

FULTON PARKS & RECREATION



Flag Football Rules & Regulations



City of Fulton
Parks and Recreation Department
P.O. Box 130
Phone: 592-3190

Cancellation Hotline: 592-3195



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P.O. Box 130, 18 East 4th St.
Fulton, MO 65251
(573) 592-3190
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Dear Players, Coaches, Parents & Fans,

On behalf of the Fulton Parks & Recreation Department, let me thank you for participating in our youth sports program. Fulton and Callaway County can boast of a great athletic tradition and it all starts right here at the recreation level. It is our mission to provide your child with an organized athletic program in a safe environment. As a department, we encourage our coaches and officials to encourage good sportsmanship and fair play. While we feel that winning is important, we strongly believe that it is more important that we teach young children both how to win and how to lose. Please remember, all of our coaches are volunteers and the majority of our officials are working because they truly love the sport. The coaches and officials will make mistakes occasionally. We ask that you be patient with them and always treat them with courtesy and respect.

When evaluating our program, please ask yourself 3 simple questions: 1) Is the program structured in a way that is organized and easily understood?, 2) Is the environment one that promotes safety and fair play?, and 3) Is the program providing some form of physical, mental, social and/or emotional benefit for your child? If the answer to these questions is YES, then we have accomplished our objective. We will be placing a strong emphasis on sportsmanship and character during our events. Please help us to promote this attitude and we will all be better people.

This booklet will help you understand our policies, procedures and the rules of the game. It is our hope that you will read this material and hold us accountable to always following the rules within our own manual. Please feel free to ask questions at any time. These programs are here for you. The more we all know about our programs, the better the programs will be.

As a department, we pledge to you to uphold the highest standards of fair play and to make all decisions based on what is best for the entire program. Let's all resolve to train our children to be champions in sports and in life! Again, thank you for participating in this Fulton Parks and Recreation program. We look forward to a great season.

Sincerely,

Clay Caswell
Director of Parks & Recreation

"The quality of a person's life is in direct proportion to their commitment to excellence."

FULTON PARKS & RECREATION

PARENT & SPECTATOR CODE OF ETHICS

1. PARENTS AND SPECTATORS SHOULD REMEMBER THAT THE FPR PROGRAMS ARE FOR THE CHILDREN TO LEARN THE FUNDAMENTALS, SPORTSMANSHIP, TEAMWORK, AND TO HAVE FUN!
2. PARENTS ARE TO REMEMBER THAT THEY ARE TO SUPPORT THE CHILDREN. YOU WOULD NOT STAND UP AT THE SCHOOL SPELLING BEE AND YELL NEGATIVE REMARKS AT THE KID SPELLING THE WORD, SO DON'T DO IT HERE, IN OUR CLASSROOM. BE POSITIVE!
3. DON'T LET THE "WIN AT ALL COST" BUG BITE YOU. THROUGH SPORTS A CHILD CAN LEARN MANY POSITIVE THINGS. WINNING IS IMPORTANT. WE WANT TO ENCOURAGE OUR KIDS TO PLAY TO WIN. EVEN MORE IMPORTANT HOWEVER, IS TEACHING THEM HOW TO ACT WHEN THEY WIN AND WHEN THEY LOSE, WITH GRACE AND DIGNITY.
4. CHILDREN LEARN MUCH FROM PARENTS AND SPECTATORS. THEY FUEL OFF HOW ADULTS BEHAVE. IF YOU ACT APPROPRIATELY, THEY WILL ACT APPROPRIATELY MOST OF THE TIME. RESOLVE THAT YOU WILL NOT DO SOMETHING TODAY THAT YOU WILL BE SORRY FOR TOMORROW.
5. NO PARENT OR SPECTATOR SHOULD USE TOBACCO PRODUCTS ON THE PLAYING AREA.
6. PARENTS AND SPECTATORS SHOULD SHAPE THEIR BEHAVIOR AS TO BE A POSITIVE EXAMPLE TO ALL OF THE CHILDREN IN THE PROGRAM.
7. ANY PARENT HAVING KNOWLEDGE OF THEIR CHILD PLAYING UNDER A FALSE AGE, IDENTITY OR ADDRESS WILL HAVE HIS/HER CHILD SUSPENDED INDEFINITELY FROM ALL FPR PROGRAMS.
8. PARENTS AND SPECTATORS SHOULD REMEMBER THAT ALL OF THE COACHES ARE VOLUNTEERS. IT IS NOT A REQUIREMENT THAT THEY KNOW AS MUCH ABOUT A PARTICULAR SPORT AS YOU MAY KNOW. AS LONG AS THEY ARE FOLLOWING THE POLICIES AND PROCEDURES OF THE FULTON PARKS AND RECREATION DEPARTMENT, THE RULES OF THE GAME, AND PROVIDING A SAFE ENVIRONMENT; THEY ARE WORTHY OF A CERTAIN AMOUNT OF RESPECT AND APPRECIATION. THEIR WIN-LOSS RECORD HAS NO BEARING ON THEIR JOB PERFORMANCE.
9. PARENTS AND SPECTATORS SHOULD LIMIT THEIR PUBLIC COMMENTS TO THOSE OF A POSITIVE NATURE. CHEER FOR ALL THE KIDS!
10. PARENTS AND SPECTATORS SHOULD ALWAYS RESPECT THE OFFICIALS OF THE GAME AND THE STAFF OF THE FPR. NO ONE IS CHEATING YOUR CHILD! OFFICIALS WILL MAKE BAD CALLS OCCASIONALLY. IF IT WON'T MATTER 10 YEARS FROM NOW, DON'T ACT LIKE IT IS THE END OF THE WORLD TODAY.

