CITY OF
CHULA VISTA

ATHLETICS SECTION
MENS FLAG FOOTBALL
FALL 2007

I. REGISTRATION INFORMATION

A. TEAM FEE

The team fee is for a ten game regular season plus a tournament. The team fee includes:

	TUESDAY	WEDNESDAY
1. Awards	$30.00	$30.00
2. General Fund	$115.00	$115.00
3. Equipment	$5.00	$5.00
4. League Coordinator	$40.00	$40.00
5. Scorekeeper Fees	$80.00	$90.00
6. Referee Fees	$370.00	$305.00
RESIDENT TEAM TOTAL FEE	**$640.00**	**$585.00**
7. Non-Resident Surcharge	$160.00	$160.00
NON-RESIDENT TEAM TOTAL FEE	**$800.00**	**$745.00**

B. REGISTRATION PROCEDURE

Teams may begin to register at the Montevalle Gymnasium office beginning Monday, August 20, 2007. Registration will be taken from 12:00 PM until 8:00 PM. The League will begin Tuesday, October 2, 2007.

Resident Teams: Teams with 70% of it players who are residents of the City of Chula Vista will be able to register as a resident team. **Sponsored teams** may also register as a resident team if the business is located in the City of Chula Vista.

Non-Resident Teams: Teams who do not meet the resident team requirements will register as a non-resident team. These teams will have to pay the non-resident team surcharge.

C. PAYMENT OF FEES

The entire fee must be paid at the time of registration. No partial payments will be accepted. Additionally, the payment options are a) one check; b) all cash, or; c) one check and the rest cash. We are not allowed to take more than one check. Also, no post-dated checks will be accepted.

If the bank for any reason returns the team's check, the team manager will be contacted and will have one day to correct the problem. A $25.00 service charge will also be required.

D. LEAGUE DAYS AND FIELDS

The "A" League will play on Tuesday nights and the "B" League will play on Wednesday nights. Both leagues play at Montevalle Community Park.

E. WAITING LIST
When the maximum numbers of teams allowable have been registered or after the registration deadline, the remaining teams will be placed on a waiting list in order of first come, first serve priority. Teams that are contacted will have two days to submit the entry fee.

F. REFUNDS
Refunds will only be given to teams if another team on the waiting list is willing to play or, if the League is canceled. **Refunds will not be given to teams who are not willing to play on their scheduled night.**

II. GENERAL INFORMATION

A. ROSTERS
1. The team roster must be submitted prior to the first game.

2. All players must sign the team roster before they play. Each roster may have a **maximum** of twelve players throughout the season.

3. Player additions after the fifth game of the season, or those that cause the team to exceed the twelve-player limit, must have written approval from the Athletics Section.

4. Players must be at least 18 years old. If the player is 18 years old, the player must have graduated high school.

5. Players changing teams during the season must have the approval of the Athletics Section.

6. Players must have a valid California Identification card, or a California Drivers License, or a copy of an identification card with an identifiable picture **(It is under the discretion of the League Coordinator to determine if the picture is identifiable)** in order to play in the League.

B. FORFEIT
A team that cannot field **four** roster players at game time will have a mandatory five-minute grace period to field a proper roster. This grace period will be deducted from the game time. If a team does not comply after the grace period, a forfeit shall be declared.

A forfeit will be declared if a player is **not** able to show proof of eligibility as indicated above, if questioned.

A team using an ineligible player, in whatever sense of the word ineligibility may have, may be forced to forfeit the game or games in which the ineligible player played in. The Athletics Section will make this decision.

C. PROTEST
The following procedure must be followed in order to have protest considered:

1. The manager of the protesting team must notify the following people **immediately**:
    a. The Head Referee
    b. Opposing manager
    c. League Coordinator/Scorekeeper

2. The full protest must be typed and submitted to the Montevalle Gymnasiums office within two days of the game in question. Protests must be accompanied by $20.00, to be refunded only if the protest is judged valid.

3. Protests may be judged valid but not necessarily enforced.

4. Protest will not be considered if it concerns a decision based solely on the accuracy of judgment on the part of the referees.

D. PLAYER CODE OF CONDUCT
1. A player ejected from a game shall leave the area of the field immediately. If instructed by the referee, the player may be required to leave the sidelines and the park. Failure to do so may cause the player's team to forfeit the game.

2. **A player ejected from a game will face a one game suspension which will be enforced the following game.** If the player's actions warrant it, they may be required to meet with the League Coordinator and the Recreation

Supervisor. Depending on the severity of the action, the player may face suspension from the league. The League Coordinator has final decision.

