



Nash County
Recreation & Senior Services

Adult Flag Football League

Rules and Regulations

(Revised 2/23/2022)

Table of Contents

I.	Registration Procedures	3
II.	Managers Duties	3
III.	Eligibility	4
IV.	Playing Rules	5
	General Rules	5
	Scoring.....	6
	First Downs.....	6
	Carrying	6
	Passing.....	7
	Blocking & Rushing.....	7
	Kicking	8
	COED.....	8
V.	Penalties	9
VI.	Forfeits.....	11
VII.	Ejections	11
VIII.	Tournament	12
IX.	Awards.....	12
X.	Inclement Weather.....	11-13
XI.	Code of Conduct Contract	14

League Director

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All playing rules listed below will govern league play. In the event a situation is not listed below, it will default to the 2017-2018 National Intramural Recreational Sport Association (NIRSA) Flag Football Rules Book.

Registration Procedures

A. Team Registration:

- a. **\$300.00 per team** - Includes minimum of 8 regular season games and a single elimination post-season tournament.

B. Player Registration:

- a. In addition to the team fee, a participation fee of \$20 is required for each member on the team roster, which includes players, coaches, and managers.
- b. Player registration forms are required for each member on the team roster which includes players, coaches, and managers.

**** Player registration fees and registration form must be on file with NCPR by 7pm on the Friday before the game in which he/she is to play.****

C. Payment of Fees:

- a. All fees must be paid at Parks & Recreation Office
- b. Please make checks payable to Nash County Recreation & Senior Services

D. Manager Meeting:

- a. A MANDATORY meeting for managers or team representatives will be held at the conclusion of team registration.
- b. Failure to attend this meeting (manager or team representative) will result in removal from the league with a full refund.

E. Refund/Credit Policy:

- a. NCPR will give partial or full refunds for the following reasons:
 - i. Classes/programs cancelled due to lack of participant interest, and/or
 - ii. Valid medical reasons on the part of the participant, and/or
 - iii. Participant is dissatisfied within the first two (2) meetings of a program and contacts NCPR staff within five business days after the second meeting for a refund.
- b. Other valid reason for exiting programs will be considered for program credit. NCPR must be notified at least two (2) working days prior to class/program starting date in order for NCPR to be able to fill program vacancy.
- b. Recreation Director must approve a refund or a credit for program or portion of programs deemed appropriate.
- c. Credits can be used only by participants or his/her immediate family members.

Managers Duties

- A. It shall be the duty of each manager to see that the official roster, player registration forms, and entry fees are delivered to the Recreation Department as stated on the Flag Football Deadline and Fact Sheet. Each team is required to register during assigned registration dates. Team managers are responsible for signing player registration forms to verify all players are of proper age.
- B. It is the responsibility of each manager to assure that all players on their team are eligible and understand the rules and regulations of the NCPR Flag Football League.
- C. Managers or team captains are the only ones allowed to question the referee.
- D. Managers are to see that all players are in the proper uniform and that the players stay in the respected areas (between the 20-yard line markers and two yards off the sideline).
- E. Each manager is responsible for their team and spectators' conduct at and around the park. NCPR will not tolerate abusive language, consumption of alcoholic beverages on county property, litter, or other irresponsible acts.

- F. Each manager is responsible for appointing two (2) team captains. One on the offense side of the ball and one on the defense side of the ball. Captains will be the only designated players to accept or decline penalties. Managers can also be the team captain.
- G. Only the team manager should contact NCPR after 12pm, in case of inclement weather.
- H. Each manager is responsible for contacting NCPR concerning the rescheduling of games.
- I. Notify the Recreation Department of any changes of team manager contact information.

