



Wellington Recreation

Official Adult Flag Football Manual

Purpose of League Play

The purpose of the league sponsored by Wellington Recreation is to provide adults with the opportunity to play flag football in a safe and friendly environment. **Friendly competition and clean sportsmanship will be emphasized.**

General Information

All managers are responsible for the information contained in this manual as well as making sure all players are aware of the information contained in this manual. Flag football is a finesse sport and rules differ from tackle football for the safety of the participants. It is highly desirable that participants carefully observe the rules and the spirit of the regulations in order to enjoy an otherwise rugged activity with the least amount of physical injury.

Rosters

1. All team rosters are unlimited.
2. All players must be at least sixteen years old to play.
3. Players must sign official roster before playing in a scheduled game.

Protests

All protests concerning rule interpretations must be made before the next snap of the ball and require immediate payment of a \$50.00 protest fee (CASH ONLY). No protest will be allowed on judgment calls. Protests concerning player eligibility will be handled in the following manner: Any team who feels their opponent is playing with an ineligible player must notify the referee of their intent to protest when the player in question enters the game. The player in question must present a current state issued ID within two minutes. Failure to present an ID will disqualify the player from the remainder of the game. In case of roster check, the team must file a roster check protest with the field supervisor prior to the last play of the game. Teams playing with ineligible players will forfeit the game and players will be ineligible for the remainder of that day's events and all events the following week.

Team Responsibilities

1. Each team is required to wear like colored jerseys. Each player must have a unique numbered jersey. Uniforms are not required.
2. Be on time for all games.
3. Follow all league rules as stated in manual.
4. Monitor sportsmanship of team mates and team fans/spectators.

Town Responsibilities

1. Provide a minimum of one official per game.
2. Provide a safe facility for game play.
3. Provide flag belts and a game ball
4. Keep managers informed of all changes to rules, schedules, or other program information.

Game Rules

I. Field, Players, and Equipment

A. The Field

1. Size: 60 yards (goal to goal) x 40 yards wide, 10-yard end zones. Playing field will be divided into four equal zones.

B. The Players:

1. Game play will be 7v7.
2. Teams may begin play with four players.
3. All players are eligible to receive a forward pass.
4. Any number of substitutions may enter the game for either team when the ball is dead.
5. Players must be on an official roster before playing in any game.

C. The Equipment:

1. The ball shall be a junior size ball. Ball shall be provided by Wellington Recreation.
2. All participants shall wear an official flag belt. Belts provided by Wellington Recreation. Flags shall be worn on the sides and in such a manner as to be clear of any obstructions. **Shirts must be tucked in** and not hanging over the flags. Officials may whistle a ball carrier down immediately for deliberately placing flags in a non-legal position.
3. Players attire:
 - a) Athletic shoes (no metal spikes).
 - b) Protective mouthpiece is recommended.
 - c) No jewelry.
 - d) Teams must wear like colored jerseys. In the event that both teams have like colored jerseys one team will be required to wear pinnies during game play. Wellington Recreation will provide pinnies when necessary.
 - e) Headwear shall be soft and without any hard brims (i.e. no helmets, ball caps).
4. Hoods on coats or other apparel shall be tucked in and not hanging out.
5. Pants or shorts are not to have loose pockets, exposed metal, or loops of any kind. Pants or shorts must be of a contrasting color from the flags (green and yellow flags will be used).
6. Pads and safety equipment designed for tackle football are illegal.
7. Any other equipment or attire deemed by the official to be unsafe shall be illegal.

II. The Game:

A. Timing

1. The game consists of two halves, each 25 minutes in length. Half time shall be 5 minutes in length.
2. Each team is allowed two time outs per half. Each time out will be one minute in length.
3. Time runs continuous for each half except for legal time outs or on-field injuries.
4. Game clock shall start when one of the following occurs.
 - a) Ball is hiked to start a half of play
 - b) Ball is hiked following a time out
 - c) Ball is hiked following an on-field injury
 - d) At the direction of the official after any other stoppage of time
4. If time for any period expires during a down, play shall continue until the end of the down.
5. The PAT attempt shall be allowed should time expire.
6. Delay of Game: forty five (45) seconds is allowed between plays. Any more time will result in a delay of game penalty (five-yard penalty). Game clock will stop after delay of game penalty if offending team is winning.

