

**Shelbyville Parks &
Recreation Department**



**Adult Flag Football Manual
2023**

SHELBYVILLE ADULT FLAG FOOTBALL LEAGUE
SHELBYVILLE PARKS & RECREATION DEPARTMENT
Last Edited (June 2023)

PARK OFFICE INFORMATION

H.V. Griffin Park
220 Tulip Tree Road
Shelbyville, TN 37160

Park Office Phone: 931-684-9780
RainOut Line: 931-683-4216

SHELBYVILLE BASKETBALL

Jace Mallory, Athletics Coordinator
931-684-9780 | jace.mallory@shelbyvilletn.org

WEBSITES

www.shelbyvilletn.org
www.shelbyvilletnparks.org

PARK AND RECREATION STAFF

Mike Alsup	SPRD Director
Trevor Freitas	Assistant Director
Jace Mallory	Athletics Coordinator
Michelle Cantrell	Aquatics Coordinator
Jennifer Swann	Program Coordinator
Cindy Allen	Seniors Coordinator

CALENDAR OF EVENTS

Registration.....	July 1-31
Fee.....	\$30/player
Late Registration.....	August 1-22
Captains Meeting.....	August 29
Season Begins.....	September 5
End of Season.....	October 24

WELCOME

Welcome to the Shelbyville Parks and Recreation Department’s (SPRD) adult flag football program. The City of Shelbyville Parks and Recreation Department is responsible for administration and operation of the flag football program. Our department makes every effort to provide a fun, safe and positive learning experience for our players. The primary objective of the Shelbyville Adult Flag Football League is to ensure that players have fun while

focusing on promoting sportsmanship and playing within the rules of the game. Please review all information in this manual and keep it on hand throughout the season. We look forward to a great season!

CAPTAINS

The Shelbyville Adult Flag Football League relies on team captains for relaying valuable information to their team prior to and throughout the season.

Captains are required to be paid players on the roster but do not have to participate. We do not allow “coaches” although if an individual would like to serve only as a bench player in a coaching capacity, they would need to register as a player and serve as team captain.

PLAYING SEASON

All teams for the 2023 season will be co-ed optional. There will be no requirements/limitations on how many players of each sex are allowed on the field or roster at one time.

Should the league grow, co-ed and all-male/all-female leagues would be in consideration.

UNIFORMS

Teams will not be given uniforms. All players on the same team will be required to wear the same or similar colors.

EQUIPMENT

Cleats as well as tennis shoes are acceptable. Shorts with no pockets, **NO EXCEPTIONS**. No hard casts or braces. Athletic attire should be worn at all times during play. Hanging towels will be considered additional flags.

NO JEWELRY

Absolutely no jewelry is allowed during games. This includes but is not limited to earrings, facial piercings, bracelets, rubber bands, necklaces or

anything else the official or SPRD staff deem potentially dangerous. No hard hair accessories are allowed. Piercings may NOT be covered with tape or bandages.

REFUNDS

A refund request must be received no less than seven days prior to the start of the season in order to receive a full refund. Requests made less than seven days prior to the first games will receive a 50 percent refund. The purpose of this is to cover the administrative costs. No refunds will be made after the start of the season.

AWARDS

The winning team at the end of the tournament will receive champion t-shirts.

SPORTSMANSHIP

- Unsportsmanlike conduct of any kind will not be tolerated.
- Any player or spectator using abusive language or behavior will be asked to leave H.V. Griffin Park and possibly the flag football program.
- Captains are responsible for their team players/spectators. Teams may be penalized for their fans' behavior.

IMPORTANT INFORMATION

- In the event of cancellations, the Athletics Coordinator will schedule a make-up game.
- In the event of a forfeit with no notification, the team will be given a loss and no make-up will be scheduled.
- If a team will not have enough players to play, notice must be given to the Athletics Coordinator at least 24 hours in advance of game time in order for a make-up to be scheduled.

RAINOUT DATES

If weather is not permitting for games to be played on their scheduled dates the following date will be used: November 7.

