

League will end by playing a single elimination one day tournament style bracket of all teams willing to participate within the league.

The end of season standings will determine the seeding for the tournament.

Tie Breakers for standing:

1. Head to Head
2. Points Allowed