**PUBLIX SPORTS PARK**

***2023 WINTER RULES AND REGULATIONS GOVERNING FLAG FOOTBALL LEAGUE***

**A.**     **TEAM ROSTER AND PLAYERS ELIGIBILITY**

1.         All teams must have an official league roster on file with Publix Sports Complex.

1. All players, coaches, managers etc. must be on an official league roster to participate in league games.  Any player participating in a game who is not on an official league roster will be an ineligible player and will result in the offending team forfeiting the game.  On the second offense of any player of said team playing without being on a valid and current official roster, the ENTIRE team will be suspended for the remainder of league play.
2. Any coach/manager who allows, and any player who participates without being on an official league roster, will be suspended for one year.
3. NO PLAYER will be allowed to change LEAGUE teams after playing 2 league games.
4. League Rule - deadline for adding players to a team’s roster will be January 26th, 2023. Under NO circumstances will a team be allowed to add players after this date.
5. League Rule - All league players must be 16 years old before participating in an Adult League game.
6. IDENTIFICATION - requests must be met within fifteen (15) minutes after protest.  A Florida Driver’s license, Florida I.D. card, or military I.D. card will be accepted.
7. A team roster may include fifteen (15) players.

It is the coach/manager’s responsibility to inform his/her players of all Publix Sports Complex rules and regulations governing the Flag Football League.

**\*\*Any player not added to the roster will not be allowed to play\*\***

**B.    GAME TIMES**

1. Game times are: 6pm - 7pm - 8pm.

**C.** **GAME TIME IS FORFEIT TIME**.

**D. THE GAME**

1. Games will consist of two twenty-minute halves. Each team is allowed two time-outs per half (30-second time-outs). The clock is stopped for time-outs only. Extra Point plays before the 2-minute warning are timed downs and clock will continue to run. The clock will continue running on incomplete passes and out of bounds plays, until the last 2 minutes of the second half. The ball shall be put into play within 25 seconds after it is declared ready for play by the official. The official may order the game clock started or stopped whenever, in his opinion, either team is trying to consume or conserve playing time by tactics obviously unfair. Halftime will be 5 minutes.

**E. Putting the ball into play:**

1.) The winner of the toss must choose one of the following:

a.) Offense

b.) Defense

c.) Designate which goal their team will defend

d.) Defer choice to the second half

2.) Starting the Game:

The ball will be placed on the 15-yard line at the start of each half and at the start of

each drive after a touchdown.

3.) First Downs:

The offensive team has four downs to gain a first down. A first down is gained by

crossing any one of the twenty-yard markers with any part of the ball.

4.) Line of Scrimmage:

Players on the line must be set before the snap. The offensive team must

have at least 4 players on the line. Teams may have one (1) player in motion,

but they must be going parallel to the line and at least two yards back.

5.) Scoring:

Touchdown - 6

Extra Point – 1 (3-yard line) 1 point

Extra Point – 2 (10-yard line) 2 points

Extra Point – 3 (20-yard line) 3 points

6.) Offensive screen block: This block shall take place without contact. The screen blocker

shall have his/her hands and arms at his/her side or behind his/her back. Any use of the

hands, arms, elbows, legs, or body to initiate contact during a block is illegal. A blocker

may not leave his/her feet (except inadvertent) during a block. Penalty: 10 yards or

ejection if judged flagrant.

7.) No player shall strike an opponent with his/her fist, locked hands or elbow, kick or knee

an opponent or tackle an opponent. Lowering a shoulder and contacting an opponent or

butting an opponent with the head is not allowed (except inadvertent). Penalty: 10 yards

or ejection if judged flagrant.

8.) Running with the ball: A runner must make an effort to avoid a defender. Also, a

defender must make an effort to avoid knocking a runner out of bounds. Stiff-arming is

not allowed (except inadvertent). Diving is allowed as long as the player does not dive or

jump into the defense. Penalty: 10 yards or ejection if judged flagrant.

9.) When a player accidentally loses his/her belt, play reverts to one hand tag between the

shoulders and knee.

10.) Guarding the Flag: Neither hands, arms, nor any other part of the body may be used to

guard the flag. The flag must be fastened in the normal way and may not be tied on.

