

## **Willamalane Adult Flag Football League Rules and Regulations**

All gameplay rules will abide by the current year's [NFL Grab It Rulebook](#) unless stated otherwise in this document. Willamalane's Adult Rec Sports staff reserves the right to modify these rules and regulations in the best interest of the program.

### **Purpose Statement**

The purpose of the Willamalane Adult Rec Sports leagues is to offer our adult community the opportunity to pursue, through athletics, the physical, mental, and emotional benefits of team and individual recreational sports. We believe in all adults having access to both casual and competitive outlets, and expect that all participants conduct themselves within the Willamalane Adult Rec Sports Code of Conduct, and adhere to all additional District facility and program rules and regulations.

### **Code of Conduct and Player Agreement**

- I understand that my participation in Willamalane Rec Sports, and my presence on Willamalane property, is governed by [Ordinance 100](#). I agree to adhere to all aspects of Ord. 100 throughout my participation, and understand that, should my decisions break Ord. 100, I will be subject to disciplinary action from the District, up to and including being excluded from all Willamalane programs and facilities.
- I will demonstrate good sportsmanship at all times, to all players, officials, program staff, and spectators.
- I understand that I am allowed to participate on only one team at a time per sport offered, and as such, may only identify myself under one consistent name during registration.
- I will uphold all District rules, regulations, and ordinances, and understand that I am liable for any violations of these agreements.
- I will remember that these are recreational sports leagues and that I am here to have fun and compete in a positive, public environment.
- I will treat all players, officials, program staff, and spectators with respect regardless of race, gender, sexuality, creed, or ability.
- I will remember that my participation in Willamalane Rec Sports is an opportunity and privilege, not a right, and will conduct myself appropriately at all times.
- I have reviewed and understand all league rules and regulations related to the program I am registered for.

- I understand that there may be consequences for my actions while participating in Willamalane Rec Sports, and have read and understand the following:
- Any player receiving a disciplinary foul (technical foul, yellow card, or similar) for inappropriate conduct will be disqualified from play for the next 5 minutes of the contest.
- Any player receiving two cumulative disciplinary warnings (technical fouls for basketball or yellow cards) or an ejection in a contest will be disqualified from play for the remainder of that contest, as well as the next scheduled contest in the same season. Players are not allowed in the gym during scheduled games when they have been ejected or suspended.
- After any player's fourth disciplinary conduct warning or second ejection in a season, regardless of the timeline, the player will be excluded from league play for the remainder of the current season as well as a minimum of one additional Willamalane Rec Sports season. Exclusion must be fulfilled before that player will be allowed to participate in any Willamalane Rec Sports again. In cases of exclusions, an in-person meeting with league administrators will be required.
- The general management of all players, spectators and teams involved in each of Willamalane's Rec Sports leagues shall be the responsibility of league administrators. Final authority on any matter about the program will be determined by the Adult Athletics staff.

### **Good Teammate Golden Rules**

- Don't assume the skill level and ability of your teammates AND treat them with respect no matter their skill level and ability.
- Always ask before coaching or providing feedback/advice to a teammate. If they don't want feedback, don't take it personally.
- Make sure all players on the roster have an opportunity to play, and when in the game, are involved in game action (i.e. pass everyone the ball).
- Creating an atmosphere where your teammates feel respected, valued and empowered to contribute will always be more important than how well you play.

### **League Placement and Rosters**

Teams who register for any skill level may be moved to a different skill level on the same night if league enrollment dictates the need. The Athletics staff has full authority to move teams between divisions in an attempt to create a balance among all the leagues

### **Fees and Refunds**

- Individual players and free agents will only be refunded if the request is made at least one week (7 days) before the league's registration closing date.
- Once a team captain registers a team, players on the team will not be issued refunds if their withdrawal results in their team not having enough players to participate in the program, regardless of when the request is submitted.
- If a team captain would like to request an individual withdrawal for themselves, they can transfer the team to a new captain by contacting the adult athletics office and telling which registered player will be the new captain.
- No full team refunds will be issued after a team has been registered.
- Teams cannot be registered late. Fees for individual players being added to existing teams will be automatically prorated if they register after the start of the season.

### **Participation and Eligibility**

- Age Requirement: Players must be 18 years by the time of the first game. Current high school or college players are not eligible to participate during their H.S. or college seasons.
- Rosters: All players on a team must be paid and on the roster prior to playing in a game. All games in which an ineligible player participates will be forfeited and the ineligible player may be suspended (players violating the rule multiple times will be suspended for a minimum of the remainder of the current season).
- A player can be registered and play with only one team per sport, per night, per season. A team may play on a different team on a separate night, but only in the same skill division on both nights. Example: John D. can play in Rec B on Tuesday and Rec B on Thursday. John D. CANNOT play on Rec B on Tuesday and Competitive on Thursday.
- Changing teams: Players cannot change teams during a season.
- Substitutes: If you have been invited by a team to substitute for any of Willamalane's adult sports leagues, you must sign up on Activenet or at the Bob Keefer Center as a single-game sub before the start of your game. Substitutes must register separately for each game in which they plan to participate. Single-game substitutes can participate on only one team, in only one league at a time per sport offered. Substitutes can not change to a different team/league once they have played for a team that season. In order to sub for the playoffs, a player must have also played in at least 1 regular season game for the same team.
- Player Identification: All players will be required to provide a photo identification at their first game (even if their first game is after the start of the season). The I.D. should match the name used to register. Team managers or the Athletics staff may inquire about an opposing player's eligibility before

or during any game by approaching the official and requesting an I.D check. All players should be advised to have some form of I.D. present at all games.

