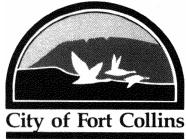


## CONTENTS

Important Phone Numbers . . . . .	3
General League Information . . . . .	4
Team Responsibilities . . . . .	5
Flag Football Rules . . . . .	6
Misconduct . . . . .	13
Consumption of Alcohol . . . . .	14
Communicable Disease Rule (Blood Rule) . . . . .	14
Points of Emphasis for Flag Football . . . . .	15
City of Fort Collins Code of Conduct. . . . .	17



City of Fort Collins  
Parks and Recreation

---

*Adult Flag Football Manual*

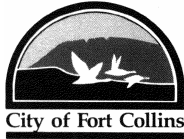




**IMPORTANT PHONE NUMBERS**

League Directors - **Tom Zimdahl** ..... 221-6385  
                                  **Angie Meredith** ..... 221-6356

City Line ..... 416-2489 X 5641



Parks and Recreation

## **General Information**

All managers are responsible for the information contained in this manual as well as making sure that all players are aware of the information that is contained in this manual.

Rules and regulations contained in this manual are governed by NIRSA (National Intramural Recreational Sports Association), the only governing body of flag football rules in the United States.

**Elastic Clause:** The League Director shall have complete charge of the Adult Flag Football League. Any and all situations not specifically covered by these rules shall be acted upon by the League Director, and all actions by him will be FINAL.

## **Introduction**

Flag football is a modification of regular football by means of changes in certain rules. These rule changes are necessary to protect the participants, since no provisions are made for protective equipment, training, or supervision as found in the regular game. For this reason, it is highly desirable that participants carefully observe the rules and the spirit of the regulations in order to enjoy an otherwise rugged activity with the least amount of physical injury.

## **Purpose and Organization of the League**

The purpose of the league is to combine the interest of the flag football teams of the community into friendly rivalry, wholesome recreation, and clean sportsmanship.

## **Functions of Fort Collins Parks and Recreation**

Fort Collins Parks and Recreation shall be responsible for the financial program, the general organization of the leagues, and the scheduling of dates for leagues.

## **Governing Body**

The league governing body will be the City of Fort Collins Parks and Recreation.

## **Registration, Roster, Transfers, and New Players**

1. The keeping of the players' roster of each team, transferring of players and the addition of new players shall be the responsibility of, and subject to the approval, of the League Director.
2. All team rosters are unlimited. **All players must be at least 16 years of age.**
3. Players may play in different leagues. Players may not play on two different teams on the same night.
4. Players must have a photo ID available for identification at all times.
5. Any team found guilty of playing a person under an assumed name will be charged with a forfeit and a fine. That player will also be ineligible to participate in the league for the remainder of the season.

## **Forfeit**

Teams must have six (6) or more players to begin the game. Game time is forfeit time. Teams forfeiting must pay a \$25.00 forfeit fee before next game.

## **Protests**

All protests concerning rule interpretations must be made before the next snap of the ball and require the payment of a \$50.00 protest fee (CASH ONLY). No protest will be allowed on judgment calls.

Protests concerning player eligibility will be handled in the following manner: Any team who feels a player is playing under an assumed name must notify the referee, when that player enters the game, of their intent to protest. At this time, the player must show a current picture ID. If a player does not have a picture ID, that player will be ineligible to play in the game. In case of roster check, the team must file a roster check protest with the field supervisor prior to the last play of the game.

## **Determination of Wet Ground**

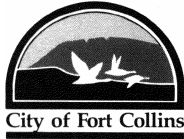
After 5:00 P.M., the Field Supervisor will determine when grounds are too wet to play. Prior to 5:00 P.M., the determination will be made by the Parks and Recreation Staff. Players are to call 416-2489 code #5641 for information after 4:00 P.M.

## **Team Responsibilities**

1. Each team is required to have like-colored, numbered jerseys; uniforms are not required.
2. Pay required entry fee by deadline.
3. Be on time for all games.
4. Follow all league rules as stated in the manual.
5. Regulation ball for offensive series.

