

5v5 NON-CONTACT FLAG FOOTBALL

Official League Rules 2023

General Information

Denver CityWide Sports is the Adult Sports Division of Denver Parks and Recreation. All CityWide Sports 5v5 Non-Contact Flag Football Leagues utilize USA Flag style rules with the following exceptions and modifications.

Note: All situations not specifically covered in the rulebook shall be acted upon by the Program Coordinator, and all such action taken shall be final.

- 1) CityWide Sports reserves the right to re-classify a team at any point in the season to maintain a fair balance of competition. Previous season records (if applicable) will be utilized to assist in classifying teams. It is recommended that if a team wins its respective division in the previous season that they move up to the next division. The only exception is if a team is already playing in the highest division offered by CityWide Sports.
- 2) Designated team managers are responsible for communicating league rules and scheduling updates to team members. Managers are also responsible for the conduct of his/her team during league and tournament play.
- 3) Denver CityWide Sports' Participant Conduct Guidelines apply to any player, manager, coach, or spectator affiliated with the team. Effective Fall 2022, violations will be classified using a tiered system found on pages 22 - 24 of this document.
- 4) CityWide Sports strives to provide game officials and site supervisors that are professional, knowledgeable, and courteous. Please contact your CityWide Sports Program Coordinator with any concerns or feedback regarding our team's performance.

Online Game Schedules, Inclement Weather & Make-Up Games

- 1) Game schedules can be found online at <https://denvercitywidesports.org/schedules>
- 2) The CityWide Sports Weather Line is a recorded message, which will inform teams of the status of that day or evening's game. Messages will not be recorded until 4:00 pm on weekdays and 2 hours prior to the first scheduled weekend game. Updates are made as necessary.
- 3) **Weather Line: 720.913.0715**
- 4) Please do not call the CityWide Office asking if games are cancelled.
- 5) Officials and field supervisors work together to officially cancel a game(s). In the event a game is delayed, teams are required to wait (at the complex) for a minimum of 20 minutes. Games may be resumed prior to the 20 minutes. After a 20-minute waiting period, a decision will be made by the field supervisor and umpire.
- 6) If your team leaves prior to instructions given by the field supervisor and games continue, your team will be given a forfeit.

- 7) Game cancellations will also be posted to the Denver CityWide Sports Facebook page and emailed directly to affected team captains. All suspended/cancelled games will be made up as long as there are remaining makeup dates and weeks between seasons. Make-up games may be scheduled at any time, including weekends or when fields are available on weeknights. We will not call teams with their make-up times. All schedule changes will be communicated via email.

Game Credits

- 1) CityWide Sports team registrations are non-refundable.
- 2) Team captains will be issued a \$50 game credit for each regular season game and scheduled playoff game that is not played to completion (40 minutes) and is not able to be rescheduled due to inclement weather, unplayable field conditions or park closures.
 - a. CityWide Sports does not issue game credits due to opponent forfeits.
 - i. *Exception – credits may be issued at the Program Coordinator’s discretion in the instance of 3 or more opponent forfeits.*
 - b. Teams that did not qualify for playoffs will not be issued a playoff game credit.
- 3) Game credits will not be issued to a team that forfeits a rescheduled game.
- 4) Game credits are good for up to one calendar year and may be used towards any CityWide Sports League registration.
- 5) **How to use Game Credits**
 - a. Register your team online.
 - b. Email your CityWide Sports Program Coordinator with the credit amount you would like to be applied.
 - c. A refund will be processed for the requested game credit amount in 3-5 business days.

Forfeits

- 1) All teams must notify the CityWide Office (720-865-0690) or the Program Coordinator (cody.erp@denvergov.org) of their forfeit no later than 4PM
- 2) **No Call No Show Forfeit:** When a team fails to show up for their assigned game without notification. **Teams will automatically be removed from the league with no refund if this occurs two times.**
- 3) If a team has three forfeits during the regular season, the team is automatically dropped from the league with no refund (this includes make-up games). This includes forfeits with notification.
- 4) Umpires will not officiate forfeited games. Teams will be allowed the use of the field until 10 minutes prior to the start of the next scheduled game.
- 5) **A forfeited game will be scored 28-0**

Uniform and Equipment

- 1) Players may not wear hard, unyielding, or stiff material items that in the view of the officiating crew may present a hazard to other players.
- 1) Players are highly encouraged to wear a protective mouthpiece while on the field-of-play.

- 2) For safety reasons, players must wear pants or shorts that do not have pockets, belt loops, zippers, or exposed draw strings. Pants or shorts with pockets that have been professionally sewn-shut are allowed at the game official's discretion. Pants or shorts cannot be taped or turned inside out unless the shorts are double lined.
- 3) Teams must supply their own pop-flags and 2-flag system belts. Acceptable models include, Flag-a-Tag Sonic, Shruumz, and Champro Quick Down. Triple Threat and Velcro flag systems will not be allowed in league play.
- 4) **Having the correct and legal flags is solely the responsibility of the participant.** *Caution: Bring extra flags and belts, event organizers may not have flags for sale and have no means in which to replace or repair damaged flags. Your participation is subject to having the correct and useable flags.*
- 5) Altered or tampered flags could result in an ejection or forfeit. No shortening, cutting, etc.
- 6) Youth size flags may not be worn in adult leagues.
- 7) Adult flags must be no less than 14" long as measured from the bottom of the popper or flag belt when there is no popper present and no less than 1 ¾" wide. (Failure to Wear Proper Equipment – 5-yards, repeat the down)
- 8) Flags cannot be the same/similar color as a player's pants/shorts. Similar is at the official's discretion.
- 9) Some type of team jersey is required; the minimal standard is similar-colored shirts.
- 10) Teams must carry two colored shirts, a dark color and a light color. They do not have to be official uniforms, the light colored one can be a white T-shirt. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change into a different color.
- 11) Players must ensure their jerseys are long enough to remain tucked in during the entire play or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline. (Jerseys should never cover the flag belt).
- 12) When a shirt is untucked at the snap a hold will not be called on the defender that is making a fair and legal attempt at the ball carrier's flag. It is the player's responsibility to check their equipment before each snap.
- 13) Flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
- 14) Flags must be evenly distributed on the belt. Suction cups must face down and away from the body. Belts must be snug around the waist to avoid rotating.
- 15) If a player chooses to wear a hand towel, or any other object, on their waist it will be treated as part of the flag belt.
- 16) Footballs must be pebble grained leather or rubber covered and meet the recommendations of size and shape for a regulation football.
- 17) Adult men's teams must use a regulation size ball.
- 18) Adult women's teams may use a regulation, intermediate or junior size ball.
- 19) Players must wear shoes. Cleats with exposed metal are never allowed.
- 20) Players may wear eye protection to include prescription glasses or flexible sunglasses.
- 21) Players may wear a face shield molded to the face with no protrusions to protect against facial injury.
- 22) Jewelry that in the judgement of a game official might endanger other players must be removed before play.

