



2019 ADULT FLAG FOOTBALL

Updated Feb 2019

7 v 7 Football

BREC ATHLETICS
6201 Florida Blvd
Baton Rouge, LA
225.272.9200

THE RECREATION AND PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

Dear Team Manager,

On behalf of the Recreation and Parks Commission for the Parish of East Baton Rouge, we would like to welcome you as a participant in our Adult Football Program.

Our goal is to offer quality sports programming at affordable prices and see that each participant has an enjoyable leisure experience.

Please read the rulebook at your first opportunity to familiarize yourself with our league's rules and regulations.

We now have an online registration system. You can establish your online account at www.brec.org. For additional information, you can contact deveta.webb@brec.org or you can also visit our department's web site at <http://www.brec.org/index.cfm/subhome/athletics>.

All managers/coaches must take the SPORTSMANSHIP class. (NFHS Sportsmanship Course <http://nfhslearn.com/courses/37000>) Submit completion certificate with team registration form.

All manager/coaches must take the CONCUSSION training course (Center for Disease Control and Prevention Concussion Training Course <https://www.cdc.gov/headsup/youthsports/training>) Submit completion certificate with team registration form.

Again, welcome to our program. Wishing you and your team a very enjoyable and successful season.

Sincerely,

BREC Athletics



BREC 7v7 Flag Football By laws

Section One:

General Game Provisions

- A. Team/Players: The game shall be played between **two teams of seven (7) players each**.
- B. b. A team may begin a game with a **minimum of four (4) players**.
- C. Team representatives (players, substitutes, coaches, trainers, and other persons affiliated with the team) are subject to the rules of the game and shall be governed by decisions of officials assigned to the game. All patrons are under the jurisdiction of BREC's Athletic staff from their moment of arrival to their time of departure.
- D. **All teams must present a copy of the roster for the upcoming game fifteen (15) minutes before kickoff for the scorekeeper.**
- E. **Players may not play on more than one team per league per season**
- F. Player Post-Season Eligibility: **Any player on your roster must play in at least TWO (2) or more of their scheduled league games for the regular season their team is currently playing in. If not, he or she will be deemed ineligible for any post-season games.**

Section Two:

Eligibility

- A. **A team may have up to twenty (20) players on their roster**
- B. Each player must complete a waiver form to be eligible to participate in BREC athletics.
- C. Each player must be on their signed roster to be eligible for play.
- D. The registration fee for the league shall be turned in to BREC's Athletic Department with the complete team packet by the deadline date established each season. Failure to turn in completed paperwork or pay team fee in full will result in a forfeiture from the league.
- E. All games in which an ineligible player has played will be forfeited.

Section Three:

Schedules

- A. All teams will play a minimum of six (6) games and a maximum of ten (10) games in any given season. A single elimination playoff tournament will be concluded at the end of the regular season.
- B. Schedules will be released one week before the start of the regular season.
- C. Any schedule changes will go directly through or come directly from BREC Athletics Staff.

Sections Four:

Game Ball

- A. Each team is responsible for bring their own game ball for each game.
- B. Approximately 10.5 to **11.5 inches** in length, with a circumference of roughly **28 inches** on the long side of the ball and **21 inches** on the short side.



Section Five:

Player Equipment

Jerseys

- A. Jerseys may not have pockets, holes, or a button placket. All team members must wear the same shade of color shirt.
- B. Jerseys must be tucked into the pants the entire down.
- C. All teams must have matching Jerseys. If a team doesn't have matching jerseys the game will end in a forfeit.

Pants/Shorts

- A. Each player must wear pants or shorts without any belts, belt loops, holes, or exposed drawstrings. Pants or shorts must be a different color than the flags.

Flags

- A. **Triple Threat Flag Belts** are the only belts allowed in BREC Adult Flag Football.
 - a. If a team doesn't have the correct flag belts for the game it will result in a forfeit.
- B. BREC does not provide flags for adult flag football.**

Section Six:

Illegal Equipment

A. A player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:

- A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.
- B. Jewelry of any kind.
- C. Shoes with metal, ceramic, screw-in, or detachable cleats unless the screw is part of the cleat.
- D. Jerseys that have been altered in any manner which produces a knot-like protrusion.
- E. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.
- F. Towels may not hang from a participant's waist.
- G. Shoulder pads
 - i. Penalty: Ineligible until removed and a loss of five (5) yards

Section Seven:

Field

Field Layout

a. The field dimensions are 80 yards by 40 yards with 10-yard end zones. The playing field is divided into four 20-yard zones. Both 14 yd. lines shall be marked with an "X" on the hash mark.



Section Eight:

Game Time

Playing Time and Intermissions

- A. Playing time will be 40 minutes, divided into two 20-minute halves.
- B. The clock will run continuously through the first half and will stop with 2 minutes of play during the second half.
- C. Half time will be five (5) minutes.