FAILING TO ABIDE BY THE PARENT & SPECTATOR CODE OF ETHICS OR ANY ACTS OF DEVIANT BEHAVIOR OR POOR SPORTSMANSHIP CAN RESULT IN THE FOLLOWING:

1. REMOVAL OF PARENT OR SPECTATOR FROM THE PARKS & RECREATION FACILITY
2. INCIDENT REPORTED TO FULTON POLICE DEPARTMENT
3. SUSPENSION OR DISMISSAL OF THE PARTICIPANT FROM THE PROGRAM. (IF A PARENT IS IN VIOLATION, HIS/HER CHILD MAY BE REMOVED FROM THE PROGRAM)

Youth & Adult Flag Football Rules & Regulations

Fulton Parks & Recreation Flag Football will follow the NIRSA Flag Football rules unless otherwise noted in this manual:

Head Coach Responsibilities

The Head Coach of each team is responsible for the following:

1. Conduct a Parent Orientation meeting prior to the first practice session. Coaches will provide parents with the following information: a) practice/game schedules, b) league rules, c) team picture information, d) Parks & Recreation rules and policies, e) Sportsmanship policies and behavior expectations.
2. Picking up equipment after parent orientation has been completed & returning all equipment to the P&R office
3. Selecting an assistant coach
4. Scheduling practices
5. Distributing team uniforms
6. Teaching the basic skills and fundamentals of the game, as well as the good sportsmanship to the players
7. Insuring the safety of all participants.
8. Serving as a positive role model to the players
9. Insuring that all parents, coaches, spectators and players demonstrate appropriate behavior and abide by the rules and regulations of the Fulton Parks & Recreation Department.
10. Positively supporting the Fulton Parks & Recreation Department at all times.

Sportsmanship

- 1) Sportsmanship will be the primary teaching goal of this program. Unsportsmanlike behavior will not be tolerated by players, coaches, or spectators. Minor infractions may be dealt with by the game officials(s), while more serious infractions will be handled directly by the Parks & Recreation office.
- 2) No cursing, taunting, alcohol, or tobacco products will be tolerated on or around the field. This includes the spectator areas and dugouts. This applies to coaches, players, and spectators.
- 3) Spectators and coaches should be aware that flag football is a semi-contact sport a there will be some incidental conduct at times. Intentional and unnecessary contact will be penalized at the referee's discretion.
- 4) Spectators and coaches are not allowed to badger or argue with an official in any way. The referees and/or event supervisor are in charge of the field and have full right to eject anyone from the game or premises with or without warning.
- 5) Be courteous to opposing players, coaches and fans. Enjoy the game.
- 6) Parents and spectators must abide by the Parent/Spectator Code of Ethics at all times.
- 7) An individual's first ejection of the year will result in an additional one game suspension (coach, player, or spectator). A second ejection will result in suspension for the remainder of the year (a minimum of five games, even if that carries into the following season) and may result in more serious disciplinary action depending on the severity of the infraction. The Parks & Recreation Director reserves the right to impose more or less severe disciplinary action depending on the severity of the incident, past history of the individual, etc.
- 8) If an assistant coach, parent or spectator of a team is ejected for any reason, the head coach of that team will also be ejected. If no other assistant coaches are available to coach the team during the remainder of the game, the game will be stopped and that team will forfeit the game.

Team Picture Policy

Fulton Parks and Recreation will schedule a professional photographer, based on price, service and dependability, to take team & individual pictures that will be available for purchase by the parents. Picture order forms and a picture schedule will be made available to parent as early in the season as possible. When possible, photo sessions will be scheduled to coincide with a scheduled game.

Coaches and/or parents are not to contact the photographer to request a different photo day/time. Payment is due at time of photo session.