B. Scoring

1. A touchdown shall count as six points. A touchdown shall be scored when, in an upright position, the ball carriers feet break the plane of the goal line.
2. A point after touchdown attempt (PAT) is awarded after a touchdown is scored. Defensive team cannot score on a PAT attempt. The PAT attempt shall consist of one offensive play from the following options:
 - a) Five-yard line for a 1 point conversion (run or pass).
 - b) Ten-yard line for a 2 point conversion (run or pass).
3. A safety shall count as two points.
 - a) A safety is scored when the ball is legally in possession of a player becomes dead behind their own goal line, provided the impetus which sent the ball into the end zone was given by a member of their own team. Points are awarded to the opposing team, the scoring team gains possession on their fifteen (15) yard line.
 - b) If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. *Exception - When a player intercepts a forward pass or catches a scrimmage kick between their five-yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch or reception.*
4. Any time a female is holding the ball in the end zone for a score one additional point will be added to the score. If a female is responsible for a safety one additional point will be added to the score.
5. If score is tied at end of regulation game play will continue as follows:
 - a) Each team shall have one possession with a full set of downs from the fifteen yard line. If a team scores they can opt for a one or two point conversion. Post game coin flip, called by team with fewer unsportsmanlike penalties. In the event that both teams have an equal amount of unsportsmanlike penalties the visitor shall call the coin flip. Winner of coin flip will get choice of possession or defense.
 - b) If game is tied after each team has had one possession, game play shall continue as sudden victory. If the game is still tied at the end of two sudden victory possessions per team the game shall be declared a tie.
6. **Mercy Rule:** Each possession will be "goal to go" if a team is leading by the following; 29-34 points four downs to score, 35-41 points three downs to score, 42+ will receive two downs to score.
7. **Both teams are obligated to play hard and try to win the game. If, in the judgment of the official, a team is making a travesty of the game that game will be declared a forfeit.**

III. Rule 3: Team Play

A. Pre-Game Coin Toss

1. Game time is forfeit time. Forfeits shall be scored as 2-0.
2. Each team must designate official team spokesman at the coin toss. This is the only person eligible to accept or decline penalties.
3. Visitors will call toss before coin is flipped. Winner of toss will get choice from one the following: possession, defense, choice of pinnies, defer to second half.

B. The Kick Off

1. There will be no kick offs. In lieu of a kick off the "receiving" team will start with the ball on their two (2) yard line.

C. Safety

1. A safety is scored when the ball is legally in possession of a player becomes dead behind their own goal line, provided the impetus which sent the ball into the end zone was given by a member of their own team. Points are awarded to the opposing team. Team earning points gains possession on their fifteen (15) yard line.
2. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. *Exception - When a player intercepts a forward pass between their five-yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch or reception*
3. A safety cannot be earned until the offense has advanced the ball past their five (5) yard line.

D. Regular Play

1. Teams on offense have four (4) downs to advance the ball from one zone to the next. A new set of four (4) downs shall be awarded upon advancement into a new zone. If, after four (4) consecutive downs the spot of the ball is not sufficient to award a new set of downs possession is awarded to the defense.
2. "Bean Bag" markers will be utilized to mark the line of scrimmage and seven (7) yard encroachment zone. (Marked by an official).
3. Teams shall trade end zones defended after halftime break.
4. Quarterback is defined as player, different from the snapper, receiving the ball from the player snapping the ball.
5. Only seven players per team are allowed on the field during a play (see rule I.B.1 for number of players allowed). Violation of this rule carries a Too Many Men on The Field penalty of 5 yards.

E. The Line of Scrimmage & Offense

1. Advancing the Ball: To advance the ball after the snap, the team may run with it or pass it.
2. The offense must hike the ball into play within forty five (45) seconds from the time the official places the ball on the line of scrimmage.
3. All players of the offensive team must remain stationary for one second before the ball is snapped.
4. One person may start in motion, but this person cannot be on the line of scrimmage and their motion must be away from, or parallel to, the line of scrimmage. Illegal Motion penalty is 5 yards.
5. On a shift play, all players of the offensive team must come to a complete stop and remain motionless in a legal position for at least one full second before the ball is snapped. An Illegal Shift carries a 5 yard penalty.
6. The person hiking the ball must:
 - a) Hike between the legs, with the snapper facing the defense, to a teammate behind the line of scrimmage.
 - b) Transfer the ball fully to the teammate receiving the ball.
 - c) The "center sneak" is an illegal play.
7. The offense and defense cannot enter or break the plane of the neutral zone until the ball is hiked. An infraction of this rule is offsides. Any player breaking or lining-up in the neutral zone will be flagged with an immediate whistle (play is called dead for ANY offsides infraction). This penalty cannot be declined. Penalty: 5 yards.
8. At least one offensive player must be on the line of scrimmage.
9. Any number of players may line up on the line of scrimmage defensively (no requirements).
10. Players may use a two (2), three (3), or four (4) point stance.
11. The ball carrier must return the ball to the closest official after the play is blown dead. Repeated failure to do so may result in a delay of game penalty.