3. A player who is ejected from a game a second time shall be ineligible from further participation this season.
4. A team is responsible for its own fans. If a team cannot control an obnoxious or unruly fan they could forfeit the game. The referee will warn the teams first before forfeiting the game

5. **Any player determined to have been drinking before or during the game will not be allowed to play**. Trash talk, taunting and foul language will not be tolerated. Any violation of this rule will result in an ejection.

III. CITY OF CHULA VISTA LEAGUE REGULATIONS

Insurance: Players are responsible for providing their own insurance.

Game times: Start times will be between 6:00 PM and 9:00 PM

Game Duration: Games will consist of two (2) 20-minute halves with the clock running except the last 2 minutes of each half will be regulation clock. In the last 2 minutes of the 2nd half, all penalties by the offensive team will result in a mandatory 10-second runoff only if the offensive team is trailing in score.

Time Outs: Each team will be allowed two (2) 45-second time outs each half.

Playing Field Size: The field will be approximately 60 yards long by 30 yards wide with two (2) 10-yard end zones. The field will be broken into 3 down zones of 20 yards each.

Players: This will be a 5-on-5 league. Teams may start and continue play with 4 players. If a team drops below 4 players, the game will be declared a forfeit.

Uniforms: Teams must wear matching jerseys/shirts. If two teams are matched against each other and their uniforms are the same color, the visiting team must wear the provided scrimmage vests. Players must tuck in their jerseys/shirts into their shorts or pants. Players may not wear shorts with pockets or baseball caps.

Flags: League will provide flags. All flags must be returned to the referees at game's end. Violation will result in suspension from league.

Balls: The League will provide a game ball. Each manager may provide their own game ball if it meets the referee's standards. All balls must be regulation size.

Cleats: Metal cleats will not be allowed.

Home Team: The home team is the 2nd-team listed on the schedule.

League play: Round robin play that may be adjusted due to the amount of teams that are enrolled.

Tied-games: (POSTSEASON ONLY)- Teams are given a series of four offensive plays, starting at the 20-yard line. Each team will be allowed an equal number of series to determine the winner.

- **Teams are given one time out**
- **Penalties are enforced the same as in regulation play.**
- **Teams intercepting a pass on a timed down and returning it to their end zone will end the game with the intercepting team winning.**
- **Teams scoring have an opportunity for an extra point conversion.**
- **Teams intercepting a pass on an extra point and returning it to their end zone will be awarded 2 points.**

Standings: Standings will be with the scorekeeper each week.

Bad weather: In case of bad weather call 409-3871 or access the website at www.chulavistaca.gov/rec after 2:00 PM for the status of the day's games.

Rain-outs: Rainouts will be made up at the discretion of the Athletics Section. Rainouts will be made up in the order in which they were canceled.

Drinking and playing: No player determined to be drinking before the game will be allowed to play.

Glass containers: No glass beverage containers are allowed in City parks.

Children: Children may not be left unattended in the City Parks.

Pets: Pets may not be left unattended in the City parks.

Sportsmanship: Trash talk, taunting, and foul language will not be tolerated. Disruptive behavior will be punished.

Ejections: Any player ejected from a game is ineligible to play the following game.

IV. CITY OF CHULA VISTA LEAGUE RULES

Opening possession: The home team will have the option of opening up on offense or defer to the second half.

Start of Downs: Teams will begin their series of downs at the 5-yard line, which will be marked on the field. Ball placement will be in the middle of the field. Hash marks will not be used.

Series of Downs: Teams shall have 4 downs to advance the ball past the next zone line. If during a play, the offensive team advances past the next zone line, but is flagged behind that zone line, the first down will not count. Also, once possession has been obtained in the next zone line, loss of yardage that takes the offensive team behind that zone line will not change the next first down marker, with the exception of a penalty by the defense that is an automatic first down and the yardage awarded to the offensive team does not advance them past the nearest zone line.

Offensive alignment: The offensive team must have at least one player on the line of scrimmage. The center must be on the line of scrimmage. All players must line up at least 5 yards from the sidelines. Other than those 3 restrictions, the offense is allowed any formation. **All players are eligible to receive the ball.**

Defensive alignment: Any player rushing the quarterback must begin the play 5 yards behind the line of scrimmage (to be determined by the referee). All other defensive alignments are allowed.

