



**CITY OF MERIDIAN PARKS AND RECREATION DEPARTMENT**

# **ADULT FLAG**

# **FOOTBALL RULES**

*For Any Questions about the League contact.*

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*The City of Meridian, players, coaches, officials, and the community, in general, have joined forces to build a bigger and better flag football program. As part of City of Meridian responsibilities, City staff will register all teams with USSSA.*

*League play with the City of Meridian will operate under a Code of Conduct (See Rule 1). All participants and spectators are expected to abide by the rules. It is imperative everyone supports a climate of respect, positive sportsmanship, and safety of self and others. Every guest will be held accountable for their behavior. The abuse of any of the rules and regulations stated herein will result in disciplinary action.*

*The City of Meridian reserves the right to add, delete, and/or change any rules at its discretion. All leagues will use the current High School Football Rule Book with the following modifications and additions.*

## 1. Code of Conduct

- 1.1. League play with the City of Meridian operates under a Code of Conduct. All participants, coaches, managers, and spectators are expected to abide by this Code of Conduct while at City of Meridian facilities. Unsportsmanlike conduct, violence, threat of violence, and profanity will not be tolerated.
- 1.2. Respect the rules of the game and how it should be played.
- 1.3. Respect opponents by remembering a worthy opponent brings out the best in a player.
- 1.4. Respect the game officials even when calls are not agreed with.
- 1.5. Respect teammates and remember commitment on and off the field.
- 1.6. Respect the tradition of the game and remember it is a privilege to participate.
- 1.7. Be mindful of personal conduct. Make sure no action occurs that could reflect adversely on sponsors or teams. Remember, inappropriate action of even one player can reflect upon the entire team and the game of flag football.

## 2. Accidents and Injuries

- 2.1. All accidents or injuries incurred before, during, or after an official game by players, spectators and/or league officials, shall be reported to the League Coordinator and recorded on an Accident Report.
- 2.2. Injuries incurred before, during, or after the course of an official game by players, officials, and/or spectators, shall not be the liability of the City of Meridian – Parks and Recreation Department, City of Meridian, their officers, and employees, or any organization cosponsoring or participating in the program.
- 2.3. City of Meridian – Parks and Recreation does not carry medical liability insurance for its participants.

## 3. ADA Accommodations

- 3.1. A player requesting ADA accommodations must provide written documentation to the Sports Coordinator.

## 4. Age Minimums

- 4.1. A player must be 18 years of age or above to participate and be eligible for the Adult program.

## 5. Awards

- 5.1. Awards will be given to the 1<sup>st</sup> place teams at the end of the season tournament.
- 5.2. First place teams will receive individual awards. *Awards are subject to change.*

## 6. Coach/Team Representative Responsibilities

- 6.1. Coaches/Team Representative is responsible for turning in a completed Registration form, current season roster form, team fee, and player fees prior to the registration deadline. *Spots are on a first-come, first-serve basis and not guaranteed until payment is received in full. Paperwork and payment must be received by the deadline and still have available spots open.*
  - 6.1.1. To register first complete the current registration form, and current roster form. Once, paperwork is completed follow the below steps to complete and secure your teams spot in league.
    - 6.1.1.1. Phone-In: Call 208-888-3579 and pay over the phone with a credit card after emailing in both the completed registration form and roster form to [recreation@meridianscity.com](mailto:recreation@meridianscity.com)
    - 6.1.1.2. Walk-In: Come into the office during business hours at 33 E. Broadway Ave., Suite 206, Meridian, ID 83642 with completed registration form and roster and pay in person with cash, check, or card.
    - 6.1.1.3. Mail-In: Mail your completed registration form and roster with payment to 33 E. Broadway Ave., Suite 206, Meridian, ID 83642.
    - 6.1.1.4. Must be received by the deadline and still have available spots open. *\*Sponsorship payments must be in by the deadline with current completed registration form, current*