F. Fumbles

1. If a ball carrier drops the ball, it is dead at that spot (providing the ball hits the ground), team keeps possession and advances to the next down. If fumble occurs on fourth down and the spot is not sufficient to award a first down then possession is awarded to the defense.
2. Fumbles on Quarterback/Center exchange:
 - a) Play is blown dead and down is replayed if Quarterback is directly under center.
 - b) If Quarterback is in shotgun, play continues if ball is in front of Quarterback, if ball is past Quarterback ball is blown dead and play resumes as if a fumble occurred.
3. The defense can intercept a fumbled ball before it hits the ground.

G. Running Plays

1. Any player receiving the ball from the center may advance the ball past the line of scrimmage.
2. The ball carrier may run in any direction, hand off or lateral anywhere on the field. All handoffs or laterals must be to the rear of the ball carrier beyond the line of scrimmage. If dropped, the ball is dead at that spot (fumble).
3. Stiff-arms or covering the flags in any manner shall be illegal (Flag Guarding). Play is blown dead. Flag Guarding shall result in a 5 yard penalty from previous spot and loss of down.
4. No player may jump, leap, or hurdle while in possession of the ball, especially at goal line and first down situations. Officials will not call jumping over a player lying on the ground, quarterbacks jumping to get the ball over defenders and related situations. In the judgment of the official when a sideways jump is made in order to avoid a collision a penalty will not be called.
5. Spinning is allowed but ball carrier cannot lose contact with the ground.
6. In running, the ball carrier must attempt to avoid tacklers. Deliberate charging into a defensive player, with or without head down, will result in a penalty of Offensive Charging (10 yards from spot of infraction). "Brushing" or other unavoidable contact is not willful charging.
7. The "center sneak" is an illegal play and shall result in an Illegal Run penalty of 5 yards and loss of down.

H. Passing Plays

1. Every player is eligible to catch a forward pass. The quarterback is eligible to catch a forward pass after he has handed it off.
2. It is a legal catch when a player gains possession of the ball with at least one foot inbounds.
3. For a defensive player to be eligible to cross the line of scrimmage before a handoff or forward pass that player shall line up beyond the seven yard zone. The seven yard zone shall be marked by the official with a bean bag. Violation of the seven yard zone carries an Encroachment penalty of 5 yards.
4. If a legal catch is not made, the ball is dead and returns to the previous line of scrimmage.
5. If a simultaneous catch takes place, the ball is dead and belongs to the offensive team.
6. Lateral (backward) passes, overhand or underhand, may be made anywhere on the field and there is no limit to the number that may be attempted in a play or down.
7. No player may hand the ball off forward of their position on the field to another teammate unless both players are behind the line of scrimmage and before the ball goes forward of the line of scrimmage. An Illegal Handoff carries a penalty of 5 yards from the spot and loss of down.
8. A ball which falls from the passer's hand shall be judged accordingly to the following:
 - a) If there is any forward motion by the arm, the ball is ruled an incomplete forward pass and returned to the line of scrimmage.
 - b) If there is no forward motion, the ball is ruled a fumble and dead at the spot the ball touches the ground.
9. It is intentional grounding when there is not a receiver in the vicinity of a thrown ball. The penalty is 5 yards and loss of down.
10. A "double pass" is illegal. (A double pass means two forward passes.)
11. Incomplete forward passes behind the goal line will not be considered touchbacks.
12. A pass is illegal if the passer has crossed the line of scrimmage or if it is the second forward pass in the same play. Penalty is loss of 5 yards from spot of foul and loss of a down.

