

**CITY OF ALBUQUERQUE  
PARKS AND RECREATION DEPARTMENT  
SPORTS SERVICES  
2017 SPRING FLAG FOOTBALL PROGRAM  
TEAM MANAGER'S/PARTICIPANTS  
RULES, RESPONSIBILITIES, EXPECTATIONS GUIDELINES**

The Sports Staff welcomes you to the City's 2017 Flag Football program. Some adjustments have been made, so please **read** this document carefully.

**STAFF**

1. Cristin Chavez Smith, Recreation Program and Facility Manager
2. Marlene Varrandey, League Director, Supervisor of Officials/Site Supervisors
3. Adrienne Palacio, Community Recreation Coordinator
4. Vacant, Scheduling Coordinator

**ADDRESS**

The Sports Section is located at the Jerry Cline Recreation & Tennis Center.  
7205 Constitution N.E. 87110

**PHONE # 224-6682**

**FAX # 224-6695**

**TTY # 1-800-659-8331**

**REGISTRATION**

Registration begins at 8:00 a.m. on January 16, 2017 and runs through February 17, 2017.

**ROSTER**

Roster deadline – Wednesday, March 1, 2017.

Incomplete, faxed, e-mailed, mailed, rosters will not be accepted. **(Only original rosters will be accepted.)**

**ENTRY FEE**

\$495.00 includes tax. (Unlimited Roster)

The City of Albuquerque, Sports Section, is sanctioned by The Ramsey Charitable Trust Inc. (USSSA) and all teams must be registered with the sanctioning body in order to participate in any City sports activity. The fee is \$50.00 per team and must be mailed. Proof of full payment to The Ramsey Charitable Trust (USSSA) must be turned in with roster. Registration material will be available at the Sports Office.

**MANDATORY RULES AND CONDUCT MEETING**

February 28, 2017      6:00pm      Jerry Cline Recreation & Tennis Center

**Managers are responsible to be aware of the rules and regulations/participant code of conduct of the flag football league, and insure their participants are aware of the rules and regulation and the participant code of conduct.**

## **AVAILABLE LEAGUES**

Men's A	Wednesday
Men's B	Thursday
Coed	Tuesday

## **GAME SCHEDULE**

1. Each team will receive a ten (10) game regular season schedule, which will begin March 14, 2017.

## **REFUNDS**

Registration fees are non-refundable!! No refunds will be issued under any circumstances. If your team is unable to participate for any reason the registration fee will be considered a donation to the City of Albuquerque! Please note that any and all request for refunds will be denied. The Sports Office will make no individual refunds; the team manager and or sponsors must make such arrangements. **There are no exceptions!**

## **SPORTS ADVISORY BOARD**

Individuals who would like to serve on the Advisory Board should contact Marlene Varrandey.

1. Made up of participants, managers, and officials.
2. To stay generally informed of the league and of the administration.
3. To make necessary changes.
4. To hand down disciplinary action on participants and managers misconduct as called for by the Participant Code of Conduct.
5. The Sports Advisory Board is always looking for interested individuals who would like to serve on the board.
6. The Advisory Board meets the first Tuesday of every month.

## **GLASS CONTAINERS**

City Ordinance prohibits the use of glass containers in all City parks. Teams found using glass containers will face disciplinary action.

## **ALCOHOLIC BEVERAGES/SMOKING**

All participants are prohibited from consuming alcoholic beverages/smoke, during any game, either on or off the field area. Participants consuming alcoholic beverages/smoking during the game will be immediately ejected. Participants observed to be partaking in alcohol beverages by an official or field supervisor before a game will not be allowed to participate in the game. Alcoholic beverages/smoking in the general area of the playing field is not allowed by any participant or spectator. This includes the bleacher area and dugouts. "Smoking" or "smoke" means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, including hookah, whether natural or synthetic, in any manner or in any form. "Smoking" or "smoke" also includes the use of an electronic smoking device which creates an aerosol or vapor, in any manner or in any form, or the use of any oral smoking device for the purpose of circumventing the prohibition of smoking. This prohibition applies to all member of the public.

## **SCHEDULE**

May be picked up on Wednesday, March 8, 2017.

## **SCHEDULING REQUESTS**

We will try to accommodate all requests, so please put such requests on your Registration Form.

## **SCHEDULED TIME OF PLAY**

6:30pm, 7:30pm, 8:30pm

**The City of Albuquerque, Parks and Recreation, Recreation Services, reserves the right to add or delete any additional rules deemed necessary for the good and safety of the participants of the program.**

**CITY OF ALBUQUERQUE  
SPORTS DIVISION  
2017 FLAG FOOTBALL  
ADULT LEAGUE RULES**

**START OF LEAGUE**

The league will start the week of March 14, 2017.

**SCHEDULES**

The season will consist of a 10 game schedule.

Games shall be played as called for by the schedule made by the Sports Office. **NOTE:** Request for changing of schedules and/or rearrangement of times to accommodate teams involved in tournaments, weddings, etc. **WILL NOT BE ACCEPTED.**

**TIME OF PLAY**

Games shall start at the times designated on the schedule. A five (5) minute “grace period” will be granted if a team does not have enough players for the 6:30pm game only. A forfeit will be called after five (5) minutes from the scheduled game time. However, if you can field a team at your scheduled game time, officials will not wait for specific participants. Clock starts at scheduled game time.

**UNIFORMS**

All players on a team must properly wear a jersey that is like in color and style, with a number of contrasting color, the number must be permanently affixed on the back, legal size (at least 4 inches in length and ¾ inches in width), and clearly visible to the umpires. Players wearing taped on or magic marker numbers will not be allowed to play. Duplicate numbers may not be worn.

**ELIGIBILITY**

Players must be 16 years old to participate.

Any player who registers or plays with more than one team at any one time in this league shall forfeit his right to play in the league for one calendar year from the time of detection.