*roster form, team fee, and player fees.*

- 6.2. Roster forms must be current at all times. This includes full legal names, age, phone number, email, street address and/or PO Box, city, state, ZIP code, and t-shirt size for each player, coach, manager, or team representative.
- 6.3. Ensure that all players, coaches, managers, and team representatives have read and signed the Roster form prior to playing. Players, coaches, managers and team representatives who have not signed the roster may not participate in the City of Meridian programs.
- 6.4. Immediately notify Sports Coordinator of any coaching and/or team representative changes, including new contact information.
- 6.5. Maintain control of team/players during a dispute. Team coaches and/or designated team representatives are ultimately responsible for personal and team member actions.
- 6.6. On game nights, coaches must be prepared to meet with the assigned official and opposing team's coach to discuss game rules, variations, and/or disputes.
- 6.7. The coach accepts or declines all penalties, calls all time outs, and provides a lineup of first and last names to the Head Official if requested.
- 6.8. Coaches are the only team member that may communicate with the official during or after a dispute.
- 6.9. Teams are responsible for the conduct of spectators who are affiliated with their teams. A game may be suspended until an offensive spectator leaves or until police arrive.
- 6.10. Children must remain with an adult at all times.
  - 6.10.1. If kids become a distraction to the match or cause damage to the facility in any way, the match will be stopped until the situation has been taken care of, the clock will keep going during this time.
  - 6.10.2. Teams can be removed from the league if children are not supervised during the game. The City of Meridian Parks and Recreation Department encourages teams to bring their children to the games but please keep them supervised.
- 6.11. Clean up the fields area after each game.

## **7. Disciplinary Appeal Process**

- 7.1. Individuals may appeal a disciplinary action. Appeals shall be directed to the Sports Coordinator. The individual must submit the appeal in writing to the Sports Coordinator, City of Meridian Parks and Recreation, 33 E. Broadway Ave., Suite 206, Meridian, Idaho 83642, or via email to the Sports Coordinator within three business days from the date of the violation.
- 7.2. Appeals will be addressed by the appropriate City of Meridian staff and/or appeals committee.
  - 7.2.1. The committee will consist of a minimum of 3 of the following but not limited to, Recreation Coordinator, Recreation Manager, and Head Referee Official.
- 7.3. All suspensions will begin at the time of ejection regardless of when the appeal meeting takes place.
- 7.4. If the City of Meridian staff feels the appeal is warranted, a disciplinary action hearing will be held within five business days.
- 7.5. If the appeal date is missed, then the disciplinary action will stand.
- 7.6. The decision of the hearing and/or appeal will be made and communicated within 24 hours. Players will be notified by phone call, letter, email, and/or notification by the team coach.
- 7.7. Should a suspended player play a game prior to the appeals hearing, the appeal is automatically denied, and the team they are playing for will forfeit all games played with the suspended player. A team that knowingly allows a suspended player to play will be subject to *Rule Ejections/Suspensions*.

## **8. Ejections/Suspensions**

- 8.1. A player, manager, coach, or spectator ejected from a game must leave the premises immediately. The ejected person is not allowed on the premises for the remainder of the evening. *Failure to leave the facility will result in the game ending and a forfeit for the associated team.* They will be subject to the following penalties:
  - 8.1.1. First Ejection

One-game suspension from the fields and from the next scheduled league game with that team and cannot be involved in the next game in any way. Probation for the remainder of the season.

#### 8.1.2. Second Ejection

A 30-day suspension from the fields, from all league play with that team and any other team for which they are rostered, and from any tournament play scheduled within that 30-day period. Probation for the remainder of the season.

#### 8.1.3. Third Ejection

Banned from the fields, the league, and tournament play for one calendar year.

#### 8.1.4. Game Removal

At the discretion of the game official, a player may be removed from the game for minor infractions.

8.2. Any individual or team may be ejected from a game for one or more of the following but is not limited to.

8.2.1. Displays of un-sportsmanlike conduct.

8.2.2. Derogatory remarks or gestures.

8.2.3. Taunting or degrading any person.

8.2.4. Unnecessary rough or unusual tactics against the body of any person.

8.2.5. Threats of violence.

8.2.6. Acts of violence.

8.2.6.1. No Player shall be physically aggressive toward any person. This includes any unwanted physical contact including, but not limited to, pushing, shoving, and spitting.

8.2.6.2. No player shall be guilty of a physical attack (striking or punching) as an aggressor upon any person.

8.2.7. Other behavior deemed detrimental to the league.

8.3. Teams will be subject to the following penalties for using an ineligible player or falsifying the lineup:

8.3.1. During the tournament, only the game in which the ineligible player was discovered will be forfeited and the team will potentially be removed from the tournament.