GAME FORMAT

- Game consists of four, 12-minute quarters with a running clock until the last two minutes of each half. There will be a five-minute halftime.
- Each half begins at the 14-yard mark.
- In the last two minutes of each half, the clock stops for the following:
 - Timeout
 - Official's timeout
 - Out-of-bounds
 - Incomplete pass
 - First down
 - Turnover
 - Scoring play
 - Following a punt
 - Penalty
- Each team received three timeouts per half (do not carry over).
- Substitutions may occur between any play except the defense may not substitute if the offense chooses not to substitute or huddle.
- There are no fumbles. If the ball is fumbled, it is down at the spot it touches the ground and the team who last had possession retains possession.

NOTABLE RULES

- 25 seconds from ready-for-play whistle before snap. Failure to snap results in a Delay of Game penalty.
- The Snap:
 - Ball must be touching the ground.
 - Snapper must toss the ball to teammate in one motion.
 - Teammate receiving the snap must be a minimum of two yards away from the snapper.
 - 2-, 3- or 4-point stance (no kneeling)
- Punting:
 - Prior to fourth down, referee will ask, "Play or Punt"

- Captain or team representative must choose.
- Cannot change your mind unless:
 - A timeout is called.
 - The period ends.
 - A penalty is called.
- On a punt, all players on the punting team must wait until the ball has been kicked to pass the line of scrimmage (must snap the ball to kicker).
- If the ball hits the ground on a punt, the receiving team may not touch it but must allow it to bounce/roll until the punting team touches it down or it comes to a complete stop.
- No rushing the punter.
- Scoring:
 - All touchdowns are worth 6 points.
 - The try after can be attempted for the following:
 - 1 point from the 3-yard mark.
 - 2 points from the 10-yard mark.
 - 3 points from the 20-yard line.
 - Defense may not return an intercepted try for point, play will be called dead.
 - Safety is worth 2 points.
 - If a team is up by 19+ points at or after the 2-minute warning in the 4th quarter, the game is over.
- Overtime:
 - Coin toss
 - Same goal line throughout (ABBAABBAA...)
 - Teams start first down and goal to go from the 10-yard mark.
- Teams are given one timeout for the entire overtime.

PENALTIES

- Charging – 10 yards from spot of the foul
- Delay of Game – 5 yards
- False Start – 5 yards
- Flag Guarding – 10 yards from the spot of the foul
- Helping the Runner – 5 yards from the spot of the foul
- Illegal Batting – 10 yards from the spot of the foul
- Illegal Contact – 10 yards from the spot of the foul
- Illegal Flag Belt Removal – 10 yards
- Illegal Formation – 5 yards
- Illegal Kicking – 10 yards (choice of previous spot and re-kick or add to new drive)
- Illegal Motion – 5 yards
- Illegal Participation – 10 yards
- Illegal Pass – 5 yards from the spot of the foul; loss of down
- Illegal Procedure – 5 yards
- Illegal Shift – 5 yards
- Illegal Snap – 5 yards
- Illegal Substitution – 5 yards
- Intentional Grounding – 5 yards from the spot of the foul; loss of down
- Nonplayer Interferes with Runner – 10 yards added to end of the play
- Obstruct the Runner – 10 yards from the spot of the foul
- Pass Interference – 10 yards
- Personal Foul – 10 yards
- Roughing the Passer – 10 yards and automatic first down
- Stiff Arm – 10 yards from the spot of the foul
- Unfair Act – 10 yards
- Unsportsmanlike Conduct – 10 yards
 - Two UC penalties result in ejection.

FIELD OF PLAY

- The field of play is 80 yards by 30 yards, not including two, 10-yard end zones.
- Markings:
 - Goal Line
 - 20, 40, 20
 - 3-yard mark
 - 10-yard mark
 - 14-yard “x”

We look forward to a great flag football season. If you have any questions or concerns during the season, please do not hesitate to contact the Athletics Coordinator, Jace Mallory, at 931-684-9780 or jace.mallory@shelbyvilletn.org

Our website will also be updated on a regular basis as well as our Facebook page, so check periodically for any updates to the calendar or game schedules and standings.