Teams not returning their roster (completed) by the designated deadline, **WILL NOT GET A SCHEDULE.** Teams using suspended players will forfeit said game(s), with possible Advisory Board Action.

Each team may have a maximum of 8 players at any time. All teams must include Manager and an Assistant Manager with both a home and work telephone number or a number where a message/email can be left.

**COED ONLY:** teams will field 4 females and 4 male participants at any time. A team may field more than 4 females, not ever more than 4 males (i.e. 5 females, 3 males ok – 5 males 3 females NOT ok).

## **ROSTER CHANGES**

Any and all Roster changes must be made at the Sports Office. Only manager and assistant manager are allowed to make roster changes. Only manager may remove their name from the roster.

## **PROTEST**

All illegal player protests must be made prior to the end of the game. The following procedures must be followed:

1. Notify the official of protest.
2. Name of player(s) being protested.
3. Have official check players pictured I.D.
4. Resume game.

If player does not have a pictured I.D., the game will be declared a forfeit on the spot.

If I.D. is shown, the Supervisor will make note of the protested player. He will notify the Sports Office the next day where the team's roster will be checked. If the player is illegal, the guilty team will get the loss and may be charged with a forfeit fee. The manager can be suspended for one (1) year from the program.

A protest based on the misinterpretation of a playing rule shall be filed by the manager/captain immediately following any such play. Should a manager/captain decide after the play has resumed or after the game is over that he/she wished to protest, the protest will be denied. Field Supervisors will have the final decision in all protests.

## **FORFEITS**

Teams failing to appear with the required number of players at game time shall forfeit the game to the opposing team. All leagues must start with at least seven (7) players and finish with no less than six (6) players.

At fields where forfeits have occurred, teams may scrimmage after signing a waiver releasing the City of liability. Teams are expected to comply with the Field Supervisor's request to clear the field.

A twenty-five dollar (25.00) forfeit fee shall be paid before the teams next scheduled game. A fifty-dollar (50.00) fee will be charged to teams who have a no-show (no players present at game time.)

## **STANDINGS**

**Standings will be posted with a link at [www.cabq.gov/parksand recreation/recreation](http://www.cabq.gov/parksand-recreation/recreation). Standings will not be given over the phone. Once standings are completed, two weeks will be given for any disputes, after that period standing will be final and awards will be ordered.**

## **AWARDS**

Team awards will be given for first place league finishers. Once the team manager is notified that award is in and ready for pickup, the Sports Office will keep such award for one month and if award is not picked up the award will be donated.

## **LINE UP**

Teams must submit line up cards (provided by the City) prior to the game start. Line-up cards must have the player's number and name (first and last). Failure to comply with full name and number may result in a forfeit.

## **SCORE CARD**

The card must be signed at the end of the game to ensure accurate reporting of scores. Neither the score, nor the standings will be changed if the score card is not signed at the end of the game.

## **PARTICIPANT CODE OF CONDUCT**

The "Participant Code of Conduct" (attached) of the Sports Section, will govern the league. **The Participant Code of Conduct will be in effect for any activity (City or Non-City sponsored and Tournaments) played at City facilities. All participants must sign and turn in the Participant Code of Conduct form in order to participate in the flag football league.**

## **OFFICIALS**

Officials assigned will have the power to banish any manager, player(s), spectators or sponsor from the player's bench or field, for misconduct, delay of the game, or any other reason deemed necessary for the good of the game. The official's decision shall be final, except those regarding misinterpretation of the playing rules. All officials assigned will submit a written report to the Sports Office within twenty-four (24) hours after the game. The report will focus on team and player conduct. Any player(s) causing a forfeit is suspended for a minimum of two games. Any player banished from the game by the officials shall be required to leave the bench (OUT OF SIGHT, OUT OF SOUND) and shall not direct remarks toward the official during the remainder of the game. Any player(s) ejected from a ball game will automatically sit out the next game. Any player who is banished and does not leave the playing area may cause the game to be forfeited. If this occurs, the player(s) is suspended for the next three (3) scheduled league games. This applies to the last game of season, play-off games and Super bowl. Suspensions may carry over to the next season. Players and team managers are encouraged to provide feedback on the quality of officiating.

## **GENERAL RULES**

1. No metal cleats: Rubber only.
2. Helmets, shoulder pads, and thigh pads are prohibited. The use of any unyielding hard substance on the hand, wrist, forearm, or elbow will not be permitted.
3. Each team must provide a set of City approved flags.  
Call the Sports Office for specifications.

5. Each team may use their own City approved ball while on offense.
6. Mercy rule: If a team is ahead by 15 points in the last five minutes of the game, the game will end and will become an official game.

#### **GRACE PERIOD**

A team will be allowed a five (5) minute grace period, from their scheduled game time to field a team. If enough players are on hand at the scheduled game time the games will begin as scheduled, 6:30pm game only, no grace period for 7:30pm or 8:30pm.

#### **ADVISORY BOARD**

1. Made up of participants, managers, and officials.
2. To stay generally informed of the league and of the administration.
3. To make necessary changes.
4. To hand down disciplinary action on players and managers misconduct as called for by the Player Code of Conduct.
5. The Advisory Board meets the first Tuesday of every month.

#### **PARTICIPANT SUSPENSION PROBATION**

Any participant that is on suspension is not allowed to participate in any game as a coach, scorekeeper, spectator, etc., suspension/probation is for any team, including tournaments. Suspended participants are not allowed at a City Sports run complex.

#### **RULES**

New rules and changes will be covered at the Rules and Conduct meeting.

#### **CHECK POLICY**

Any team with a check that is returned to the Sports Office will be dropped from the league.

### **TO ALL FLAG FOOTBALL COACHES/MANAGERS/PARTICIPANTS**

In an effort to serve you better, the City of Albuquerque Sports Section has a new system in place for game rain outs/cancellations. Team manager/player will have the opportunity to call the City of Albuquerque's, 768-GAME (4263) number and obtain information pertaining to rain outs, game cancellations, and any other information that will affect league play. Please use this opportunity to get the status of your playing field on your night of play. Rain outs, game cancellations will not be posted until field conditions have been obtained.