8.3.2. All ineligible players will be removed from the offending team's roster.

8.3.3. The team Manager will receive a 1-game suspension. A suspended Manager cannot participate in the match in any manner.

8.4. Team Managers are responsible for the behavior of their team. For any team that receives several and/or continuous un-sportsmanlike conduct or unnecessary contact penalties during the season, the manager will automatically be suspended for two games.

8.4.1. If after the suspension of the manager, this team receives one more un-sportsmanlike penalty or unnecessary contact penalty, the entire team will be suspended for the remainder of the season and tournament.

8.4.1.1. If a game is stopped due to team conduct, that team loses that game regardless of the score, and if officials or recreation staff end a game prematurely due to both teams failing to heed warning of their un-sportsmanlike conduct, the game will result in a double forfeit.

8.5. Teams will be subject to the following penalties:

8.5.1. Any team with 2 or more players ejected from a single game will automatically forfeit the game, and play will be discontinued.

8.5.2. Any team that forfeits more than two games because of disciplinary action will be suspended from the facilities and from league play for the remainder of the season.

8.6. Approaching official after the completion of the contest in any negative action.

8.6.1. If any personnel from a team approaches the official after the contest in any negative fashion (determined by the official and Meridian Parks and Recreation staff), they will receive a multiple game suspension. Severity of the suspension will be determined by the Sports Coordinator. If the individual approaching the official is a non-player, the associated manager and the spectator will receive the suspension.

8.7. Any player(s) involved in any aggressive physical attack, verbal threat, abusive language will be automatically suspended for a minimum

of one year from the date of the infraction up to life. The participant will have the option to appeal the Sports Coordinator and appeal committee following the appeal process outlined in the *Rule Disciplinary Appeal Process*.

- 8.8. One game suspensions are non-appealable.
- 8.9. Refunds shall not be considered or granted to any player or team who is suspended and/or ejected from play or the fields.

## 9. Eligibility

- 9.1. All players must be registered prior to competition. Added players must complete an Official Team Roster and pay the player fee.
- 9.2. If a roster is checked by the City of Meridian or a roster call is made by the opposing team, and the team being checked is in violation, the current game is forfeited by the team in violation. All roster checks are handled by the City and not the officials. Coaches for teams that have an unregistered player will not be allowed to play or coach in the next game. If the team is found to have an unregistered player on any subsequent game in the season, a more severe penalty will be imposed on the coach and/or the team, pending review by the Sports Coordinator.
- 9.3. A player may not participate on more than one flag football team in the same division.
- 9.4. A player who is currently participating, whether active or red/grey-shirted, on an Intercollegiate team, is currently under professional contract, or is participating on an organized high school team is ineligible until the contract or the organized sport is completed or nullified.
- 9.5. A player will be considered ineligible and potentially banned from play for the remainder of the season or a full calendar year if they do any of the following:
  - 9.5.1. Rostered on more than one team.
  - 9.5.2. Play prior to completing and filing a signed roster form or pickup player form.
  - 9.5.3. Play under an assumed name.
- 9.6. A City of Meridian representative may check rosters and photo ID at any time, for any reason, for any league. If a player fails to provide proper ID, the player cannot return to play until proper ID is provided. If a player fails

to provide ID on any subsequent games in the season with that team, they will not be allowed to play the remainder of games that night and are suspended for one week of play with that team.

- 9.7. Refunds shall not be considered or granted to any player or team who is suspended and/or ejected from play or from the complex.