III. Eligibility

- A. All participants must be 16 years of age prior to participation and are required to pay the appropriate fee and complete a registration form to be considered an eligible player. Proper Identification is required.
- B. Player registration fees and forms must be on file with NCPR by 7pm on the Friday prior to the game in which he/she is to play.
NOTE: Once a player plays in one regular season game for a certain team, they may not switch teams. No player will be allowed to play with more than one team in a division.
- C. A player must be entered on the team roster prior to participation. Each roster is limited to 18 players, including manager and/or coaches.
- D. Roster additions may be made at Recreation Department during normal office hours. No additions will be allowed after **March 21, 2022**. There will be **NO MINIMUM** number of games a player has to participate in to be eligible for the post-season tournament, as long as they were on the roster prior to March 7th.
- E. **An illegal player** is defined as: a player participating under an assumed name and/or playing for a team in which he/she is not on that team's roster; or playing on more than one team in the same division.
- F. **An ineligible player** is defined as: a player who does not meet the requirements of the NCPR Code of Conduct [SEE PAGE 13]; or playing while under suspension.
- G. Any NCPR representative, official, or an opposing team all have the right to protest the legality of a player. NCPR has the right to check identification at any time; picture I.D.'s must be readily available upon request. This includes the right to check entire teams or just specific players in question.
NOTE: Any team found to be playing illegal players must forfeit the present game, those players will be suspended from the league for the next 3 scheduled games, and the manager will be suspended from the league for the next 5 scheduled games.
- H. **Uniform:**
 - a. All uniforms must be complete by the beginning of the first regular season game.
 - b. Each member of the team must have a shirt of the same color and must have a screen-printed or ironed-on number on the back of the shirt. Teams are not allowed to have duplicate jersey numbers (1 and 01, 3 and 03, 8 and 08, etc. are NOT the same number).
 - c. Officials will not allow a player without the minimum uniform to play, and a team will be charged a forfeit if they fail to provide 4 players dressed alike.
 - d. Shorts/Pants must be a different color than the flags with **NO BELT LOOPS OR POCKETS**.
 - e. No protective equipment may be worn: i.e. helmets, shoulder pads or hip pads. All protective medical materials (tape, pads, etc.) must be approved by the Game Official.
 - f. Molded cleats or tennis shoes are the only allowable footwear. **NO METAL, SCREW IN OR METAL TIPPED CLEATS ARE ALLOWED**. Shoes must be worn at all times.
 - g. Shirts must be long enough so they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.

- h. Only flags supplied by NCPR may be used; players may be asked to show the Site Supervisor a **VALID I.D. at the field in order to receive flags.**
- i. NCPR shall provide a regulation-sized game ball.
- J. Player may wear protective equipment providing it does not offer the person an unfair advantage. (gloves are allowed)

Playing Rules

All playing rules listed below will govern league play. In the event a situation is not listed below, it will default to the National Intramural-Recreational Sports Association (NIRSA) Flag Football Rules.

GENERAL RULES

- A. A game shall consist of (2) two 22-minute halves with running time.
 - a. During the first 20 minutes of the First and Second half, the clock will stop only for a team or official time out.
 - b. During the last two minutes of the first and second half, the clock will only stop on stop on team or official time outs, penalties, or if a player goes out of bounds.
 - c. After a stopped clock, **time will begin at the snap of the ball**
 - d. When a team is awarded a new series in the final 2 minutes of the game, the clock starts on the snap.
 - e. **The clock will Not run during a P.A.T. attempt in the last 2 minutes of 1st & 2nd half.**
 - f. Half time will be 5 minutes in duration.
 - g. The Back Judge is the Official Timer.
- B. A grace period of 5 minutes will be allowed for all games from the scheduled start time. Teams must have 4 eligible players on the field prior to the grace period running out.
- C. Each team is allowed three 60-second time outs per half.
- D. Once the ball is marked ready for play, a team has 25 seconds within which to snap the ball.
- E. A team may defer its toss option to the second half.
- F. Once a team captain declares a punt or makes a choice of going for a 1, 2 or 3 point conversion after scoring a touchdown, he/she may change the decision only if a charged time out is granted to either team.
- G. Only seven players per team are allowed on the field at a time. A minimum of four players is necessary to begin play. The game may be continued with fewer than 4 players if the team has a chance to win.
- H. The offense is only required to have the snapper on the line of scrimmage.
- I. All plays must originate with a snap from center. This snap must be received at least 2 yards behind the offensive scrimmage line. The snap does not need to be made between the legs of the snapper. The distance is determined by the point at which the ball is first touched following the snap.
- J. **Only one offensive player may be in motion when the ball is snapped.** This motion must begin more than one second before the ball is snapped, and must be parallel to or away from the line of scrimmage. A player may go in motion from the line but IS NOT considered being a player on the line.
- K. After the ball is ready-for-play, each player of the offensive team must momentarily be within 15 yards of the ball prior to the snap before moving closer to the sideline.