- 23) Player's fingernails must be trimmed or taped over to protect opponents. Alternatively, players may wear gloves to protect their opponents.
- 24) Players may wear knit or stocking-style caps.
- 25) Hoodies must be tucked inside the jersey while on the field-of-play.
- 26) Soft-shelled helmets designed for flag football players may be worn.
- 27) Baseball-style caps must be removed or turned around backward.
- 28) Players may wear a headband made of non-abrasive material. Rubber or elastic bands may be used in hair.
- 29) Players may tape forearms, hands, and fingers. Players may wear soft gloves, elbow pads, shin guards, and knee pads. Unyielding items such as braces, casts, or anything with exposed metal are not allowed.
- 30) Officials will endeavor to identify missing, incomplete, or improperly worn flag belts prior to the snap and announce for example "number X, down on possession".
- 31) The player with the missing flag violation must fix the issue during the next dead ball situation or leave the field until they have done so.
- 32) If a ball carrier is wearing an incomplete, improperly worn, or improperly secured flag belt, or no flag belt at all, they may not advance the ball after taking possession of it and will be ruled down where they took possession of the ball. For example: They may catch a pass but not advance it.
- 33) The person taking the snap is an exception to this rule, they may take the snap and advance the ball or otherwise participate in a play and will be downed by one-hand touch.
- 34) All players on the field are eligible receivers at the snap regardless of possible uniform violations.
- 35) A missing flag violation will not delay the game or stop a live play.

RULE 1. OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 60 yards long by 25 yards wide with 7-yard endzones.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME – upon approval by a USA Flag director. Guaranteed schedule blocks in scenarios where fields may be behind are the only exception, where teams will be given reasonable time to get to their next games at the discretion of the USA Flag directors.

Article 2. Minimum 3 players to start a game. May only have up to 5 players on the field at any one time.

Article 3. A coin toss determines 1st possession. The team can elect to have offense, defense, defer or direction. Choice in the 2nd half will be awarded to the team that did not have the choice 1st half.

Article 4. The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field. Once a team crosses mid-field, they have three plays to score. If the offensive team fails to cross mid-field, the ball changes possession. If the offense does not score, the ball changes possession. All drives start from the 5-yard line with the exception of an interception.

Article 5. No blocking is allowed. No intentional contact is allowed.

SECTION 3. ATTIRE

Article 1. Teams also must have the same color shirts and have an alternative color (one dark color/one light color). They do not have to be official uniforms. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change into a different color. Failure to provide a secondary uniform or unwillingness to change will result in a forfeit.

SECTION 4. GAME CLOCK FORMAT

Article 1. Game clock is 55 minutes long. Two 25-minute halves and a 5-minute halftime.

Article 2. Each team has two 30 second timeouts PER HALF. If a time out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.

Article 3. The play clock is 25 seconds from the end of the previous play.

SECTION 5. FIRST HALF CLOCK

Article 1. The clock will run continuously during the 25 minutes of the first half unless a team timeout is used or play is stopped by an official (e.g., deal with an injury, challenge, referee conference, game management purposes, etc.)

Article 2. The head official will give a verbal two-minute warning (for rule specific changes inside 2 minutes)

Article 3. The clock will run during point-after-touchdown attempts (PATs) in the first half unless either team opts to use a team timeout.

SECTION 6. SECOND HALF CLOCK

Article 1. In the second half the clock will run continuously for the first 23 minutes unless a team timeout or an official's time out is used.

Article 2. The two-minute warning will stop the clock in the second half if the score difference is 8 points or less.

Article 3. The head official will give a verbal two-minute warning as close as possible to the actual marks but will not interrupt a live play.

Article 4. At the two-minute warning officials will use a 'stop' clock mechanic for the remainder of the contest.

RULE 2. OFFENSE

SECTION 1. RUNNING

Article 1. The quarterback may not run unless the ball has been thrown back, handed or pitched to him or her in the backfield.

Article 2. Teams may handoff (unlimited), pitch, or throw back in the backfield. UNLIMITED laterals or throwbacks behind the LOS are allowed for the player to remain eligible to pass.

Article 3. Pitching (backwards/laterally) is allowed downfield (unlimited). Handoffs are allowed forward or backwards when behind the line of scrimmage, and only backwards beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.

Article 4. A forward pass DOES NOT have to cross the LOS to be a legal play.

Article 5. If the ball is placed on the “Back” of ANY player, the player MUST run the ball (no give and go to the QB on the back)

Article 6. No run zones are located 5 yards before mid-field and 5-yards before the end zone. You may not run the ball in the no run zone (5-yards before the first down and end zone), only forward passes are allowed to advance the ball past the line of scrimmage. Laterals and handoffs are still allowed.

Article 7. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 8. Players may NOT block down field in any form.

SECTION 2. PASSING

Article 1. The quarterback has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, then the play is dead. After the ball is ruled dead it is returned to the line of scrimmage.

Article 2. Once the ball is handed off or pitched backwards the 5 second count stops. If the defensive team rushes, then there is no 5 second count.