Coaches must not refuse to have their team attend and participate and participate in the photo session, even if no team member will be buying the photographs. Team photos will be given to team sponsors and it is imperative that all teams have a team picture taken.

Leagues/Age Restrictions

1. Players will be divided by their current grade in school.
2. A player may play in an age group that is higher than their own, provided there is only a one year gap between the player's actual grade and the minimum grade of the higher league. A player may not play in a lower grade division than what their current grade qualifies them for.
3. The Parks & Recreation Department reserves the right to combine age/grade groups in order to have enough players and teams for the league.
4. If a player is determined to be ineligible to participate in a league because of age or grade or has been intentionally signed up in an incorrect age/grade division, the following sanctions will apply:
 - a. The child will be removed from the league and not allowed to play any games during that season
 - b. The child's team will forfeit all games that the ineligible player participated in.
 - c. The team may be eliminated from future play or may forfeit any awards received.
 - d. The Parks & Recreation Department reserves the right to review each eligibility case on an individual basis and make appropriate and fair decisions that may fall outside the previously mentioned sanctions.

Protests

- 1) Any protests must involve rules interpretation calls only. Judgment calls are not grounds for protest. In addition, any protests must be made by the head coach at the time of the disputed call and the game played under protest from that point . A written notice to the Parks & Recreation office must accompany a \$50 protest fee to be considered.

Playing Requirements

- 1) All players must play at least 1/2 of a game and play in both halves. If a game that is shortened because of inclement weather, players who did not get adequate playing time must start the next game.
- 2) Substitutions will not be limited, in order to get everyone their allotted playing time. A coach can substitute during a dead ball.
- 3) Every player must start, either on offense or defense, at least one game during the season.
- 4) All players must also attend scheduled team practices. Anyone failing to attend practices on a regular basis may be dropped from the league.
- 5) Each player should have an opportunity to try each position through out the season. However, each player is not required to "carry" the ball in each game. This will be determined at the coach's discretion and based on skill of player, knowledge of plays and practice attendance.

Length of Games

- 1) 22 minute halves/4 min. half. The Event Supervisor, scorekeeper or the referee will keep the official time.

Equipment

The following footballs will be used:

<u>Division</u>	<u>Ball</u>	<u>Division</u>	<u>Ball</u>
1-2	Rawlings Pee Wee	5-6	Rawlings Youth
3-4	Rawlings Pee Wee	Adult	Regulation High School/College

-Coaches will be issued 2 game balls for practice. A game ball will be provided.

-Coaches will also be issued 8 or more flag belts to use to practice flag pulling.

-Coaches will be issued 2 cone markers to use to mark a practice line of scrimmage and neutral zone.

Team Composition

1. Whenever possible, teams will not have more than 12 players per roster, with 7 players on the field at one time.

Standings and Scoring

1. Standings and game scores will be kept in all divisions. Standings will be used to determine either the end of the year awards or for seeding purposes if a post season tournament is held.

Awards

1. Team champions will be decided in all divisions. Players on the championship teams will receive a championship medal and second place teams will receive a second place medal.

Players in the lowest age/grade division will receive placing medals or participation medals.

Game Cancellations

1. In case of inclement weather or wet field conditions, please call the Parks & Recreation Hotline at **592-3195** for the most current updates. If possible, decisions will be made by 4:30 pm on the day of the game. **Cancellations after 4:30 will be made at the game site by the Event Supervisor or Game Official.**
2. Coaches will be notified of rainout make-up dates or revised schedules will be posted on the Parks & Rec website.
3. Games may need to be cancelled because of field conditions even if it is not raining at the time of your scheduled game.

Official Games

- 1) In the case of rain or inclement weather, games will be considered official if ½ of a game has been completed.

Dangerous/Severe Weather

1. Weather can be full of unpredictability i.e., wind, rain, lightning. If during your game there is severe weather please continue with CAUTION. We are more concerned with safety of all participants than completing a game. If a game is cancelled or halted due to bad weather, please send all players & spectators to their cars or to shelter. Do not allow parents/players to remain exposed to potential severe weather. Coaches should be on the look out for lightening and notify the game officials immediately if lightening occurs. Coaches have the authority to pull their players from the field if they feel the weather conditions are not safe.
2. It is not a policy to cancel games because of excess heat or a little rain or cold weather. Please call the game cancellation line if you are unsure.
3. Parents are encouraged to make individual decisions for their own child when outdoor weather elements become a concern, as to whether or not to attend any particular game if the game is not officially cancelled.

General Rules of the Game

Each coach will be responsible for reviewing and knowing the rules for the division that they are coaching. There will be no deviation from these rules. All rule change requests should be submitted to the Parks and Recreation Department for consideration in the next season.

