



CITY OF RECREATION DIVISION
YOUTH FLAG FOOTBALL LEAGUE
JUNIOR & SENIOR LEAGUE RULES - 2017

This is a **RECREATIONAL** league. Please consider the following rules and regulations in addition to our team & player eligibility guidelines to determine if this league meets your needs. A copy of this document is available online at www.quickscores.com/getseminole.

GOVERNING BODY: The Seminole Recreation Division is in charge of the league and has the final authority to make decision pertaining to all league rules and regulations.

RULES GOVERING PLAY: The play will be governed by the most recent NFL FLAG REGULAR SEASON RULE BOOK with the following additions, exceptions and clarifications:

ELIGIBILITY

- This league is not part of the NFL Flag program, participants are exempt from the online waiver requirement.

SCHEDULE AND PLAYOFF PROCEDURES:

- Games will be played at the Holland G. Mangum Recreation Complex. The fields will be reserved for warm-up starting 15 minutes before the first game. All extra warm-up time will take place adjacent and outside of the field of play.
- League will consist of 6 week regular play, followed by extended weeks of playoffs.
- League Championship will be determined by season ending playoff games.
- All teams will make the playoffs; Seeded Single Elimination Style.

GAME TIMES:

- Time Limit: League games consist of four 10-minute quarters with two (2) minutes following the first and third quarters and fivee (5) minute half-time period. All three are mandatory water breaks. The entire game will be a running clock. The clock will only stop for time-outs and/or injuries.
- Time Outs: The number of time outs will be one 30 second time-out per half. Time outs will not carry over.

GAME PLAY:

- A regulation youth sized football will be used.
- All players must play a minimum of 50% per game unless sick or injured. If players are clearly not getting their allotted amount of playing time per game the coach will be warned once after the game in question. This will be looked at as a final warning. If it happens in a second game, the specific coach in question will lose their privilege of making their own voluntary substitutions and will then have mandatory team substitutions that take place every five minutes of each game for their own team for the remainder of the season (including playoffs).

- Sportsmanship – Players should be encouraged, not criticized, by their coaches. The game officials are in control of the game and may not be abused in any manner. The recreation staff fully supports the officials. Coaching youth sports does not include intimidating the officials. Coaches should try to encourage parents to give positive feedback to their players, and not argue with officials.

TECHNICAL AND INTENTIONAL FOULS:

- Officials and Recreation staff may call technical fouls at any time before, during and after the game.
- **Any player fighting will be suspended for the remainder of the game and the following game. Additionally, depending on the severity of the incident, players may be suspended from league play for the remainder of the season at the discretion of the Recreation Director.**
- If a player is ejected from a game for any reason will be automatically suspended for at least his next game or longer. Repeated offenses will result in expulsion from the remainder of the league.

RULE INTERPRETATIONS AND PROTEST

- All games will be final and there will be no appeal of decisions of the officials.

STANDINGS AND SCORES

- In the event of teams having identical records the following will be used to break ties:
 1. Win-Loss between head to head competition (*A forfeit automatically eliminates forfeiting team*).
 2. Point differential between head to head competitions (team with the greatest margin of victory).
 3. Each team's average point differential for all games played during the current season (Games won by forfeit are excluded; differentials are based on average of games played).

FACILITY GUIDELINES

- All Seminole Recreation Center facility rules will be obeyed.
- Players and spectators are allowed only in the gymnasium and restrooms.
- Smoking is not allowed within the facility.
- Alcoholic beverages are not allowed on Recreation Division property.

EQUIPMENT & UNIFORMS

- All players must wear the team jerseys supplied by the Recreation Division. Players must wear black, athletic shorts with no pockets.
- All players must have their own jersey no duplicate numbers/no exchanging shirts during the season.
- Game balls are provided as a part of the league fee. Teams may use another basketball other than the one provided if both team captains agree and the official approves the ball.
- No jewelry will be allowed to be worn by any player during the game.
- If a player/ team does not abide, a technical foul for each improper uniform will be given.