

Adult Sports Leagues



Flag Football 5v5

By-Laws

Frisco Athletic Center

5828 Nancy Jane Lane, Frisco, TX 75035

Rainout Line: 972.734.1411

City of Frisco Adult Sports Leagues

Games will be played under the NFL Flag and TAAF 5v5 Flag Football rules for game play with modified rule supplements with local City of Frisco athletics department. The adult sports leagues shall be governed by the City of Frisco Parks and Recreation Department. The department shall rule on protests, appeals, and extended disciplinary actions.

Adult 5v5 Flag Football Rules

Team Rosters and Liability Waiver

- All players must be at least 18 years of age to participate.
- All players must present their ID on the first night of games and sign the City of Frisco's paper team roster liability waiver form prior to being permitted to play in any league games.
- Team Rosters are limited to 15 players.
- Rosters are locked upon the completion of the team's 4th game of the season.
 - Any player who hasn't signed the roster by week 4 is ineligible to play.
- A player changing to a different team roster must be made prior to game time with the Rec Aide.
- Players are only permitted to sign and be on one team roster per night of play.

Uniforms

- All team members must have matching jerseys or shirts with the same base color with numbers permanently attached in 6" letters or larger on the back of the jersey.
- Only whole numbers from 0-99 can be used.
 - No tape, permanent marker or duplicate numbers will be allowed.
- Metal cleats are not permitted.
- Shirts must be tucked into shorts or pants.
- All shorts or pants must not have any pockets of any kind.
- No headgear with an extended bill may be worn (caps or visors).
- Jewelry of any kind is not permitted to be worn during league play for player safety.

Field of Play

- The field dimensions for play will be 64 x 25 yards with two 7-yard end zones.

Equipment

- Each team provides their own game ball for league games.
- All game balls must be full size official NFL/NCAA leather or composite ball.
 - Rubber footballs are not permitted.
- Each team provides their own Football flags that must be a minimum of 12 inches in length and 1.5 inches in width with flags being a different color than the player's shorts or pants.
 - Flags must be pop socket flags which emits a noise when pulled.

Team Lineups

- Teams must be able to always field at least 4 players at all times.
 - Any players arriving late can be subbed in within plays or during a dead ball.

Regulation Game Play

- The regulation games are two (14) minute halves with a running game clock. Teams will flip sides at the beginning of the 2nd half.
 - The game clock will stop for timeouts and injuries.
 - The clock will stop at the last minute of the game for all dead ball situations (out of bounds, incomplete pass, or a scoring play).
- Halftime will consist of a minimum of 5-minutes.
- Each team has one (1) timeout per game. The timeout will last 60 seconds once the clock is stopped.
- A coin toss will determine the first possession. The team who wins the coin toss can elect to have offense or defense, or choice of goal to defend. The loser of the coin toss can choose one of the remaining options.
 - There are no deferments.
- The team that started the 1st half on offense will begin the 2nd half on defense.

Possessions

- The offensive team takes possession of the ball at their 5-yard line and has 3 plays to cross mid-field. Once a team crosses mid-field, they have 3 plays to score.
- If the offensive team fails to cross mid-field or score, the ball changes possession and the opposite team starts their possession from their 5-yard line.
- All possession changes start on the offenses 5-yard line except on interceptions. Interceptions may be returned, and the ball will be marked where the play ends.
- Each time the ball is spotted, a team has 25 seconds to snap the ball. Officials will warn the offense when there are 10 seconds to snap the ball. Teams must wait until the referee is set or a referee acknowledges they are prepared to start play.
- No contact is allowed.

Mercy Rule

- If a team is ahead by 28 points or more at any time during the game, then it will be deemed over.

Blocking and Screening

- Will be allowed behind the line of scrimmage but is not allowed at any time down the field.

Scoring

- A touchdown scored is worth 6 points.
- Any safety scored by a defensive team is worth 2 points.
- Any extra point scored from the 5-yard line is worth 1 point.
- Any extra point scored from the 12-yard line is worth 2 points.

Rushing the Quarterback

- All players that rush the passer must be a minimum of 7 yards and 1 yard over the center position (either side) from the line of scrimmage when the ball is snapped.
- Any number of players can rush the QB.
- Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter the backfield until there has been a change of possession.
- The rusher is allowed a direct line to the quarterback as long as they rush from either side of the center or a bunch formation. The offense must avoid interfering with the rusher if they have established a lane.
- The special marker, or the referee, will designate 7 yards from the line of scrimmage.

