

COLLIER COUNTY PARKS & RECREATION



ADULT COED FLAG FOOTBALL RULES AND REGULATIONS

Last Updated 3/29/2025

1. Equipment:

- a. Referees will be providing one (1) adult size official football for each game.
- b. All teams must have matching shirts (color or style). Team uniforms are preferred.
- c. While participating, players must properly wear the official athletic clothing designated for their use.
- d. Athletic shoes are required. Metal cleats, sandals or bare foot are NOT allowed. (Cleats with plastic stud's underneath are ALLOWED)
- e. All player attire is an extension of the player.
- f. Shirts/Jerseys must be tucked in at all times
- g. Football gloves are allowed.
- h. Waistband adjustable flags will be provided for each team.

2. Referees:

- a. Collier County will provide 2 Referees for each game.
- b. When available, 2 Referee's will be provided, especially during playoffs.

3. Teams:

- a. Teams can have a maximum of 12 players on a roster.
- b. Teams must have a minimum of 9 players on their roster to start the season. (2 females)
- c. Each team must have at least 5 players to start a game (4 guys and 1 girl minimum).
- d. The maximum number of players on the field at one time for a single team is 6.
- e. You can have up to 12 players on the roster. You may substitute the players out on the field throughout the game.
- f. For a given game, each team shall have one Captain who is responsible for the team. The captain may discuss calls with the Head Referee but must accept the Head Referee's final ruling. Other players besides the captain that dispute calls with the Referees are subject to ejection from the game.
- g. The team roster also acts as a waiver. No game will start until this is turned in and signed by all players a week before the season. You will NOT be able to play if the waiver is not signed.
- h. Captains can make changes to their roster if needed up until the Rosters are locked in week 4.
- i. In case a team does not have the number of players to start the game, but still want to play, they will forfeit the game and play a friendly.
- j. NO PICKUP PLAYERS are allowed.

4. Player Eligibility:

- a. All players must be 18 years of age or older to participate.
- b. **You are only allowed to be signed up for one team only.**

5. Field Setup:

- a. The Football field is a rectangle with equal sides of 70 yards in length and 30 yards in width.
- b. The endzone length is 10 yards in length and 30 yards in width.
- c. Upon notification to the Head Referee of any improper field set up, the filed layout shall be corrected before the beginning of the next play. Protest based on the field set up will not be considered.
- d. There are designated sidelines for players and viewers/fans.

6. Game Rules/Regulations:

- a. Each game will consist of 55 minutes. (Two halves of 25 minutes each). (5-minute halftimes.)
- b. There will be no stoppage of the clock. The clock will be always running, until the clock timer hits 0.
- c. The start of the game will be determined by a coin flip by the two captains of each team.
Winner of the coin clip decides whether they would like to receive the ball first or defer first.
- d. When a team receives the ball, they will start on their own 5-yard line. The team that is receiving will have 4 downs to get to the mid field marker for a first down, after that they will have 4 more downs to pass the goal line which will result in a touchdown.
- e. If a team does not pass the first down marker or the goal line will result in a turnover.
- f. Once a turnover happens then the opposing team will start back on their own 5-yard line. (That goes for fumble/interception).
- g. Interceptions - If the opposing team intercepts the ball, they will have the opportunity to run it back for a touchdown. If the flag is pulled before the goal line, then they will have to start back on their own 5-yard line.

- h. Fumbles – If a fumble occurs by a player, then it will be considered an immediate dead ball. The football will be spotted down where the player fumbled the ball at **NOT** where the ball lands.
- i. Snapping the ball- The ball must snap between the center’s legs or from a side stance to the quarterback.
- j. Blocking- **NO BLOCKING.**
- k. Quarterback rule- The ball must be thrown in 5 second, pass the line of scrimmage. If the ball is not thrown after the 5 seconds. The whistle will be blown by the referee and the play is over.
- l. Quarterback cannot rush the football pass the line of scrimmage.
- m. Now if the QB dishes the ball to another player behind the line of scrimmage, that player will have the option to run or throw the ball. If he decides to run the ball he must pass the line of scrimmage within the initial 5 second rule. If he decides to pass the ball, then he still only has 5 seconds to throw the ball.
- n. The 5 second rule starts when the ball is snapped to the QB.**
- o. Forward passes must only be thrown from behind the line of scrimmage.
- p. Lateral passes or pitches are allowed.
- q. Rushing the QB – There will be no rushing the QB whatsoever.
- r. Blitzing the QB – There will be one blitz for every new set of downs. If you are the player that is blitzing, then you must give a 5-yard courtesy from the line of scrimmage. If the referee notices that you are not 5 yards back when blitzing, you will be penalized for offsides. If you are the blitzer you must let the referee know “I’m Blitzing” before the snap or you will be penalized for offsides as well.

7. Scoring:

- a. Touchdown: 6 Points
- b. 1-point conversion: 5-yard line
- c. 2-point conversion: 10-yard line
- d. Field goal: 3 points (spot of ball)

e. Safety: 2 Points

8. Overtime:

Regular Season- If an overtime occurs there be an additional coin flip to decide whether the team will want the first possession or the second possession.

Boths team gets one possession.

If a team scores on there possession and the other doesn't its ball game.