I. Pass Interference

1. No contact with the receiver is allowed, unless it is a simultaneous effort by both players to get the ball. If ball is in the air contact, offensive or defensive, shall be called as Pass Interference. If ball is not in the air Illegal Contact carries a

- 5 yard penalty.
- 2. Defensive Pass Interference Penalty: Point of Infraction, automatic first down.
- 3. Defensive Pass Interference in the end zone shall result in the ball being placed at the 1-yard line, automatic first down.
- 4. Offensive Pass Interference shall result in a ten-yard penalty and a loss of down.
- 5. Intentionally de-flagging an opponent before they have possession of the ball shall result in one of the following:
 - a) If legal catch is made by player de-flagged, play continues as one hand touch.
 - b) If pass is incomplete, pass interference shall be called against offending team.

J. The Punt

- 1. The offensive team has the option of punting on any down.
- 2. A team must announce their intent to punt before coming to the line of scrimmage. Once the decision to punt has been announced the punt shall occur.
- 3. When the offense elects to punt, the ball will be turned over to the other team with the teams switching sides of the field.

K. Downing the ball carrier

- 1. A legally removed flag shall be dropped immediately to the ground.
- 2. A ball carrier is considered down when an opponent removes at least one flag from the ball carrier's flag belt. A defender may not put his arm around or in front of the runner or hold the runner in any manner. Only the flags may be grabbed. Stopping the ball carrier in any other manner is to be considered Illegal Tackling. Illegal Tackling shall be enforced without hesitation. The penalty for Illegal Tackling is 10 yards from the point of infraction and an automatic first down. Unnecessary Roughness or Unsportsmanlike Conduct may be called if deemed necessary in the judgment of the official.
- 3. Contact to force a player to go out of bounds shall be deemed Illegal Tackling.
- 4. Attempts to punch, strike, strip or attempt to steal the ball while a player is in possession shall be deemed as Illegal Tackling and possibly Unnecessary Roughness.
- 5. Stiff-arming or covering the flags in any manner is illegal (considered Flag Guarding). Flag Guarding carries a 5 yard penalty from the previous spot and loss of down.
- 6. If a ball carrier makes contact with the ground with anything other than feet or hands (ball is considered an extension of a hand), he will be considered down at point of contact. Play will be called dead at the point of a slip or fall of a ball carrier (no pushing).
- 7. Play will be called dead when a ball carrier's flag is no longer attached to the flag belt; whether anyone has pulled the flag or not. The ball shall be spotted where the flag became unattached.
- 8. If a player's flag unintentionally falls off before gaining possession of the ball play continues as one hand touch. Ball carrier shall be down when touched by a defender with one hand between shoulders and waist.
- 9. Intentionally pulling of an opponent's flag before they have possession of the ball shall be deemed Pass Interference.
- 10. Intentionally throwing flag shall be deemed delay of game.
- 11. A ball carrier is considered down when any part of their body lands on or beyond the boundaries of the playing field.

L. Blocking & Stance

- 1. No contact screen blocking is allowed. Blockers hands/arms shall not be positioned wider than shoulder width. Screening principles in basketball will apply to screen blocking. Holding, grabbing or bumping into a defender while blocking carries a Charging penalty of 10 yards from the spot of the infraction. An illegal block may be deemed as Unnecessary Roughness when warranted by the official.
- 2. Illegal blocking techniques include, but are not limited to, the following and carry an Unsportsmanlike Conduct penalty: leaving your feet to block, crab blocking, cross body blocking, clipping, blocking below the waist, etc.
- 3. There will be NO striking with the fist, locked hands or elbows; kicking, kneeing or meeting with knee; or striking with the heel, backside of the hand on the head, face or neck of an opponent. Acts such as these shall carry an Unnecessary Roughness Penalty. Offender may be disqualified if flagrant.

M. Defense

- 1. Contact is not allowed, unless in judgment of the official contact is incidental in the process of de-flagging.
- 2. While on defense, holding or grabbing an opponent shall carry an Illegal Contact penalty of 5 yards.
- 3. There will be **NO** striking with the fist, locked hands or elbows; kicking, kneeing or meeting with knee; or striking with the heel, backside of the hand on the head, face or neck of an opponent. Acts such as these shall carry an Unnecessary Roughness Penalty. Offender shall be disqualified if flagrant.

