



Wrightsville Beach Parks & Recreation
1 Bob Sawyer Drive, P. O. Box 626
Wrightsville Beach, NC 28480
(910) 256-7925 Fax: (910) 256-7926
www.towb.org

Flag Football Team Captains:

Play begins **SUNDAY, FEBRUARY 14, 2010** for **SPRING FLAG FOOTBALL** AT **WRIGHTSVILLE BEACH!**

Please read this entire letter and the attached rules. There will be **NO EXCEPTIONS** to any rules or registration procedures. Registration dates are as follows:

Tuesday, January 19 – Returning teams **Wednesday, January 20** – Open Registration

The last day to register is **FRIDAY, FEBRUARY 5**, unless the league fills up beforehand. When registering, each team must provide the registration form, the team fee of \$450, and the initial roster. All players must complete and sign the roster/waiver prior to play. Rosters will be frozen two weeks following regular season play.

If you have any questions, call the Park Office at 256-7925.

Sincerely,

Katie Ryan
Program Supervisor

12/30/09

WRIGHTSVILLE BEACH
FLAG FOOTBALL LEAGUE

REGISTRATION FORM and REFUND POLICY

TEAM NAME: _____

JERSEY COLOR: _____

MANAGER: _____ PHONE: _____

MAILING ADDRESS: _____ ZIP: _____

E-MAIL ADDRESS: _____

OTHER CONTACT: _____ PHONE: _____

MAILING ADDRESS: _____ ZIP: _____

E-MAIL ADDRESS: _____

REFUND POLICY

Refunds will be made under the following guidelines:

1. FULL REFUNDS will be made if the Wrightsville Beach Parks & Recreation Department cancels the league.
2. FULL REFUNDS less a \$5 administrative fee will be made if cancellation is requested two weeks prior to the start of the regular season.
3. If requested less than two weeks prior to the start of the season, twenty percent (20%) will be retained as an administrative cost.
4. If requested after the season has begun, forty percent (40%) PLUS a pro-rated amount for any games already conducted will be assessed.

I hereby state that all documentation turned in by me upon registering is correct to the best of my knowledge. In addition, I have read and agree to the Wrightsville Beach Parks and Recreation Department Flag Football Rules, Code of Conduct, and Refund Policy.

Signature: _____

Date: _____

WRIGHTSVILLE BEACH PARKS & RECREATION

FLAG FOOTBALL LEAGUE - ROSTER/WAIVER

TEAM NAME: _____ TEAM CAPTAIN: _____

WAIVER/RELEASE FORM - I, by signing below, desire to participate in the Flag Football League offered by Wrightsville Beach Parks and Recreation Department. I hereby voluntarily release the Town of Wrightsville Beach, its Parks and Recreation Department, their staff and employees, from any and all responsibility, liability, claims, demands or causes of action, on account of injuries or problems of any nature, which may arise as a result of my participation in the above-described activity. In addition, I have read and agree to the Wrightsville Beach Parks and Recreation Department Flag Football Rules and Code of Conduct.

PLAYERS' FIRST & LAST NAME (PRINT)	ADDRESS (INCLUDING CITY AND ZIP CODE)	PHONE NUMBER	SIGNATURE
1			
2			
3			
4			
5			
6			
7			
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11			
12			
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14			

WRIGHTSVILLE BEACH PARKS AND RECREATION DEPARTMENT

FLAG FOOTBALL GENERAL INFORMATION AND RULES

1. REGISTRATION

- A. The Park Office is open Monday-Friday, 8:00 a.m. - 5:00 p.m.
- B. Registration form, initial signed rosters/waivers, and team fee are due when registering. **All players must sign the roster prior to play.**
- C. You are allowed to add or delete players from your roster during the first 2 weeks of game play. After that, rosters are frozen.
- D. League consists of 12 to 24 teams.

2. AGE LIMIT - All players must be at least age 17 by the date of the first game of the regular season. In addition, all 17-year-old players must have their parent or legal guardian sign a waiver/release form.

3. GAME TIME – Generally games are scheduled on the quarter hour or half hour. There will be a 5 minute grace period allowed if not enough players are present. After that, the game will be a forfeit.