**FLAG FOOTBALL RULES**  
**GENERAL STATEMENT**  
**2017**

Flag football is a game played by two teams of eight players each. The object of the game is to score touchdowns by running, passing, or kicking the ball over the opponent's goal line. Officials are provided to ensure that the game is played in accordance with the rules of Flag Football.

The Albuquerque Sports Section reserves the right to establish regulations at any time deemed necessary for the efficient operation of the league. Further, all rules and regulations shall be revised by the department, as it deems proper for the efficient operation of its program. Any revisions will be made in conjunction with the Advisory Board.

Flagrant violation of any league regulation or interpretation of such will result in individual and/or team suspension.

An Advisory Board composed of players, managers, and officials shall make recommendations to the League Director regarding game regulations and player/team grievances.

**Rule I   Playing Field and Equipment**

**Section 1   Field and Markings**

- A. The playing field will be 80 yards in length and 40 yards in width. It shall be marked with two (2) ten yard end zone line and divided into four (4) twenty (20) yard line-to-gain zones. Inbound marks will be thirteen (13) yards in from each sideline
- B. Goal lines for each team shall be established at opposite ends of the field and each team shall be allowed opportunities to advance the ball across their opponent's goal line by running, passing, or kicking it. Each goal shall consist of two (2) upright, extended twenty (20) feet above the ground and eighteen (18) feet, six inches apart. A horizontal bar will connect the two uprights ten (10) feet above the ground.

**Section 2   The Ball**

- A. The ball will meet specifications required for interscholastic or collegiate ball. The Sports Section will provide a legal ball.
- B. Team may use their own balls if both managers and referee agree.

**Section 3   Cones**

Soft plastic cones will be placed on each sideline marking each end zone line, each goal line, each 20 yard line and on the forty yard line.

**Section 4   Down Marker**

The referee and/or umpire shall provide an orange or yellow beanbag to be placed on the leading edge of the ball to mark the furthest progress. The referee and other officials shall carry rubber bands to indicate the number of downs. Prior to each down, the referee will verbally announce the down number.

**Rule II   Player and Equipment**

**Section 1   The Teams**



## A. Players and Positions

1. A team shall consist of 8 players and any number of substitutes. A team must have at least 7 players to start the game. If a team has no substitutes and a player is disqualified, the team may play with 6 players. If at any time so many players are disqualified that the team has less than 6 players available, they must forfeit the game. **COED ONLY: At no point may more than 4 males take the field. If a team has 3 females and 7 males present, they must play with 4 males and 3 females.**
2. The offensive team shall have a minimum of 4 linemen, one of whom shall be the center. A player is considered to be on the line when his head breaks the plane of the center's waist.

### COED ONLY:

\*When teams are on the line of scrimmage the lineup must be women on women, men on men. A man may not line up opposite women. When a woman initiates a block, she does so at her own risk.

\*A male player cannot line up on the line of scrimmage across from a female player. He must line up two yards away from a female player.

\*A male lined up in the middle of the field on defense, must be at least two (2) yards away from the center. However, he can't rush unless he is at least five yards wide of the center.

\*When a male rushes, he must rush from a position five yards wide of the center.

## B. The Captains

1. Each team shall designate a captain to be on the field.  
If a captain is substituted, another player shall be designated.
2. The captain shall be the representative for his team in deciding to accept or decline penalties.
3. The captain may address an official only on matters of rule Interpretation or to obtain essential information.

## C. Substitutes

1. Substitutes may enter the game any time the ball is dead.
2. A player may substitute any number of times.
3. A player who is disqualified may not re-enter the game. Any player Removed from the game must leave the area (**Out of Sight, Out of Sound**) within 60 seconds. Failure to do so will result in immediate forfeiture of the game.

## Player Equipment

1. Flags – Flags must be worn by all players. The ball shall become dead if in the possession of any player not wearing two legal flags. All team members must wear the same color flags at least 12 inches long.
2. Teams must wear the same color jerseys with a contrasting color for the number. The number must be at least four inches in length and not less than three-quarters of an inch wide. The number can be on the front or back.
3. Players must wear rubber sole shoes or shoes with rubber cleats. Screw-ons will be all right, as long as no metal is exposed.

4. Helmets, shoulder pads and thigh pads are prohibited. The use of any unyielding hard substance on the hand, wrist, forearm or elbow will not be permitted. Any questions as to the legality of a player's equipment shall be decided by the umpire prior to the game.
5. Baggy sweat pants will not be allowed. If they are worn, their baggy appearance must be retained by shorts, so there will be no interference with removing a player's flag.

### Rule III Definition of terms

#### A. Blocking

1. Legal Block – Blocking is legally obstructing an opponent by contacting him with the front of the blocker's body (between the shoulders and the waist.) The blocker's feet must be in contact with the ground. Any deliberate movement of the elbows toward an opponent is considered a foul.
2. Blocking is allowed within 5 yards of loss and may be carried up to 10 yards if blocking the same defender.

COED ONLY: No male to female "chucking" is allowed. Only gender to gender "chucking" allowed. If a female is rushing, only a female may attempt to block her. A male may not use a moving shield or screen to block a female rusher. If a male is stationary, the quarterback may move in the pocket so as to use the blocking-back as a screen, but the blocking back (male) must remain stationary.

#### B. Illegal Blocks

1. High and low blocks.
2. Clipping – running or diving into the back, or throwing or dropping the body across the back of an opponent.
3. Spearing (contacting an opponent with the blocker's head first.) The attempt of a spear constitutes a foul.
4. Crack back blocks.

C. Centering – The act of putting the ball in play. (Must be a continuous snap in one motion between the legs).

D. Default – a game is considered a default (forfeit) when a team fails:

1. To appear for a scheduled game.
2. To be ready to play within 5 minutes following over-time of preceding game after scheduled time.
3. To play after being instructed to by the head referee.
4. **To have 7 players to start the game and at least 6 to continue play.**

Note: If forfeited game is in progress, score stands at termination unless forfeiting team is winning in which case score is 2-0.