## 10. Equipment

- 10.1. Jewelry may not be worn.
  - 10.1.1. If a player is wearing jewelry (including religious jewelry) and that item causes injury to them or another player, the person with the jewelry will be liable for all damages caused.
- 10.2. Braces must be soft and yielding or covered. All metal parts on any brace shall be padded.
- 10.3. No player may wear or use any protective equipment or any device that may endanger another player.
- 10.4. No player shall wear any substance that could give them an unfair advantage.
  - 10.4.1. Player may not put "stick'em" on their hands and/or gloves.
- 10.5. Shoes must be worn. There will be NO metal spikes allowed.
- 10.6. Shorts/pants without pockets are required.
- 10.7. Players can wear gloves.
- 10.8. Shirts must be tucked in. Full length of the flag must be seen.
- 10.9. Flags are provided by the league and are worn around the waist with one on each hip. Belts must be worn on hips.
- 10.10. A game ball will be provided.
  - 10.10.1. If both teams agree, the game can be played with a personal ball. *The City of Meridian is not responsible for any lost or missing balls, or balls caught in ceilings.*
  - 10.10.2. Flag Check: After a player scores a touchdown or extra point(s) he must walk to the nearest official with his arms held away from his body for a flag check. If, in the judgment of the official, the flag belt is tied or illegally fastened, the score will be nullified, player will be ejected and a 15-yard penalty will be assessed from the previous spot with loss of down. If the player removes his flag belt prior to the

flag check (or one of his teammates removes it), the score will be nullified and a 5-yard penalty will be assessed from the previous spot.

## 11. Forfeits

- 11.1. One game missed in one night's play constitutes a forfeit.
- 11.2. Anytime a team drops below five players, a forfeit will be declared.
  - 11.2.1. In a coed game, each team must start with a minimum of 2 female players.
- 11.3. If a coach knows his/her team is going to forfeit, they must notify City of Meridian a minimum of 24 hours before the scheduled game time. Teams must notify City of Meridian of anticipated forfeit, even if it is past the 24-hour deadline, so that the opposing team and the referee may be notified.
  - 11.3.1. Cancelled games will not be rescheduled and will count as a loss for the canceled team.
- 11.4. A forfeit will be recorded with a score of 35-0.
- 11.5. Nonappearance Forfeit Penalties
  - 11.5.1. First Offense
    - Defined as a warning, and next offense will be probation.
  - 11.5.2. Second Offense
    - Team on probation for the remainder of the year.
  - 11.5.3. Third Offense
    - Ejection from league for the remainder of the year. No refund will be given for remaining games.

## 12. League Standings

- 12.1. League standings will be posted weekly on the website. Standings will determine seeding in the end of season tournament.

## 13. League Structure

- 13.1. All teams will play a minimum of 8 games during the regular season with a single elimination tournament at the end of the season for each division.
- 13.2. All games will be played at Storey Park.
- 13.3. Games will be played on Monday through Thursday. Friday's will be used as needed.

- 13.4. Games will be scheduled between the times of 6:00 p.m. and 10:30 p.m.
- 13.5. Time choices are not guaranteed. There will be no time preferences during the end of season tournaments.

## 14. Length of Games and Field Dimensions

- 14.1. All games shall be two 20-minute running time halves.
- 14.2. In the last two minutes of the second half, the clock will stop per high school regulations.
  - 14.2.1. If a team is losing by 21 points or more in the final two minutes of the second half, the clock will continue to be a running clock.
  - 14.2.2. If a team scores within the last two minutes to make the score closer than 21 points, the clock will then revert back to stopping per high school regulation.
- 14.3. Two time outs per half per team.
- 14.4. Overtime each team will receive four plays starting from their own 5-yardline. The team that accumulates the most total yards will be declared the winner.
  - 14.4.1. *If a team scores in one play, the other team has one play to score.*
  - 14.4.2. *If a team uses all four plays to get 60 yards, the other team has four plays to get 60 yards.* Interceptions will result in the end of the offensive team's possession.
- 14.5. The playing field is approximately 80 yards in length, 40 yards wide, divided into four 20 yard zones.

## 15. Minimum Number of Players

- 15.1. If a team does not have the required number of players (5) present at the scheduled start time, a ten-minute "Grace Period" will take effect.
  - 15.1.1. The game clock will still start on-time. The Grace Period will not be added on to the end of the match.
  - 15.1.2. Teams must have at least 1 player present for the Grace Period to take effect. If there are no players at the field at start time, the match will be cancelled and there will be no Grace Period.

## 16. Park Ordinances

- 16.1. Park Ordinance prohibits alcoholic beverages in the park without a permit. Permits are only available for special events or shelter reservations (not sports teams).
- 16.2. Park Ordinance prohibits smoking in the park but smoking is allowed in the parking lots.
- 16.3. Participants or spectators will be asked to either leave the premises or dump their alcohol out.