4. RAIN OUTS - The decision to delay game times, or to reschedule games to other dates, will be made on game day. An appropriate message will be posted on the Park Office answering machine 910-256-7926.

If games must be rescheduled, a revised schedule will be made the following Monday and emailed to team captains. If any captain has not been contacted by 1:00 p.m. on the following Tuesday, it is that captain's responsibility to contact the Park Office regarding the new schedule.

5. PRACTICES (FIELD RESERVATIONS) - Teams may reserve the field (after registering) at no charge by calling the Park Office. Reservations are limited to ONE per week, and may be made up to TWO WEEKS IN ADVANCE from the day you call. You should call each week for the best chance of getting practice day/time wanted.

6. TOURNAMENT ELIGIBILITY - There will be a single elimination tournament at the end of the season. Players must play in at least 2 regular season games to be eligible to play in the tournament.

7. TIES FOR TOURNAMENT 'SEEDING' - Ties for seeding and divisional winners are broken in the following order:

- A. forfeited game
- B. scores against each other
- C. total points scored
- D. least points allowed
- E. coin toss

8. STANDINGS - Weekly standings along with game schedule will be posted at the bulletin board on the soccer field.

9. DISCUSSIONS WITH OFFICIALS - ONLY the team captain may leave the bench for discussions with either official. Said discussions are to be conducted calmly and in a respectful manner. Captains are responsible for the conduct of their players. See Code of Conduct.

10. **PROFANITY** - Profanity will not be tolerated, and may result in ejection from the game. See Code of Conduct.
11. **PERSONAL CONDUCT** - The throwing of equipment by a "disgruntled" player is not allowed and may result in the player being ejected from the game. An official can call any game ended at any time, regardless of the score, if unsafe play is exhibited by any team member during the course of the game. Any player guilty of moral misbehavior, bad sportsmanship or interference in any way adversely affecting the benefits the program offers for others, shall be disciplined either by restricting his playing privilege or expulsion from the team and league. **EJECTION FROM A GAME WILL CARRY THROUGH THE NEXT SCHEDULED GAME.** If the next scheduled game is postponed, the ejected player will sit out that game whenever it is rescheduled. Continual trouble will result in ejection from the league. See Code of Conduct.
12. **FORFEITS** – If a team forfeits a game, a \$25 penalty is due before the next game. Upon the second forfeit (regular season or tournament) the team will be immediately **OUT OF THE LEAGUE** and not allowed to participate the following season.
13. **PROTESTS** - The official's decision on judgment calls is **FINAL**. The only legal protest is one involving a misinterpretation of the rules, or the use of an ineligible player. To file a protest, the manager must immediately notify the official. The official will announce that the game is being played under protest. To be considered, the protest must be made in writing and be delivered to the Park Office within 48 hours of the game in question (with a \$10 deposit to be returned if the protest is upheld).
14. **MERCY RULE** - If team is up by 19 or more points and there is under 2 minutes left to play in the game, the mercy rule will be called and the game will be over.
15. **PLAYER EQUIPMENT – MANDATORY**
Jerseys – Teams must have numbered jerseys or shirts for each player.
Game Ball - Each team will supply their own ball; must be an official NFL or College football.
16. **PLAYER EQUIPMENT - OPTIONAL**
Gloves - Players may wear gloves which must consist of a soft, pliable and nonabrasive material.
Sunglasses - Players may wear pliable and non-rigid sunglasses.
Headwear - a. Players may wear the Navy Watch-Style knit or stocking cap. The cap may have no bill. It can have a knit ball on top.
b. Players may wear a headband no wider than 2" and made of non-abrasive unadorned single-colored cloth, elastic, fiber, soft leather or rubber.
Rubber or cloth elastic bands may be used to control hair.
17. **PLAYER EQUIPMENT - ILLEGAL**
A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:
 - A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots.
 - B. Jewelry, wire-rimmed glasses, pads or braces worn above the waist.

- C. Shoes with metal, ceramic, screw-in, or detachable cleats. EXCEPTION: Screw-in cleats are allowed if the screw is part of the cleat.
- D. Shirts or jerseys which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in. Tear-away jerseys or jerseys that have been altered in any manner which produces a knot-like protrusion or creates a tear-away jersey.
- E. Towels attached at the player's waist (flag only).
- F. Pants or shorts with pockets.