Article 3. There is no arm in motion, if the ball is in hand when the quarterback’s flag is pulled then it will be ruled a sack.

Article 4. Interceptions may be returned.

Article 5. The rusher may not have any contact with the QB (no hitting the QB arm or knocking the ball out of the QB hand).

Article 6. If ANY part of the players body is behind the LOS it is a legal pass

SECTION 3. RECEIVING

Article 1. All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.

Article 2. Players must have at least one foot in bounds when making a catch.

RULE 3. DEFENSE

SECTION 1. RUSHING THE QUARTERBACK

Article 1. Players that blitz/rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

Article 2. The 7 yards will be measured off by a referee.

Article 3. Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there is a change of possession.

Article 4. The blitz/rusher is allowed a direct lane to the line of scrimmage as long as he or she rushes from either side of the center or outside the bunch formation. The offense must avoid interfering with the rusher if he or she has established a lane. Officials will announce LANE or NO LANE for rushers/blitzers prior to the snap. This is a judgement call/decision based on the spacing between the players in the offensive formation.

Article 5. The rush of a blitz/rusher must be immediately after the snap, quick and straight towards the point where the quarterback receives the snap in order to retain the right of way. If a blitz/rusher is rushing late, slowly, aiming at another spot, changing direction during the rush or just does not rush the quarterback, the player loses the right of way but still can participate as any other defensive player.

SECTION 2. PASS COVERAGE

Article 1. Contacting receivers is not allowed

Article 2. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

Article 3. A player may “find” their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.

Article 4. A player may use their arms or hands to intentionally obstruct the receiver’s view (face guarding) of the ball without turning their own head to play the ball as long as noteworthy contact is not made with the receiver.

Article 5. If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.

Article 6. Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5-yard line.

Article 7. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

Article 8. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.

- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.

RULE 4. SCORING

SECTION 1. POINTS

- Touchdown: 6 points
- Point After Touchdown:
 - (PAT) 1 point from the 5-yard line (no-run zone in effect)
 - 2 points from the 12-yard line, run, pass (outside of no-run zone)
 - Interceptions returned on PAT’s are worth 2 points
- Safety: 2 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.

Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

Article 9. If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively

holds, tackles, etc. without making a clear, legal attempt to pull the ball carrier's flag, the ball carrier will be awarded two points.

SECTION 3. OVERTIME EXTRA POINT SHOOT-OUT

Article 1. A coin flip determines first possession, 1 timeout per OT period

Article 2. Teams will go in reverse order if more than 1 OT is required

Article 3. Teams can elect to go for 1 or 2 points

Article 4. Winner will be determined once the value of the extra point exceeds the other team's attempt.

SECTION 4. MERCY RULE

Article 1. No Mercy Rule during pool play games. If a team is up by 28 points or more during bracket play at any time, the game will be over.

SECTION 5. PENALTIES INSIDE 2 MINUTES

Article 1. All penalties inside of 2 minutes of BOTH halves remain the same except:

- Defensive delay of game (+ 15 yards Unsportsmanlike & AFD)
- Intentional Offensive delay of game (-15 yards Unsportsmanlike & LOD + clock stops)
- Offensive Pre-snap penalties – yardage + LOD + clock stops

RULE 5. PENALTY CHART

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	5	Previous spot	Loss of down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down

Penalty	Yardage	Penalty Assessment	Result
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead ball – Previous spot	Replay down**
False Start	5	Dead ball – Previous spot	Replay down**
Offsides	5	Previous spot	Replay down**
Illegal Rush	5	Live ball – Previous Spot	Automatic 1st down
Encroachment	5	Dead ball – Previous spot	Automatic 1st down
Cool Down Period	0	No foul	Player must sit out 5 plays
Illegal Shift or Illegal Motion	5	Previous spot	Loss of Down
Stripping or Attempted Stripping	5	Spot of the foul	Automatic 1st down
Illegal Contact	5	Previous spot or spot of the foul	By the Offense: Loss of down By the Defense: Automatic 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal Participation	5	Previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of the foul	Automatic 1st down
Impeding the rusher	5	Previous spot	Loss of down
Charging	5	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line

** LOD, if 2 min or less in either half

Clock Mechanics

- 1) Game time is forfeit time.
- 2) To avoid a forfeit, teams may use team timeouts to 'buy' time.
- 3) Time outs are 30-seconds.
- 4) Game officials may stop the clock at their discretion.
- 5) The offense has a 25-second play clock to snap the ball before a delay of game penalty is assessed.

- 6) Teams will receive one courtesy warning before a delay of game penalty is enforced.
- 7) Length of games and stop-clock procedure vary by style, please refer to individual style rules books.
- 8) When officials go to the 'stop clock' or 'pro-clock' mechanic the clock will stop / start as listed below:
 - a) Defense gains possession of the ball: on the following snap unless it is a PAT attempt
 - b) Either side is awarded a first down after a punt / on the snap
 - c) Inadvertent whistle / at the ready
 - d) Incomplete passes / on the snap
 - e) Intentional grounding / at the ready
 - f) Offense achieves a first down / clocks stops till referee whistles the ready to play whistle
 - g) Out-of-bounds plays with a player in possession of the ball / on the snap
 - h) Out-of-bounds plays with a no player in possession of the ball / on the ready
 - i) Penalty administration (other than Delay of Game) / depends on previous play
 - j) Delay of game / on the snap
 - k) Referee timeout / at the Referee's discretion
 - l) Safety / when the receiving team take possession of the ball to attempt a return
 - m) Team timeout / on the snap
 - n) Injury / when player is removed from field (depending on the status of clock on previous play)
 - o) Touchback / on the snap
 - p) Touchdown / on the next snap after the PAT attempt. PATs are untimed downs during 'stop/pro clock mechanics'.

Time Outs and Clock Protocol

- 1) Officials may stop the clock as needed.
- 2) Team timeouts are 30 seconds. After 30 seconds the official will audibly place the offense on a 25-second play clock.
- 3) Timeouts do not roll over from the first half.
- 4) Halftime is five minutes.
- 5) Team captains are encouraged to yell "clock?" or "clock check?" in lieu of "time?" to avoid confusion when requesting a team timeout.