## **City Responsibilities**

1. Provide a minimum of a referee and umpire for all games.
2. Provide safe facility for game play.
3. Provide flags.
4. Keep managers informed of all changes to rules, schedules, or other program information.



Parks and Recreation

## **Length of Games**

Playing time - two 18-minute running clock halves with no more than 3 minutes between halves; 25 seconds between plays. Each team receives two 1-minute time-outs per half. During the last two minutes of the 2<sup>nd</sup> half, the clock will stop on every official's whistle and will restart on the official's whistle if the result of the play did not require the clock to stop. If the result of the play did require the clock to stop, the clock will restart on the snap of the ball.

NOTE: If one team is ahead of another team by seventeen (17) or more points, the clock will not be stopped the last two minutes of the game.

The following are the only results that require the clock to remain stopped until the next snap:

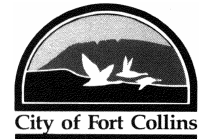
1. The play ends as a result of an incomplete pass.
2. The play ends as a result of the player with ball control (on the ball) going out of bounds.
3. The play ends after having a change of possession.
4. The play ends with a touchdown.
5. The play does not begin because of a delay of game penalty against the offense, and the offense is leading.
6. An accepted penalty.

Two minute warning - The two minute warning will be given to both team's captains in both halves. In the first half, the warning is strictly informative; in the second half, it is an official's time-out.

## **Flag Football Rules**

### **A. General Rules**

1. Penalties: 5-yard penalties, 10-yard penalties and 15-yard penalties will be enforced.
2. Teams: Eight players on a team. Five players must be on the line of scrimmage (at the snap) for the offense. The defense must have at least three (3) on the line of scrimmage (at the snap) for punting situations only.  
Penalty: 5 yards from line of scrimmage, repeat the down.
3. Playing field: 72 yard field, divided into fourths (18 yards) to note first downs needed, with a 8 yard end zone. Total field length with end zones is 86 yards.
4. Officials: Minimum of a referee and umpire for all leagues.



5. A player's equipment may not include headgear except for a soft stocking cap, being of wool or some material like it. The cap may not have a bill of any kind. Knee braces, if all the hard surfaces are properly covered and with no metal in front of the knee, are considered legal. Knee pads are legal but, they may not be made of the following materials: Sole leather, plaster, metal, or other hard substance. Even though covered with soft padding, the knee pads must be soft and at least 1/2" thick or 3/8" thick if made of an approved shock-absorbing material. All clothing must be tucked in so that flags and belts are visible. Only tennis shoes and soft rubber cleats are permitted as footwear. The molded type of soccer shoe will be permitted. No metal-cleated football shoes, golf or track shoes, work or cowboy boots, or bare feet will be allowed.

Each player's pants, pant trim, or shorts must contrast with the flags (flags are red, yellow and blue). Multicolored or flowered apparel will not be permitted. Final judgment will be left to the game officials. If a player wears a "half-shirt", the shirt may not touch his flag belt. No jewelry is allowed unless taped to the body.

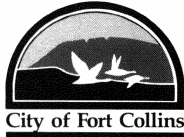
NOTE: Wedding rings and religious or medical medals will be allowed if properly covered with tape and declared safe by an official.

Gloves are allowed providing they contain no metal, no padding, and no abrasive materials. All gloves and all pads shall be inspected by an official for legality and safety and approved/disapproved accordingly. (Items must be checked before each game.)

NOTE: No pads or padding below the elbow.

"Stickum" will be allowed in small amounts. It may not be applied directly to a ball and may not be used in excess. (A ball may be removed from the game for excessive "stickum".)

6. Captains: Only one captain on the field may be designated to talk to the officials and to make decisions. Captains' first choice of any option shall be final. Each captain (three (3) maximum per game) must participate in the pre-game conference with the officials.
7. Players must tuck in their shirts in such a manner that the shirt will not interfere with their flags.
8. All players on the sidelines must remain between the 18-yard lines and behind the line running parallel to the playing field.