CODE OF CONDUCT

ALL FLAG FOOTBALL PLAYERS AND CAPTAINS SHALL BE GUIDED BY THE FOLLOWING:

1. NO PLAYER OR CAPTAIN shall refuse to abide by an official's decision.
2. NO PLAYER OR CAPTAIN shall be guilty of objectionable demonstrations of dissent at an official's decision by throwing the ball, or other equipment.
3. NO PLAYER, other than the captain, shall discuss with an official in any manner, the decision reached by the official.
4. NO PLAYER shall be guilty of using unnecessary rough tactics in play of the game against the body and person of an opposing player.
5. NO PLAYER OR CAPTAIN shall at any time lay a hand on, push, shove, strike or threaten to strike an official.
6. NO PLAYER OR CAPTAIN shall be guilty of physical attack as an aggressor upon any player, official, or spectator.
7. NO PLAYER OR CAPTAIN shall be guilty of personal verbal abuse upon any official for any real or imaginary wrong decision or judgment.

PENALTY: Any player or captain ejected during a game will not be eligible to participate in the team's next game. A player or captain who is ejected from two games will be automatically suspended for the remainder of the season.

An official can call any game ended at any time, regardless of the score, if unsafe play is exhibited by any team member during the course of the game.

**NOTE: JUSTIFICATION IS NOT A POINT OF ARGUMENT
CONCERNING CODE OF CONDUCT.**

WRIGHTSVILLE BEACH PARKS AND RECREATION DEPARTMENT FLAG FOOTBALL RULES

1. Defense can automatically rush the passer from 1 yard past line of scrimmage - penalty 5 yards for off sides.
2. **THE FLAG BELT:** All shirts must be tucked in, and are not permitted to hang over the flag belt. Should a player lose their flag belt legally or illegally during a down and should that player gain possession of a live ball, that player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees, including the hand and arm) is made.
3. Non-contact – roughing penalty for running over blockers. Blockers can only pass protect by getting in the way of the pass rusher. The best example would be basketball, if you have position it's a penalty on the opposing team.
4. 4 men must be on the line of scrimmage for offense – penalty 5 yards for false start.
5. Defense can rush any amount.
6. **Start of game and after a score, field position will begin on the 10 yard line.**
7. Point after:
 - from the 3 yard line is one point
 - from the 10 yard line is two points
 - from the 20 yard line is three points
8. Ball carrier can not dive for extra yardage – penalty is 5 yards.
9. 25 seconds between plays. Starts when official spots the ball.
10. Two 22-minute halves, clock stops on incompletions and out of bounds when there are 2 minutes left in the 2nd half.
11. Two time outs per half, per team.
12. To achieve first downs you have to reach the next first down line. See field diagram below.

End zone = 10 yards	
Goal line	
15	first down line
30	first down line
30	first down line
15	first down line
Goal line	
End zone = 10 yards	

Width is 35 yards

No matter where you start, the next line is the first down.

13. All other common sense football rules are in effect. (exp. Pass interference & holding) All other rules governed by NIRSA.
14. When catching a pass, at least one foot must be in bounds with control of the ball to make a legal catch.
15. A pre-game coin toss will determine which team will have the choice of possession/side at the beginning of the game.
16. **NUMBER OF PLAYERS:** Each team should start the game with 7 players, a minimum of 5 is needed to avoid a forfeit.
17. **OVERTIME (TIE GAME):** If the game score is tied after regulation time, then a coin toss will determine who will get the ball & side. Each team will have the chance to score in series of four downs from the 10 yard line. If the score is still tied after each team has had a try, a second series is played, and so on until a winner is determined. Each team will be awarded one timeout regardless of how many overtimes occur.
18. **GUARDING THE FLAG BELT:** Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes: 1) Swinging the hand or arm over the flag belt, 2) placing the ball in possession over the flag belt, or 3) Lowering the shoulders in such a manner in which arm guards flag belt to prevent deflagging. Penalty is 10 yards.