Coin Toss

- 1) Team captains are required to bring their game ball(s) to the coin toss for inspection.
- 2) Game officials will confirm with team captains during the coin toss that the teams are in correct and legal uniforms (pockets, flags, contrasting colors, unyielding materials, etc.).
- 3) Referee will issue the first warning about unsportsmanlike conduct, excessive rough play, and language.
- 4) First possession is decided using a coin toss.
- 5) The head official will ask the 'calling captain' their choice of "heads" or "tails". The official will ask the opposing team to repeat and confirm the choice before flipping the coin. The head official will then confirm the call.
- 6) The captain winning the toss shall choose one of the following options:
 - a) Begin on offense

- b) Begin on defense
 - c) Designate which goal their team will defend
 - d) Defer their choice to the second half
- 7) The loser of the coin toss shall make a choice of the remaining options.
 - 8) Before the start of the second half, the choice of options shall be reversed.
 - 9) If a team captain does not attend the coin toss, the opposing team will win the toss.
 - 10) In order to keep to schedule, the game clock shall start one minute after the coin toss formalities have concluded, regardless if the teams have taken the field or not.

Challenge Procedure

- 1) Only the team captain or head coach may ask the referee questions about rule clarification and interpretations.
- 2) Generally, officials are happy to answer quick response and general questions during the game if they do not impede the game. The priority is to spot the ball then address questions without impeding the play clock.
- 3) If a captain or head coach believes an official has made a procedural error, they may call for a timeout. If the head official agrees that there has been a procedural error (e.g., wrong down, incorrect penalty yardage, etc.) the procedural error will be addressed, and the timeout will not be charged.
- 4) The challenge must be made to an official before the next snap.
- 5) In the event the captain or head coach loses a procedural challenge and the captain's team did not possess a legal team timeout a fifteen-yard unsportsmanlike conduct penalty will be assessed.
- 6) Only procedural issues may be addressed, not an official's judgment call or no-call.
- 7) If the protesting team is unsatisfied with the ruling of the challenge on the field and would like to elevate the challenge to a league coordinator, they may do so.
- 8) If the protest is ultimately lost, the protesting team will lose all remaining timeouts of that half. If the protesting team does not have any timeouts left in the half they will lose all of the timeouts in the following half.
- 9) If the team doesn't possess any timeouts at all they will be assessed an unsportsmanlike conduct penalty.

OFFENSE

- 1) Offensive players must come to a complete stop for one second before the ball is snapped unless they are the only player in motion.
- 2) For specific divisions, no offensive player may begin a play closer than five yards from a sideline unless they were momentarily at least 9-yards from a sideline (this is sometimes referred to as "inside the numbers" or "checking in"). All players must substitute from their sideline only. This allows the defense to be aware of their presence and avoids deceptive plays by the offense.
- 3) It is a dead ball foul if any player on offense enters the neutral zone before the snap. (neutral zone infraction)
- 4) The ball must be snapped between the center's legs.
- 5) Direct snaps are legal to any player not on the line-of-scrimmage.

- 6) The ball will be declared dead if any portion of the ball carrier's body other than their hands and feet (knee, elbow, buttocks, ball in hand, etc.) touches the ground.
- 7) The offense is responsible for retrieving the ball and returning it an official or to the line of scrimmage at the end of each play.
- 8) For safety reasons, when relaying the ball please use short underhand tosses.

Fumbles and Muffs

- 1) Fumbles are a "dead ball" when they hit the ground.
- 2) If a lateral, muffed, or fumbled ball is intercepted before becoming dead it remains a "live ball".
- 3) Forward fumbles that hit the ground will be marked where the ball carrier's feet were when he/she lost control and not the spot where the ball hit the ground.
- 4) Muffed snaps will be marked where the ball hit the ground.

Running / Jumping / Diving

- 1) Ball carriers are allowed to leave their feet, jump, and spin as evasive maneuvers in order to advance the ball as long as they do not put another player's safety at risk.
- 2) Not every insignificant jump or small hop constitutes a safety issue and player safety risk is at the discretion of each official.
- 3) Jump cuts or leaping between two defenders is allowed if they do not initiate noteworthy contact with the defender or put another player's safety at risk.
- 4) Ball carriers may not hurdle over another player.
- 5) Ball carriers may not dive, lunge, or fall forward in a perceived intentional manner in order to advance the ball or achieve a line-to-gain. This is a judgment call by the game officials.
- 6) Ball carriers may extend the ball out in front of them to gain additional yardage.
- 7) Diving by the defense to capture a ball carrier's flag is legal.
- 8) Ball carriers must make every effort to avoid a defender who has established a stationary position.
- 9) Runners may leave their feet to avoid collision or falling on another player.
- 10) Passers may jump vertically to throw the ball over a defender.
- 11) The offense may use multiple backward hand-offs or laterals.

Flag Guarding including Stiff-Arming

- 1) The ball carrier's flags must be accessible to the defense throughout the play.
- 2) Flag guarding is the act of a ball carrier denying a defender the opportunity to capture their flag in any physical way.
- 3) Flags may not be tucked in pants, tucked under jerseys, worn improperly, looped around the waist belt, or knotted.
- 4) The ball carrier shall not flag guard by flailing of arms, using their hands, arms, elbows, or extremely dipped shoulders to deny the opportunity of an opponent to remove a flag.
- 5) The ball carrier may not swat a defender's hands away nor pin the flag against their body using the ball or hands.
- 6) An official may call flag guarding if they feel that a ball carrier's natural running motion gave the ball carrier a decisive advantage over the defender and the running motion caused part of the ball carrier's body to block a de-flagging attempt.