E. Disqualifying Foul – Flagrant foul involving unnecessary roughness or unsportsmanlike conduct.

F. Flag Guarding – Player using hands, arms, or other items to prevent an opponent from pulling his flags.

- G. Forward Pass – A pass thrown by any player from behind the line of scrimmage toward opponent’s goal line.
- H. Fumble – Failure of a player to retain possession of ball. Fumble striking ground shall be blown dead and belongs to team in last possession. Fumble that is caught remains alive and can be advanced by either team.
- I. Hand-Off – Handing the ball to a player that is parallel to or behind the ball carrier.
- J. Lateral Pass – A pass thrown by any player thrown parallel to line of scrimmage or towards own goal line.
- K. Lineman – Any player lined up within one yard of the scrimmage line.
- L. Line of Scrimmage – (Neutral Zone) The line of scrimmage for each team is the line drawn through the point of the football nearest to each team from sideline to sideline. These two imaginary lines form the space known as the neutral zone. The only player permitted in this zone is the offensive center and defense.
- M. Pass Interference – An act, in which a player pushes, blocks, screens, deflags or holds an opponent to prevent him from catching or intercepting a pass after the ball has left the hands of the passer.
- N. Personal Contact – Use of hands, arms, legs, head and feet by holding, pushing, or tripping shall be personal contact.
- O. Incidental Contact – Contact with opponents is permitted if it is incidental to an attempt to reach, catch or bat a pass because each player has territorial rights.

#### Rule IV Scoring and Timing

##### Section 1 Scoring

Touchdown	6 points
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**COED ONLY: Female touchdown – 9 points (to count as a female touchdown, the female player must either run the ball in to the end zone subject to officials discretion, catch a pass in the end zone, or throw a pass for a touchdown.**

Runs	1 point
Pass	2 points
Safety	2 points
Field Goal	3 points
Extra Point	advance extra point 2 points

NOTE: The following applies to field goal attempts:

- No player is allowed to penetrate the line of scrimmage during or after the field goal attempt.
- Defensive players are required to be stationary prior to the kick. After the kick is made, the defense may jump in an attempt to block the kick. They are not allowed to use another player to gain a height advantage.
- The attempt for field goal must be made no later than 5 seconds after the snap of the ball.
- Once the captain has elected to attempt a field goal, the attempt must be made.
- An unsuccessful field goal attempt will be blown dead and the ball will be placed as follows: 1. Inside the 20 – ball at 20. 2. Outside the 20 – ball at line of scrimmage.

## Section 2 Length of Game

A. The game shall consist of two 25-minute halves. Time between halves will be determined by the referee and will not exceed 5 minutes.

1. No half shall end until ball is dead. In case of a touchdown made on the last play of the half, the half shall be extended to complete the try of point.

2. If a foul is committed by the offensive team on the final play of the half, the period is ended. If a foul is committed by the defensive team on the last play of a half, the offensive team shall exercise his options. If he accepts the penalty, the period will be extended.

3. If a foul is committed on a run back, point after, a ten yard penalty will be assessed at the change of possession.

B. The clock will be a running clock for the first 23 minutes in each half. It will only be stopped on time outs or at the discretion of the referee.

C. During the last two minutes of each half the clock will stop under these circumstances:

1. When a touchdown, field goal, touchback or safety is scored.
2. When an injury timeout is allowed.
3. To administer a penalty.
4. When a live ball goes out of bounds or is declared out of bounds.
5. When a forward pass becomes incomplete.
6. When a first down is awarded.
7. When an inadvertent whistle is sounded.
8. When one team delays the game.

During the last two minutes, the clock shall start on the snap following:

1. When a live ball goes out of bounds.
2. Incomplete forward pass.

## Section 3 Tie Game

If the score is tied at the end of regulation play, each team will get the ball on the 20 yard line for one (1) series of play. The team with the deepest penetration will win. After two overtimes it will remain a tie.

## Section 4 Time Outs

### A. Team Time Outs

1. Any player may request a team time out when the ball is dead.
2. Each team may have two time outs each half.
3. Team time out shall be no longer than 1 minute. The referee will signal the ball ready for play when 25 seconds remain in the time out.

## B. Official Time Outs

Time out shall be taken for the following without time being charged to the teams during the last two minutes in each half.

1. For injury to a player, team must remove player from the field of play for one play, or elect to take a charged time out.
2. Any other occasion deemed necessary by the officials.

## Rule V The Officials and their duties

### Section 1

The basic officials for a game shall be a referee, umpire, field judge, and lineman. These officials constitute a minimum, other officials may be used.

### Section 2 General Information

- A. Each official shall carry two yellow flags and drop one whenever an infraction of the rules occur. Each official shall also carry a whistle to signal dead ball.
- B. The officials may remove any player(s) from the game for unsportsmanlike conduct and/or unnecessary roughness without prior warning.
- C. The referee shall decide what procedures should be followed in the event that a situation not covered by these rules should arise.

### Section 3 The Referee shall:

- A. Be the official in charge of the game and the score.
- B. Prior to the game:
  1. Inspect the playing field to see that it is safe and properly marked.
  2. Check and approve the game ball.
  3. Call the team captains together for the coin toss and explanation of any ground rules.
- C. During the game:
  1. Administer all penalties.
  2. Explain to the captain any option to which he is entitled following a foul.
  3. After suspension of play, place the ball where the play is to resume, announce the down, and indicate by arm signal that the ball is ready for play.
  4. Signal time out when necessary.
  5. Assume a position behind the offensive team.
  6. Indicate all 1<sup>st</sup> downs and scores by the appropriate arm signal.
  7. Time 25 second count.
- D. After the game:
  1. Secure the game ball.
  2. Announce the winner of the game.