N. Conduct & Roughness

- 1. Unsportsmanlike Conduct; Poor behavior and/or Language. Unsportsmanlike Conduct shall be penalized in the following manner: Offensive – 15 yards loss of down, Defensive – 15 yards, automatic 1st down. Second offense (same player/coach): Same penalties as first violation, ejected from game. Player or Coach must immediately leave the facility and may face suspension. If ejection drops a team below seven players the game shall be declared a forfeit. Player or Coach is ineligible for next scheduled game. Coach or Player may be ejected with first penalty if actions are considered flagrant.
- 2. Unnecessary Roughness; Any player's tactics that are unnecessarily rough and any tactics that are endangering the safety of the participants shall be penalized. This includes but is not limited to; holding or tackling the ball carrier before tagging, stiff-arming by the runner, putting head down for butting purposes and unnecessary roughness in forcing a runner out of bounds. Clipping and roughing the passer would be included also. Unnecessary Roughness carries the same penalties as Unsportsmanlike Conduct.
- 3. Unsportsmanlike Conduct and Unnecessary Roughness penalties can not be declined.
- 4. Taunting and trash talking shall carry an Unsportsmanlike Conduct penalty. Officials shall determine if a player's or coach's actions are offensive.
- 5. Begging a call: If a possible infraction occurs and players or coaches from either team, either on the field or sidelines begin yelling out (begging a call) a 5 yard penalty shall be added onto the end of the play.

IV. Penalties

A. Penalty enforcement:

1. A penalty may be accepted or rejected by the captain of the team against whom the foul was committed. If the captain refuses a penalty, the ball remains at the succeeding spot and the play just completed counts as a down.
2. When enforcing a penalty, the referee starts from the spot where the foul was committed, the previous spot or the succeeding spot, depending on the type of foul committed. The official then marks off a specified distance, which is determined by the type of foul, toward the offending team's goal line. The referee's natural walking step is approximately equal to 1 yard.
3. Violations of regulations are penalized by moving the ball a specified distance toward the goal of the team committing the foul. The distance, which the ball is moved, varies according to the violation.

B. Rules Not Specified

1. Neither a player, nor a non-player may interfere with the play by any act, which is not specifically provided for in these rules. PENALTY: The referee enforces any penalty he considers justified.
2. Any other violations and penalties will be made at the discretion of the officials.
3. All officials' decisions are final and there will be no protests.

Misconducts

- If an altercation takes place, any player entering the field of play who was not a participant in the previous play will be removed from the game. Entering a substitute into the game will not be allowed.
- Any flagrant blow to an opponent (intentional or unintentional), will result in ejection from the game and a minimum suspension of two games.
- Any two (2) flagrant or unsportsmanlike conducts from the same team, not necessarily the same player, will result in a forfeit.
- Unsportsmanlike conduct will not be tolerated and may lead to ejection from the game.
- Swearing will not be tolerated and will lead to ejection.
- Players or spectators ejected must leave the complex within two minutes or game will be forfeit. Authorities may be called.

Consumption of Alcohol

- By ordinance, no alcoholic beverages or glass bottles are allowed in Town parks. No player, manager, coach or team representative is allowed to drink alcoholic beverages before or during a game. Violation of this rule will result in that person being unable to participate in the game or ejection from the game. The Sherriff's department is enforcing the open container ordinance. There should be no open containers at Town parks.
- Anyone found in violation of any Town ordinance at any Town parks or facilities, in which they receive a citation from law enforcement, may face possible suspension from league participation.

Communicable disease Rule (Blood Rule)

- Whenever a player suffers a laceration or wound, where bleeding or oozing occurs, the game will be stopped immediately.
- The player will be removed from the game until the bleeding is stopped and the wound is adequately covered. Teams are required to provide their own first aid supplies.
- If a legal substitute is available, he/she will replace the injured player and play will continue.
- If no substitute is available, the game clock will be stopped for a reasonable length of time (three to five minutes) to enable the injured player time to dress his/her wound.
- The player may re-enter the game only with the official's approval. This means bleeding must be stopped and/or wound covered. Any article of clothing that is saturated with blood must be removed and replaced. Replacement jerseys are not required to have numbers.

NOTE: Each team is responsible for supplying its own clothing and first aid supplies. Please come prepared.

