



## EAGAN PARKS AND RECREATION Flag Football League Rules

### **MANAGERS' DUTIES**

1. Read everything. Ask questions if something is unclear.
2. Make sure Eagan Parks & Recreation has your correct contact information.
3. Know the eligibility requirements and consequences for use of an ineligible player.
4. Know the playing rules and inform members of your team. This will help the game run smoothly and help your team concentrate on playing.
5. Meet the official before the game starts. If you have any questions, ask them. Inform your players of the ground rules. The person representing your team at the pre-game meeting will be the "designated manager" for the game.
6. The "designated manager" must handle any dispute. Do not let one of your players face ejection by arguing over a call.
7. You are responsible for taking charge of your team's and your spectator's conduct. Abusive language, improper drinking, litter, and other irresponsible acts will not be tolerated.
8. Any schedule information, changes or other league information will be sent to you and viewable on our [registration page](#). It is your responsibility to pass this information on to your players.

### **SPORTSMANSHIP**

1. Managers are responsible for the conduct of their players and conduct of their spectators.
2. Unsportsmanlike behavior will not be tolerated by managers, players and/or spectators. Respect yourself and others.
3. Casual profanity is prohibited. The official may choose to eject someone without warning depending on the situation.
4. Spectators are not allowed on the field/court/rink during the game. Failure to comply will result in halting the game until the spectator has left the facility.
5. Teams who repeatedly display unsportsmanlike conduct will be suspended from the league and forfeit their league fees.
6. The official may eject managers, players, and/or spectators who harass officials or other players, before, during or after games.
7. If someone is ejected from a game, the individual is required to give the official their name. Refusal by a manager, player and/or spectator to give proper names of other individuals or refusal by himself/herself, will result in an immediate suspension, in addition the game in play becomes an immediate forfeit.

### **SPORTSMANSHIP POLICY**

Eagan Parks & Recreation is interested in ensuring that a high level of sportsmanship be maintained in the sports programs directed by the city. Eagan Parks & Recreation shall enforce a zero-tolerance policy with regards to negative conduct before, during or after league games. Therefore, the following policy for dealing with cases of unsportsmanlike conduct will be instituted:

1. Any player, coach, manager or spectator ejected from any game for an unsportsmanlike act including but not limited to profanity, rowdy or disruptive behavior, mischief, tantrum behavior, verbal abuse will result in a:
  - a. Game suspension for the remainder of that game plus at least the next two games.
    - (1) A suspended person may or may not be allowed at any site where league games are in progress.
    - (2) Violating the suspension will result in forwarding the incident to state for further sanctions against the player and/or team.
  - b. The suspended player's name will be placed on probation for one year for all Eagan Parks & Recreation adult leagues.
  - c. Any player, coach, manager or spectator ejected a second time during a 365-day period for unsportsmanlike conduct shall be prohibited from participating in all Eagan Parks & Recreation adult leagues for at least one calendar year.