- L. No defensive player may be closer than 1 yard to the line of scrimmage during all scrimmage downs. Defensive players may not break the neutral zone until the ball is snapped. **Players may line up on the line of scrimmage, but they cannot blitz. A player MUST be at least 5 yards back at the blitz line held by the official.**
- M. **Turnover on Downs Ruling:** when a team's offense has used all of their downs but has not progressed downfield enough to earn an new set of downs, the resulting turnover gives possession of the ball to the team currently on defense. **They will begin their own 4 down series, from the spot of the ball.**
- N. Offensive players are responsible for helping retrieve the ball after a down has ended.
- O. All players not in the game, and spectators, must remain between the 20-yard line markers and two yards off the sideline.
- P. Alcoholic beverages will not be allowed at any time on County property or properties used by Nash County. If in the opinion of the official, League Director, or any NCPR Staff, a player or manager/coach has been drinking and is not removed from the game and playing area after the manager of the team involved has been notified, the game will be forfeited.
- Q. **Any person using profane or vulgar language will be removed from the field.** If a player is removed from the field for unsportsmanlike conduct, he/she shall be **automatically suspended for the next game played**, as well as being in jeopardy of being banished from the league, pending review by the Recreation Staff.
- R. Players/coaches are not allowed to smoke on Nash County Facilities.

SCORING

- A. Point values will be as follows:

-Touchdown:	6 points
- Safety:	2 points
- PAT from 3 yard line:	1 point
- PAT from 10 yard line:	2 points
- PAT from 20 yard line:	3 points
- B. **Touchdown verification:** The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the player is not de-flagged with one pull, and the official determines the flag belt has been secured illegally, the touchdown is disallowed, the player is disqualified and it is a foul.
- C. **Tie-Breaker:** Should a game end with a tie score, the following system shall be used:
 - a. Coin toss with the following options.
 - i. Offense or defense
 - ii. Goal - Both teams will use the same goal on offense.
 - b. Each team is allowed a series of 4 downs in which to score from the 20-yard line. A series is ended by:
 - i. Scoring a touchdown, PAT is attempted; if needed.
 - ii. **Interception -The ball is Live, for the defensive team to return. If the defensive player is ruled down/ flag is pulled. They will begin their 4 down series, if available.**
 - c. If the score still remains tied, each team will have another 4 down series with the opposite team having 1st option of offense or defense. This type of play will continue until a winner is determined.
- D. **Mercy Rule:** If a team is **19** or more points ahead when the Referee announces the 2-minute warning for the second half the game shall be over. If a team scores during the last minute of the second half and that score creates a point differential of 19 or more the game shall end at that point.

FIRST DOWNS

- A. A first down is awarded to a team when they advance the ball across the next 20-yard marker. Four downs will be allowed to complete the task.
- B. Only one first down per series of possession can be obtained at each 20-yard marker.

CARRYING

- A. A runner shall not flag guard by using his/her hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag. Spinning or jumping to avoid being de-flagged is legal. Actions such as slapping with the hand or stiff-arming are examples of flag

guarding.

- B. If a player **inadvertently** loses their flags or it is pulled by the opposition before gaining possession of the ball, the play will continue and the player must be **downed by a one hand touch**, between the shoulders and knees, including the hand and arm.
- C. A player will be ruled "down" when any part of their body other than the hand or foot touches the ground.
- D. The defender may not hold or tackle the runner while de-flagging the ball carrier.
- E. A fumbled or muffed ball is dead when it strikes the ground. **However, interceptions are live and may be returned for a touchdown.**
- F. **Inadvertent Whistle:** When an inadvertent whistle occurs while a ball is in player possession, the offensive team will have the option of taking the play with the ball spotted at its location when the whistle blew or replay the down. If the ball is loose following a backward pass or fumble, the team will have the option of taking the ball at the spot where possession was lost or replay the down. During a legal forward pass or any kick, if an inadvertent whistle occurs, the ball is returned to the previous spot and the down replayed.
- G. It is illegal to attempt to steal a ball in a player's possession.
- H. In pulling a flag and/or touching a ball carrier, a defender's feet MAY leave the ground. Diving is legal by defensive or offensive players however; the diving player is still responsible for any contact which they initiate.