## Section 4 The Umpire shall:

- A. Inspect the player's equipment prior to start of game.
- B. Inspect game flags.
- C. Assist the referee in calling fouls and making decisions when requested.
- D. Assume a position behind the defensive team.
- E. Watch the line of scrimmage for fouls after the snap.
- F. Call rules infractions and downfield play.
- G. Provide a stopwatch to time length of game and time outs.

## Section 5 The Linesman

The linesman's normal position is in the neutral zone and outside of all players, but as near the ball as possible without hindering player action. He has the primary responsibility of observing all action in the neutral zone or on the line of scrimmage. He also rules on the legality of the use of hands or arms on a prospective pass receiver by the players of team B on his side of the field. The linesman's position during a free kick shall be on his prospective sideline, on or near the five-yard line and opposite the referee.

## Section 6 The Field Judge

The field judge's normal position is on the neutral zone side opposite the lineman. In some situations, he should be 10 to 15 yards down field in a position to clearly observe action during passing downs. During free kicks his position is on K's free kick line near a sideline opposite the lineman. During a field goal attempt the field judge should position himself 5 yards behind the goal post to observe whether the ball passes over or under the crossbar.

NOTE: The duties and responsibilities of the officials may be changed by the referee depending upon the game situation.

## Rule VI The Game

### Section 1 Start of the Game

- A. Prior to the start of the game the referee will toss a coin. The winning captain has choice of goal, receive or defer. If the winning captain elects a goal to defend, the other captain shall elect to receive.
- B. The privileges shall be reversed at the beginning of the second half.

### Section 2 Scrimmage Play

#### A. Line Up

1. Teams will line up behind their respective L.O.S. with only the offensive center penetrating the neutral zone.
2. All offensive players shall be motionless for at least one second prior to the snap of the ball. Exceptions-one offensive back may be in motion at the snap as long as he is moving in a direction away from the opponent's goal.
3. The offensive team may not have more than 4 players in the backfield.

## COED ONLY:

\*When teams are on the line of scrimmage the lineup must be women on women, men on men. A man may not line up opposite women. When a woman initiates a block, she does so at her own risk.

\*A male player cannot line up on the line of scrimmage across from a female player. He must line up two yards away from a female player.

\*A male lined up in the middle of the field on defense, must be at least two (2) yards away from the center. However, he can't rush unless he is at least five yards wide of the center.

\*When a male rushes, he must rush from a position five yards wide of the center.

### B. Centering the Ball

1. The ball must be centered 25 seconds after the ball has been declared ready for play by the "R".
2. The ball may be centered to any backfield player.
3. If the ball touches the ground after it has been centered, it is a dead ball. The next down starts from the spot where the ball first touches the ground.

### Section 3 Downs

A. Upon gaining possession of the ball, a team shall have 4 downs to advance the ball into the next zone or score.

1. If a team advances into the next zone, a new series of downs begins.
2. If a team advances into the next zone but a "live ball" penalty moves them back, they shall be ruled as not having crossed the zone and the down shall be replayed at the spot where the penalty marks the ball. (Example: Team A has 3<sup>rd</sup> down with zone to gain at the 40. They run the ball across the 40 and A-1 is deflagged at the 30 but A-2 is called for a clip at the 35. The resulting 15 yard penalty moves the ball back across the 40 to team zone to gain is the 40). If a team advances into the next zone and a "dead ball" penalty is called, they shall be ruled as having crossed the zone to gain and a new series is allowed. (Example: Team A has 3<sup>rd</sup> down with zone to gain at the 40. They run the ball across the 40 and A-1 is deflagged at the 30 and A-2 is called for personal foul following the deflagging. The penalty results in the ball moving back across the 40 and is placed on team A's 35 yard line. Team A's ball, 1<sup>st</sup> down, zone to gain is the 20).

## COED ONLY:

### First Downs:

\*A female must throw a completed pass, catch a pass, or run with the ball for plus yardage. (Remember, a female herself, has to actually move the ball forward beyond the line of scrimmage for plus yardage beyond the set neutral zone.) This means in order to obtain a first down a female must be involved actively in the least ONE of the four downs. If a female is not involved in at least ONE OF THE FOUR downs, no matter how many yards are gained, the team will not obtain a first down.

\*On a pitch play, the female must advance past the point of the pitch, in order for the play to be considered as the female play.

## Section 4 Scrimmage Kick

- A. A team may punt on any down, but must announce the punt to the “R” before the ball is centered.
- B. Neither team may cross the line of scrimmage until the ball has been kicked.
- C. The offense must have at least 4 players on the line of scrimmage when the ball is kicked.
- D. Rules for punt returns: The offensive team will field a full team with seven players on the line of scrimmage and one punter. As for the defensive, they can only have a maximum of three players on the field at one time, all of which will be intended for punt return purposes. **THERE WILL BE NO BLOCKING BY THE RECEIVING TEAM WHATSOEVER!!** The offensive line will be required to remain at the line of scrimmage until the punter has kicked the ball. If they leave early a flag will be thrown and the return team will have the option of accepting or declining the penalty after the ball is dead. After the ball is kicked the line may release attempting to pull the flag of the punt returnee(s). The return team may field the ball in the air or before a second bounce, as long as the ball does not touch a player prior to hitting the ground. Once the ball hits the ground after the ball touches a player the play will be whistled dead. The return team will also have the option of using their teammates for a pitch if they choose to do so. The player fielding the ball must also be given sufficient room to catch the ball (referee’s call). A fair catch is also an option available to the return team.
- E. If the kick goes out of bounds, it is dead and the next series of downs start at the point where the football crossed the sideline.
- F. Fair catch interference will be called if a member of the kicking team touches it before it has been touched by a member of the receiving team (10 yard penalty).
- G. If the kicking team does not allow the receiver a fair opportunity to catch the ball, a 10 yard penalty will be enforced.
- H. If the ball is fumbled in or lands in the end zone or over the end line, the receiving team starts play on their 20 yard line.
- I. If the ball hits the ground after touching a player, in bounds, it is dead at that spot.

