



# Application for 2023 Adult Flag Football League



Men's Wednesday Night Refed League

Registration Deadline: September 8, 2023

Team Name: \_\_\_\_\_

## Captain's Information

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Best Phone: \_\_\_\_\_

	Name	Address	City	Phone
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Return with payment to:

Wisconsin Rapids Parks & Recreation Department  
220 3<sup>rd</sup> Avenue South, Suite 3, Wisconsin Rapids, WI 54495

- OR -

Register online at [wr.activityreg.com](http://wr.activityreg.com)

**Team Fee: \$300**

Fees Due Upon Registration – No Exceptions! Please make checks payable to "City of Wisconsin Rapids"



## Adult 5 v 5 Flag Football League Rules

\*Captains are responsible for informing their team of the rules, schedule changes, etc.\* The following rules and regulations have been established to allow participants to compete in a safe and fair environment. Participants and coaches are to be familiar with this information. These rules may be subject to change if during the season a team gains an unfair advantage over other teams due to a given rule in the league. All players will be notified of any rule changes made during the season.

### Registration & League Notes:

- Teams must register by **September 8, 2023** (wr.activityreg.com) or through the City of Wisconsin Rapids Parks & Recreation Office.
- No team will be allowed to register without payment or completed roster.
- Maximum number of players allowed is 10.
- All additional players added to rosters must be completed before they play. Failure to do so will result in a forfeit.
- Games will be played as scheduled.
- Cancellations will be announced on Facebook (Wisconsin Rapids Parks & Recreation), and captains will be notified email or text, based on contact information provided.

### Player Eligibility:

- All players must be at least 15 years of age or older.
- All players may only play on ONE roster/league/night.
- All players must legibly print and sign concussion form and score sheet prior to league play.

### Players, Equipment, and Clothing

- The field shall be a 60 x 30-yard football field (not including the end zone).
- No equipment, which in the opinion of the referee could endanger others, shall be used.
- Helmets, hats, or pads will not be allowed. (Stocking caps are allowed)
- Participants will not be allowed to participate when wearing jewelry, watches or any other potentially dangerous items.
- Non-metal cleats or shoes to be used; no bare feet or metal cleats.
- A referee may remove a player at any time for dangerous equipment.
- Teams must have a minimum of five (5) players to begin the game or a forfeit will be declared.
- Four offensive players must be on or within one yard of the line of scrimmage before a play is started. A maximum of 5 players per team will be allowed on the field when the ball is in play.
- Wisconsin Rapids Parks and Recreation will provide footballs and flags. If a team wishes to play with their own NFHS, NCAA, or NFL approved football (junior balls or youth league balls ARE NOT considered regulation) and both teams agree on the ball, it will be allowed.
- Players must be on the current roster and have played at least 1 game to be eligible for the playoffs. Players may not switch teams within their own division. Final roster are due prior to the last regular season game. Rosters will be checked to verify eligibility of players prior to the start of playoffs.

### Time

- The game will consist of two 20-minute halves. The clock will run at all times except for:
  - Time-outs
  - 1 minute warning of both halves
  - Dead balls the last one (1) minute of both halves
  - Delay of game the last one (1) minute of both halves
  - Injuries
  - Official time-outs
  - Fumbles in the last one minute of each half does not stop the clock
- There will be a five-minute break between halves.

- Play clock is set for 30 seconds each play. Clock begins when ball is placed on the ground.
- In the event of a tie at the end of regulation there will be a maximum of two overtimes played. If the game remains tied, it will be recorded in the standings as a tie. Overtime consists of four (4) plays from your opponent's ten (10) yard line. Extra points are attempted after scores.

### Time-Outs

- Each team will be allowed two 1-minute time-outs per half. Time outs do not carry over. No time-outs during overtime will be allowed.
- It is a five yard penalty and a loss of down to request additional time-outs. Teams may not "buy" additional timeouts for a penalty.

### Scoring

- Touchdown 6 points
- Extra Point 1 point from five (5) yard line
- Extra Point 2 points from ten (10) yard line
- Teams may run or pass for the points from ten (10) yard line. Note: No buffer
- Safety 2 points

**Notes:** Teams must notify officials if attempting a 2-point play. Extra points may be scored via the pass or run. Defense cannot return extra point.

- Tiebreaker Rule - in the event of a tie, the following tiebreaker rule will be used:
  - o Head to Head - Points allowed - Points scored

### Home Team/Away Team Designation

- Home team /Away team for each game will be designated schedule.
- Playoff games will have the team with the best regular season record serve as the home team.
- Coin toss will be used to start the game. Winner chooses whether they want to pick their side or have the ball first.

### Kick Off

- There will be no kickoffs. Games will begin with the offensive possession at their own ten (10) yard line.
- After a PAT (point after touchdown) or a safety, the "receiving" team will take possession at their own 10 yard line.

### Line of Scrimmage/Downs

- Two offensive players must be on or within one yard of the line of scrimmage before a play is started.
- The center cannot retain the snap, the ball must be exchanged to a player in the backfield.
- A first down will be awarded to the offense when mid-field is crossed. No other first downs will be awarded unless a penalty awards another first down.
- If the offense loses yardage, which crosses back over mid field, they must still cross mid field to gain a first down.
- Center may side snap or snap between the legs motion is legal.

### Flags

- Flags may not be wrapped or tied and will be checked after every score.
- All players must wear flags while on the field.
- The spot on the field where the flag belt is pulled from the ball carrier is where the down ends, and the ball is next put in play.
- If a player's flags are inadvertently lost, they are still eligible to handle the ball and will be down immediately after touching the ball.
- All flags must be worn over the shirt and shirts must be tucked in.