Parks and Recreation

## *Adult Flag Football Manual*

---

9. **All alcoholic beverages and glass bottles are forbidden in the park as per the City's Open Container Ordinance.**
10. Team managers are responsible for checking in and out flag belts and scrimmage vests for their team at each game.
11. All players are required to wear a set of flags. In the case of an inadvertent detached flag:
  - a. **When a runner or receiver loses his/her flag either accidentally or inadvertently, play continues. The de-flagging occurs by a one handed tag between the shoulders and knees.**
  - b. **On a pass play, a potential receiver who drops his flag then catches the ball will be de-flagged by a one handed tag between the shoulders and knees.**
  - c. **If a defensive player is caught pulling the flag off of an offensive player before receiving the ball, an unsportsmanlike penalty will be assessed.**
  - d. **Player legally de-flagged without the ball who then again becomes a legal ball carrier must be tagged with one hand between the shoulders and knees.**
12. The ball is dead when it touches the ground. Exception: A punt before it's touched and a center snap to the punter.

### **B. Neutral Zone**

1. The neutral zone is from the forward point of the football, one yard to the defensive scrimmage line and extended to each sideline. It is established when the ball is ready for play. The official will mark the forward point of the football with an orange disc and step forward 1 yard and mark with a gold disc.

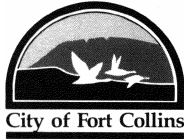
### **C. Scoring**

1. Scoring: Scoring a touchdown is 6 points. PAT's may be advanced by defense for 1 point (College Rule). No kicks for field goals are allowed.
2. Point after Attempt: 1 or 2 Points. An opportunity to score 1 point from the 3-yard line or 2 points from the 10-yard line shall be granted the team scoring a touchdown. While time is out, there shall be one scrimmage play, unless changed by penalty.

3. Safeties: 2 points, plus the defense gets the ball on their 18-yard line. If centered ball lands in the end zone, it is an automatic safety with defense team gaining control on their own 18-yard line. A penalty committed by the offense in their own end zone will result in a safety.
4. Tie Games: A tie at the end of regulation will be played as a 18 yard overtime procedure: A coin toss will determine who receives the ball on the opponents 18 yard line first. Each team will have the opportunity with 4 downs to score. Play continues until a winner is decided. All play will be at one end of the field.

## D. Playing Rules - Offense

1. Spinning is allowed. (Not an excuse for running over a defender.)
2. Eligible receivers: All players are eligible to receive passes.
3. Sleeper play: No offensive player may be “spread” more than 15 yards from either side of the ball; he must come from the huddle. The sleeper play is illegal.
4. The ends may reset their position, but must be set for one complete second before the ball is snapped.
5. Legal forward pass:
  - a. When one offensive player deflects ball and a defensive player touches ball and deflects to second offensive player.
  - b. One foot must be in bounds for legal catch.
  - c. When one offensive player deflects ball and another offensive player catches it.
6. Lateral: Any pass thrown overhand or underhand behind or parallel to the passer’s sideline.
7. Lateral pass: Any number of passes executed forward or backward behind the line of scrimmage. (Only one pass may cross line of scrimmage on each play.)
8. Kickoffs: No kickoffs. Start on 18-yard line with flip of coin.
9. Punts:
  - a. Receiving team must have at least three (3) men on the line of scrimmage (regular set).