## 17. Penalty Yardage

- 17.1. Delay of game – 5 yards from the previous spot.
- 17.2. Illegal procedure/off-sides – 5 yards from the previous spot.
- 17.3. Encroachment – 5 yards from the previous spot.
- 17.4. Illegal Motion – 5 yards from the previous spot.
- 17.5. Helping the Runner – 5 yards from the spot of the foul.
- 17.6. Defensive Pass Interference – spot foul and automatic first down.
- 17.7. Offensive Pass Interference – 10 yards from previous spot and loss of down.
- 17.8. Impeding the rusher – 5 yards from the previous spot.
- 17.9. Impeding the runner – 5 yards from the spot of the foul and repeat the down.
- 17.10. Defensive Holding – 10 yards from the previous spot and replay the down.
- 17.11. Flag Guarding – 5 yards from the spot of the foul and a loss of down.
- 17.12. Face Guarding – 10 yards and automatic first down.
- 17.13. Stiff Arm – 10 yards from the spot of the foul and a loss of down.
- 17.14. Illegal Blocking – 10 yards from the spot of the foul and replay the down.
- 17.15. Unnecessary Contact – 15 yards, automatic first down or loss of down.
- 17.16. Unsportsmanlike Conduct – 15 yards, automatic first down or loss of down.

## 18. Profanity

- 18.1. The City of Meridian Parks and Recreation facilities will, at all times, offer a family

- atmosphere; therefore, profanity is considered unsportsmanlike behavior and is unacceptable.
- 18.2. The first time profanity is used, a verbal warning or ejection will be issued.
- 18.3. If unsportsmanlike behavior continues, the player will be ejected. Should the coach not gain control of his/her team and profanity continues, the team will forfeit the game.
- 18.4. Excessive profanity, abuse, or unsportsmanlike behavior could result in a player, coach, or spectator being asked to leave on their first offense. See *Rule 1 Code of Conduct*. Enforcement of this section of rules and regulations is the responsibility of City staff and/or the on-duty official.
- 18.5. Any use of the 'f' word will result in an immediate ejection. Quiet use will result in a bench sit down for the remainder of the game; however, the player will be eligible to play the next game. Loud use of the 'f' word will result in an immediate ejection.

## 19. Protests and Officials

- 19.1. Coaches and Managers have the right to question an official's call in an appropriate manner.
- 19.2. Coaches and Managers may only protest the official's interpretation of playing rules or player eligibility.
- 19.3. Judgment calls, may not be protested. Once the official renders a ruling, that ruling will stand.
- 19.4. Should a player, coach, or Manager choose to protest a call, the protest must be made to the referee immediately and prior to the next match. Once the next play occurs the specific protest cannot be launched.
- 19.5. The written protest (email to the Sports Coordinator) must be filed within 24 hours of the game in question and the protest must contain: the date, time, location of the game, names of the teams, name of the official and the rule(s) and section(s) of rule allegedly misinterpreted, the conditions surrounding the making of the decision and all other essential facts involved in the matter being protested.
- 19.6. A player eligibility protest (not a roster check) may be verbal or written and can be made at

- any time during the game. The player in question must show the referee proper ID.
- 19.7. A '12-hour rule' will take effect if there is a complaint about an official.
- 19.7.1. Manager's wishing to complain about a official must wait 12 hours after the completion of the game.
- 19.7.2. After waiting 12 hours (allowing time to cool off and become collected), please submit written complaints to the Sports Coordinator.
- 19.7.3. The 12-hour rule is in effect when you feel the official was:
- 19.7.3.1. Not giving full effort.
- 19.7.3.2. Not in proper position.
- 19.7.3.3. Making incorrect calls.
- 19.7.3.4. Misapplying the rules (if not protested).
- 19.7.3.5. Purposely giving calls to the other team.
- 19.7.3.6. Wearing inappropriate uniform/gear.
- 19.7.4. Complaints about officials can be made immediately if Manager feels the official was:
- 19.7.4.1. Under the influence of drugs or alcohol.
- 19.7.4.2. Putting players in danger by allowing teams to get out of control.
- 19.7.4.3. Showing up late or not at all to games.
- 19.7.4.4. Using profanity towards participants or fans.