Miscellaneous:

- It is recommended, but not required, that all players wear a protective mouth guard.
- Playing Conditions: Field supervisor will determine if games will or will not be played. Games will be called if safety is a concern.
- Opposing spectators, coaches and players should shake hands after each game.
- Parents, coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the league.
- No alcoholic beverages or tobacco products will be allowed or used in the parks during games or practices.
- Swearing will not be tolerated by fans, participants, or coaches.
- Any person, spectator or participant, that is loud, obnoxious, or disrupts the event will be asked to leave the premises and will be expected to comply immediately.
- Elastic Clause: The league director shall have complete charge of the Adult Sports League. Any and all situations not specifically covered by these rules shall be acted upon by the league director and all actions by the league director will be final.
- The league director reserves the right to change or amend any of the rules or regulations contained in this manual. Any questions concerning Adult Sports should be directed to:

Wellington Recreation

Jake Reynolds

PO Box 127

Wellington, CO 80549

(970) 568-7410

E-mail: recreation@townofwellington.com

**Town of Wellington Recreation Department
SPORTS CODE OF CONDUCT**

Applicability

The Sports Code of Conduct applies to all sports organized by the Town of Wellington Recreation Department, whether taking place on Town-owned property, or on any other property that the Town has arranged to use.

"Sports" include any and all activities or events listed under the category of "sports" in the most current catalog of the Recreation Departments offerings. The Town may add or delete activities from this category in the Town's discretion.

Definitions:

Town: The Town of Wellington

Coach: The person designated as a team's spokesman. This person may be either a player or non-player.

Field of Play: The part of a court, field, ring or other sports venue that is considered within the boundaries of regulation play of a particular sport.

Field Supervisor: A Town employee in charge of the operation and staff of a scheduled sports game, match, or event, as well as this code of conduct.

Coordinator: The Town's Recreation Coordinator/Sports or such other person as head of the Recreation Department may specify.

Official: A person who the Town has arranged to be present at a sports venue for the purpose of administering the rule of the game, match or event, as well as this Code of Conduct.

Parent: The legal guardian or other family member responsible for a child who is under the age of eighteen and is participating in a sport sponsored by the Recreation Department.

Participant: Any coach, player, parent, spectator, official or any other person involved in any way with any sport sponsored by the Recreation Department.

Participation: Any involvement in a Recreation Department sport, including spectating, officiating, playing, coaching, or attending a sporting event.

Player: A person who physically participates in a sport or is on the roster of the team or group participation in the sport.

Probation: A period of time during which a person who has previously violated the Sport Code of Conduct may have not further violations.

Recreation Department: The Town of Wellington's Recreation Department.

Sport: Any Recreation Department organized activity or event that is listed under the category of "sports" in the most recent catalog of offerings or a new yet to be advertised activity that is run by a recreation staff member who is specifically designated by organizational chart as a member of the sports team.

Spectator: A person who watches a sport for entertainment with no physical involvement.

Sportsmanship: Conduct, such as fairness, respect for one's opponent and officials, and graciousness in winning or losing, that are appropriate to one participating in a sport.

Sports Venue: An area improved with fencing, buildings, bleachers, goals, turf or other landscaping, lines or other markings or any other facilities intended for use by players, officials, spectators or anyone else participating in a sport. Examples of sports venues include fields, courts, tracks, gymnasiums or field houses, arenas, pools, ice rinks and bowling alleys.

Suspension: Loss of the privilege to participate in any manner in a Recreation Department sport.

Unsportsmanlike: Exhibiting poor behavior through negative, disruptive or inappropriate actions.

Prohibited Acts:

No participant shall:

1. Physically attack any other participant or any Town staff person. This includes but is not limited to striking, shoving, kicking or otherwise touching or subjecting another person to physical contact in a threatening or alarming manner.
2. Refuse to abide by an official's decision and/or contest such decision in an unsportsmanlike manner.
3. Use obscene language or gestures, harassing, insulting, taunting, or challenging language, racial, ethnic, sexual slurs, or unsportsmanlike demonstrations of dissent concerning an official's decision.
4. Use unnecessary roughness in the play of a game against an opposing player.
5. Throw or cause to be deposited any object onto the field of play.
6. Violate the Town of Wellington's open container ordinance, or other state or local alcohol or drug laws, while at a sports venue, or enter the field of play while under the influence of drugs or alcohol.
7. Smoke on any indoor sports venue, or while coming off or going on the field of play, or while on the field of play, whether indoors or outdoors.
8. Display other unsportsmanlike conduct before or after games or events, or while at a sports venue during a scheduled activity, game, match or event.