Flag Football Purpose

FLAG FOOTBALL'S PLAYS AND TACTICS SHOULD BE DESIGNED TO EMPLOY SPEED, FITNESS AND DECEPTION, RATHER THAN VIOLENT OR INTENTIONAL BODY CONTACT.

Practices

- A. Practices will be scheduled by the coach.
- B. Max. allowable practices: Pre-season – 2 per week
- C. Practices should not exceed 2 hours in duration.
- D. Coaches should insure that all players remain adequately hydrated during practice and games.

Equipment & Uniform

- A. Football cleat, turf or tennis shoes are allowed. No metal cleats.
- B. Players must not wear jackets or sweatshirts with a hood.
- C. Jersey must be tucked into shorts or pants at all times.
- D. Shorts or pants must not have any pockets or belt loops.
- E. Players are required to wear all Parks & Recreation issued uniforms during the game.
- F. Flags and game ball will be available at game site, used for games only and returned to spot where picked up.

Field Dimensions

- A. Field will be 80 yards long, plus a 10 yard end zone on each end. Field width will be 40 yards. Field will be divided into four 20 yard zones.

Time Outs & Play Clocks

- A. Each team will receive 2 time-outs per half, plus one time-out for each overtime period.
- B. The offensive team will have 30 seconds to call a play. Failure to do so will result in a 5-yard penalty.
- C. One coach will be allowed to be in the huddle with the players. Coach must not interfere with the play or the referee.

Game Clock

- A. The game clock will be kept at the scorers table or with one of the referees.
- B. Game clock will run continuously until the 2 minute warning in each half. Coaches can stop the clock before the 2 minute mark by using a time-out.
- C. Under 2 minutes, the clock will stop on penalties, incomplete passes, out of bounds plays, time-outs and injuries.
- D. The referee can stop the clock at any time for an official's time out.

Scoring

- A. A touchdown shall be 6 points. Extra point(s)= 3 yard line – 1 point 10 yard line – 2 points
- B. A safety shall be 2 points and possession of the ball on the offensive team's 10 yard line.
- C. A defensive interception return for a touchdown on an extra point attempt (pass) will result in 2 points.
- D. After a score, the scoring player must find the nearest referee and let the referee check the flag belt.

Start of Game Procedures

- A. The game is started with the captains/coaches meeting with the referee and flipping the coin, with the winning captain given the choice of defense or offense. Teams switch at halftime.
- B. Ball will be placed on the 10 yard line to start the game, at the start of the second half, & after each score.
- C. The ball will be placed in the center of the field at all times, unless field conditions require that it be placed in another location.

First Downs

- A. The offensive team will have 4 downs to make it to the next zone mark. Once a team enters a new zone, it is a first down and a new series of 4 downs, unless a penalty occurs. It is possible that a team may have to cross 2 zone lines in order to gain a first down.

Overtime/Tie Breaker Situations

- A. If a game is tied at the end of the regulation game, the winner will be decided using the Kansas tie-breaker method. The ball will be placed on the 10 yard line. Each team will have 4 offensive downs to score a touchdown. After a touchdown, teams may choose to go for 1 or 2 extra points.
- B. An interception will result in 1) the defensive team moving to offense, or 2) the end of the overtime period if teams are still tied, or 3) the end of the game if the defensive team was leading. Interceptions **can not** be returned for 2 points. The ball is dead when defender has control of the interception.
- C. After 2 complete overtime periods, teams will be required to go for a 2 point conversion from the 10 yard line if a touchdown occurs.
- D. No game will be allowed to end in a tie

Offense

- A. There must be 1 offensive player of lineman immediately to each side of the center.
- B. There must be 4 set players on the line of scrimmage prior to the snap.
- C. Quarterback or center should not hike the ball until the referee has indicated that the line is set.
- D. Only 1 player may be in motion at the time the ball is snapped. The player in motion may not be moving towards the line of scrimmage prior to the snap. This player can not be one of the 4 set players.
- E. NO CENTER SNEAKS ALLOWED!!
- G. All players must be within 15 yards of the ball, or no player can be closer than 5 yards to the sidelines.
- H. There are no fumbles. If a ball is fumbled and hits the ground, it is dead and marked at point of contact.

Blocking

- A. Offensive lineman may block using 2 methods: 1) both hands behind the back, shuffling side to side to use body as a block, or 2) Blocking shall be done by use of the arms and body in the form of a screen. The offensive player plants his/her arms on chest, elbows may be extended and screens the defensive player away from the ball carrier. Only "Screen Blocking" will be allowed. No Drive Blocking. This also applies to downfield blocking.
- B. There may NOT be blocking below the waist, and a blocker may not leave their feet to block.