## Section 5 Field Goal

- A. Field goals are treated the same as scrimmage kicks with the exceptions noted in Rule IV, Section 1 (Scoring).

## Section 6 Offensive Play

- A. The ball carrier
  - 1. Has the primary responsibility of avoiding the defender.
  - 2. May run in any direction until the ball is declared dead.
  - 3. May spin to prevent being deflagged. He may not jump feet first over the defender.
  - 4. May use any number of lateral passes or hand-offs.



- a. Forward hand-offs made behind the scrimmage must be made only to backfield players.
- b. Hand-offs in front of the line of scrimmage must be made to a teammate who is parallel to or behind the ball carrier.

B. The ball carrier is prevented from

1. Intentionally running into defending players.
2. Stiff arming or using his hand or arms to prevent a defender from pulling his flags.
3. Lowering his head or butting an opponent.
4. Leaping over an opponent.

C. A forward pass may be thrown only once behind the line of scrimmage to any player on the offensive team.

1. If two opponents catch the ball simultaneously, the ball is dead and belongs to the team, which put the ball in play. The next down begins where the simultaneous catch was made.
2. A pass is considered complete if a player catches the ball with one foot in bounds. First foot to touch ground must be in bounds.

D. A player who intercepts a pass in his own end zone may ground ball resulting in a touchback, or attempt to run the ball out of the end zone.

NOTE: If the runner attempts to run the ball out and is deflagged or drops the ball in the end zone, a touchback occurs.

COED ONLY: females may not be covered “man to man” with a male. If a defense is playing “zone” – then ok, but not one-on-one.

E. Blocking (Defined in Rule 3, A-Blocking)

Section 7 Defensive Play

- A. The flag must be pulled without pushing, holding or impeding the ball carrier.
- B. The flag must be pulled without pushing, holding or hitting the ball carrier.
- C. After the flag is pulled, it shall be held in the air and the next down will begin from that spot.

Section 8 Dead Ball

- A. The ball is dead:
  1. Anytime the ball carrier touches the ground with any part of his body other than his feet or hands.
  2. Anytime an official blows his whistle after the play has begun. Inadvertent whistle, the offensive captain is given the option of taking the play or replaying the down.
  3. When the ball carrier has a flag pulled.

4. Following a touchback, try for point, field goal attempt, safety. In a field goal attempt the ball is dead unless caught by defender. Note: If caught in the end zone, the same rule applies as the punt return from the end zone.
5. When the ball goes out of bounds or when a player in possession of the ball steps on or over the boundary line.
6. When a scrimmage kick or field goal attempt hits the ground – return to line of scrimmage.
7. On an incomplete forward pass.
8. When a player of the kicking team touches a scrimmage kick before a member of the receiving team.
9. When simultaneous catch occurs.
10. When ball touches the ground.

## Rule VII Fouls and Penalties

### Section 1

A. A foul is any infringement of the rules. The captain of the offended team has the option of accepting or declining any “live-ball” penalty. If the penalty is accepted the yardage shall be marked off and the down replayed (exceptions – loss of down penalties).

NOTE: When a penalty is greater than the distance to the goal line, the penalty shall be half the remaining distance. (Example: Team A’s ball on Team B’s 25 yard line. B1 is called for a dead ball, unsportsmanlike foul. Referee spots ball on 12 and ½ yard line. NOTE: No option in dead ball foul).

### Section 2 Fouls occurring at or before ball is centered (Basic spot is previous line of scrimmage)

A. Failure to center ball within 25 seconds	5 yards
B. Any violation with the snap of the ball	5 yards
C. Penetrating the line of scrimmage prior to the snap, if contact is made (also blown dead immediately)	5 yards
D. Illegal motion (not set at snap)	5 yards
E. False start by offensive lineman	5 yards
F. Not enough men on the line of scrimmage	5 yards
G. Three or four point stance	5 yards
H. Too many players on field (non-participating)	5 yards
(participating)	10 yards
I. Blocking downfield	10 yards

RULE 7  
(Fouls and Penalties)

Section 1 – A foul is any infringement of the rules. The captain of the offended team has the option of accepting or declining any “live-ball” penalty. If the penalty is declined the result of the play shall count. If the penalty is accepted the yardage shall be marked off and the down replayed (exceptions – loss of down penalties).

NOTE: Whenever the result of a penalty is greater than half the distance to the goal, the penalty shall be half the remaining distance. (Example: Team A’s ball on Team B’s 25 yard line. B1 is called for a dead ball, unsportsmanlike foul referee spots ball on 12 and ½ yard line. NOTE: No option on dead ball foul).

Section 2 – Fouls occurring at or before ball is centered:

(Basic spot is previous line of scrimmage)

- |  |          |
|--|----------|
| A. Failure to center ball within 25 seconds  | 5 yards  |
| B. Any violation with the snap of the ball   | 5 yards  |
| C. Penetrating the line of scrimmage prior to the snap (also blown dead immediately) | 5 yards  |
| D. Illegal motion (not set at snap)  | 5 yards  |
| E. False start by offensive lineman  | 5 yards  |
| F. Not enough men on the line of scrimmage   | 5 yards  |
| G. Four point stance   | 5 yards  |
| H. Illegal Substitution  | 5 yards  |
| I. Too many players on field (non-participating)                                     | 5 yards  |
| (participating)  | 10 yards |
| J. Blocking downfield  | 10 yards |

Section 3 – Fouls occurring during field goals/scrimmage kicks

(Basic spot is previous line of scrimmage)

- |  |         |
|--|---------|
| A. Failure to announce intent to kick to referee | 5 yards |
| B. Penetration of zone prior to kick             | 5 yards |
| C. Less than three players on line of scrimmage  | 5 yards |
| D. Unfair tactics to block kick                  | 5 yards |