## 20. Registration

- 20.1. Coaches/Team Representative is responsible for turning in a completed Registration form, current season roster form, team fee, and player fees prior to the registration deadline. *Spots are on a first-come, first-serve basis and not guaranteed until payment is received in full. Paperwork and payment must be received by the deadline and still have available spots open.*
- 20.1.1. To register first complete the current registration form, and current roster form. Once, paperwork is completed follow the below steps to complete and secure your teams spot in league.

- 20.1.1.1. Phone-In: Call 208-888-3579 and pay over the phone with a credit card after emailing in both the completed registration form and roster form to [recreation@meridiancity.com](mailto:recreation@meridiancity.com)
- 20.1.1.2. Walk-In: Come into the office during business hours at 33 E. Broadway Ave., Suite 206, Meridian, ID 83642 with completed registration form and roster and pay in person with cash, check, or card.
- 20.1.1.3. Mail-In: Mail your completed registration form and roster with payment to 33 E. Broadway Ave., Suite 206, Meridian, ID 83642.
- 20.1.1.4. Must be received by the deadline and still have available spots open. *\*Sponsorship payments must be in by the deadline with current completed registration form, current roster form, team fee, and player fees.*

- 20.2. Team fees for the Men's and Coed league must be submitted to the City of Meridian Parks and Recreation office by 5:00 p.m. on the last day of registration. Registration deadlines can be found on the website. *Late registration will be held until the league fills, or once the schedule has been made.*

### 20.3. Registration Fees:

- 20.3.1. Team Fee: Found on the registration form for the current season.
- 20.3.2. Meridian Resident Player Fee: \$10 per player.
- 20.3.3. Non-Meridian Resident Player Fee: \$20 per player. *Player fees are non-transferable from player to player.*

### 20.4. Refund Policy:

- 20.4.1. To receive a refund, requests must be made 3 business days prior to the registration deadline. Managers will receive a refund minus a \$5 handling fee.
- 20.4.2. No refund, including team fees and player fees, will not be given after the 3 business days prior to the registration deadline.

## 21.Regulations

- 21.1. Coin toss – the winning team has two options.
  - 21.1.1. Start game on offense.
  - 21.1.2. Defer choice to the second half. Offense starts on the five-yard line (15 on a touchback). After a safety the offense will start on the 15-yard line.
- 21.2. Scoring is as followed.
  - 21.2.1. Touchdown – 6 points
  - 21.2.2. Conversion from 12-yard line – 2 points
  - 21.2.3. Conversion from 5-yard line – 1 point
  - 21.2.4. Safety – 2 points
  - 21.2.5. Conversion return – equal to attempt
- 21.3. The offense may have only one player (QB) off the line of scrimmage. All players must be at least five yards from the sidelines at the time of the snap.
- 21.4. This is a “passing only” league. The QB must release the pass within six seconds of the snap or he is considered sacked at that point. The QB cannot run.
- 21.5. The Defensive “Rusher” (only one player) must line up 8-10 yards in front of the line of scrimmage or be considered off-sides. The officials will mark the line of scrimmage and the spot where the rusher can start with an orange disk. The Offense may not impede the rusher in any way. The offensive player must avoid contact with the rusher.
- 21.6. The offense has 25 seconds to put the ball in play once the referee has spotted the ball.
- 21.7. There is no blocking allowed anywhere on the field.
  - 21.7.1. Once a pass is complete (one foot in bounds) or intercepted, all other players on that team must stop and stay out of the play.
  - 21.7.2. All others try and pull the flags. Defensive players must go after the players flags not the ball.
- 21.8. No laterals are allowed.
- 21.9. Teams may not run “pick” plays.
- 21.10. Fumbles are dead at the point of ground contact.
- 21.11. Teams have four downs to make the next line, regardless of where they started.
  - 21.11.1. On fourth down, they can punt or attempt to make the next line for a first down. If the offensive team is punting, the

defense must be notified and the ball must be hiked with five offensive players on the line of scrimmage.