- 7) What constitutes flag guarding is up to the official's judgment. We recommend you carry the ball with your hands held high on the body to avoid flag guarding. This is one of the most difficult transitions for traditional football players.
- 8) Flag guarding shall not be called if there is no defensive player within reasonable distance to capture the flag.
- 9) The ball carrier may bend at the knees to dip low, side cut, skip, or take short hops.
- 10) Extreme low dips (sometimes called a "duck-walk") are legal and do not constitute flag guarding in themselves, as long as the flag carrier's flags are still exposed and the defensive player isn't physically impeded (i.e., the ball carrier isn't using his arms, hands, shoulder, ball, etc. to impede the defender. Normally flag guarding can be avoided while "duck-walking" when the ball carrier keeps his hands and elbows high on the body (ex: at shoulder-level).
- 11) No penalty will be called if a ball carrier simultaneously flag guards as the defender pulls the flag.
- 12) Tampering with the flag in any way to gain advantage is illegal.
- 13) Examples of flag guarding: stiff arming, pinning the flag, swatting, using the ball as a stiff arm, etc.

Pass Plays

- 1) Only one forward pass per play.
- 2) Once the ball has passed the line-of-scrimmage it cannot be returned to behind the line-of-scrimmage and thrown forward legally.
- 3) If any portion of the passer's body is behind the line-of-scrimmage it is a legal pass.
- 4) A passer may jump vertically to throw the ball over a defender. This does not constitute illegal advancement.
- 5) All players are eligible to receive a pass unless they have stepped out-of-bounds of their own accord.
- 6) Players may re-establish themselves in the field of play and catch the ball if another player has touched the ball first.
- 7) Any offensive player who receives either a forward or backward handoff behind scrimmage can pass the ball from behind the line-of-scrimmage.
- 8) Backward passes are allowed.
- 9) If the passer's flag has been pulled while the passer still has the ball in their hand it is a sack. There is no allowance given for the passer's arm being in motion at the time of the sack. Ball in hand at all equals a sack.

Intentional Grounding

- 1) A passer may not throw the ball into the ground to avoid a loss of yardage or conserve time.
- 2) An exception to this rule is it is legal to conserve time by intentionally throwing the ball to the ground immediately (spiking) after receiving either a direct hand-to-hand snap or from the "shot-gun" formation for styles that do not allow hand-to-hand snaps.
- 3) The spike must be fluid and immediate after the snap or it is intentional grounding.
- 4) A pass may not be intentionally thrown into an area not occupied by an offensive receiver.
- 5) Passers may not throw the ball out-of-bounds to stop the clock as in NFL or NCAA games.
- 6) Intentional grounding can occur anywhere behind the line of scrimmage.

Catches

- 1) A pass is completed when an offensive player simultaneously places at least one foot inbounds and momentarily maintains possession of the ball.
- 2) Simultaneous catches between a defensive and offensive player go to the offense.
- 3) In the event of a bobbled catch, i.e., the ball is batted about by the receiver in an attempt to catch it, and the intended receiver is de-flagged before taking full possession there is no penalty for early flag pull.
- 4) Whether or not a ball is tipped or touched in the air has no bearing on the play as it applies to fouls anywhere on the field (roughing, pass interference, personal fouls, illegal contact, etc.).
- 5) If a receiver steps out-of-bounds of their own accord and is the first to touch a pass, it is illegal touching. The play will be allowed to continue to a dead ball situation (5-yards from previous and a loss of down, if accepted).
- 6) If the ball comes out of the receiver's grasp due to contact with the ground or while going to the ground the pass is incomplete.

DEFENSE

- 1) Stripping or attempting to strip the ball from a player's hand, including the quarterback, is illegal.
- 2) Defensive teams may not simulate the offensive team's signals or cadence. (Unsportsmanlike)
- 3) There are no "free plays" for the offense. After the head official blows the ready-for-play whistle and the snapper puts their hand(s) on the ball, no player may enter the neutral zone until the ball is moved to start the snap. Entering the neutral zone before the snap is known as "offside" or encroachment which causes the play to be immediately blown dead and the offending team is penalized five yards.

Roughing:

- 1) Defensive players must make a concerted effort to avoid charging into the quarterback.
- 2) To assist defensive players to avoid unnecessary contact with the passer the covering official will endeavor, but is not required, to announce "balls away" when the ball has left the quarterback's hand.
- 3) In general, defensive players may not "crash" the quarterback's throwing arm, shoulder, or body even if the ball is touched first. This rule applies to holders and kickers as well.
- 4) An insignificant "brush-by" may be allowed by the referee but is not guaranteed.
- 5) Contacting the quarterback while blocking a pass or attempting to block a pass may result in a roughing the passer penalty.
- 6) Whether or not a ball is tipped in the air has no bearing on the play as it applies to fouls (roughing, pass interference, personal fouls, etc.).
- 7) A roughing penalty will not be enforced if a quarterback initiates contact with a defensive player while in the throwing motion; for example, during the passer's follow through the player's arm contacts an opponent's hand, arm, or shoulder. In this instance the impetus of the contact is the action of the quarterback and not the defender. This is a judgment call.
- 8) It is a personal foul if the quarterback's follow through hand or arm makes significant contact with an opponent's head, neck, or face (Personal Foul, Contact above the Shoulders).