PASSING

- A. A forward pass may be thrown from any point behind the line of scrimmage. **Once pass is completed, Teams will have TWO lateral pass during every Set of Downs (EXP. Every time a team's offense gets a first down, their TWO Lateral will reset) Teams' are NOT ALLOWED to stack lateral passes you only get two every set of downs. If a team uses more than two lateral pass during their set of downs, the play will be blown dead and will have FIVE(5) YARD Penalty. The penalty will be enforced from the CATCH of the Thrid(3) Pitch.**
- B. All incomplete backward passes shall be marked down at the point of ground contact.
- C. Only 1 forward pass may be attempted from behind the line of scrimmage on a given play.
- D. A forward pass is **illegal** if:
 - a. It is thrown from beyond the line of scrimmage.
 - b. It is intentional grounding.
 - c. It is thrown after a change of possession.
 - d. The passer catches his/her untouched forward/backward pass.
 - e. It is the second forward pass during a play.
- E. A player must have complete possession of the ball and first land inbounds to be a legal reception. **Only one foot is required for a pass to be a legal reception inbounds.**
- F. A pass intercepted in the end zone may be advanced.
- G. If the passer is de-flagged prior to releasing the ball, the ball is dead at that spot and the down has ended.
- H. If an offensive player goes out-of-bounds on their own volition and returns inbounds, it is an illegal participation foul.
- I. Contact is required for pass interference to be called (non-contact face guarding is no longer a foul).
- J. **Roughing the Passer:** Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass.

BLOCKING & RUSHING

- A. No part of the body except the feet shall be in contact with the ground and the feet must remain on the ground for the duration of the block.

- B. Blocking will be by **SCREENING ONLY**, meaning, a blocker must hinder a defender's movement through **positioning rather than body contact**.
- C. During a block, the body must remain upright with elbows and hands touching the body at the side or behind the back.
- D. While incidental contact may occur, blocking/rushing penalties will be called against the player **who initiates contact**.
- E. The defense may not use hands, arms, or legs as a wedge to gain an advantage over a blocker.

KICKING

- A. There will be no kickoffs or free kicks. Possessions beginning a new half will begin on the 3-yard line.
- B. Following any touchdown, the ball shall be placed on the 3-yard line with possession being given to the opponent of the scoring team.
- C. Following a safety, the ball shall be placed on the 3-yard line with possession being given to the team who just scored the safety.
- D. On each fourth down, the offense must announce prior to the ready for play whistle whether they will kick. Once the decision is made, it cannot be changed except if a Team A or Team B charged time-out is called, if a period ends, if a foul occurs, or an inadvertent whistle is blown any time prior to or during this down after the Team A captain's decision that results in the kicking team having the right to repeat the down again. In these situations, the Referee must ask the Team A captain whether he/she wants to punt or play and communicate this decision to the Team B captain. If a kick is to be made, the following procedures must be followed:
 - 1. The offense (no requirements for the defense) is only required to have the snapper on the line of scrimmage.
 - 2. The kicker must receive the snap at least two yards behind the center as for any other scrimmage play and the kick must be immediate.
 - 3. Any type of illegal delaying tactic will result in time being added back on the clock.
 - 4. Players of the kicking or receiving team may not advance beyond their respective scrimmage lines until the ball is snapped. The receiving team may attempt to block the kick after it crosses their scrimmage line.
 - 5. Once the ball is snapped, any receiving player may block the kick. Once the kick is blocked the ball is dead and the receiving team will take possession.
 - 6. If a defensive/ receiving player: contacts the plant leg of the kicker while his kicking leg is still in the air. slides into or contacts the kicker when both of the kicker's feet are on the ground. It is not a foul if the contact is not severe, or if the kicker returns both feet to the ground prior to the contact and falls over a defender on the ground
 - 7. Running into the Kicker. It is a foul for running into the kicker if a defensive player:;
 - i. contacts the kicking foot of the kicker, even if the kicker is airborne when the contact occurs
 - ii. slides under the kicker, preventing him from returning both feet to the ground
 - 8. If the ball hits a receiving team player beyond R's scrimmage line and is then caught by a kicking team player beyond R's scrimmage line, the ball is dead, belongs to K, and a new series begins for K.
- F. The kicking team may catch, touch, muff or bat a punt in flight beyond their line of scrimmage if no receiving team player is in position to catch the ball.
- G. A player on the kicking team who tackles, bumps or otherwise interferes with the returner before the ball is caught will be penalized. The officials will either call Fair Catch Interference (FCI), or Interference with the Opportunity to Catch (IOC).
- H. A punt which breaks the plane of the goal line is a touchback. A punt may not be run out of the end zone