- d. An individual and/or the individual's team manager that has been ejected from a game has 24 hours from the time of the ejection to contact the League Director(s) to share his/her information regarding the incident. Failure to call within the 24-hour time period will result in a forfeiture of ones right to appeal the League Director's final decision.
  - e. Should an individual/manager wish to appeal a ruling in Eagan, they must present a written appeal to the League Director(s) and \$60 cash within two working days of notification of the decision. The League Director(s) along with another Parks & Recreation Staff member will make the **final decision**. If your ejection is over-ruled, you will get your \$60 back.
2. Any unnecessary physical contact including but not limited to fighting, hitting, kicking another individual will result in a:
    - a. Game(s) suspension deemed appropriate by the League Director(s).
      - (1) A suspended person may not be present at any site where league games are in progress.
      - (2) Violating the suspension will result in forwarding the incident to state for further sanctions against the player and/or team.
    - b. Suspended indefinitely from all Eagan Parks & Recreation adult leagues, pending review of the incident by the Eagan Parks & Recreation for additional disciplinary action.
    - c. The suspended player's name will be placed on probation for one year after the suspension has been served for all Eagan Parks & Recreation adult leagues.
    - d. An individual and/or the individual's team manager that has been ejected from a game has 24 hours from the time of the ejection to contact the League Director(s) to share his/her information regarding the incident. Failure to call within the 24-hour time period will result in a forfeiture of ones right to appeal the League Director's final decision.
    - e. Should an individual/manager wish to appeal a ruling in Eagan, they must present a written appeal to the League Director(s) and \$60 cash within two working days of notification of the decision. The League Director(s) along with another Parks & Recreation Staff member will make the **final decision**. If your ejection is over-ruled, you will get your \$60 back.
  3. Any physical contact including but not limited to fighting, hitting, kicking an official/umpire will result in an immediate:
    - a. Minimum 12-month suspension from all Eagan Parks & Recreation adult leagues.
      - (1) A suspended person may not be present at any site where league games are in progress.
      - (2) Violating the suspension will result in forwarding the incident to state for further sanctions against the player and/or team.
    - b. The suspended player's name will be placed on probation for one year after the suspension has been served for all Eagan Parks & Recreation adult leagues.
    - c. The incident will also be reported to the state organizations or governing body for review.
  4. An individual retains the right of a hearing when the action to be taken is expulsion from participation in the league:
    - a. The player will provide a written explanation of the situation that resulted in his/her ejection from the game.
    - b. An appeal letter along with \$60 cash must be received within 7 days of being notified of the expulsion to your League Director(s). Failure to do so will result in a forfeiture of one's right to appeal. If your ejection is over-ruled you will get your \$60 back.
    - c. Invited to attend the hearing will be: the player, his/her manager, the League Director(s), the Official/Umpire Assigner for the community and another Parks & Recreation Staff Member.
  5. Remember that leagues are available to help you enjoy your leisure time. Your "fun" should not be at the expense of others. Check your language and actions that might be offensive to others. Keep your socializing before and after games to a moderate level of noise and alcohol consumption. Keep traffic speed and parking appropriate for safety. Remember, we are neighbors to residents and need to respect their rights. Respect people and the park!

### **ALCOHOL AND SMOKING**

1. The consumption of alcoholic beverages in the park shelter building, field or bench area is strictly forbidden.
2. Smoking is forbidden in the park shelter building, field or bench area.

3. If a player is impaired he can be asked to leave the game by the official or league director for the safety of the player(s) and other participants.
4. Officials have the authority to eject any player who is drinking alcoholic beverages in unauthorized areas.
5. Officials have the authority to remove any player smoking in unauthorized areas.

### **PARK REGULATIONS**

1. All Eagan parks close at 11 p.m.
2. No glass is allowed in any Eagan park.
3. No liquor, kegs, beer balls or case lots (24 cans) are allowed on any park property, by ordinance, without written permission from the City Council or Director of Parks and Recreation.
4. Please use trash containers to keep the parks clean.

### **ELIGIBILITY**

1. Minimum age for players is 18.
2. Players may only play on one team per night.

### **ROSTERS**

1. The maximum number of players that may be on a roster is 20.
2. Roster changes may be made through September 3, 2021.

### **INCLEMENT WEATHER**

Players and fans should understand that weather conditions can change dramatically in a short period of time. A team is never "required" to play a game even if the weather line or the official has not cancelled the game. If there is a safety concern, players, managers, and fans should always choose safety ahead of choosing to stay at the fields. The determination on make-ups, forfeits, etc. can be made at a future time.