Clock Stoppage

- A. During last 2 minutes of second half the clock will stop for a(n):
 - a. Incomplete legal or illegal forward pass-starts on the snap.
 - b. Out-of-bounds-starts on the snap.
 - c. Safety-starts on the snap.
 - d. Team time-out-starts on the snap.
 - e. First down-depends on previous play.
 - f. Touchdown-starts on next offensive snap (Point Tries are untimed)
 - g. Penalty and administration-dependent on the previous play (except delay of game starts on snap)
 - h. Referee's time out-starts at his/her discretion.
 - i. Touchback-starts on the snap.

Section Nine:

Overtime

- A. Overtime will be played for any game that results in a tie at the end of regulation and will continue until a winner is determined, only during the single elimination tournament.

Coin Toss

- A. There will be a coin toss at the beginning of overtime that will decide which team will start on offense and which team will start on defense.
- B. The winner of the coin toss will get the first choice of offense or defense first, with the loser of the toss getting the remaining option

Tie Breaker

- A. Unless moved by penalty, each team will start first down and goal from the 14-yard line (X).
- B. The team will have four downs to score, unless awarded first down automatically, or a penalty allows for repeating the down.
- C. If the defense intercepts a pass or fumble, the ball is dead and the series is over. The ball will be placed at 14-yard line (X), and the original defense will begin their series of four downs, if available. Each team is entitled to one time-out per overtime period.



Section Ten:

Time Outs

- a. Each team is entitled to three charged time-outs per game.

Length of Time-outs

- a. A charged time-out requested by any player which is legally granted shall be one minute and can be shortened if both teams are ready.

Injured Player

- a. An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, or has an open wound, or has blood on their uniform shall be considered injured.
- b. All injuries that happen on the field of play must be reported and documented by a BREC staff member. (Officials and Scorekeepers are not BREC employees and any injury should not be report to those individuals.)

Section Eleven:

Delay of Game

- a. The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. This includes:
 - i. Failure to snap within 25 seconds after the ball is whistled ready for play.
 - ii. Putting the ball in play before it is whistled ready for play.

Illegally Conserving or Consuming Time

- a. The Referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume time.

Section Twelve:

B. Punting

- a. Prior to making the ball ready for play on the fourth down, the Referee must ask the offensive team captain if they want to punt. The team captain may request to punt on any down. After such announcement, the ball must be punted, unless a charged time-out is called or a penalty occurs prior to or during that down which allows the kicking team to repeat the down.

C. Formation and Snap

- a. Neither the Kicking team nor Receiving team may advance beyond their respective scrimmage line until the ball has been punted.

D. Punting the Ball

- a. After receiving the snap, the kicker must punt the ball immediately in a continuous motion.

E. After the Punt

- a. Once the ball is punted, any receiving team player may block the kick. If the blocked punt touches the ground, the play is dead at that spot. If the punt is blocked by any receiving team player and then caught by any kicking team player behind the line of scrimmage, they may advance the ball. The receiving team may advance the punt anywhere in the field. A kicking team player cannot punt the ball to himself/herself or any other kicking team player. The kicking team may only punt once per down.



Section Thirteen

Substitutions

Eligible Substitutions

- a. No substitute shall enter during a down. An incoming substitute must enter the field directly from the team area. A replaced player must leave the field at the sideline nearest his/her team area prior to the ball being snapped.

Legal Substitutions

- a. No substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted or there is a charged time-out.

Conduct of Players and Spectators

Section One:

Unsportsmanlike Conduct:

1. Noncontact Player Acts
 - a. No player shall commit acts including:
 - i. Using words like the offensive's audible or quarterback cadence prior to the snap to interfere with the offense
2. Intentionally kicking the ball, other than a punt
3. Participating while wearing illegal player equipment
4. Fighting or attempting to fight (results in disqualification)
 - a. B. Dead Ball Fouls
 - i. C. When the ball is dead, no player shall:
 1. Intentionally kick the ball
 2. Spike the ball
 3. There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules.

Examples include, but are not limited to:

1. Attempting to influence a decision by an official.
2. Disrespectfully addressing an official.
3. Using profanity, taunting, insulting or vulgar language or gestures.
4. Intentionally contacting a game official during the game.
5. Leaving the team area and entering the playing field during a fight.

Second Unsportsmanlike Conduct Foul by Player

The second unsportsmanlike conduct foul by the same player results in disqualification. If a spectator receives the penalty, it will be assessed to the captain.

Third Unsportsmanlike Conduct Foul by Team

The third unsportsmanlike conduct foul by the same team results in their forfeiture of the game.