Center Snap

- A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback field it cleanly off the bounce (one or more) from the ground.
- If the quarterback muffs the ball to the ground or the ball goes past the quarterback, it is dead where the ball touched the ground.

Running

- A quarterback may not run unless the ball has been thrown back, handed, or pitched to the quarterback in the backfield.
- Teams may handoff, pitch, or throw back the football in the backfield.
 - Pitching backwards is allowed downfield.
- The player who receives the pitch or handoff may throw the ball as long as they are not beyond the line of scrimmage.
- Multiple handoffs are allowed behind the line of scrimmage but only one pitch or throwback is allowed before the forward pass.
- "No Running Zones" are located 5 yards before mid-field and 5 yards before the end zone in each offensive direction. You may not run the ball in these no run zones, only forward passes.
 - "No Running Zones" are designed to avoid short yardage power running situations.
- Spinning is allowed but players cannot leave their feet to avoid a defensive player.
- Players may screen block behind the line of scrimmage but are not allowed to block downfield.
- The ball is spotted where the ball carriers' belt is when the flag is pulled, not where the ball is.
 - Football and flags must break the plane for a 1st down and touchdown.

Passing

- All passes must be forward and received beyond the line of scrimmage. A forward pass/lateral is defined as a live ball thrown towards the opponent's goal line.
- Shovel passes are allowed but must be received beyond the line of scrimmage.

- The quarterback has 5 seconds to pass the ball if there is no rush (pass clock). If the pass is not thrown within 5 seconds, the play is dead, it will be a loss of a down, and the ball returns to the line of scrimmage. Once the ball is handed off or pitched the “pass clock” rule is no longer in effect.

Interceptions

- Interceptions may be returned.
- Interceptions during extra point attempts may be returned for 2 points.
- Interceptions that occur in the end zone will be brought out to the 5-yard line.
- The rusher may not hit the quarterback’s arm or knock the ball out of the quarterback’s hand.
 - The rusher must play the flags.

Receiving

- All players are eligible to receive a pass, including the quarterback, if the ball has been pitched back or handed off behind the line of scrimmage.
- Only one player is allowed to be in motion at the same time.
- Players must have at least one foot in bounds when making a catch.
- Players that run out of bounds during a play cannot be the first player to touch a ball when attempting to make a catch.
- A pass may not be intentionally tipped in any direction to another teammate.

Dead Balls

A play is ruled Dead when:

- Offensive player’s flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown is scored.
- The ball carrier’s knee or ball hits the ground.
- Incomplete pass.
- If an offensive player loses a flag unintentionally, the defense only has to touch the ball carrier to be deemed a dead ball.
- Players may not start a play without a flag.

Fumbles

- There are no fumbles.
- Ball is spotted where it hits the ground. Anytime the ball touches the ground it is deemed dead.

Exceptions:

- Any ball dropped in a forward motion will be brought back to the last point of contact.
- The quarterback may field the ball of a bounce cleanly.

Offensive and Defensive Penalties

Offensive & Pre-Snap Penalties

- **Illegal Snap:** 5 yards, repeat the down.
- **Illegal Motion:** 5 yards, repeat the down.
- **False Start:** 5 yards, repeat the down.
- **Delay of Game:** 5 yards, repeat the down.
- **Illegal Equipment Violation:** 5 yards, repeat the down (player not starting with a flag).
- **Impeding the Rusher:** 5 yards, loss of a down (player must avoid the rusher)
- **Flag Guarding:** 5 yards from the spot, loss of down (players must keep their hands above their waist)
- **Charging:** 5 yards (LOS), loss of down (the offensive player must avoid the defender who is set)
- **Blocking/Screening Downfield:** 5 yards (LOS), loss of down.
- **Pass Interference:** 5 yards (LOS), loss of down (illegal pick, pushing off the defender)
- **Illegal Forward Pass:** 5 yards (LOS), loss of down.
- **Intentional Grounding:** 5 yards (LOS), loss of down.