1. Call the Sports Hotline at (651) 675-5566 press 1 or check the Game Status page on [www.cityofeagan.com/gamestatus](http://www.cityofeagan.com/gamestatus) after 4:00 p.m. to verify whether games are on as scheduled.
2. Should weather conditions change, a decision will be made on site and the hotline will be updated as soon as possible.
3. Teams should report to the fields if the hotline or game status has not cancelled games.
4. If the game cannot begin within 15 minutes of its stated game time, the game is postponed, and all succeeding games may be postponed as well.
5. If the storm warning sirens sound at 6:00 p.m. or later in Eagan, all games for the evening are postponed immediately.
  - a. Scores of official games will stand.
  - b. Discontinued games may be made up from the exact point of interruption if time and field space allow.
6. One date is available for make-up games. If more dates are needed, alternate evenings will be used to accommodate games based on the availability of field space and weather conditions. Teams should be prepared to play rescheduled games on any available night.
  - a. Games will be rescheduled within 2 to 3 business days after the cancellation.
  - b. Notification will be emailed to managers and the revised schedule will be posted online.
7. Under no circumstances will a game be rescheduled due to a team or team's request.
8. If games are cancelled and no make-up dates are available, credit vouchers will be issued for the amount of the official for that game.

### **LATE ARRIVAL AND FORFEITS**

1. A team must have six (6) players to start a game and five (5) are required to continue a game; no team shall start short.
2. A team not ready to play at game time will be given a ten (10) minute grace period.
3. At ten (10) minutes, the game is forfeited.
4. A team, which forfeits two games during the season, will not be invited to return the next season.

**EQUIPMENT AND APPAREL**

1. Eagan Parks & Recreation will provide flags of contrasting colors for teams and cones. Teams are allowed to use their own football, provided switching balls does not delay the game. Balls should be official size and weight and meet college or professional specification.
2. Each team must wear jerseys which are numbered and of the similar color. Players on the same team shall not wear the same number. All jerseys must be tucked in.
3. All players must use 2 sonic flags on the belt with one located on each side. Players may use belts/flags provided by the city or use their own.
4. Football, baseball and track shoes are *prohibited*. Cleats must be soft rubber, non-detachable and molded as part of the sole.
5. The use of a mouth guard is recommended.

**BLOOD RULE**

1. A player who is bleeding or has an open wound shall be prohibited from participation until the bleeding is stopped and the wound is covered. If treatment can be administered in a reasonable amount of time, the individual will not have to leave the game. If excessive time is involved, the re-entry rule would apply. **All teams are encouraged to have a First Aid Kit with them during each game.**

**PLAYING RULES**

The league rules are listed below, where these rules do not cover, Minnesota High School Rules will be used or the referee's determination will be final.

**Game Time**

1. The first game of the evening has a 10 minute grace period, which, if used, is taken off the game time. All other games will **not** have a grace period.
2. Games will be played in two 20 minute halves with a five-minute intermission between halves. The game will be running time with stop time utilized during the final two minutes of the 2<sup>nd</sup> half. If the difference in score is or becomes 13 or more during the final two minutes of the 2<sup>nd</sup> half, the running time shall continue. A team which is ahead by 13 points or more during the final two minutes of the game may not be granted a time-out.
3. Two (2) timeouts each half. No timeouts during overtime.
4. The offense has 25 seconds from the time the ball is spotted to run a play.

**Game Play**

1. The offense has 4 downs in which to advance the ball to the line-to-gain. Each awarded first down starts a new series. The line-to-gain in any series shall be the zone in advance of the ball, marked by yard lines measured in twenty yard increments. When the ball is advanced to the next appropriate twenty yard marker by legal play or penalty, a new series of four downs is awarded and a new line-to-gain is established.
2. Punting: On 4<sup>th</sup> down, teams may punt the ball. No rushing on punts. If a punted ball hits the ground, it is live. A muffed punt is a dead ball.
3. Touchdowns are 6 points. Extra points are 1 point from the 5 yard line and 2 points from the 10 yard line. A safety is 2 points. If the defense intercepts and returns the ball to their endzone the defense will be awarded 2 points.
4. No player can line up head on with the center. Defensive players must be on either side of the center.
5. To begin the series, the ball is placed on the 25 yard line or where the offense turned the ball over. This includes to start each half and to resume play after a safety, try-for-point(s) or a touchback.