Section 2:

Personal Fouls

A. Player Restrictions

No player shall:

1. Strip or attempt to strip the ball from a player in possession by punching, striking, or stealing.
2. Contact an opponent who is on the ground
3. Throw a runner to the ground
4. Hurdle any other player
5. Contact an opponent either before or after the ball is dead
6. Make contact of any nature which is deemed unnecessary
7. Deliberately dive or run into a defensive player
8. Tackle the runner by grasping or encircling with the hands or arms.

Roughing the Passer

- a. Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally.
- b. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass.
- c. The passer remains the passer while the ball is in flight or until they move to participate in the play.

Section Three:

Screen Blocking

Offensive Screen Blocking

- a. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind the back.
- b. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker must be on his/her feet before, during, and after the screen.

Screen Blocking Fundamentals

A player who screens shall not:

- i. Make contact when assuming a position at the side or in front of a stationary opponent.
- ii. Take a position close to a moving opponent such that the opponent cannot avoid contact.
- iii. After assuming the legal screening position, move unless the blocker moves in the same direction as the opponent.



Section Four:

Runner

Flag Guarding

a. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Examples of flag guarding include, but are not limited to:

- a. Placing or swinging the hand or arm over the flag belt.
- b. Placing the ball in possession over the flag belt.
- c. Lowering the shoulders in such a manner which places the arm over the flag belt

Obstructing the Runner

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

Charging

A runner shall not charge into nor contact an opponent in their path.

If a runner in progress has established a straight path, he/she may not be crowded out of that path, but if a defensive player legally established position, the runner must avoid contact by changing direction.

CONDUCT RULES

- We ask that you always maintain a positive approach throughout the league and adhere to the following guideline:
- Game officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite the players or spectators against the officials. Public criticism of the officials or players is unethical
- The coach should respect his opponents, display gracious behavior during competition and require his players to conduct themselves in similar fashion. Before and after the contest, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
- Coaches shall actively use their influence to enhance sportsmanship by spectators



PLAYER BEHAVIOR

- Any coach, or player verbally or physically abusing a game official, opposing player, or any other individual, will be ejected from the game and must leave the facility immediately.
- Any player refusing to leave will cause his team to forfeit the game.
- In the case of physical abuse or extreme unsportsmanlike conduct, additional disciplinary action can/will be taken by BREC's Athletic Department including but not limited additional suspensions and/or removal from the league.
- COACHES WILL BE HELD RESPONSIBLE FOR THE ACTIONS OF THEIR TEAM MEMBERS AND FANS.

SUSPENSIONS

- A player who is ejected from a game will be required to leave sight and sound of the facility within 2 minutes. If a player fails to leave after an ejection, the game will be forfeited by the umpire. Managers should see that your player leaves promptly.
- If any player is ejected from the game he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by BREC staff.
- If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of BREC indefinitely, pending review by staff.

EJECTIONS

- All ejections carry a \$25.00 player reinstatement fee. If a player is ejected twice (2) within one playing season, they are not allowed to participate within the playoffs.

PROTEST

- All protest must be made on site prior to play resuming. Only team captains can confer with the officials. Protest must be lodged only for misinterpretation of rules.
- Protest must be lodged properly in writing and must be submitted to Athletic Department within two working days (Mon.-Fri.) after protested incident.
- If the protest is upheld the \$25.00 fee will be returned. The protest fee will be forfeited if the protest is not upheld.



CODE OF CONDUCT

- No manager, player, or spectator shall physically/verbally threaten, lay a hand upon, shove, or strike an official, field supervisor, staff member, player and/or spectator.
- No manager, player, and/or spectator shall be guilty of objectionable and/or disruptive verbal demonstrations of dissent at an official's or field supervisor's decision or refuse to abide by official's or field supervisor's decision. No manager, player, and/or spectator shall be guilty of verbal abuse to include references to an individual or group's race, religion, gender, national origin, disability or age.
- Participants shall not use flagrant rough tactics against an opposing player.
- There shall be no unnecessary throwing of equipment, or any other objects.
- There will be no cause for defacement or destruction to any public facility or equipment.
- Participants (managers, coaches, players, etc.) may not falsify their own name or any other player's name on a team roster, scoresheet, or any other league document. The use of ineligible or illegal players is not permitted.
- Individuals and/or teams violating the Code of Conduct will be subject to league discipline action which may include one or more of the following actions: game ejection, game forfeiture, game suspensions, probation and/or seasonal suspension.