Defensive Penalties:

- **Off-sides:** 5 yards, repeat the down.
- **Delay of Game:** 5 yards, repeat the down.
- **Illegal Flag Pull:** 5 yards (LOS), automatic first down.
- **Illegal Contact:** 5 yards, automatic first down.
- **Holding:** 5 yards from the end of the play, automatic first down.
- **Pass Interference:** Spot foul, automatic first down.
- **Roughing the Quarterback (Minor):** 5 yards, automatic first down.
- **Roughing the Quarterback (Major):** 15 yards, automatic first down.

Overtime

- If the score is tied at the end of regulation, teams will move directly into overtime.
- Teams will follow the same coin toss procedure as they did at the beginning of the game to determine possession.
- Each team receives the ball at the 5-yard line with one possession. If a team scores, they can choose to go for a 1-point or 2-point extra point attempt. This will continue until a winner is declared.
- Interceptions will end the series.

Playoffs

The top teams in the division will be awarded a seed in the playoffs. Depending on the number of teams in each division the top six (6) teams will make the playoffs. The winning team in each division will receive sport specific championship t-shirts. Championship games will follow regular season league games.

Adult Sports Code of Conduct

By participating in the City Of Frisco Adult Sports Leagues, all captains, players, and spectators agree to abide by the City of Frisco's Sports League Code of Conduct and Zero Tolerance Policy. Anyone exhibiting unsportsmanlike conduct will be held responsible for their actions. The Code of Conduct is available at [Frisco Parks and Recreation](#)

Inclement Weather

The athletics department will make the decision on playing fields by 3:00 p.m. during the week and will post field conditions on [Rainout Line - Extensions](#) or by calling the Rainout Line at 972.734.1411. Teams can also visit www.TeamSideline.com/Frisco for updates on field conditions. If weather conditions change during league games, the onsite Rec Aide will follow the City of Frisco's inclement weather protocol.

Incident Report

Any participant who is injured at any City of Frisco sports facility during adult sports league games are required to complete an Incident Report with the Rec Aide on duty.

Blood Rule

Any player who is bleeding, has an open wound, or has an excessive amount of blood on their jersey must leave the game immediately. Game play will be suspended for any player who is injured and bleeding. If a legal substitute is available, they can replace the injured player and play can continue. The player is permitted to return once the bleeding has stopped, the wound has been properly covered and bandaged, and the uniform has been changed.

Alcohol and Smoking Ordinance

Per City Ordinance, the consumption or possession of alcohol is prohibited in the parks, at City of Frisco facilities, or out at athletic complexes and parking lots. [Ordinance, § 58-92\(22\)a](#). Smoking or the use of illegal drugs, or tobacco is prohibited in the parks, at City of Frisco facilities, or out at the athletic complexes. [Ordinance, § 58-92\(22\)a](#). All glass bottles are prohibited in the parks and athletic complexes. Recreation Aides, Umpires, and Officials reserve the right to eject anyone suspected of being intoxicated during league games. Additional sanctions may be imposed by league administration depending on the severity of the violation.

Forfeits

All adult sports league captains will adhere to the forfeit policy and procedure when notifying the athletics department regarding a forfeit for their team. Forfeiting a game should be a last resort and captains should review the league rules to determine if a forfeit is necessary or if they can play under a shorthand rule.

24-hour advance notice of league game forfeit:

1. Captains needing to forfeit a game must contact the athletics department with a 24-hour notice to avoid a forfeit fee.
2. To avoid a forfeit fee captains should contact the following athletic staff:
 - a. **Athletics Coordinator** – Karinne Monn 972.292.6615 or KMonn@friscotexas.gov
 - b. **Athletics Supervisor** – Blake Grimmatt 972.292.6634 or BGrimmett@friscotexas.gov
3. Captains should review the sports league specific rules to determine if they need to forfeit or if they can play with the minimum number of players required for the game.

Under 24-hour notice of league game forfeit:

1. Captains who “no show” or contact the athletics department under the 24-hour notice will result in a forfeit fee of \$30.00.
2. The forfeit fee will be charged to the team captains’ account and must be paid before your team is permitted to play again. Failure to provide payment will result in an automatic forfeit for any future games scheduled until the fee has been paid.
3. Any team that forfeits twice in one season will be removed from the league with no refunds.

Tiebreakers for Standings

The following items will be used to determine standings for the adult sports leagues.