If no teams score on their possession, then the game will result in a **TIE**.

Playoffs- **NO TIES!**

Each team will have two possessions. If the score of the game is still tied up, then we will go into a sudden death field goal kick off.

A coin flip will be decided who will kick first and who will kick second. The coin flip winner can decide if they want to go first or second.

Each field goal kicker will start at the 5-yard line going to head-to-head with its opponent.

If both kicks are made by both the field goal kickers, then the ball will be moved back 5 more yards. (Etc.)

This will continue until the one of the kickers misses their kick and then it will determine the winner of the game.

9. Playoffs:

As of now, depending on the number of teams that register will determine how many teams make it.

Playoffs will be based of seeding in regular season standings.
This will be updated as the season progresses.

10. Forfeits:

- a. If any team does not have enough players outlined by the general rules they will forfeit automatically.
- b. If an opponents team forfeits the game than the score will be rewarded 21 points (3 touchdowns) for the winning team.
- c. Roster checks may only be challenged before the game starts.

11. Game Times, Music, and Disciplinary Actions:

- a. Game times will be 6:30; 7:30, and 8:30 with a ten-minute forfeit allowance which begins at designated game times and will be included in that game time limit. (6:30,7:30, 8:30) The time will begin promptly at 6:30pm for the first game.
- b. Each game will consist of 55 minutes. (Two halves of 25 minutes each). (5-minute halftimes.)
- c. Teams will be responsible to keep the “official” scorebook in case of any discrepancies.
- d. Music is ALLOWED during games; however, it must be the EDITED version of a song. The referee can, at any time, ask for teams to turn off their music if it is not clean. Teams must comply. No warning must be given regarding the shutdown of music.

11. Code of Conduct:

Physical Misconduct:

- a) No Individual Shall: At any time, strike, shove, threaten to strike, or lay a hand upon an official, County Employee, player or spectator.
- b) No Individual Shall: Use unnecessarily rough tactics before, during and after a game.
- c) Threats will be considered physical contact and may be filed for the above examples of misconduct.

- d) Any physical contact will not be tolerated! This will lead to yearlong suspension or a banned from the league indefinitely.

Verbal and Visual Misconduct:

- a) No Individual Shall: Engage in an abusive, verbal attack upon any official, county employee or individual on or off the contest area.
- b) No Individual shall: Use trash talk; profane; obscene; or vulgar language, under any circumstances, on or off the contest area.
- c) No Individual Shall: Threaten an official, county employee, player, or spectator with future violence such as, "I will take care of you later," or "I'll meet you in the parking lot." Committing this act of misconduct will lead to a full season suspension from all league activities.
- d) No Individual Shall: Engage in an objectionable demonstration of dissent or unsportsmanlike conduct such as throwing equipment or any other forceful action.
- e) No Individual Shall: Except the coach/manager, contest the decisions of an official or county staff employee.
- f) 1st Infraction – 1-week suspension (All Leagues)
- g) 2nd infraction— A season suspension and a 1-year probation period
- h) 3rd Infraction --- A year long suspension or a banned from the league indefinitely

General Misconduct:

- a) No Individual Shall: Refuse to abide by an official's decision.
- b) No Individual Shall: Appear in the contest area under the influence of alcohol or drugs.
- c) No Individual Shall: Consume alcoholic beverages on Collier County property or while the team is participating in a game or in the contest area.

Penalties:

Offensive Penalties:

False Start: 5 Yards

Holding: 10 yards

Delay of game: 5 yards

Offensive Pass inference: 10 yards of the line of scrimmage

Flag guarding: loss of down

Unsportsmanlike Conduct: 15 yards or a possible immediate ejection for a severe violation. (excessive roughness, trash talk, language, etc.)

Defensive Penalties:

Offsides: 5 Yards

Defensive pass interference: Automatic first down and spot of foul

Unsportsmanlike Conduct: 15 yards or a possible immediate ejection for a severe violation. (excessive roughness, trash talk, language, etc.)

Illegal flag pull: 10 yards

12. Rainout Policy:

- a. If the first game on a game day is rained out, all games, at that field, on that night are also canceled. CCPRD will attempt to reschedule all rainout games, as close to regular schedule patterns as possible. However, if time or field availability does not permit rescheduling, the games will be played on different available nights or dropped from the schedule. Teams unable to make up a rescheduled game will forfeit that game.
- b. **Rainouts will be called no sooner than 5PM.** You can check www.collierathletics.com for the lightning alarm and cancellations.

13. Misconduct Policies:

ALCOHOL – DRUGS – FIGHTING – HARASSING and THREATS TOWARDS OFFICIALS & STAFF

Possession or use of alcohol and/or drugs in a Collier County Park are a direct violation of Collier County Ordinance #76-48 and will not be tolerated. As a registered participant in a Collier County program, you have agreed to abide by all County Park rules and regulations. Penalties for violations include, but are not limited to, player or team forfeits, suspensions from games, or season and possible fines assessed to player and/or team. Control your team fan base is included in the county ordinances. Proper Parks and Law Enforcement Authorities will review violations on a case-by-case basis. Thank you in advance for your cooperation!

League Operator holds the right to change/update rules at anytime during the season