**Tackling/Running**

1. Ball carrier is down at the point where a flag is removed.
2. If a flag falls off, receiver is down where pass is caught.
3. If a flag falls off during a run, defense must touch player where flags were.
4. Ball carrier may spin one 360 and then must take 2 strides forward before spinning again.
5. No tackling or pushing including moving ball carrier out of bounds.
6. Players may not grab hold of ball carrier to impede progress. They must be going for the flag.

7. Ball carrier must avoid contact with defense who has established position.
8. After pulling flag, the defensive player should hold the flag in air or drop it to the field. This will help officials see the play and assist them in spotting the ball.

### Passing

1. No bump rule - no touching receivers.
2. Offense may throw multiple forward passes behind line of scrimmage.

### Blocking

1. Blocking must be done using outstretched hands and not body. Rushers can't initiate contact, blockers must get their body in position.
2. No "bull-rushing" by defense. Defense must work around offensive blockers, not plow, push or go through them.
3. No hands or arms to the face of an opponent at any time.

### Overtime

1. Teams will each run up to four plays starting from the 10-yard line. The team scoring in the fewest plays will be the winner. If neither team scores after four attempts, another four attempts will be run.
2. The coin flip winner has the choice of offense, defense, or direction. The choices alternate for each half.
3. Both teams will go in the same direction.
4. Teams will receive one point for a score.
5. An interception will result in a cancellation of that series of downs. The defense can't score on an interception.
6. Yardage can be gained and lost during the four downs.
7. A team will run consecutive plays before the other team gets its turn.

### Penalties

1. Major penalty = 10 yards; Minor penalty = 5 yards.
2. Flag guarding = 5 yard penalty from spot of foul and loss of down.
3. Defensive pass interference = incomplete pass and automatic first down.
4. Encroachment by defense = live ball penalty.
5. Roughing the QB = Incomplete pass is 10 yards from previous spot and automatic first down. Completed pass is 10 yards tacked on to end of play plus automatic first down.

### Player Conduct

1. A player who displays unsportsmanlike conduct may be asked to sit out for four consecutive plays.
2. If a player receives two unsportsmanlike, roughing or personal fouls during a game, he will be ejected from that game and automatically suspended from the next two games.

### PROTESTS

Protests will not be allowed on any official's judgement call. Only a protest involving eligibility or rule interpretations will be reviewed. In order to make a legal protest, the following steps must be followed:

1. Teams must notify the officials immediately that you are protesting.
2. Teams protesting eligibility of a player must file the protest with the officials while the player is still at the game site. Protests must be made before the end of the game.
3. **The protest must be received in writing at the Parks & Recreation office within 24 hours after the game accompanied by a \$60 cash deposit.**
4. The League Director will then rule on the protest and may consult with the officials.
  - a. If the protest is upheld for a rule interpretation, the protested game will be replayed from the point of infraction and the \$60 cash deposit will be returned.
  - b. If the protest is upheld for player eligibility, the team with the ineligible player will forfeit the game and the \$60 cash deposit will be returned.
  - c. If the protest is denied, the game will stand as played and the protesting team will forfeit their \$60 cash deposit.

### **STANDINGS**

1. Final standings are based on:
  - a. Points earned. (Win = 2 points, Tie = 1 point, Loss = 0 points)
  - b. If tied, head-to-head record.
  - c. If tied, point differential from head-to-head games.
  - d. If tied, overall point differential.
2. You can check standings by visiting [www.cityofeagan.com/adultsports](http://www.cityofeagan.com/adultsports).

### **LOST AND FOUND**

1. The City of Eagan is not responsible for lost or stolen valuables.

### **INSURANCE**

1. Be aware that there are inherent risks to playing the game of flag football. Injuries may occur due to collisions with other players, etc. The City of Eagan does not provide insurance for the participants of our leagues. Each player, as a result of participation in the leagues, assumes all liability and risk of injury. It is strongly suggested that each player obtain medical and liability insurance prior to participating in the league.

*The Eagan Parks & Recreation Department has the right to change or add rules for the betterment of all.*