- A player may not hold or guard their flags from a defensive player. Stiff arming or leaving your feet to avoid being deflagged are prohibited. The penalty is that the ball is blown dead at point of infraction.
- Defensive players who purposely pull opponents flags prior to them receiving the ball will receive a 10 yard penalty OR player can decline the penalty and retain the ball at the spot of the catch.
- If the Quarterbacks Flags inadvertently fall off, the play will be blown dead and the down will be replayed.

### Passing/Running

- All players are eligible to receive a pass.
- Upon a completed pass, or a run beyond the line of scrimmage, every offensive player besides the ball carrier must stop moving.
- Running the ball is allowed so long as the line of scrimmage is behind 10 yards of the goal line. Within ten yards of the end zone, running is not allowed.
- Hand-offs in front OR behind the QB are allowed, as are laterals behind the QB, behind the line of scrimmage. Any forward "lateral" is considered a pass and must pass the line of scrimmage.
- Only one forward pass allowed per down.
- If opposing players catch a pass simultaneously, the ball shall be blown dead and awarded to the offensive team.
- The clock will not stop after an incomplete pass, except during the last one minute of both halves.
- If a ball carrier's knee is down, the play is over and blown dead. Also, a receiver needs only one foot inbounds for a legal catch.

### Fumble/Dead Ball

- All fumbles are dead when it hits the ground, including the center / qb exchange, and ball goes back to the team that had possession of the ball at the point of the fumble, except on the fourth down.
- The ball may not be fumbled forward.
- A live ball becomes dead when:
  - an official blows the whistle and declares it dead
  - the ball goes out of bounds
  - any part of the ball carrier's, other than the hand or foot, touches the ground
  - a forward pass strikes the ground
  - a ball carrier's flag is removed
  - an inadvertent whistle occurs
- A fumble in the last one minute does not stop the clock.

### Defensive Restriction

- Blocking is not allowed. Defensive players may not use their hands on blockers. They must attempt to avoid blockers. (No swim move will be permitted)
- Defensive players may not impede the forward progress of the ball carrier. No tackling is permitted.
- Defense must line up three yards off the ball, with an immediate rush allowed. Inside the opponent's 10-yard line, the 3 yard buffer will be removed.
- While playing defense, defenders must go for the flag and not the ball. Rushers may put their hands in the air while approaching the QB, but must go for the flag when they are within reach.

### Substitutions

- Substitutions can be made at any time and the player may re-enter the game as often as they wish when the ball is dead. All substitutions must be made within 30 seconds.

### Penalties

- 15-Yard Penalties (from line of scrimmage)
  - Unnecessary roughness (loss of down)
  - Unsportsmanlike Conduct (disqualification of coach and/or player involved)

- 10-Yard Penalties (from line of scrimmage)
  - Tackling ball carrier
  - Impeding the runner
  - Tripping
  - Defensive pass interference (10 yards from line of scrimmage & automatic first down)
  - Offensive pass interference (10 yards from line of scrimmage & loss of down)
  - Illegal use of hands, arms or flailing elbows
  - Holding
  - Clipping
  - Roughing kicker or passer
  - Blocker leaving his feet
  - Purposely pulling offensive player's flags prior to possession
- 5-Yard Penalties (from line of scrimmage)
- Delay of game – clock must stop (Officials have the discretion to add an un-sportsmanlike penalty if they feel that the delay of game was intentional)
- Too many players on the field – play blown dead
- Less than 4 offensive players on the line of scrimmage – play blown dead
- Offsides / false start – offsides, play continues (may take result of play or replay down with 5 yard penalty), false start is a dead ball with 5 yard penalty.
- Too many timeouts requested (includes loss of down).
- Illegal motion – play blown dead
- Illegal forward pass (5 yards from line of scrimmage & loss of down)

#### Additional Information/Rules

- Official football rules (not in conflict with above rules) will govern all other play. The league follows high school rules, not NFL or college.
- Playoffs – top teams in the regular season in one game, bottom teams in another (determined by number of teams in league). Single elimination, bracket style play.
- Player ejections – any player who is ejected from a game is automatically ineligible for that team's next game. Any player who is ejected from at least two games shall be suspended from league competition unless reinstated by the Recreation Supervisor. **Any player ejected for any reason may be suspended or ejected out of the league. This includes any incident before, during or after games. The end of a game will not protect players or captains from discipline and penalties.**
- Unsportsmanlike conduct, disorderly conduct, such as profanity, abusive or obscene language, excessive jockeying and baiting, etc., will not be allowed by players. We have a ZERO TOLERANCE rule. Simply put, the person will be ejected from the league.

#### Awards:

- The top team will receive a team award, such as a chamber gift certificate.
- First place will be determined as follows:
  - Win, loss record – Tie: Winner of the most games between these two teams.
  - Best defense between teams tied; followed by best defense overall.
- Awards will be mailed at the end of the season.

***\*\*As consideration of being permitted to participate in activities sponsored by the Parks & Recreation Department, each participant agrees to assume all liability for injury and damages resulting from such participation and agrees to hold the City of Wisconsin Rapids and the Parks & Recreation Department free and harmless of account of any act or commission, commission or negligence of said City or Department or any act of their offices, agents or employees. Participation in any athletic event will not be denied any individual for reason of race, creed, color, sex or ability.***