Defensive play: Bump and run coverage is allowed. **NO TACKLING IS ALLOWED**. The defense must play the player's flags unless the defender may cleanly take the ball from the offensive player (**with the exception of the quarterback**) without making contact with the offensive player. The defender may not hold, tackle, or push a runner. If a ball strikes the ground, the defense may not recover it.

Fumbles: If a player is in possession of a ball and it is dropped, the ball will be declared dead at point of contact with the ground. If the ball is muffed by the quarterback or punter on a snap, the ball may be picked up if no defensive rusher is beyond the line of scrimmage. If a defensive rusher is beyond the line of scrimmage, the ball will be declared dead at point of contact with the ground.

Punting: If on 4th down, the offensive team chooses to punt, they must declare to the referee and the other team their intention. Once a punt is declared, the offensive team cannot change their mind unless they call a time-out and declare to the referee and the other team they will run a play on 4th down. The offense must have every player but the punter on the line of scrimmage during the punt. No player on the offense can advance beyond the line of scrimmage until the punt has been kicked. No defensive player may advance beyond the line of scrimmage, or engage any offensive player until the punt is kicked. If a player from the offensive team is the first to touch the ball after the punt is kicked, the ball is dead at that point (example: if the punter kicks the ball and it hits the back of one of the offensive players at the line of scrimmage, the ball is dead at that point and awarded to the receiving team).

Blocking: All offensive players without possession of the ball may block defenders with the palms of their hands only and with extended arms only. Contact may only be acceptable if it is between the shoulders on the torso of the defender. Any contact above the shoulders or below the waist will be an illegal block violation. Blockers must remain on both feet at all times during the block and no blocks will be allowed at the side or back of the defender. ****Downfield Blocking**** Violent blocks or blindside blocks downfield will be penalized with unsportsmanlike conduct. Downfield blocks should essentially be screening defenders.

Bull Rush: There will be no bull rushing by the defender or blocker. Bull rush is defined as a player who is attempting to drive through the opponent without legally using his hands as the primary means.

Defensive moves: Defenders may not slap, strike, or punch an offensive player in attempt to get out of a block. The defender may use his hands the same way an offensive player can and nothing more.
Center safety: The center must not be touched by a defender until after the ball has been snapped and his head has been brought up. If the center does not bring his head up in a reasonable amount of time, he is allowed to be touched by the opposing team.

Running plays: Offensive teams are allowed unlimited running plays. The player receiving the snap from the center may never run the ball past the line of scrimmage. For a running play to be legal, a hand-off or lateral behind the line of scrimmage must be made. Once a hand-off or lateral is made, any defensive player may rush to the ball carrier.

Passing plays: Only one forward pass per play is allowed. The ball may be caught behind the line of scrimmage. The receiver must have one foot in bounds to make a legal catch.

Diving: Players, offensive or defensive, may not dive **forward** to advance the ball or to try and flag an opponent. Diving is defined as when the ball carrier or defender has both feet off of the ground without the intention of having their feet return directly to the ground.

Hurdling: Offensive ball carriers may not hurdle defenders. The offensive player must attempt to run around the defender.

Flag guarding: Offensive ball carriers may not guard their flags or use their arms or hands to block defenders from grabbing their flags. This includes stiff-arming, grasping the flag belt, pushing defenders hands away, running into the defender, etc.

Flags off: If a player's flags fall off during the play for any reason, and they are in possession of the football, the defender only has to touch the ball carrier with one hand for him to be ruled down.

Ball placement: At the end of a play, the position of the ball when the flags were pulled will determine where the placement of the ball will be.

Interceptions: Interceptions may be returned at any time. An interception returned for a touchdown on any conversion attempt will result in 2 points given to the team that intercepted the ball.

Scoring: Touchdown = 6 points
Conversions = 2 points (10 yards), 1 point (5 yards)
Safety = 2 points

Mercy Rule: If a team is ahead by 21 or more points, each possession for the losing team will begin at the midfield line, unless their possession starts at a more favorable point.

Padding: No padding is allowed except for kneepads. Knee braces or prosthetics must be completely covered and deemed appropriate by the referee. No player may wear casts of any kind.

Penalties: All penalties will be 3, 6, or 10 yards.

Unsportsmanlike Conduct: This will be a 10-yard penalty. If a player gets two in one game, he will be ejected.

Last Defender: If the last defensive player between the ball carrier and the goal line commits a flagrant foul on the ball carrier, a touchdown shall be awarded to the offensive team.

If you have any question please call 409-5893. THANK YOU.