Flag Pulling Mechanics

- 1) Flag football is a finesse game versus the brute strength game of traditional tackle football.
- 2) Flag pulling is the legal removal of a flag from an opponent in possession of the ball.
- 3) Legal flag pulls must begin with the hands leading toward the opponent's hips and flags.
- 4) No player has the right to over-aggressively 'body up', 'wrap up', 'play through', 'bull rush', charge, spear, or lead with a shoulder against an opponent even to capture a flag.
- 5) Pushing out on the sidelines is not permitted unless the defense was making a fair, legal, and reasonable attempt to pull the ball carrier's flags, i.e., the defender's hands were aimed low at the ball carrier's hips and flags and not high up on the body.
- 6) Pushing, striking, holding, slapping, or tripping while attempting to pull a flag is not permitted.
- 7) Defenders may dive when attempting to pull flags.
- 8) A defensive player may not pull the flag of a player who is not in possession of the ball.
- 9) Any defensive player who removes the flag from an offensive ball carrier is encouraged to show good sportsmanship and hold the flag above their head to assist the officials in locating the spot where the capture occurred.
- 10) Players may be penalized for unsportsmanlike conduct for throwing, spiking, obscuring, or delaying the ball carrier in recovering their pulled flag.
- 11) If a player's flag inadvertently falls off during the play the de-flagging reverts to a one-hand touch of the runner between the shoulder and the knees.
- 12) When a ball carrier flag guards and a defensive player pulls the ball carrier's flag simultaneously, no penalty will be called for flag guarding.
- 13) If a defensive player physically contains, tackles, or attempts to tackle the ball carrier (e.g., bear hugs, holds, wrestles with, obstructs, pushes the ball carrier out-of-bounds, tackles, or attempts to tackle, etc.) without making a clear, legal attempt to pull the ball carrier's flag, the offensive team will be awarded at least one line-zone-to-gain or 15-yards (offended team's choice) from the spot of foul and an automatic first down.
- 14) This type of action could result in a score awarded if the foul occurred inside the final line-zone-to-gain or the covering official reasonably believes the foul is the only thing that prevented the ball carrier from scoring. (Teaching point: Play the flag not the ball carrier's body or ball as in traditional tackle football).

Pass Coverage

- 1) Pass interference normally occurs above the waist; entangled feet are not considered pass interference.
- 2) Incidental contact is not considered pass interference.
- 3) A player may "find" their opponent by reaching out and placing a hand on him/her as long as touching does not delay or impede him/her. This is not considered pass interference.
- 4) Contact away from the direction of the pass is not considered pass interference.
- 5) Examples of pass interference include:
 - 1) Shoving or pushing off to create separation.
 - 2) Playing through the back.
 - 3) Hook and turn: grabbing the torso and turning an opponent before the pass arrives.

- 4) Not playing the ball: the defender is looking at the receiver and contact materially impedes the receiver.
- 5) Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- 6) Blocking downfield before the ball has been touched, commonly seen through “pick plays”.
- 7) Cutting off the path of a receiver by being in front of them and slowing down or being beside them and “riding” them off their path to the ball.
- 6) Whether a pass is catchable or uncatchable has no bearing on pass interference.
- 7) A player may use their arms or hands to intentionally obstruct the receiver’s view (face guarding) of the ball without turning their own head to play the ball as long as contact is not made with the receiver.

Interceptions

- 1) Interceptions may be returned.
- 2) In the event of an interception, the intercepting team must secure the ball with “clean hands,” i.e., they must not have committed a foul before or simultaneous to the interception.
- 3) If the intercepting team gained the interception with “clean hands” they will be awarded a first down where the ball becomes dead (flag pull, stepping out-of-bounds, fumbled, etc.)
- 4) The ball will be spotted wherever the ball was at the time of the flag pull, or the ball carrier left the field-of-play.
- 5) Fouls by the intercepting team after an interception will be assessed from the spot of the foul.
- 6) Fouls by the intercepted team after the interception will be assessed at the end of the run.

Point After Touchdown (PAT)

- 1) Following a touchdown, once the scoring team has informed an official of which point conversion choice, they want to attempt the decision cannot be changed unless the scoring team uses a team timeout.
- 2) If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.
- 3) Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point PAT but it will be from the 8-yard line.
- 4) Unsportsmanlike conduct and personal fouls during successful touchdown attempts will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 5-yard line and 1-point attempts at the 1 ½-yard line) or on the kickoff. All other defensive penalties may be declined by the offense and the score will stand.
- 5) Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start, offside, etc.) will result in penalty yardage assessed and the down replayed.
- 6) Fouls by the offense during a PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being “no good” and the attempt will not be repeated.
- 7) Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

- 8) Fouls simultaneous to the snap (illegal shift, illegal motion, illegal formation, etc.), if accepted, will result in penalty yardage assessed and the down replayed.
- 9) Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered. The offense may opt to accept or decline penalty yardage before the retry.
- 10) Interceptions on any PAT can be returned by the defense for two points regardless of PAT point attempted.

Safeties: Occur when the ball becomes dead in the offense's end zone or the offense commits a foul in their end zone.

Examples include:

1. Fumbles in, or out of your opponent's end zone (sides and end line).
2. A player in possession of the ball has their flag pulled in the end zone.
3. The ball carrier going out-of-bounds behind the goal line.
4. The ball is snapped out of the end zone.
5. The offense commits a foul inside the end zone

OVERTIME

- 1) Only one coin toss is allowed during overtime regardless of the number of overtime periods played.
- 2) If additional overtimes are played, the captains will alternate choices (for example: the winner of the overtime coin toss chooses defense. If there is another overtime period, the loser of the overtime coin toss now gets to choose).
- 3) For winning the coin toss, a team may choose offense, defense, or direction the overtime periods will be played.
- 4) See refer to individual styles rule books specifics for overtime details.
- 5) Each team is allowed one timeout per each overtime period.
- 6) Interceptions are returnable in overtime for two points.
- 7) Penalties are administered as during the regular game.
- 8) The goal line shall always be the line-to-gain in overtime, regardless of the number of overtimes played.

Ending the Game

- 1) The game may not end with a penalty unless it is declined.
- 2) Penalties by the offense that include a loss of down with time expired in either half (i.e., there is no time on the clock) will not extend the half or game.
- 3) Offsetting penalties will not extend the half or game.

OFFICIATING

- 1) Officials should aim to assist teams to avoid penalties (preventative officiating). Cautions and teaching points are appropriate at most times.
- 2) Prior to a snap, officials can require and warn players to adjust their flags to their proper alignment. Repeated warnings of this nature can result in an unsportsmanlike penalty.
- 3) Officials can perform random checks of flags to test for tampering.