Enforcement:

The minimum penalty for smoking shall be a warning, and the maximum penalty shall be ejection from the game. For all other violations, the penalties shall be as follows:

1. Minimum Penalties: Ejection from the current sports activity or event and suspension from the next scheduled game, activity, or event. Any participant who is ejected must leave the sports venue immediately. This means going far enough away that he or she cannot be seen or heard by any participant within the sports venue. Minimum penalties may be imposed onsite by an official or field supervisor.
2. Medium Penalties: Suspension for up to the remainder of the scheduled season or up to one year, and one or more years on probation. After review of the alleged violation by Recreation Department staff, medium penalties may be imposed if 1) another infraction has occurred by the individual resulting in a penalty within the past calendar year; 2) the individual violated more than one section of this Code during the current incident; and/or 3) in the judgment of staff, the severity of the infraction justifies penalty beyond the minimum but not to the maximum level. Medium penalties may be imposed in addition to minimum penalties.
3. Maximum Penalties: Suspension for one to five years. Maximum penalties may be imposed if, after review of the alleged violation by Recreation Department staff, it is determined that the severity of the violation justifies the maximum penalty, based on negative impact to the program, other participants, spectators, and/or staff. Maximum penalties may be imposed in addition to minimum and/or medium penalties.
4. Any behavior that is also a violation of law may result in criminal charges.
5. Any participant who engages in three or more of the prohibited acts described above during any twelve-month period shall be suspended for up to five years, followed by two years of probation.
6. Any participant who engages in a prohibited act while on probation shall be suspended for one to five years.

Appeals:

Appeals of any enforcement decision may be made by submitting a written statement of appeal to the Recreation Coordinator within fifteen (15) calendar days of the issuance of the decision to be appealed. If an enforcement decision is not appealed within fifteen days of issuance, it shall be considered final.

The statement of appeal shall include a description of the decision in question and related events, and the basis for the appeal. The appealing party may provide any additional information he or she believes is relevant in support of the appeal.

The Coordinator will conduct such investigation as her or she determines to be appropriate, given the basis of the appeal and the related facts, and may conduct an informal hearing on the matter in his or her discretion. In the alternative, the Coordinator may convene an Appeals Board made up of Town staff who have no personal involvement in the decision being appealed, and such board shall conduct an appropriate investigation. The Coordinator or Appeals Board, if one is convened, shall issue a written decision on the appeal within thirty (30) days from the filing of the appeal. The written decision shall include an explanation of the basis for the conclusion reached.

Adult Flag Football Penalty Chart

Penalty	Dead Ball (play stops)	Yards	Spot	Other
Illegal Equipment	N	n/a		Out until fixed
Delay of Game	Y	5	Previous	
Too Many Men	N	5	Previous	
Illegal Motion	N	5	Previous	
Illegal Shift	N	5	Previous	
Offsides	Y	5	Previous	
Illegal Run	Y	5	Previous	
Flag Guarding	Y	5	Previous	Loss of down
Offensive Charging	Y	10	Infraction	
Encroachment	N	5	Previous	
Intentional Grounding	N	5	Infraction	Loss of down
Illegal Pass	N	5	Infraction	Loss of down
Illegal Contact	N	5	Previous	
Defensive Pass Interference	N	Spot of foul	Infraction	First Down
Def Pass Int in End Zone	N	Ball at 1 yd line		First Down
Offensive Pass Interference	N	10	Previous	Loss of down
Deflagging before possession	N	As pass interference	As pass interference	As pass interference
Punt Encroachment	N	10	Infraction	First Down
Charging (blocking)	N	10	Infraction	
Unsportsmanlike Conduct (O/D)	N	15	Succeeding	Loss of down/First Down
Second Unsportsmanlike	Second offense for a player or coach	Same penalties as first infraction	Ejection from game	Must leave premises immed
Unnecessary Roughness	N	15	Succeeding	Loss of down/First Down
Second Unnec Roughness	Second offense for a player or coach	Same penalties as first infraction	Ejection from game	Must leave premises immed
Illegal Tackle	N	10	Infraction, first down awarded	May be unsportsmanlike
Begging a Call	N	5	Succeeding	May be Unsportsmanlike