- Winning Percentage
- Head-to-head
- Head-to-head Differential
- Total Points/Runs for
- Total Points/Runs Against
- Total Points/Runs Differential
- Coin Flip

Suspension and Ejections

All captains and players are expected to abide by the City of Frisco’s Adult Sports League Behavioral policies. The athletics department reserves the right to increase or decrease the severity of the penalties based on previous history, unusual or special circumstances, or to protect the integrity of the league.

Removal

- The umpires and officials have the right to remove any player from the game for minor infractions, but this player does not have to leave the facility or park. There is no team penalty, and the players is not suspended.
- The use of profanity and insulting language towards other players, captains, umpires or City of Frisco athletics staff, or in general, will not be tolerated.
 - This will be a discretion of the umpire and athletics staff to determine the severity of the behavior.

- Excessive use of profanity will result in disciplinary action including game ejection, expulsion for the season, or permanent suspension from all City of Frisco adult sports leagues.

Ejection

Any situation that an umpire or official deems unsportsmanlike may be cause for a player being ejected. Anyone ejected from the game (player or fan) for inappropriate behavior must leave the City of Frisco property immediately. Game play will be suspended until the player leaves the facility. If the player or fan does not comply or if they leave and return, their team will forfeit their game for that evening (even if the game has already been played). If that game was played and lost, the next game on the league schedule will be forfeited.

- Ejected players will automatically be suspended for a minimum of 7 days. If a player is on multiple teams in different leagues, they will be suspended from their next scheduled league or playoff game that falls within the timeframe of the suspension.
- If league play does not occur within the 7-day suspension, an ejected player will be suspended at minimum one game for the league in which the offense occurred.
- It is the responsibility of both the team captain and the player who was ejected to comply with this policy.
- Any violation of this policy will result in further disciplinary action to possibly include expulsion from the league.
- Any player who verbally abuses an umpire, official, or City of Frisco athletics staff at any time will be suspended under the ejection rule.

Player Removal – Shorthand Rule

- If a player is removed from the game, the team can continue to play under the Shorthand Rule.
- During the game, if the available number of players falls to less than 4 players for any reason then the game will be forfeited. There is no exception to this rule.

Expulsion

- Physical abuse is defined as any unwanted contact by the person or object that does not fall into the natural play of the game. This is to include any initial or secondary contact.
- Physical abuse of a player, official, or City of Frisco staff member will result in expulsion of that player or players from all City of Frisco leagues and parks for at least a one-year period and possible legal action.

Contest an Expulsion Procedure

- Any player that would like to contest the ruling of any expulsion or suspension must notify the athletics department in writing within 10 days of being notified to request a hearing with the Parks and Recreation Director.
- After the hearings the Parks and Recreation Director will decide the length of the suspension or expulsion.
- Any length of suspension that is 90 days or less will be considered final.

- Any suspension or expulsion greater than 90 days will need to be reviewed and approved by the Parks and Recreation Board at their next scheduled meeting.

Protests

All protested rule interpretation for a league game must be submitted in writing and accompanied with a \$50 protest fee in the form of only a money order made out to the City of Frisco. This should be dropped off to the Frisco Athletic Center 5828 Nancy Jane Lane, within 24 hours of the completion of the protested game. The athletics department will review the protest and rule within 48 hours of receiving the protest. If the protest is upheld the protest fee will be returned to the team captain.

- Protest for uniform and equipment concerns will be ruled on as they occur during league play and do not require a protest fee.

Rule Interpretations Procedure

- The team captain must notify the Rec Aide after the play/call that they are protesting a rule interpretation. Captains must provide the rule that is being protested.
- Rec Aides will notify the umpires that the game is being played under protest.
- The game play will continue, and the athletics department will rule on all protests after the game following the protest process.
- Judgement calls are not up for protest or debate.

Illegal Player Procedure

- Player eligibility concerns must be challenged by the end of the 1st half of the game, or immediately when the player enters the game by the team captain by notifying the official.
 - Once the game starts the 2nd half the player is no longer protestable.
- Teams can protest the eligibility of up to three (3) players on the opposing team.
- The player or players in question must provide a driver's license immediately upon request.
- The information on the driver's license will be used to compare the information provided on the team roster and liability waiver form.
 - If the player is unable to present the driver's license when asked, they will be considered an ineligible player for that game.
 - If the player has not signed the team roster or liability waiver, they will be considered an illegal player and will not be eligible for that game.
- If the removal of the illegal player results in the team dropping below the minimum number of required players, the game will be forfeited.