- 21.11.2. There are no punt blocks. If the punt return player touches the ball and the ball bounces forward in favor of the return team, the ball is placed where the first touch was made.
- 21.11.3. If the ball bounces backwards after touching the return player, the ball is placed where it is stopped or picked up by the return team. Only two returners can be back to catch the punt. The returners can only return the punt if it is caught.
- 21.11.4. If the punt is not caught in the air, the punt cannot be returned.
  - 21.11.4.1. *If the ball is punted and the ball hits the ground or bounces, the return team must stop the ball as soon as possible or let it roll to a stop. Where the ball is stopped is where the offense will take over on downs.*
- 21.11.5. Blocking is not allowed.
- 21.11.6. The punt return team must stay where they were when the ball was punted.
- 21.12. Spinning is allowed.
  - 21.12.1. Offensive player may not run over or lower the shoulders on a defender who has established position. It is up to the ball carrier to avoid the defender. There are no “straight arms”.
  - 21.12.2. Defensive players may not slow, hold, or physically contact the offensive ball carrier or penalty will be enforced.
  - 21.12.3. Tackling, holding, or pushing a player out of bounds in not allowed. Repeated violations will result in the ejection of the player.
  - 21.12.4. The offensive player cannot leave his feet to advance the ball (no hurdling or diving). If a player dives, the ball will be placed where the ball carriers’ feet left the ground. Players will be allowed to dive for a pass.
  - 21.12.5. The person with the ball is “down” when at least one flag is pulled. A person with less than two flags is down at the point of receiving the ball.

- 21.12.6.Trash talking/profanity will not be allowed.
- 21.12.6.1.Violation of this rule will result in an unsportsmanlike conduct penalty and a loss of down.
- 21.12.6.2.Two unsportsmanlike conduct penalties on one player will result in an ejection from the current game and a suspension for the next game.

## 22.Reschedules

- 22.1. Games will not be rescheduled unless there is extenuating situations.
- 22.2. If the game is less than a week out the game will not be rescheduled.
- 22.3. If the game is unable to be rescheduled due to unavailable field space or the opposing team cannot make what options are available, the game will be considered a forfeit.
- 22.4. Tournament games will not be rescheduled.  
*Teams with players playing on multiple teams will need to plan accordingly if there are conflicts with schedules.*

## 23.Roster

- 23.1. Official team rosters are due at the time of registration.
- 23.2. All players must be on the official team roster.
  - 23.2.1.An official roster must have a minimum of 5 players listed on the roster at time of registration.
    - 23.2.1.1. Rosters with less than 5 players at the time of registration will be charged the Non-Meridian Resident Player Fee for empty spots up to the 5<sup>th</sup> spot.
  - 23.2.2.There is no limit to the number of players you may have on your roster.
  - 23.2.3.Roster additions or changes will only be accepted at the City of Meridian Parks and Recreation office between 8 a.m. and 5 p.m., Monday through Friday or via email to [sports@meridiancity.org](mailto:sports@meridiancity.org) and will not be accepted on the field.
- 23.3. Participants must sign the roster prior to playing in their first game.
  - 23.3.1.The City of Meridian does not provide medical or accidental insurance coverage. The participant is responsible.

- 23.4. Teams will be randomly selected to show proof of residency. If teams cannot provide a proof of residency, the team manager along with the player or players that cannot show proof of residency will receive a two game suspension and all games played will be considered a forfeit. Teams will be notified of a residency check one week before their next game.
- 23.5. Team rosters freeze when there are two regular season games left.
  - 23.5.1.The Sports Coordinator can give permission to add players after the deadline in the case of extenuating circumstances, such as injury but not limited to. If a team is granted permission to add players after the deadline, the following policies come into effect:
    - 23.5.1.1.The injured player being replaced will be removed from the roster and cannot participate for the remainder of the season including the tournament. *Written proof of injury may be requested. No refunds will be given to players.*
    - 23.5.1.2.The added player will be required to pay the player fee.
    - 23.5.1.3.If the Sports Coordinator deems the player is too skilled for the division, that player will be removed with no refund. No additional players will be added for that team.
    - 23.5.1.4.Once the tournament starts, no players can be added for any reason.