- 4) Officials must highly endeavor to announce down and distance before any snap. While it always the team captain's responsibility to be game aware, the officiating crew should always endeavor to keep captains informed.
- 5) No penalty or penalty flag stops a live play.
- 6) When an official throws a penalty flag it should be left on the ground until the ball becomes dead and penalty enforcement is complete. It is permissible for the covering official to pick up and move the flag to a more accurate spot, if needed.
- 7) It is not the mission of the game officials to flag every small, nuanced infraction of traditional football unless it produces a significant unfair advantage.
- 8) Officials are encouraged to use the "preventive style" of officiating which allows officials to talk to, remind and help players avoid violations whenever feasible.
- 9) When throwing the ball to an official please use short underhand tosses.
- 10) Officials do not have to call everything they see but they must see everything they call.
- 11) Game officials may not use any recording or replay in making any decision relating to the game.
- 12) Officials must not tolerate taunting, baiting, and unsportsmanlike acts. They often lead to more problems during the game.
- 13) Safety issues are an official's judgement call.

Marking the Spot

- 1) The ball will be spotted wherever the ball was at the time of the flag pull or the ball carrier left the field-of-play.
- 2) A ball spotter, ball marker, or line judge shall be used to mark the line-of-scrimmage. We recommend a non-trip hazard object like a soft, pliable indoor hockey puck or similar item. The marker will be placed along the line-of-scrimmage.
- 3) When a ball carrier's flag accidentally falls off — but not as a result of any action by the defense — that player will be downed by one-hand touch.
- 4) If a defensive player initiates contact with a ball carrier while making an attempt to capture the ball carrier's flag and that force causes the ball carrier backward prior to the flag being captured 'forward progress' will be awarded as long as the ball carrier does not make a move under their own power to continue the play.

Penalty Enforcement

- 1) Penalties are assessed for live balls before dead balls.
- 2) Penalties will be assessed half the distance to the goal when the penalty yardage is more than half the distance to the goal.
- 3) Fouls simultaneous to the snap (illegal shift, illegal motion, illegal formation, etc.), if accepted, will result in penalty yardage assessed and the down replayed. Officials shall not stop these plays but rather play them out because the foul occurred "simultaneous to the snap" and not before the snap.
- 4) An official shall have the authority to rectify an error and correct a down until the series has ended.
- 5) Penalties associated with automatic first downs: An offended team may accept the automatic first down portion of a penalty but decline the yardage portion of the penalty enforcement or they may accept both the yardage and the automatic first down.

Establishing Zone-Line-to-Gain

- 1) For live ball fouls, the penalty yardage will be marked off first, then the next line-to-gain (first-down marker) will be established.
- 2) On a change of possession, all live-ball penalties will be administered prior to determining the next line-to-gain. Once that line is established all dead ball penalties will be administered.
- 3) To determine if a first down was achieved on any given running or passing play, the official will mark off any un-administered live-ball penalty yards before making the determination.
- 4) If a penalty awards an automatic first down (e.g., roughing the passer) and the original line-to-gain was not achieved after the yardage was resolved, the original line-to-gain will remain in effect.

Pace of Play

- 1) Officials will hustle but not hurry. They must control the game and not let an anxious team set the pace.
- 2) If a snap occurs before the officials are ready, ready-to-play whistle or announcement, the ball will be blown dead and the quarterback issued a warning for the *first offense*. For the *second offense* a delay of game penalty will be incurred.
- 3) Officials may stop the clock as they see fit in order to administer a fair, controlled contest.

Personal Foul, Contact above the Shoulders

Safe play is our utmost concern. Officials will penalize any noteworthy contact above the shoulders (head, neck, or face) between players, even if accidental.

Holding

Holding is a judgement call. Officials will penalize any noteworthy hold that provides a significant unfair advantage. A simple tug or momentary grasp may not necessarily constitute holding. Holding is an attempt to gain a physical advantage by using hands or arms to hook, lock, clamp, grasp, encircle or restraining an opponent. Be aware defenders will be given the benefit of the doubt if the ball carrier's shirt is untucked.

Cool Down Period

- 1) Before, or instead of, disqualification or ejection an official may order (but is not required to) a player a "cool down" period if the official chooses.
- 2) Players should think of this "cool down" as a warning before being ejected and be thankful for it.
- 3) This period will consist of five plays and will be tracked by the official that ordered the "cool down".
- 4) The player must be off the field for five plays regardless. A score or other event does not release the player back to the field. They must stay off the field for five plays.

Disqualifications and Ejections

- 1) Disqualifications, Ejections and Unsportsmanlike Conduct are the only three penalties that cannot be declined. They are completely the option of the game officials. The yardage portion of the penalty may be declined but infraction itself cannot.

- 2) The difference between disqualification and ejection is completely the determination of the presiding referee and may not be appealed.
- 3) Disqualifications are normally reserved to address lower-level transgressions.
- 4) A disqualification will last for the remainder of the contest the player was disqualified for.
- 5) A disqualified player may play in the next scheduled contest.
- 6) An ejected player may not play in the next scheduled contest. They must sit out at least one game.
- 7) Any official may disqualify a player. To eject a player all officials must unanimously agree to the ejection.
- 8) 8) Ejections / disqualifications may occur for:
 - a) A second unsportsmanlike or personal foul on a single player
 - b) Any act deemed egregious by the head official
 - c) Disrespectfully addressing or intentionally touching a game official
 - d) Four unsportsmanlike and /or personal fouls by one team (forfeiture)
 - e) Fighting

Fighting

- 1) Fighting will lead to immediate ejection, possible suspension after review.
- 2) Fighting is any attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to football. Such acts include, but are not limited to, attempts to strike an opponent(s) with the arms, hands, legs, or feet, whether or not there was contact.
- 3) Any player who comes off the sideline to participate in a fight will be disqualified or ejected.
- 4) If either team leaves the bench during a fight the game will be forfeited immediately.

Bench Fouls

- 1) Teams may incur bench fouls for a variety of reasons to include but not limited to:
 - a) Players on the sidelines or spectators interfering with play or an official
 - b) Disrespect toward officials or other players or non-players
 - c) Players or non-players in the designated restricted zone during a live play
 - d) Non-players on the field of play
 - e) Teams not remaining in the designated team box

Unfair Acts Rule

- 1) Neither team shall commit any act which, in the judgment of the referee, tends to make a travesty of the game.
- 2) The head official on each field may enforce any penalty or remedy any situation with anything he/she considers equitable — including the award of a first down, a line-zone-to-gain, a replay, a score, forfeiture, etc. — for any situation not specifically covered in these rules.