Section 4 – Fouls occurring during passing plays

- |   |         |
|---|---------|
| A. Illegal forward pass<br>(Also results in loss of down – Spot is at the spot of pass) | 5 yards |
|---|---------|

- B. Offensive pass interference  
(Also results in loss of down – Spot is line of scrimmage) 5 yards
- C. Defensive pass interference  
(Basic spot is spot of interference) 1<sup>st</sup> down
- D. Intentional grounding  
(Also results in loss of down – Spot is line of scrimmage) 5 yards
- E. Roughing the passer  
(End of result of play) 10 yards
- F. Holding ten yards offensive  
(Spot of foul)

Section 5 – Fouls during running play

- A. Illegal hand-off  
(Basic spot is spot of foul) 5 yards
- B. Wearing flags illegally  
(Basic spot is line of scrimmage) 5 yards
- C. Protecting the flag  
(Also results in loss of down) 10 yards
- D. Impeding the ball carrier (Holding)  
(5 yards from spot of infraction; automatic 1<sup>st</sup> down) 5 yards
- E. Illegal block. Offense  
(Basic spot is spot of foul) 10 yards
- Defense  
(Basic spot is end of run) 10 yards
- F. Unnecessary roughness --DISQUALIFICATION  
(Basic spot is spot of foul) 10 yards  
(Flagrant (breakaway runner) Penalty taken at 20 yard line)
- G. Offensive charging  
(Basic spot is spot of the foul) 10 yards
- H. Illegal pulling of flags  
(Basic spot is spot of foul) 10 yards

Section 6 – Dead ball penalties

(Dead ball penalties are marked off from end of the run and are enforced in order of their occurrence).

- A. Side line interference warning 1st  
(Coaches must stay between 20's) 5 yards

B. Continuing play (delay of game)	5 yards
C. Not returning ball to official Spiking (unsportsmanlike)	5 yards 10 yards
D. Excessive time out requests (No time out is given)	5 yards
E. Abusive language	10 yards
F. Not ready for play following half-time	5 yards

**CITY OF ALBUQUERQUE - PARKS AND RECREATION  
PARTICIPANT CODE OF CONDUCT**

The City Sports Program has adopted the following "Participant Code of Conduct". These rules of conduct will be strictly enforced during the coming season. It's the manager's responsibility to ensure all his/her participants know, and adhere, to these rules.

- 1. NO PARTICIPANT SHALL:** At any time lay a hand upon, shove, strike or threaten an official. Officials are required to immediately suspend participant from further play, and report such participant to the League Director. Such participant shall remain suspended until his/her case has been considered.  
**MINIMUM PENALTY:** Suspension of one year from the point of detection.  
**MAXIMUM PENALTY:** Placed on suspension for life and/or assault charges filed.
- 2. NO PARTICIPANT SHALL:** Refuse to abide by official's decisions. Officials are required to immediately suspend participant from further play, and report such participant to the League Director. Such participant shall remain suspended until his/her case has been considered.
- 3. NO PARTICIPANT SHALL:** Be guilty of objectionable demonstration of dissent at an official's decision. Only one representative, who must be designated at pre-game, shall be allowed to have any verbal contact with the officials.  
**MINIMUM PENALTY:** Warning by officials.  
**MAXIMUM PENALTY:** Removal from the game.
- 4. NO PARTICIPANT SHALL:** Discuss with an official in any manner, the decision reached by such official, except the manager or captain.  
**MINIMUM PENALTY:** Warning by officials.  
**MAXIMUM PENALTY:** Removal from the game.
- 5. NO PARTICIPANT SHALL:** Be guilty of using unnecessarily rough tactics (in the play of game) against the body, or person, of an opposing participant. Officials are required to report such participant to the League Director.  
**MINIMUM PENALTY:** Warning by officials.  
**MAXIMUM PENALTY:** Removal from the game.
- 6. NO PARTICIPANT SHALL:** Be guilty of physical attack as an aggressor upon any participant, official, field supervisor or spectator. Officials are required to immediately suspend participant from further play and report such participant to the League Director. Participant will remain suspended until his/her case has been considered.  
**MINIMUM PENALTY:** Suspension of one year from the point of detection.  
**MAXIMUM PENALTY:** Suspension for life and/or assault charges filed.
- 7. NO PARTICIPANT SHALL:** Be guilty of an abusive verbal attack upon any participant, official, field supervisor or spectator. Officials are required to immediately suspend participant from further participation and report such participant to the League Director. Participant shall remain suspended until his/her case has been considered.
- 8.** Participants are prohibited from the use of alcoholic beverages, or smoking, in the immediate vicinity of the scheduled playing area. Participants, who in the opinion of the umpire appear intoxicated, shall be ejected from the game.
- 9.** Any participant being placed on probation, and reported again for violation of the Code of Conduct, will be given a minimum penalty of suspension for the remainder of the probation period.
- 10.** Any participant removed from a game must leave the recreation facility (**OUT OF SIGHT, OUT OF SOUND**) immediately. Failure to do so will result in forfeiture of the game and suspension for three (3) league games for the participant.
- 11.** Throwing of the bat is prohibited. **Penalty** – Ejection from game and two (2) game suspension.

12. The Sports Advisory Board has the prerogative of modifying any Participant Code of Conduct rule, and/or penalty, when deemed appropriate.
13. Participant may be held liable for damages caused by negligence.
14. Teams are responsible for the conduct of their spectators. Failure to control disruptive spectators may result in forfeiture of the game to the opposing team.
15. **No glass containers are allowed at City facilities. All beverages brought to City facilities must be in plastic containers or aluminum cans. Failure to do so will result in corrective action.**
16. The rules set forth herein govern the conduct of all Participants before, during and after the game.