ROUGHING/RUNNING INTO THE KICKER

No defensive player may run into or rough a kicker who kicks from behind the line unless such contact:

- 1. is incidental to and occurs after the defender has touched the kick in flight
- 2. is caused by the kicker's own motions
- 3. occurs during a quick kick or a rugby-style kick
- 4. occurs during or after a run behind the line
- 5. occurs after the kicker recovers a loose ball on the ground
- 6. occurs because a defender is pushed or blocked (causing a change of direction) into the kicker
- 7. is the result of a foul by an opponent

Penalties

- A.) The offended team may have its choice of the penalty or the result of the play.
- B.) When both teams commit an infraction during the same live ball period, regardless of the severity, the down is automatically replayed.
- C.) When a live ball foul by one team is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence. When the same team commits a live ball foul followed by 1 or more dead ball fouls, all fouls may be penalized.
- D.) All unsportsmanlike conduct penalties are penalized as a dead ball foul.
- E.) If a team receives three unsportsmanlike penalties the game will be forfeited
- F.) If a fight occurs on the playing field, all team substitutes are to remain in their team box. If a substitute enters the field to observe, separate participants, become involved in the fight, or whatever, he/she will be disqualified and a 10-yard unsportsmanlike conduct penalty will be enforced from the succeeding spot. Each individual substitute who enters illegally will be disqualified and penalized. Entering substitutes who are on the field for substitution purposes before the fight will not be penalized for being there if they do not participate in the fight.
- G.) The second unsportsmanlike conduct penalty by the same player or non-player results in ejection.
- H.) Establishing a Zone Line-to-Gain- Penalties for fouls with succeeding spot enforcement which occurs prior to the "ready for play" signal shall be administered **BEFORE** setting the zone line-to-gain box for a new series.
- I.) Establishing a Zone Line-to-Gain- Penalties for fouls with succeeding spot enforcement, which occur after the "ready for play" signal shall be administered **AFTER** setting the zone line-to-gain box for a new series.
- J.) Loose Ball Play. Exception: The penalty for roughing the passer on a completed forward pass will be enforced from the end of the last run when the run ends beyond the neutral zone and no change of possession has occurred ("tack on").
- K.) Safety/Goal Line. For a defensive foul, if the enforcement spot which is now the basic spot, is on or behind the offended team's goal line any measurement is from the succeeding spot or goal line.

Five Yard Penalties

Failure to properly wear required player equipment
Encroachment
Illegal substitution
Illegal formation, motion shift, snap (dead ball), or proceed
Helping the runner
Delay of game
F.I.C/O.I.C is enforced at the spot of foul
False start (dead ball)
Illegal position (offensive player not within 15 yards Of the ball)

Ten Yard Penalties

Personal foul
Kick catch interference
Roughing the kicker
Illegal participation
Protecting/guarding the flag
Illegal removal of the flag belt
Illegal batting
Illegal use of hands, arms, legs or body
Unsportsmanlike conduct (If a player flagrantly or maliciously tackles another player/runner)
Unnecessary roughness
Tackling the runner (**AUTOMATIC DISQUALIFICATION**)
Fighting (an attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to football) includes acts such as attempting to strike an opponent(s) with the arm(s), hand(s), leg(s), or foot (feet), whether or not there is contact (**AUTOMATIC DISQUALIFICATION**)
Intentionally contacting a game official physically (**AUTOMATIC DISQUALIFICATION**)
Defensive pass interference (if intentional or flagrant, the team may be penalized an additional 10 yards)
Offensive pass interference (10 yards)
Roughing the passer, plus automatic first down
Steal or attempt to steal ball from ball carrier
Consecutive encroachments in the same interval between downs
Illegally secured flag belt (if by Team A will also result in player disqualification and loss of down, if by Team B will also result in player disqualification and automatic first down) UNFAIR ACTS