Passing

- A. Forward passing must be from behind the line of scrimmage with only 1 forward pass per play
- B. **All players** are eligible to catch a forward pass.
- C. Players may make an unlimited number of backward passes or pitches

Punting

- A. A team may punt on any down but must first tell referee and defending team. No fake punts allowed.
- B. Once a punt has been declared, it can only be changed by calling a time-out
- C. No one may rush the punter or jump while the ball is in play. If so, the offensive team will rekick.
- D. All players other than the punter must be on the line of scrimmage & be set prior to the snap. They may not move until the ball is punted.
- E. If a punt hits the ground after touching a player on the receiving team, the ball is dead at that spot.

Ball Carrier

- A. A ball carrier shall not protect flags in any way. Hands and arms MUST be kept above the waist. No straight/stiff arm is allowed – Unsportsmanlike conduct or Flag guarding.
- B. No jumping allowed in order to prevent a defender from pulling the flag. The ball carrier may use the spin move in order to evade defender.
- C. The ball carrier is not allowed to dive to get extra yardage.
- D. If the ball carrier falls down, he/she is down at the spot. If only a hand touches the ground, the ball carrier is not down. If the ball touches the ground while in the hand of the ball carrier, the carrier is down.

Defense

- A. **The defensive team can rush a maximum of 3 players until the ball is handed off or the QB is out of the pocket.**
- B. A defensive player may not go through the blocker, but must try to evade the blocker.
- C. Defensive rushers must not rough the passer
- D. Defensive players may not hold the runner
- E. Defensive player may never tackle a runner

Downing the Ball Carrier

- A. To down a ball carrier, a player must remove carrier's belt by pulling at flag. The defensive player must stop and hold the flag belt above their head until official marks the spot. Do not throw flag to prevent proper marking of ball. Players should return the flag to the runner.
- B. The defensive player must not hold, push nor stop the progress of the ball carrier, but must "play the flag rather than the carrier". (Holding or Unnecessary roughness)
- C. If the ball carrier accidentally loses the flag belt, he/she will be down when a defensive player touches the ball carrier with **one hand**.
- D. If the ball hits the ground on a backward pass, center snap or a fumble, the ball is dead where it hits the ground. There are no turnovers on fumbles.
- E. The ball carrier should never be tackled or thrown to the ground.

One on One Player Situations

- A. When a defensive player is trying to evade a block from an offensive player, hands may be used but must not contact offensive player above the shoulders.
- B. When an offensive player holds a position, the defensive player should attempt to evade the player and not run through the offensive player.

Penalties

Below is a list of common infractions & their penalties. Please refer to NIRSA rule book for a complete list.

5 yard Penalties

Delay of Game
 Encroachment
 False Start
 Illegal Motion
 Not enough players on the line
 Illegal Forward Pass (loss of down)

10 Yards Penalties

Offensive Pass Interference (loss of down)
 Defensive Pass Interference (Automatic First Down)
 Holding the Runner
 Stripping or attempting to strip the ball
 Tackle the Runner
 Unnecessary Contact
 Roughing the Passer
 Flag guarding
 Illegal Block
 Illegally secured (tied) Flag Belt (from LOS & loss of down)

League Information

- A. A volunteer adult is needed to assist the referee in keeping track of the down numbers or down marker
- B. Please have players/fans remain on benches/bleachers during game for safety reasons. Sideline players coaches can not be inside the 20 yard line.

TEAM SELECTION & DRAFT

1. Frozen Players
 - Teams will be allowed to freeze the son or daughter of 1 Head Coach and 1 Assistant Coach. If the coach has more than one son/daughter on the team, all will be frozen
 - Each team may freeze 1 additional player if that player was coached by the same coach during a previous season (any sport).
 - A team sponsor may request that 1 player be frozen on a specific team that they are sponsoring.
 - No player can be frozen without parent consent. If a player is frozen without parent consent, that player may be removed from that team and placed on the team with the lowest number of players.
 - If a coach does not have a son/daughter in the league, they will be given one compensatory "freeze".
 - Sponsors can not select coaches. Parks and Recreation will assign sponsors to specific teams.
 - A team can freeze a maximum of 4 players.
2. Roster limit will be no more than 12 players whenever possible.
3. Whenever possible, no team will have more than 7 players of one age on the roster.
4. Players will be rated on age & years of experience. These ratings will be available to all coaches prior to the draft.
5. Coaches will draw for the order of the draft. The order will reverse after every round.
6. Siblings- If a coach selects a player who has a sibling in the same division, the coach must take both players and it will count as two picks. The coach will be skipped in the next round.
7. The only people allowed in the draft room are the head coach and assistant coach from each team, Parks and Recreation Staff members and anyone approved by the Parks and Recreation Department.
8. Coaches will have 60 seconds to make a draft choice. If the team does not make a choice within the time limit, they are skipped until the end of that round. This will not apply to the final round.
9. Draft Procedure
 - Players will be listed by age and then alphabetically. All players will be numbered.
 - Frozen players will be assigned and checked off on the list.
 - One player will be selected each round and will continue until all players are selected.
 - Attempts will be made to "balance" teams based on age, grade and/or gender.
10. Trades: Teams will be allowed to trade a maximum of 1 player after the completion of the draft. Trades must be mutually agreed upon and should be an equal (age, gender, experience rating) exchange of players.
11. All comments made about players during the draft meeting are considered confidential and should not be discussed outside the draft room.
12. Once the draft is officially closed, no player can be removed from a team and placed on another team. Exception: The Parks and Recreation Department will have the authority to move players from team to team.