Parks and Recreation

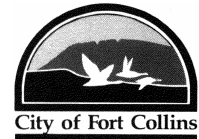
## *Adult Flag Football Manual*

---

- b. Kicking team or offensive team must have at least five (5) on the line of scrimmage (regular set).
  - c. The offensive team is only required to tell when it is punting on fourth down. Both offensive and defensive teams must respect the neutral zone until the ball has been kicked. The punt must come from at least 5 yards behind the line of scrimmage. The punter must kick the ball within 10 seconds after receiving the snap from center.  
NOTE: The ball is not dead when it touches the ground on a snap from center; kicker may pick it up off the ground.
  - d. Defense may not rush and offense may not leave line until after ball has been kicked. All players on the line of scrimmage must remain in the same position from the time the ball is snapped until the time the ball is kicked. (All players must face the line of scrimmage.)
  - e. You can let a punt hit the ground and then field it and run with it.
  - f. Fair catch: Receivers of a punt must signal by extending arm overhead and waving. Kicking team must allow punt returner room to catch the ball.
  - g. Ball kicked into end zones: Ball can be run out of the end zone. If ball is dropped in the end zone, it is a touchback. If a player is de-flagged in the end zone, it is a touchback.
10. No offensive player may screen block on the defensive side of the line of scrimmage on a pass play until after the pass is caught.  
Result: Offensive pass interference (10 yards - loss of down).

### **E. Playing Rules - Defense**

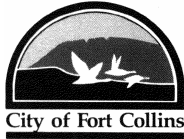
- 1. Tackling inside the 18-yard line: The ball will be placed on the 1-yard line and a first down will be awarded.
- 2. Flagrant impeding the runner will be enforced when a defensive player makes an attempt to stop a runner's forward momentum without attempting to de-flag the runner – 10 yard penalty. Minor impeding will result in a 5-yard penalty. Spot of foul or result of play.
- 3. Roughing the passer will be defined as any contact with the passer. Any contact with the quarterback's head, whether intentional or not, will result in a 15 yard penalty, automatic 1<sup>st</sup> down and ejection from the game.
- 5. Any of the following will be considered defensive pass interference:  
Spot of the foul and automatic 1<sup>st</sup> down.



- a. If a defensive player has contact with an eligible receiver who is beyond the offensive line of scrimmage (first orange marker).
- b. Face guarding (interfering with a receiver's vision of the ball while not playing the ball).
- c. If defensive pass interference takes place in the end zone, the ball will be placed on the 1-yard line and an automatic first down awarded.
- d. Defensive back holding a receiver or potential receiver.
- e. If an eligible receiver is de-flagged prior to touching the ball on a pass.

## F. Penalties

1. **Blocking:** The offensive screen block shall take place without contact. The screen blocker shall have their hands and arms at their side or behind the back. Any use of the arms, elbows, or legs to initiate contact during an offensive players screen block is illegal. A blocker may use arms and hands to break a fall or retain balance. A player must be on their feet before, during, and after a screen blocking. Penalty: Illegal Contact, 10 yards, loss of down.
2. **Screen blocking fundamentals:** A player who screens shall not:
  - a. When they are behind a stationary opponent, take a position closer than a normal step from them.
  - b. When a player assumes a position at the side or in front of a stationary opponent, make contact with them.
  - c. Take a position so close to a moving opponent that their opponent cannot avoid contact by stopping or changing directions. The speed of the player to be screened will determine where the screener may take a stationary position. This position will vary and may be one to two normal steps or strides from the opponent.
  - d. After assuming a legal screening position move to maintain it, unless they move in the same direction and path as their opponent. If the screener violates any of these provisions and contact results, they have committed a personal foul. Penalty: Personal foul, 15 yards.
3. **Blocking and interlocked interference:** Teammates of a runner or passer may interfere for them by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. Penalty: Personal foul, 10 yards, loss of down from the spot of the foul.
4. **Use of hands or arms by the defense:** Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official. A blocker may use arms or hands to break a fall or retain balance. Penalty: Personal foul, 10 yards from the spot of the foul.



Parks and Recreation

## *Adult Flag Football Manual*

---

5. **Tackling:**

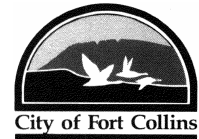
- a. An attempt to encircle the body of an opponent with hands or arms, thus impeding his progress. Penalty: 10 yards, at the end of the run.
- b. Tackling or pushing a ball carrier who is running near a sideline for the purpose of knocking him out of bounds. Penalty: 10 yards, at the end of the run (possible ejection).