Knocking a player out of bounds is a personal foul unless done inadvertently in an

attempt to pull his flag.

11.) Passing: All players are eligible to catch a pass. Only one forward pass per down is

allowed. Backward passes are unlimited. No contact is allowed with receivers down

field. Penalty: 10 yards or ejection if flagrant.

12.) Defense: A player may not hold the ball carrier in order to get the flag. Penalty: 10 yards.

13.) Fumbles: All fumbles are dead at the spot where they touch the ground. Fumbles caught

in the air may be advanced.

14.) Substitutions are unlimited.

15.) Any player receiving a snap must be at least one yard behind the line of scrimmage.

Penalty: 5 yards, illegal formation, illegal procedure.

16.) Mercy Rule: If a team is 15 or more points ahead at the two-minute warning of the 2nd

half, the game shall end.

17.) All punts must be declared in advance. Punting team must have everyone except the

punter on the line of scrimmage. All players must remain motionless until the ball is kicked. The punter must punt the ball immediately and in continuous motion. Penalty: 5 yards, illegal formation, or illegal procedure.

18.) All players must start each play with their flag belts on. Penalty: 5 yards

19.) Tampering with the flag belt in any way to gain advantage, including tying, is illegal.

Penalty: 10 yards, player disqualification.

20.) Any defensive player can rush the quarterback, but they must be 5-yards from the line of scrimmage at the snap. Penalty: 5 yards, illegal formation.

**C**.  **RULES FOR LOCAL LEAGUE: 2023 UFFL RULES WILL APPLY TO ALL LEAGUE GAMES, WITH THE FOLLOWING EXCEPTIONS:**

**1.** Approval of the Leagues and Programs Coordinator will be required for a team to continue participation in the league after forfeiture of two (2) games.

1. A team must have five (5) players to start and finish a game.

**11. MOLDED CLEATS** will be allowed. **NO METAL CLEATS** **OR METAL-STUDDED** in league play, but shoes must always be worn.

**12.**  In case of games in progress being called due to inclement weather, a game having completed the first half will be declared an official game. The score at the time the game is called will be the final score.

**13.**  Use of **PROFANITY** will be strictly **PROHIBITED.**  Game officials will be required to remove from the game any player or manager guilty of this infraction.

**14.**   Publix Sports Complex is a smoke free/tobacco free/vapor free environment. There is no smoking in the park complex. There will be **ABSOLUTELY NO SMOKING**!!!!!! **THIS INCLUDES ALL VAPOR PRODUCTS! ABSOLUTELY NO CHEWING OR DIPPING!**

**15.**  **ALL PLAYERS ON A TEAM SHALL WEAR UNIFORMS ALIKE IN COLOR, TRIM AND STYLE (JERSEY).** Numbers of contrasting color, at least six inches high must be worn on the back of all uniform shirts.  No players on the same team may wear identical numbers (example: 3 & 03). Players without numbers should not be permitted to play in the game (note: administrative rule and failure to administer shall not be protestable).

**D.      PROTEST**

**1.** Any protest must be lodged with the game Referee at point of infraction.  The Referee will make a notation on the official score card.

**2.** Protesting manager must turn in a written protest to Leagues and Program Coordinator within twenty-four (24) hours after the protest is made.  Report will be accompanied by a $50.00 cash protest fee.

**3.** Fee will be returned if protest is upheld.  If not, fee will be deposited to general treasury, Publix Sports Complex.  Protest Committee will meet within one week. (Committee TBA)

**E.  PLAYER CONDUCT AND CITY OFFICIALS/UMPIRES**

**1.** The Publix Sports Complex always expects all players to conduct themselves with sporting behavior.  Each coach/manager shall be responsible for the conduct of his/her players. Players must at all-time act in a manner becoming good sporting behavior under liability of expulsion from the game and/or league. Regardless of Sanctioning or Sponsorship.