Selection of Coaches

The Fulton Parks and Recreation Department will strive to select qualified coaches who will serve as a positive role model for the youth of our community and who will promote and encourage good sportsmanship and fair play while teaching the fundamentals of the game.

- All coaches must submit a coaching application and will be selected based on the following priority list:
 1. Date of Coaching Application
 2. Individual has positively supported the Fulton Parks and Recreation Department in the past.
 3. Former Coach in good standing
 4. Former Head Coach in same division
 5. Former Assistant Coach in same division
 6. Former Head Coach in another division
 7. Former Assistant Coach in another division
 8. Former coach returning from hiatus.
 9. Someone who has successfully coached in another Parks and Recreation sponsored sport.
 10. A new volunteer
 11. Parks and Recreation Director's approval
- The Parks and Recreation Department reserves the right to reject any coaching application for any reason.

Summary of Fouls and Penalties

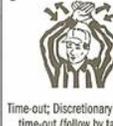
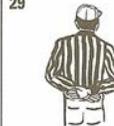
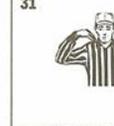
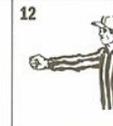
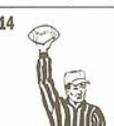
Loss of 5 Yards

1. Illegal Equipment
2. Delay of Game
3. Encroachment
4. False Start
5. Illegal Snap
6. Offensive Player not within 15 yards of ball
7. Infraction of Scrimmage Formation (less than 4 men on LOS)
8. Illegal Motion by Offense
9. Illegal Forward Pass (Loss of Down)

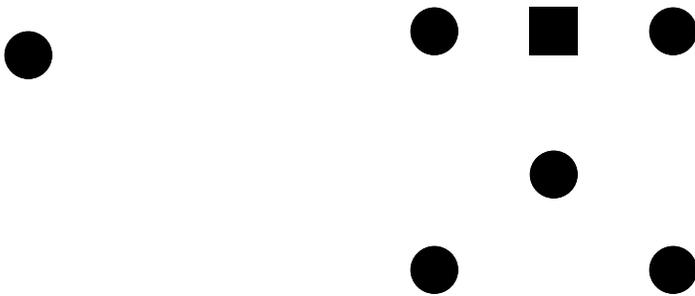
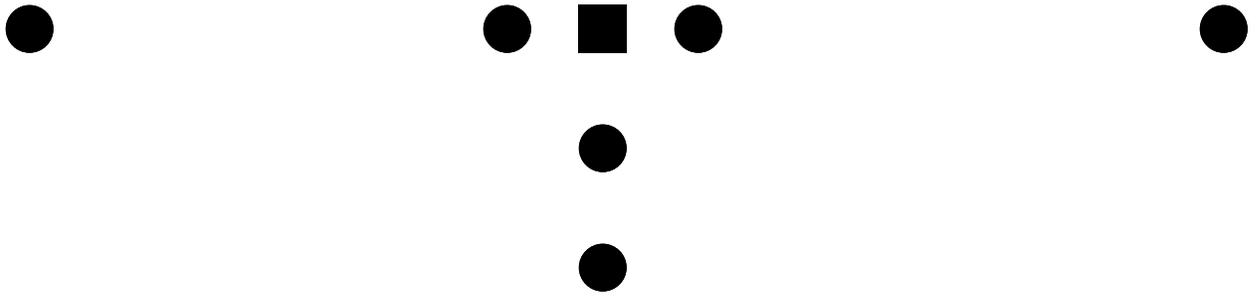
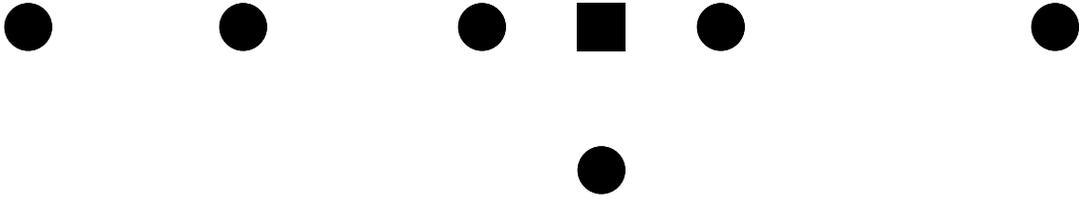
Loss of 10 Yards