Ball carrier's progress can be stopped only by de-flagging.

- c. Tackling or knocking runner out of bounds or any other means to prevent a score within the 18-yard line - ball will be put on the 1-yard line and first down awarded.

NOTE: Repeated violations inside 18-yard line may result in a touchdown being awarded (possible ejection).

6. **Clipping:** Running or driving into the back, or throwing or dropping the body across the back of the leg or legs of an opponent, or pushing an opponent in the back. Penalty: 10 yards, loss of down and possible ejection.
7. **Protecting flags:** The ball carrier shall not protect his flags by blocking with arms or hands, to stop an opponent from pulling or removing flags. Penalty: 10 yards from the spot of the foul.
8. **Intentional grounding:** Penalty: 5 yards and loss of down from line of scrimmage. Note: grounding the ball to stop time is not a penalty.
9. **Motion:** Any one player in the offensive backfield may be in motion, but not in motion toward the opponent's goal line. Other offensive players must be stationary in their positions without movement. Penalty: 5 yards from scrim.
10. **Roughing the passer:** When the defensive players rush the passer, trying to de-flag or block the pass, letting their momentum carry them into the passer. Defensive players may not have any unnecessary physical contact with the passer. Penalty: 15 yards from the succeeding spot and automatic 1<sup>st</sup> down.
11. **Hurdling:** An attempt by the ball carrier to jump over a player who is still standing or is on his hands and knees. Penalty: 10 yards from the line of scrimmage.
12. **Straight arm:** Extended to ward off an opponent. Penalty: 10 yards from the line of scrimmage.



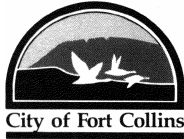
13. **Butting or lowering head:** By offensive runner is illegal. Offensive runner may not run over defensive player. The runner must attempt to run around him. Penalty: 10 yard from the spot of the foul and loss of down.
14. **Illegal procedure:** Interior linemen - center, guards, and tackles are eligible to receive passes but are not classified as ends. Ends are allowed to readjust their stance or position after being set. Ends must be set after shifting for one full second before the ball is snapped.
15. **Stance:** Players may use a 2, 3, or 4 point stance.
16. **Snapping the Ball Before a Signal From the Official:** Penalty: 5 yards from the previous spot.
17. **Inadvertent Whistle:** The team in possession at the time of the inadvertent whistle has the choice to accept the play at that spot (when whistle is blown) or to replay the down.

**G. Penalty Enforcement**

1. If the penalty occurs during a loose ball play, the penalty is enforced against the offensive team from the previous spot and the down played over. Penalty assessment: Any major 10-yard penalties will be assessed half the distance to the goal inside the 18-yard line; and 5-yard penalties half the distance to the goal inside the 10-yard line.

**Misconduct's**

- ◆ **If an altercation takes place, any player entering the field of play who was not a participant in the previous play will be removed from the game. Entering a substitute into the game will not be allowed.**
- ◆ **Any flagrant blow to an opponent (intentional or unintentional), will result in ejection from the game and a minimum suspension of two games.**
- ◆ **Any two- (2) flagrant or unsportsmanlike conducts will result in a forfeit.**
- ◆ **Any unsportsmanlike conduct will not be tolerated. Players will be ejected from the game for such actions.**
- ◆ **Any player who swears will be ejected from the game.**
- ◆ **Players who are ejected from the game must leave the complex within 2 minutes.**



Parks and Recreation

### **Consumption of Alcohol**

1. **No alcoholic beverages or glass bottles are allowed in City parks. No player, manager, coach, or team representative is allowed to drink alcoholic beverages before or during a game. Violation of this rule will result in that person being unable to participate in the game or ejection from the game. The Fort Collins Police Department is enforcing the open container ordinance. There should be no open alcoholic containers at the ball fields.**

**The City of Fort Collins has an “Open Container” law that states: It is unlawful to have open containers of alcoholic beverages in any City park or ballfield.**