Loss of Down Penalties

- Illegal forward pass if by Team A (5 yards)
- Illegally secured flag belt on a touchdown or Try by Team A (**AUTOMATIC DISQUALIFICATION**)
- Illegal backward pass if by Team A (5 yards)

VI. Forfeits

A game shall be forfeited for violation of the following: If a team scheduled to play, fails to place at least 4 eligible players at the start of the game or drops below 4 players and, in the opinion of the Referee, no longer has a chance to win; if a team or any member of a team shall delay the progress of a game, the opposing team could be declared the winner; if a player or manager engages in an argument with officials and refuses to continue the game, he/she will be ordered off the field. Failure to comply with the officials could mean a forfeit for his/her team. In case of a double forfeit, both teams will be charged with a loss. Any team not in compliance with the Code of Conduct could also result in a forfeit. If a team forfeits 3 games (which includes all call ahead forfeits), that team shall be removed from the league. All players on a team that have forfeited out of the league will not be allowed to play the remainder of the season with another team in that league.

VII. Ejections

- A. A player who is ejected from a game will be required to leave sight and sound of the facility within 2 minutes. If a player fails to leave after an ejection, the game will be forfeited by the officials. Managers should see that your player leaves promptly.

- B. If any player is ejected from the game he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by NCPR staff.

Possible actions include:

- One game suspension
- Multiple game suspensions and a meeting with the Recreation Staff
- Season suspension and a meeting with the Recreation Staff
- Indefinite suspension

- C. If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of Nash County Parks & Recreation Department indefinitely, pending review by NCPR staff.

Factors that may suggest a more lenient penalty include:	Factors that may suggest a harsher penalty include:
<ul style="list-style-type: none">- First offense- Apparent desire to reform- Leaving sight and sound of facility within 2 minutes	<ul style="list-style-type: none">- Personal attack on NCPR staff, referrers and spectators- Failure to leave sight & sound of facility within 2 minutes- Violation of law

- D. **Ejection Review Process:** Within 48 hours of a player being ejected, the Recreation Staff will initiate a review process consisting of:
1. Gather written reports and document eyewitness accounts of the event(s) that took place from individuals involved. This may include the site supervisor, game officials, and other players.
 2. After all information is gathered, the Recreation Staff will review all documentation. Once all documentation is reviewed, severity of the penalty will be determined as outlined in this manual. NCPR has the authority to decide the severity of the situation.
 3. The player will be informed by the Recreation Staff of the penalty and at this time, a meeting with the involved player, their team manager and Recreation Staff may be scheduled.

Tournament

- A. There will be a single elimination tournament that will begin at the conclusion of the regular season/ rain make-up games. It is the manager's responsibility to pick up schedules or call the Recreation Department following the regular season and/rain make-up games.
- B. Seeding in the tournament will be determined by the regular season standings in the division. In case of a tie for the regular season, tournament seeding will be based on (ranking order):
1. Head to head match-ups between the tied teams; if still tied
 2. Point Differential; if still tied
 3. Points allowed during the season; if still tied
 4. Points scored during the season; if still tied
 5. There will be a coin toss by NCPR staff to determine seeding's.