1. Forward Pass Interference-Offense (Loss of Down)
2. Forward Pass Interference-Defense (Automatic 1st Down)
3. Illegally Secured Flagbelt (from spot of foul)
4. Unsportsmanlike Conduct (players, coach, spectator)
5. Spiking, Kicking or Throwing Ball during Dead ball
6. Strip or Attempt to Strip Ball
7. Throw Runner to Ground or Tackling a Runner
8. Illegal Jumping or Diving by an Offensive Player
9. Unnecessary Contact of any Nature
10. Driving or Running into a Player
11. Stiff Arm
12. Holding the Runner
13. Illegal Block or Offensive Holding
14. Flag Guarding
15. Roughing the passer
16. Tripping
17. Rushing more than 3 defenders

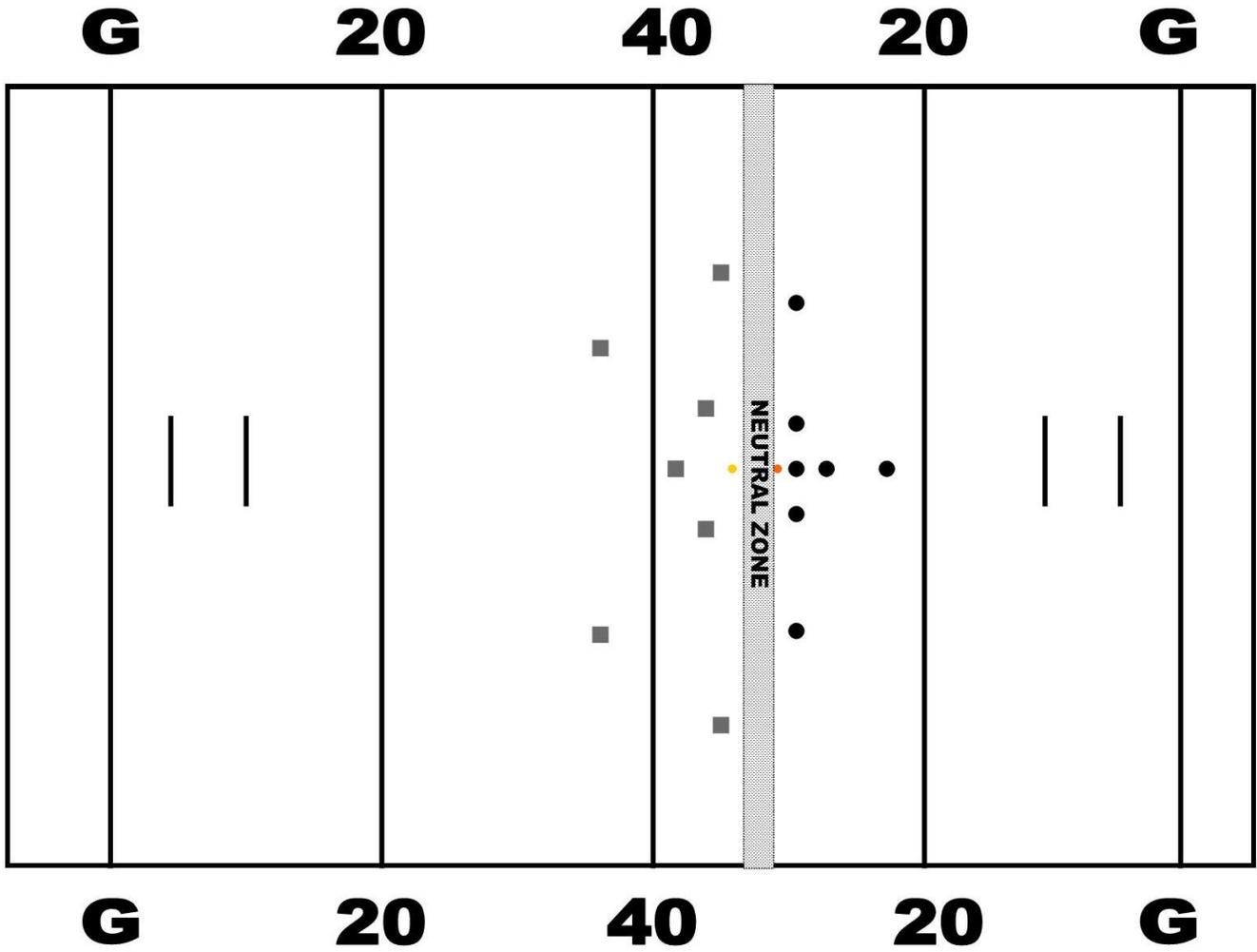
Referee Signal Chart

<p>1</p>  <p>Ball ready for play *Untimed down</p>	<p>2</p>  <p>Start clock</p>	<p>3</p>  <p>Time-out; Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p>  <p>TV/Radio time-out</p>	<p>21</p>  <p>Delay of game</p>	<p>22</p>  <p>Substitution infraction</p>	<p>23</p>  <p>Failure to wear required equipment</p>	<p>24</p>  <p>Flag guarding</p>
<p>5</p>  <p>Touchdown Point(s) after touchdown</p>	<p>6</p>  <p>Safety</p>	<p>7</p>  <p>Ball dead; Touchback (move side to side)</p>	<p>8</p>  <p>First down</p>	<p>27</p>  <p>Unsportsmanlike conduct; Noncontact foul</p>	<p>28</p>  <p>Illegal participation</p>	<p>29</p>  <p>Sideline interference</p>	<p>31</p>  <p>Illegal batting/kicking (followed by pointing toward toe for kicking)</p>
<p>9</p>  <p>Loss of down</p>	<p>10</p>  <p>Incomplete forward pass; Penalty declined; No play, no score; Toss option delayed</p>	<p>11</p>  <p>Legal touching of forward pass or punt</p>	<p>12</p>  <p>Inadvertent whistle (face press box)</p>	<p>33</p>  <p>Forward pass interference; Kick catching interference</p>	<p>34</p>  <p>Roughing the passer</p>	<p>35</p>  <p>Illegal pass</p>	<p>36</p>  <p>Intentional grounding</p>
<p>13</p>  <p>Disregard flag</p>	<p>14</p>  <p>End of period</p>	<p>15</p>  <p>Sideline warning</p>	<p>16</p>  <p>First touching</p>	<p>38</p>  <p>Personal foul</p>	<p>40</p>  <p>Open (Core only)</p>	<p>41</p>  <p>Closed (Core only)</p>	<p>42</p>  <p>Holding/obstructing</p>
<p>17</p>  <p>Backward Pass</p>	<p>18</p>  <p>Encroachment</p>	<p>19</p>  <p>Illegal procedure; False start; Illegal formation</p>	<p>20</p>  <p>Illegal shift - 2 hands; Illegal motion - 1 hand</p>	<p>43</p>  <p>Declared punt</p>	<p>44</p>  <p>Helping the runner</p>	<p>45</p>  <p>Forward pass</p>	<p>47</p>  <p>Player disqualification</p>

