

**FULTON ELCAMINO
RECREATION AND PARK DISTRICT**
2201 Cottage Way, Sacramento, CA 95815

ADULT FLAG FOOTBALL



TEAM HANDBOOK



Welcome to Fulton – El Camino RPD ADULT FLAG FOOTBALL

FEC's primary goal is to provide you the participant with a well-rounded, fun and family driven atmosphere at our six a side soccer program.

This manual is designed to give you the basic rules that govern our program and the facilities we utilize for play. Please share the information with your teammates so that they too, can be informed. Open communication among participants officials, and park district staff will assure that your team has as much fun as possible during play.

All games will be played at Howe Park – North of the Pond. It is recommended you use the North Parking Lot entrance on Bell Street.

We Thank you for choosing Fulton – El Camino. Your participation is appreciated and as always you may contact me at any time if you wish to talk to me.

Yours in Recreation

A handwritten signature in black ink, appearing to read 'S. Clark', written in a cursive style.

***Steve Clark
Recreation Coordinator***

District information

Fulton- El Camino Recreation and Park District

District Office: 2201 Cottage Way
Sacramento, CA 95825

Phone: 916-927-3802
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Website: www.fecrecpark.com

Recreation Superintendent:

Becky McDaniel
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Recreation Coordinator:

Steve Clark
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FEC's Mission Statement

"Enhance the quality of life for our community by providing park facilities and recreation programs of exceptional quality while maintaining and protecting our parklands for future generations."

We Create Community through people, parks, & programs



FEC / HOWE PARK RULES

Park Hours: 7:00 A.M. to Dusk (except league play)

Games are played in the reserved area north of the pond.

Glass containers are not permitted

Alcohol is NOT permitted in any FEC Park

For emergencies call 911

LEAGUE OPERATIONS:

The Fulton-El Camino Recreation & Park District will operate according to policies set forth by the Fulton – El Camino Recreation & Park District Board of Directors. League play will be conducted according to the rules and regulations determined by the Fulton-El Camino Recreation and Park District. The Recreation Coordinator will act as commissioner of Six a Side Soccer League and will preside over any and all protests and appeals.

League Fees:

League Fees are due at the time of Registration. Any team pulling out of the league after registration but prior to the first league game will be charged a \$50 cancellation fee. The entire league fee will be forfeited if a team cancels after the first game is played.

Returned checks are subject to a \$25 processing fee and must be paid in cash or money order.

Rosters:

The Fulton – El Camino Recreation & Park District Adult Sports roster, agreement, waiver & release form is due prior to the start of the team's first game. All participants must sign the roster prior to participating. Rosters may be downloaded at www.fecrecpark.com or picked up at the district office. It is district policy that a new roster be submitted prior to participation in every league / season.

Forfeits:

Players who have not signed the official FEC roster will be deemed ineligible. Teams using ineligible players shall forfeit the game if a protest has been filed (in writing) to the league commissioner by the close of business (5:00 P.M.) the next working day.

Protests:

Protests must be lodged before the completion of the game. All protest will be noted on the score sheet by the official.

All protests must be followed up in writing by the close of business (5:00 P.M.) the next working day. Protests of player eligibility: The player in question must supply a photo ID to game officials. A \$10 fee must be filed with the written protest. The fee will be returned if the protest is upheld.

Protest involving rule interoperations must be submitted in writing as stated above. A \$25 fee is required for the protest. It will be returned if the protest is upheld.

Protests shall be reviewed by the Recreation Coordinator

The team manager or representative needs to attend a meeting prior to the start of the league in order to discuss rules and regulations of the league.

OFFICIALS:

Two (2) official are assigned to officiate all games. This officials shall have complete control of the facility and game. The official has the authority to banish players, coaches, or spectators at any time from the facility for misconduct, intentional delay of the game, or for the overall good of the game being played. The officials' decision shall be final except in case of rule misinterpretation.

AWARDS:

Twelve individual awards will be given to the league champion. Awards will be given to the team manager. If the manager wishes to have someone else pick-up the awards they must make arrangements with the league director.