Awards

- A. Regular Season Division Champions will receive a team plaque and individual trophies.
- B. Post-Season Tournament Champions will receive a team plaque, individual trophies as well as championship t-shirts for all registered players.
- C. Post-Season Runner-Up will receive a team plaque and individual trophies

Inclement Weather

- A. Games shall be postponed when NCPR determines the field to be unplayable. **Managers** should contact the Recreation & Parks Department **AFTER** 12pm, and players should contact their managers.
- B. Under most conditions, a game will not be canceled. Managers need to make sure they have the official word from the Referee at the field or recreation staff that a game has been canceled. The original schedule will not be changed. Rained out games will be made up at the end of the regular season play, as much as possible.
- C. All suspended games will resume at the exact point where they were stopped.
- D. Teams will be given a Rainedout.com informational sheet. Team managers and players are encouraged to sign up for this service that will notify them when games are canceled (standard text messaging rates will apply).
- E. The Nash County has developed the following inclement weather guidelines to ensure early response in various inclement weather situations. The National Weather Service issues weather advisories, watches and warnings to inform the public of inclement weather. Staff will stay attuned to these advisories and modify programs accordingly. Inclement weather judgment calls to cancel, suspend, postpone and resume are case

by case depending on the forecast, radar development and visual observations of the sky. Should any of the following triggers occur causing undesirable and unsafe conditions; staff will alert the cancelation, suspension or postponement of an activity by using a whistle, air horn or megaphone. Participants, volunteers and other staff will be directed to a safe location until the threat or danger has passed and activities can resume.

Weather events include:

- Extreme Temperatures
- Severe thunderstorm watch or warning
- Lightning
- High winds
- A tornado sighting or warning

EXTREME TEMPERATURES

HEAT ADVISORIES

The heat index ranges issued by the National Weather Service range from little danger from heat; 65² - 81⁹ too dangerous to health; 106⁹ -115⁹ and above. High air temperatures and relative humidity distress individuals differently. Parents of children, adult participants and staff should take into consideration their own physical health conditions in making the decision to participate in an outdoor activity during a heat advisory. Proper hydration including the use of sunscreen, resting in shaded areas and wearing proper attire will be emphasized.

Action:

Staff will monitor heat index levels along with other weather related variables to determine if an activity needs to be postponed.

WINTER WEATHER

Program modification may take place when temperatures are forecasted to be or fall below 40 degrees. Outdoor activities may be cancelled or moved indoors. If temperatures fall below 40 degrees during an activity, staff will monitor the situation and act if necessary.

Action:

In the event of inclement weather involving snow and ice, program modification and a change to facility operating hours may take place. Any closings or adjustments to facility hours will be determined by the County Manager or Recreation Director. Decisions regarding cancellations or adjustments to programs can be made by Recreation staff.

SEVERE THUNDERSTORMS

Staff will monitor all available weather alerts issued by the National Weather Service, media and what is visibly seen and heard while outdoors. A severe thunderstorm can produce damaging winds up to 58mph with heavy down pours, and possible hail. There is a potential risk of flying debris, localized flooding and lightning strikes.

LIGHTNING AND THUNDER

Program modification will take place when lightning is detected within 10 miles of the facility by radar, visual monitoring or if thunder is heard. Staff will monitor all available weather alerts issued by the National Weather Service, media and that is seen and heard while outdoors. Lightning is an electric spark discharge in the atmosphere, occurring within a thundercloud, between clouds, or between a cloud and the ground. Lightning is very dangerous and is accompanied by tremendous flashes and roars of thunder. Outdoor activities will be suspended when lightning is detected within 10 miles of the facility. The location of lightning can be determined by the NWS, a storm monitoring device and by counting time between thunder and lightning strikes. Once lightning is seen, count the number of seconds until you hear thunder. Divide the number of seconds by 5. The answer is distance in miles of the lightning. Therefore, 10 miles would be 50 seconds.

Action:

If lightning is seen, or thunder heard, immediately suspend outdoor activities. Seek shelter* immediately and avoid trees, canopies, or tents. No activity will resume until there is no less than 30 minutes from the last strike or from the last sound of thunder is heard. Staff will keep track of time to ensure activities are not resumed until it is safe. Once the threat and danger has passed staff will announce that it is safe for the activity or event to resume.

People who have been struck by lightning do not carry an electric charge. Therefore, it is safe to perform CPR, if needed. Ideally, injured persons are moved into a safe shelter. Lightning-strike victims who show signs of cardiac or respiratory arrest need emergency help.

WIND

Program modification will take place when strong gusts of wind are detected by radar. Staff will monitor all available weather alerts issued by the National Weather Service, media and take initiative to secure loose objects to prevent objects from becoming airborne projectiles.