## 24.Roster Protests

- 24.1. A team's roster must be protested prior to the start of the second half. Once the second half has started, a protest may not be initiated. *Exception: Should a team add a player during the course of the game, a protest may be made at the time of the players' addition.*
- 24.2. If a Manger elects to do a roster check, both teams will be checked.
- 24.3. Players shall bring with them some form of ID to all games in case of proof of identity is requested to verify player eligibility. Acceptable forms of ID are:
  - 24.3.1.Any form of government ID

- 24.3.2. Student ID cards
- 24.3.3. Car registration
- 24.3.4. Pictures of the above ID

## 25. Team Reclassification

- 25.1. At mid-season, City of Meridian staff will re-examine the classification of all teams. Teams will be evaluated as a team to possibly be moved up or down leagues, which can include being moved to a different division. Teams will be examined that meet one or more of the following:
  - 25.1.1. Teams with a winning percentage of .850 or higher.
  - 25.1.2. Teams with a winning percentage of .200 or less.
- 25.2. If a team feels they need to move up or down a division after the first two games, contact the League Coordinator. *This is not a guarantee as other factors can determine the move.*
- 25.3. Teams will not be allowed to move up or down a division once the 2<sup>nd</sup> half schedule is released.
- 25.4. Teams may ask to move up or down in the end of season tournament, but must ask prior to the schedules being published.

## 26. Team Structure

- 26.1. In coed divisions, each team must start with a minimum of 5 players with at least 2 female players. Each coed team must play with a minimum of 2 females of the field. There is a maximum of 4 male players on the field at one time. There is no maximum or minimum number of females that can play at one time.

## 27. Tournament

- 27.1. Teams must notify the Sports Coordinator three weeks before the tournament to reserve a spot. Failure to notify will result in your team not being scheduled in the tournament.
- 27.2. Tournament brackets will be sent out approximately 2 weeks prior to the start of the tournament.
- 27.3. Should an end-of-season tournament be scheduled, rosters will be frozen at the end of the night, with 2 scheduled games left before

the tournament. *Any exceptions must be approved by the Sports Coordinator.*

- 27.4. Players must play in a minimum of two league games to be eligible for playoffs. *Exceptions can be made for injury with prior approval in writing from the Sports Coordinator.*
- 27.5. Teams found to be using an ineligible player during the tournament will potentially be removed from the tournament and only the game in which the ineligible player was found will be recorded as a forfeit.
- 27.6. Team's rosters, if in violation, the game will be a forfeit.
- 27.7. Teams with players playing on multiple teams will need to plan accordingly if there are conflicts in schedules.

## 28. Uniforms

- 28.1. Uniforms are required for league play. Players on each team shall wear matching jerseys or shirts. Teams must have these jerseys by the first game. Failure to do so will result in the scheduled game being played but counted as a loss. Uniforms need to be family-friendly; the City and officials reserves the right to require a change or modification at any time.

## 29. Unsportsmanlike Conduct

- 29.1. Unsportsmanlike conduct will not be tolerated. Any abusive or inappropriate conduct (physical or verbal) will not be tolerated in the City of Meridian program. Abusive or inappropriate conduct directed towards spectators, umpires, opposing players, league officials, or City of Meridian staff before, during, or after games may result in the suspension of the offending player(s).
- 29.2. Any player receiving an Unsportsmanlike conduct penalty or unnecessary contact penalty will be immediately removed from the game for five minutes.
  - 29.2.1. Any contact penalty, unsportsmanlike or not, will result in the opposing team receiving an automatic first down.
  - 29.2.2. Any player receiving two unsportsmanlike conduct or unnecessary contact penalties in one game will be ejected and the suspension rules will be in effect.

29.2.3. Any player receiving continuous unnecessary contact penalties during the season will automatically be suspended from the league.

### **30. Weather Cancellations and Official No Show**

- 30.1. Cancellation games will be determined by 4 p.m. the day of the game. Call the phone number 208-489-0560.
- 30.2. Coaches and team representatives are responsible for informing all players of this procedure.
- 30.3. In the event of cancellations, games will be rescheduled later in the season if time permits. Updated schedules will be posted online.
- 30.4. If an official does not show up for a game, teams need to call the phone number on the binder. If an official does not show up the game(s) will be rescheduled.
- 30.5. Teams may elect to use a volunteer official, instead of rescheduling the game. If teams elect to use a volunteer official, both Managers need to sign a statement in the official book agreeing to this. If both Managers agree and a volunteer referee is used, there will be no protests allowed for rule applications.