ADULT FLAG FOOTBALL

Rules of Play

- ✚ Teams may have a maximum of 12 Players listed on the team roster. Rosters must be submitted prior to the beginning of play. Rosters must be filled out completely including signature prior to a person participating. Participants not on the roster will be considered illegal players and the team will forfeit the game.
- ✚ Add on to the roster must sign the roster prior to playing. A team may not add any players after they have completed their fourth (4) scheduled game.
- ✚ Players must be 18 years of age to participate. Exception: A youth that will turn 18 during the league may participate with parent / guardian consent.
- ✚ Players currently listed on a University, Junior College, or High School roster are NOT eligible to Play in the FECRPD program.
- ✚ Staff and game officials have the authority to banish players, managers, or spectators from the game site for misconduct. Players Ejected from a game will be suspended a minimum of one (1) scheduled game.
- ✚ All decisions by officials will be final. Exception: Those of rule interpretation. (see protests section of this book).
- ✚ **TEAMS:**
 - ❑ Teams may have a maximum of seven (7) players on the field
 - ❑ Teams must START AND FINISH the game with at least 6 players
 - ❑ Two (2) Twenty (20) Minute running clock halves. Clock stops the last Two (2) Minutes of each half. Exception: The clock will continue to run when a team trails by more than 21 points in the second half.
 - ❑ Overtime: Each team gets four plays attempting to gain the most yards. The team gaining the most yards is declared the winner.
 - ❑ There will be a five minute grace period for all games. A team must start if they have at least 6 players and may add to seven (7) at any time.
 - ❑ Time Outs: Two (2) one minute time outs per half. Time outs do not carry from first half to second half
 - ❑ Managers will be notified of any schedule changes and are responsible for contacting their team.

GAME(S)

- ❑ **Playing field is approximately 100 yards long x 40 yards wide. The end zone will be approximately 10 lards long. The field will be divided into four (4) 20 yard zones. Teams must cross the 20 yard zone line to receive a first down.**

- ❑ **POINTS are awarded as follows:**
 - **Touchdown** **6 PTS**
 - **Safety** **2 PTS**
 - **Extra Point (10 Yards)** **2 PTS**
 - **Extra Point (3 Yards)** **1 PT**
 - **Overtime – Most Yards Scored** **1 PT**
 - **Forfeit** **1 PT**

- ❑ **Striking, Grabbing, and Holding – Penalty – 10 Yards Spot of Foul**

- ❑ **Blockers may only use the standing block (Feet in contact with the ground) with arms and hands inside the shoulders and extended straight out. Hands must be open (no closed fists) – Penalty 10 Yards Spot of Foul**

- ❑ **Screening on pass receptions or setting “pick plays” is prohibited – Penalty 10 yards – Line of Scrimmage**

- ❑ **One foot in bounds is considered a legal catch**

- ❑ **Flag guarding or tucking – 5 Yards Spot of Foul and Loss of Down**

- ❑ **Diving or leaving of the feet is prohibited as a ball carrier. Penalty 5 Yards Spot of Foul**

- ❑ **The ball carrier may not run within five (5) yards of the center on either side (this includes broken plays. Penalty 5 Yards**

- ❑ **The ball carrier MUST avoid direct contact with the defender. Penalty 10 Yards Spot of Foul**

- ❑ **Blocking is restricted to the torso and shoulder area. Slapping, striking, or grabbing is prohibited. Penalty 10 Yards Spot of Foul**

- ❑ **Contact with the opponent must be made with the hands open, extended straight out with the shoulders. Penalty 10 yards Spot of Foul.**

- ❑ **No downfield blocking. Blocking is prohibited more then 5 yards down field. Screening is legal. Penalty 5 Yards Spot of Foul.**

- ❑ **Blocking after an interception is illegal – Penalty 10 Yards Spot of Foul.**

- ❑ **3 or 4 point stance is prohibited. Penalty 5 Yards**

- ❑ **The defense MUST go after the quarterback’s flag and not the person. Contact with the QB before or after a pass – Penalty 10 Yards and Automatic First Down.**

- ❑ **Defensive players must go for the flag. Holding or grabbing an opponent is prohibited. Penalty 10 Yards**
- ❑ **No Kick Offs – To begin each half the offensive team will scrimmage from their own 20 Yard line. (60 Yards from a score)**
- ❑ **No Punts – A team wishing to punt will declare so to the referee they are punting. The ball will be placed two (2) lines from the current spot. (If a team is inside the forty and opponents 20 the ball will be placed at the 20).**
- ❑ **Offense MUST have 3 Players on the line of Scrimmage at the snap of the ball
Penalty 5 Yards**
- ❑ **Uniforms – Teams must have shirts of similar colors.**
- ❑ **Football shoes that expose a metal post are prohibited.**