**SUSPENSION LIST**

AGUILAR, VICENTE 13  
AIRES, MARK  
ALDERETE, BEN 16  
ALDERETE, FRANK  
ALDERS, CARMELA  
ALMEIDA, OMAR 13

ANAYA, ALBERT  
ANAYA, ROBERT  
ARAGON, ADRIAN  
ARAGON, DONNY  
ARCHULETA, CHRIS 16

ARMIJO, ANDREW  
ARTIAGA, RICHARD  
AVALOS, MIKE

AVALOS, RALPH  
BACA, MARK  
BACHICHA, FERNANDO

BARBOA, DAN

BARELA, ANTHONY

BARKER, KIRBY  
BARKER, MIKE  
BERG, JOE  
BECERRA, ENRIQUE 16

BLAIR, LANCE

BLEA, JIM  
BOOTH, TOM

BREEDING, EVAN  
BUSTILLOS, GUILLERMO 13

JOHNSON, JOE  
JOHNSON, LIEF  
JOHNSON, TODD  
JONES, JAY 07  
JURABO, JESUS 13

KEYES, TERRY  
LADNER, CHUCK

LOPEZ, JAKE 06

LOPEZ, JUAN  
LOPEZ, LEROY  
LOPEZ, MIKE

LOPEZ, WILFRED  
LOVATO, ADRIAN L 16  
LOVATO, ADRIAN M 16  
LOVATO, ANDREW 09  
LOVE, JAMES  
LUCERO, ISIDRO  
LUCERO, JOHN 06  
LUJAN, GERALD 16  
LUNA, JOHN

LUNA, ROBERT

MAESTAS, PAUL 08  
MALDONADO, ANTHONY  
MANBY, ANNETTE

MANBY, BERTHA  
MANSFIELD, DALE  
MARRERO, MAYKEL 13  
MARTINEZ, FRED

MASTON, CHRIS  
McCONNELL, JAMES 05  
MEDDORS, AL  
MEDINA, SERVANDO 13  
MENDOZA, JESUS 13  
MENDOZA, OSCAR 13  
MENDOZA, USVED 13

STARK, KENN  
TAFOYA, CHUCK  
TAFOYA, ELAINE  
TENA, MIGUEL 15  
THOBE, KERBE  
TORREZ, ROBERT  
TRUJILLO, GABE 16  
VEGA, ALBERT  
VERNON, ROD

VERNON, STEVE  
VONFIELD, DARREN  
WYLER, GEORGE JR.  
16  
WILLIAMS, HARRY  
WILLIAMS, RICHARD

WILLS, JIMMY  
WILSON, MARCUS 16  
WYNN, PAUL

VALDEZ, BENNY 06  
VIGIL, CARSON 10  
VIGIL, LUKE 10  
VIGIL, TRAVIS 10



BYERS, ERNIE  
BYRD, BRYAN  
CASAVONTES, OSCAR 13  
CARRILLO, PHILLIP 16  
CASTILLO, FLOYD  
CASTILLO, RAMIRO 13

CHAVEZ, ANDREW  
CHAVEZ, DOMINIC  
CHAVEZ, GILBERT  
CHAVEZ, JOHN 12  
CHAVEZ, FELIX 09  
CHAVEZ, VICTOR 12  
COUGLE, LEON 16  
CRESPIN, SEAN 08

DUBIOS, CHARLY  
DURAN, SONNY  
DUTCHER, JACOB 16  
GONZALES, ANDREW

FRANCIA, LEROY  
GALLEGOS, WILFRED 16  
GARCIA, BENITO 13  
GARCIA, ELIAS 12  
GARCIA, ERNESTO 13

GARCIA, JOSEPH 05  
GARCIA, STEVE  
GARCIA, JAIME 08/12  
GALLEGOS, CHRIS 06

GILLINAD, SHAWN  
GONZALES, ANDREW  
GONZALES, LESTER 14  
GONZALES, RICK 16  
GRAJEDA, LUCIO 16  
GRIEGO, ISSAC 16  
GRIEGO, MARIO 16  
GUTIERREZ, EDELBERTO 13  
GUTIERREZ, ERIC 13  
GUTIERREZ, JOHN 16  
GUZMAN, RUDY  
HERNANDEZ, DANIEL 12

MIRABAL, ANTHONY

MOORE, TOM  
MOYA, JOE  
MUNOZ, RUBEN 13  
NARANJO, LARRY 14  
NARROW, ANDREW

NARROW, MARTY  
NAVARRO, DAMIAN  
OLIVAS, RYAN 16  
ORTIZ, PAUL 05

PACHECO, DAVID  
PADILLA, GEORGE  
PARRA, JOSE 12  
PERALES, JC 09  
PEREZ, DAVID 14  
PEREZ, SAM 14  
PLATA, JUAN 13  
PORTER, BEN 06

RANDALL, NATHAN  
RIOS GABRIEL 06  
PEREZ, DAVID JR. 05  
QUEZADA, DAVID 05  
QUINTANA, EDWIN  
QUINTANA, GUS 07  
ROACH, RICK

ROBLES, RON  
RODRIGUEZ, JESSE 11  
ROJO, RICHARD  
ROMERO, LOUIE 16

**HERNANDEZ, JULIAN**  
**HOLGUIN, JOSE 15**  
**ITVARTE, ANTONIO 13**  
**ITVARTE, ENRIQUE 13**

**JANS, TIM**  
**JARAMILLO, HANK**

**JARAMILLO, HENRY**

**JARAMILLO, JAKE**  
**JARAMILLO, JAMES**  
**JARAMILLO, STEVE**  
**JENKINS, RICHARD**  
**JOHNSON, JACE**

**ROMERO, STEVE**  
**RONQUILLO, VICTOR 13**  
**ROYBAL, BRIAN**  
**SALAS, TRINI**  
**SALAZAR, MARTIN 11**  
**SANCHEZ, ABRON 16**  
**SANCHEZ, ANDREW**  
**SANCHEZ, CARLOS 16**  
**SANCHEZ, CHRIS**  
**SANCHEZ, MATT**  
**SANCHEZ, SONNY**  
**SANTILLANES, CHRIS 16**  
**SHEARS, ROY**  
**SIPE, RYAN 16**