- Insurance: All players are responsible for their own insurance. Players also understand that there are inherent risks of recreational sports and they must assume those risks.
- For seasons/sports where only “mens” and/or “womens” leagues are available, we encourage folks who do not identify as either male or female to select the league in which they feel most comfortable participating.

### **Equipment and Uniforms**

- Game Ball: We provide the game balls, we recommend the home team bring a backup ball.
- Uniforms: Teams must have jerseys/shirts of the same color for ALL players. Each team must also have a standby jersey with a different color. The home team chooses their preferred color. ALL players' uniforms must be numbered.
- Free agents: Please have one black and one white or a reversible numbered jersey/shirt by your first game. If you are unable to secure a black/white jersey we will have a limited amount of neon practice jerseys available. You can find jerseys for fairly cheap on amazon: [HERE](#) (single numbered jersey) and [HERE](#) (set of custom jerseys). You can also frequently find jerseys at local sporting supply stores and sometimes find used jerseys at your local thrift stores.
- Jewelry: Jewelry is not permitted. This includes rings, bracelets (including silicone bracelets), earrings (including post or stud earrings), necklaces and other body piercings. Emergency medical necklaces or bracelets may be worn but must be taped to the body. Any player found to be wearing illegal equipment will be asked to leave the floor.
- Flags must be worn by players at all times during the game.
- Flags must not match the color of a player's shorts/pants.
- Shirts MUST be tucked in if they cover any part of the belt while untucked.
- Players may wear athletics shoes or plastic cleats. Cleats with exposed metal are never allowed and must be removed.
- Bleeding: For the safety of all involved, players will not be allowed to participate following an injury where blood is present until proper bandaging of the injured area prevents all leakage, and the removal of any tainted clothing articles has occurred. Participants returning to play should first check in with the official to determine that no further risk to themselves or others is apparent or likely.

### **Game Timing**

- **Game Time:** Game times are listed on the schedule. A forfeit shall be called if a team does not have four players ready to play at game time. Additional players can be added to the score sheet if they arrive late to the game.
- If, after the game has started, a team has fewer than four eligible players remaining, the game may continue as long as it continues to be competitive in the judgment of the officials.
- **Game Length:** Regular Season Games are played on a 48-minute continuous clock with two 24-minute halves.
- **Overtime** Follows NFL Flag format (link at top of document).

### **Forfeits**

- It is the responsibility of each team to be on time. A forfeit shall be called if a team does not have four players ready to play at the scheduled game time. In case of a forfeit, all available players can choose to use the remaining time to play pickup games or shoot around until 10 minutes prior to the start of the following game.
- Teams forfeiting more than one game in a single season may be asked not to rejoin in future seasons.
- Not showing up, using ineligible players, and ending the game because of three technical fouls or ejections are all considered forfeited games.
- Forfeited games will not be rescheduled under any circumstance. Team captains/managers knowing in advance that they are unable to field a team are responsible for emailing [adultsports@willamalane.org](mailto:adultsports@willamalane.org) by 3pm on game day.
- Forfeits will be recorded as a 20-0 score.

### **General Rules**

- Gameplay rules will be governed by NFL Flag rules(see link at top of document).
- The team captain must fill out a roster of players before scheduled game time. Score sheets must have first AND last names, and players' numbers and be handed to the referee before kickoff.
- Only team players are allowed to sit on the team bench.
- **Time-Outs:** Each team has one 60-second time-out per half. They do not carry over.
- **Game Cancellations:** Any scheduled game canceled due to weather or other uncontrollable circumstances will be decided by 4:00 p.m. the day of the match and posted [HERE](#). Cancellations after 4 pm will be the referee's decision.

### **Unsportsmanlike Conduct Rules**

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
- Offensive or confrontational language is NOT allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the officials will determine if a warning or immediate ejection is warranted.
- Players may not physically or verbally abuse any opponent, coach or official.
- Ball carriers MUST make an effort to avoid defenders with an established position.
- Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball carrier when pulling flags. Offensive players may NOT initiate contact at the line of scrimmage with defenders, in the official's judgment. ROUGH PLAY WILL NOT BE TOLERATED

### **Additional Mixed League Rules**

- Any leagues titled mixed (built for anyone of any gender identity): Rules, as written in the rulebook, will be applied consistently to all participants of any gender identity. We will be expanding league formats and rules in the future. We encourage you to share any feedback about any rules you think should be removed, modified, or added in our end-of-season survey.

### **Officials, Feedback and Protests**

- All officials' decisions are final. Although we do not retroactively change the calls of a referee, we do value your feedback and encourage you to submit feedback about our program, officials, facilities, etc. [HERE](#). This feedback helps us improve our programs!
- The official has full authority to take any action or remove any player or spectator from the playing area if, in his/her judgment, this action is necessary to maintain proper playing conditions.
- We do not overturn the results of a game unless they were input incorrectly on our part and we can verify the correct information.

### **Standings**

League standing will be decided by the number of games won or win % (whichever applies).

In the event of a tie (two, three, or four-way) in the final standings, places will be decided by the tie-breakers listed on the division schedule page of teamsideline.

### **Team Captains**

- Team captains are responsible for the conduct of their players and spectators.
- Team captains should be the primary point of contact with the Adult Sports staff and Referees. Players should ask their manager to contact the office or speak to officials on their behalf.
- All players will receive an opportunity to provide written feedback via survey at the end of each season.

History: Updated for Winter 2025