Penalty Enforcement:

Loss of 5 Yards

1. Required Equipment Worn Illegally
2. Delay of Game (Dead Ball Foul)
3. Illegal Substitution
4. Illegal Procedure – (Punt plays)
5. Encroachment (Dead Ball Foul)
6. False start (Dead Ball Foul)
7. Illegal Snap (Dead Ball Foul)
8. Illegal Formation
9. Illegal Motion
10. Illegal Shift
11. Illegal Forward Pass (Loss of Down, if by Team A)
12. Intentional Grounding (Loss of Down)
13. Help the Runner



Loss of 10 Yards

1. Unsportsmanlike conduct, Illegal Player Equipment
2. Illegal Kick, quick punt
3. Kick Catching Interference
4. Two or more encroachment fouls during interval between downs
5. Offensive Pass Interference
6. Defensive Pass Interference
7. Unsportsmanlike Conduct
8. Strip or Attempt to Strip the Ball
9. Hurdle any Player
10. Contact Before or After the Ball is Dead
11. Unnecessary Contact of Any Nature
12. Drive or Run Into an Opponent
13. Position Upon Shoulders or Body of a Teammate
14. Roughing the Passer (Automatic 1st Down)
15. Illegal Contact
16. Illegal Flag Belt Removal
17. Guarding the Flag Belt
18. Holding
19. Illegal Batting
20. Illegal Kicking
21. Illegal Participation



PARK POLICIES

No alcoholic beverages may be brought onto or sold on BREC property. (City Parish Ordinance, Title 13: Section 13:1010) Pets must always be leashed and droppings removed. For information on our Dog Park locations, please call 272-9200 ext. 400. (City Parish Ordinance Title 14, Chapter 2, Sec. 14:204) Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011) Gambling or games of chance are prohibited on BREC property. (City Parish Ordinance, Title 13: Section 13:90.2) Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011) Please help keep your parks clean by placing all trash and litter in receptacles provided at all BREC parks. For safety purposes glass containers are prohibited within parks. Sale of merchandise, food and beverage, solicitation of fees or donations, or conducting any type of business or event, including distribution of flyers, signs or other advertising mediums is prohibited without permit from BREC Commission. (City Parish Ordinance Title 3, Chapter 5, Sec 3:90- 93) For additional information regarding permits see Special Events. Park patrons are advised to be cautious of purchasing any product or merchandise from a vendor in a BREC park not displaying a BREC Permit or not selling from a designated BREC concession stand. Teams/Spectators may not play their own music inside of a BREC park before, during, or after games. Teams/players violating any BREC park policy may be subject to forfeiture of the game and/or expulsion from the league.

RETURNED CHECKS

Teams will be eliminated from any further league play for non-payment of league fees.

FORFEITS

- Game time is forfeit time!!
- The field supervisor's or umpire's watch represents the official time. Any time eight players are on the field; the game must start.
- Teams with fewer than four (4) players will be given a forfeit.
- The score of a forfeited game will be 7-0.
- In the event of a double forfeit each team will be credited with a loss with the score being recorded as 0-0.
- Forfeit Limits: A team which exceeds its maximum limit may be dropped from the league without a refund.
Maximum limits:
 - Teams which play one game per week2 forfeits
 - Teams which play two games per week3 forfeits

REFUND POLICY

No refunds will be given unless a league is cancelled. If rule violations result in a team being removed from the league, the following refund formula will be used. • Teams expelled between the date of registration and the beginning of their leagues first game will forfeit 100% of their registration fee. • Teams expelled after the start of their first game will forfeit 100% of fee.



RAIN MAKE UPS

In most cases, teams will receive at least one week notice of schedule changes.

In emergencies, teams may be asked to play with less notice. Managers will receive a rain make-up schedule through email upon games being rescheduled.

ROSTER CHECKS

BREC staff reserves the right to randomly check team rosters for player validity. The manager is responsible for keeping up-to-date team roster records. This practice can eliminate any question as to whether a team member is eligible to play. Players must present BREC staff with a form of photo identification upon request. Any player or team information which is not correct on a team's roster, and/or the use of illegal or ineligible players will result in league discipline.

Injury, Bleeding or Open Wound: A player/substitute, manager, coach, trainer, or other team member or sports official who is bleeding or who has an open wound shall be prohibited from participating further in the game until the bleeding is stopped and the wound covered.

1. If treatment can be administered in a reasonable amount of time the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment.
2. If excessive time is involved, the re-entry rule would apply to players.
3. If there is an excessive amount of blood on the uniform/bandage must be changed before the individual may participate. Concussion Protocol: Any player that exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not be returned to play.

Communicable Disease Procedures: While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing potential or transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all blood contaminated surfaces and equipment with a solution made from proper dilution of household bleach (CDC recommends 1-100) or other disinfectants before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.



8. Contaminated towels should be properly disposed of/disinfected.

9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles contain body fluids. The referee shall not permit any team member to participate if in his/her judgement any item constitutes a safety concern, such as, but not limited to, a player's fingernails or hairstyles.

BREC reserves the right to re-evaluate the rules and place improvements in place for any current rules and/or violations. BREC reserves the right rule on any items not covered in the document and to expand the rule basis. Rules that are not covered in the BREC rules and operating code, will automatically defer to NIRSA rules and procedures.