1. The Manager-On-Duty, and Referee crew shall have complete authority over the game and the players thereof and may expel any player from the field for unsporting conduct of a gross and willful nature.  If a player commits an intentional flagrant or malicious act, he/she will be ejected from the game.
2. Any player, coach, or fan that physically touches, pushes, threatens physical harm, or strikes an official, scorekeeper, or supervisor, will be suspended for one year from that date.
3. If a player is ejected from the game, the first offense will be a one game suspension not including the game being played regardless of when it happens.  Upon the second ejection from a game, the player will be suspended for one year from that date. If a player commits a major infraction (example, fighting), the player will be suspended for one year from that date. **LEAGUES AND PROGRAMS COODINATOR/ MANAGER ON DUTY HAS FULL AUTHORITY TO LENGTHEN OR SHORTEN A SUSPENSION AFTER HEARING FROM ALL PARTIES INVOLVED OR IF THEY WITNESSED THE EJECTION.**
4. **IN CASE A REFEREE EXPELS A PLAYER AND SAID PLAYER REFUSES TO LEAVE THE COMPLEX WITHIN ONE MINUTE AFTER EXPULSION, THE REFEREE SHALL FORFEIT THE GAME TO THE OPPOSING TEAM.** Players have the right to appeal; the appeal must be in written form within 24 hours and will be reviewed by the appeals committee.
5. Referees are instructed to discuss matters ONLY with team coach/managers or team captains.
6. **METHOD OF CALLING OFF GAMES**

**1.** Games will NOT be postponed or rescheduled.

EXCEPTIONS:    A. Death of immediate member of family of player involved

B.  Very extenuating circumstance

**PLEASE DO NOT EXPECT SPECIAL TREATMENT FROM PUBLIX SPORTS COMPLEX!!!**

**2.** In case of inclement weather (i.e., thunderstorms), please call Publix Sports Complex at 850-588-4907 for the latest information available.  Decisions on weather will be at game time. Rain-out games will be rescheduled if possible.

**G. PLAYOFF DETERMINATION FORMULA**

**1.** Teams already in playoffs

      a. Head-to-head results

      b. Fewest points allowed between all tied teams

      c. Most points scored between all tied teams

      d. Coin toss

**2.** NOTATION FOR PLAYOFFS.  Home team shall be the team with the highest finish in the league.  Regular time limit will apply to all play-off games.

1. **PARK RULES**
2. **NO PROFANE OR ABUSIVE LANGUAGE WILL BE TOLERATED.**
3. Only personnel directly connected with the team shall be allowed on the player’s bench.
4. **PLEASE KEEP YOUNG CHILDREN OFF THE PLAY FIELD - FOR THEIR OWN SAFETY.**
5. All players are responsible for the safety and conduct of their children while participating in Publix Sports Complex sponsored programs.
6. **NO PETS OF ANY KIND** (dogs, cats etc.) will be allowed on the synthetic fields.  This includes service dogs and/or animals on a leash.

**6. TREAT FANS, OTHER PLAYERS, AND REFEREES AS YOU WOULD LIKE**

 **TO BE TREATED**.

**7.  INSURANCE:**

The Publix Sports Complex assumes NO RESPONSIBILITY OR LIABILITY for injury while participating in tournament or league play. Team managers are ENCOURAGED to secure some type of insurance coverage for their respective team.

***PLAYERS AND SPECTATORS PARTICIPATE AT THEIR OWN RISK.***

1. **Overtime Rule**

1. Each team receives an Overtime Extra Point Attempt

2. Coin Flip – two choices – Offense or Defense

3. If score is tied at the end of first O.T., repeat second O.T., reversing choices, etc.

4. If score is tied at the end of the second Overtime, teams must go for a 2 or 3 point

Extra Point. Overtime will continue until a winner is declared. Choices will continue

to be reversed per Overtime Period.

 5. One timeout per team per Overtime Period

 6. Interceptions on returned Overtime Extra Points are worth the value of the attempted

Overtime Extra Point (1, 2 or 3 points)

 7. Penalties are administered as in a regular game

 **J. Officiating:**

1. When available: four (4) referees and a clock operator will be assigned to each game.

1. **Rain-Out Games:**

ALL games that are rained-out will be re-scheduled at the end of the regular season and managers will be notified. It is possible that teams will be asked to play “triple-headers” to complete the season in a timely fashion.