Sample Play Formations



Field Diagram



Would you like to make a difference in a child's life?

Fulton Parks & Recreation is always looking for volunteer coaches who are interested in being a positive role model and mentor to the youth of our community. Here at Fulton Parks & Recreation our goals are to help improve the quality of life for the citizens of our community and to teach more than just the game!

If you would like to become part of the Fulton Parks and Recreation team, complete the enclosed application or give us a call at 592-3190.



Fulton Parks & Recreation
Volunteer Coach Application
(Head Coach Only)

Name: _____ Age: _____ Date: _____

Address: _____ Shirt Size: _____

City: _____ State: _____ Zip: _____

Phone: (home) _____ (work) _____

Cell Phone: _____ E-Mail: _____

Employed By: _____ Years of Employment: _____

Can you be contacted at work? Yes No Work Hours _____ to _____

Have you ever coached for Fulton Parks and Recreation before? Yes No

If yes, how many years have you coached? _____

Which sport(s) are you wishing to coach? _____

Age Group(s): 1) _____ Name(s) of Coach's Child participating _____

2) _____

Assistant Coach (1): _____ Phone: _____ Shirt Size: _____

Name(s) of Asst. Coach's Child participating _____

Coaches, please remember that you are a volunteer and are invited to coach for the Fulton Parks and Recreation Department. Coaches will agree to positively support the Fulton Parks and Recreation Department at all times. The coach also agrees to abide by all Fulton Parks and Recreation rules, regulations, policies and procedures. Failing to adhere to these guidelines or general rules of decency and sportsmanship will result in the suspension or removal of the coach. The Fulton Parks and Recreation Department reserves the right, under circumstances, to deny application, suspend or remove a coach at any time.

By signing this application, you agree to abide by all rules, regulations and policies of the league and the Fulton Parks and Recreation Department.

Signed: _____ Date: _____

Note: Head coaches will be responsible for selecting assistant coaches and making sure that they abide by the established guidelines.



“Teaching more than just the game!”

Cancellation Hotline
592-3195