Action:

In conditions of winds reaching 58 MPH or higher (according to NWS weather reports) outdoor activities are to be suspended. All participants and staff will be advised to immediately seek cover indoors or in an enclosed vehicle away from trees or areas where things can become airborne. Once the threat and danger has passed staff will inspect the area to ensure it is safe and announce that it is safe for the activity or event to resume.

TORNADO WARNINGS & WATCHES

A Watch means there is a potential for a Tornado or the Tornado exists and a **Warning** means it is happening or very likely to happen. Program modification will take place when a tornado warning is issued. Staff will monitor all available weather alerts issued by the National Weather Service and media. Immediate action will be taken to safe guard the health and well-being of all individuals in the immediate area.

Action:

When a tornado warning is issued within Nash County, outdoor activities will be suspended. Staff will advise all participants, staff and spectators to immediately move indoors and seek shelter*. Participants and staff will be directed to an area indoors away from windows and doors. Staff will continue to monitor the location of the tornado and prepare participants to respond. Large gym areas will be avoided at this time. Staff will instruct participants to get under a heavy piece of furniture or inside interior closets if the tornado threatens the immediate area. Participants and staff will assume the protective position by squatting low to the floor and covering their head. Children, visitors and participants may need guidance to prepare for a tornado. Never remove a person from a wheelchair. Have them bend over safely and put their hands over their head. Once the threat and danger has passed staff will check the health and well-being of all participants, contact EMS if there are injuries, access damage and guide participants to safety.

SHELTER*

Shelter is defined as an ideal safe structure or fully enclosed building with plumbing, telephone and electrical service, which aid in grounding the structure. A fully enclosed automobile or school bus with all the windows rolled up is a reasonable shelter, although care must be taken to avoid contact with any metal inside the vehicle. Golf carts and convertible cars are not safe shelters. Dugouts and golf shelters are not safe shelters and are not grounded for the effects of lightening.

Avoid the use of shower facilities for shelter and do not use showers or plumbing during a thunderstorm; electrical current from lightening can enter the building through plumbing connections. It is also unsafe to stand

near utilities or use a landline telephone during a thunderstorm because of the risk of the current traveling through the lines. Cellular and cordless telephones are safe.

If a suitable safe shelter is not available, it is best to avoid tall objects (trees, light poles, etc) that allow lightning an easy path to the ground. It is important to avoid being the tallest object. In an open field, people should crouch with their legs together, the weight on the balls of their feet, arms wrapped around their knees, and head down with their ears covered. The person should minimize contact with the ground and should not lie flat.

NASH COUNTY RECREATION DEPARTMENT
"CODE OF CONDUCT CONTRACT"
ADULT FLAG FOOTBALL LEAGUE

All flag football players and coaches shall be guided by the following:

1. No player or manager shall refuse to abide by an official's decision.
2. No player or manager shall be guilty of objectionable demonstrations of dissent at an official's decision.
3. No player, other than the manager shall, discuss with an official in any manner, the decision reached by an official.
4. No player shall be guilty of using unnecessary rough tactics in the play of the game against the opposing team.
5. No player or manager shall at any time, lay a hand, push, shove, strike, or threaten to strike an official.
6. No player or manager shall be guilty of verbal abuse upon any official for any real or imaginary wrong decision or judgment.
7. No player or manager shall be guilty of aggressive behavior or physical attack as an aggressor upon any player, official, or spectator.
8. No player or manager shall be guilty of allowing team spectators to heckle any official, scorekeeper, or facility supervisor. It will be the manager's responsibility to control team spectators. If the manager cannot control their spectators, he/she may obtain assistance from NCPR staff.

A player who is ejected from a game will be required to leave sight and sound of the facility within 2 minutes. If a player fails to leave after an ejection, the game will be forfeited by the umpire. Managers should see that your player leaves promptly.

If any player is ejected from the game he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by NCPR staff.

If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of Nash County Recreation Department indefinitely, pending review by NCPR staff.

This contract MUST BE signed by the player and manager.

PLAYER: _____

MANAGER/ Team Name: _____

DATE: _____