Inadvertent Whistle

- 1) If an official blows an inadvertent whistle they will declare the ball dead where the ball was at the time the inadvertent whistle. The team against which the action offended may have the option of accepting the play (i.e., the yards gained and the down advances) or replaying the down from the original line-of-scrimmage.

- 2) If the ball was in the air when the inadvertent whistle occurred it will be returned to the line-of-scrimmage and the down will be replayed.
- 3) If a penalty marker is thrown prior to an inadvertent whistle, an accepted penalty will be administered as in any other play situation. When the foul is accepted, the inadvertent whistle is disregarded.
- 4) When an inadvertent whistle is triggered by an unfair act or an act used to deceive or confuse a game official the officiating crew may use their collective judgement to fairly adjudicate the situation. It may result in yardage awarded, a score granted, and/or the guilty player disqualified, etc. It is solely up to the officiating crew to decide.

Last Player Rule and Penalty

- 1) If the last defensive player physically contains the ball carrier (e.g., bear hugs, flagrantly holds, pushes the ball carrier out-of-bounds, tackles, attempts to tackle, etc.) without making a clear, legal attempt to pull the ball carrier's flag, the offensive team will be awarded at least one line-zone-to-gain distance from the spot of foul and an automatic first down.
- 2) In the spirit of the Unfair Acts Rule: Officials have the discretion to award a score if a flagrant foul occurred inside the final line-zone-to-gain or they reasonably believe a foul is the only thing that prevented the ball carrier from scoring. To evoke this rule we require there must be total agreement of all game officials that saw the foul. (IAW Rule 9-9-5 NFHS).

Playoff Format

- 1) Spring, Summer, and Fall Seasons – Teams ranked in the top 4 at the end of the regular season will be placed in a single elimination bracket.

Playoff Seeding Tiebreakers

- 1) Head-to-head regular season results between tied teams.
- 2) Run differential in the head-to-head games.
- 3) Run differential in all league games.

League Championship Awards

- 1) Individual awards (10) or a team trophy (1) will be given to the team that wins the season ending tournament.

CityWide Sports Participant Conduct Guidelines

Denver CityWide Sports' Participant Conduct Guidelines apply to any player, manager, coach, or spectator affiliated with the team. Effective Fall 2022, violations will be classified using the following tiered system:

Violation Level: Blue

- I. Alcohol is not permitted inside recreation centers.
- II. Alcohol is not permitted on fields.
- III. Dogs and other pets must be on leash and under control/owner supervision at all times.

- IV. Dogs and other pets are not allowed on the playing fields at any time.
- V. Glass and kegs are prohibited.
- VI. Marijuana use is prohibited.
- VII. Smoking on the field or sidelines is prohibited.
- VIII. Littering is prohibited.
- IX. No-call/No-show forfeits will be documented.
- X. Loud and/or offensive music is prohibited.
- XI. Roster and line-up violations including but not limited to - failure to complete team roster, use of players currently rostered on another team in the same league, playoff use of players who have not participated in a minimum of two regular season games.

Violation Level: Green

- I. Repeated Blue Level violations
- II. Use of illegal/altered flag bets
- III. A third forfeit during a season will result in removal from the program and loss of “Priority Status”

Violation Level: Yellow (subject to suspension after review)

- I. Reports will be completed for all ejections.
- II. Use of derogatory or profane language directed at officials, staff, opponents, or spectators is prohibited.
- III. Players and/or spectators may not leave the sidelines to argue/confront an official or opponent. *Exception – team captains may respectfully interact with officials to request rules clarifications.*

Violation Level: Orange (subject to suspension after review)

- I. Flagrant fouls (excessive and intentional) resulting in ejection.
- II. Throwing/kicking objects in the general direction (non-contact) of an official, staff, opponent.
- III. Inappropriate and or harassing language/touching of others.
- IV. Direct or perceived threats of physical violence including but not limited to “let’s take it to the parking lot”.
- V. Physical altercations including but not limited to: thrown punches, grabbing hair/clothing, pushing, shoving, kicking and spitting.
- VI. Theft, vandalism, and destruction of property.
- VII. **Second occurrence of a Yellow Violation in a calendar year (January – December).**

Violation Level: Red (subject to suspension after review)

- I. Violence resulting in bodily harm and police contact.
- II. Possession of weapons, simulated weapons and fireworks is prohibited.
- III. Threats of violence resulting in police contact.
- IV. **Second occurrence of an Orange Violation in a calendar year (January – December).**

DUE PROCESS

Customers alleged to have committed a violation, which may result in a suspension will be emailed a Violation Notification Letter. The letter will describe the alleged violation and which rule and/or item from the Code of Conduct that was violated. It will explain that they have been suspended and how to request an appeal.

Customers have the right to request a review of their suspension by filing a written appeal request with the Deputy Executive Director of Recreation. The appeal shall state the basis for the appeal and the requested relief. An appeal request must be received by the Deputy Executive Director of Recreation within (15) calendar days after service of the Violation Notification Letter at the following address:

Deputy Executive Director of Recreation
City & County of Denver
101 W. Colfax Ave. Suite 900
Denver, CO, 80202

After review of the written appeal, the Deputy Executive Director will issue a written decision granting the appeal, granting the appeal with conditions or denying the appeal. The decision of the Deputy Executive Director shall be the final decision.

CityWide Sports Contact Information

1. Cody Erp – CityWide Sports Program Coordinator

- 720-865-0694 (Office)
- Cody.Erp@denvergov.org

2. Kelli Garrison – CityWide Sports Sr. Supervisor

- 720.837.9067 (Cell)
- 720.865.0692 (Office)
- Kelli.Garrison@denvergov.org

3. CityWide Sports Office

- 2080 York Street., Denver CO, 80205
- 720-865-0690 (Main Line)