2. **Anyone found in violation of any City ordinance at any City parks or facilities, in which they receive a citation from the Fort Collins Police, face possible suspension from league participation.**

### **Communicable Disease Rule (Blood Rule)**

City league procedures to deal with bleeding participants:

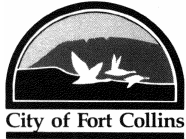
1. Whenever a player suffers a laceration or wound, where bleeding or oozing occurs, the game will be stopped immediately.
2. The player will be removed from the game until the bleeding is stopped and the wound is adequately covered.
3. If a legal substitute is available, he/she will replace the injured player and play will continue.
4. If no substitute is available, the game clock will be stopped for a reasonable length of time (3 to 5 minutes) to enable the injured player time to dress his/her wound.
5. The player may re-enter the game only with the officials’ approval. This means bleeding must be stopped and/or wound covered. Any article of clothing that is saturated with blood must be removed and replaced. Replacement jerseys are not required to have numbers.

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



## **POINTS OF EMPHASIS FOR FLAG FOOTBALL**

1. The ends may reset their position, but must set for one (1) complete second before the ball is snapped.
2. A player must catch a pass with one foot in bounds for a legal catch.
3. Tackling inside the 18-yard line will result in the ball being placed on the 1-yard line and a first down being awarded.
4. Players must tuck in their shirts in such a manner that the shirt will not interfere with their flags.
5. All players on the sidelines must remain between the 18-yard lines and behind the line running parallel to the playing field. If violation occurs, delay of game penalty will be enforced.
6. Please review screen blocking techniques with your players.
7. **Inform your team and spectators that there are to be no alcoholic beverages or glass containers allowed in the park. Players caught drinking will face game suspensions.**
8. Flags are provided by Parks and Recreation.
9. Team managers are responsible for checking in and out flag belts and scrimmage vests for their team at each game.
10. The center hike must be between the center's legs; possession of the ball must be transferred to the quarterback. The quarterback cannot pass the ball back to the center through the center's legs. Penalty: Illegal procedure.
11. Once the quarterback has placed his hands under the center to receive the hike, the quarterback cannot shift out of that position. Penalty: Illegal procedure.
12. At least five (5) players must remain on the offensive line when the ball is hiked. If the end is the 5th lineman and shifts, he must be set for one full second on the line of scrimmage. Penalty: Illegal procedure.



Parks and Recreation

**Points of Emphasis for Flag Football Continued ...**

13. A runner may hurdle an offensive or defensive player to avoid injury, but cannot hurdle or leave his feet to avoid being de-flagged.
14. A player in motion can be parallel with the line of scrimmage in one direction only and must be one yard from the line of scrimmage.
15. During a punt, the ball is considered released when the ball is actually punted. If a foul occurs after release and before possession by the receiver and a foul is committed after the ball is received, they will not always be offsetting.
16. If a defensive player intercepts a pass in the end zone, he has the option to down it or run it out of the end zone. If a player is de-flagged while running the ball out of the end zone, regardless of intent, it is a touch back.
17. **There is a “zero tolerance” to swearing and unsportsmanlike conduct. Players will be ejected from that game and a minimum of the following game. Players who are ejected need to leave the complex or face longer suspensions.**

*City of Fort Collins Parks & Recreation*  
**CODE OF CONDUCT**

**Definitions:**

**PARTICIPANT**

**Participant:** Any coach, player, spectator, or any other person involved in any way with any class, sporting or non sporting event sponsored by the City of Fort Collins Parks and Recreation.

**Coach:** A person designated as a team spokesman. One who is either a player or non-player.

**Player:** A person who physically participates in the game or is on the roster.

**Spectator:** A person who watches the game for entertainment with no physical involvement.

**STAFF**

**Official:** A person on the field or court to administer the rules.

**Field Supervisor:** A City employee in charge of the operation and staff of a scheduled game, match, or event.

**Parks Employee:** A park technician or employee of the City providing services to fields, parks, courts, or events.

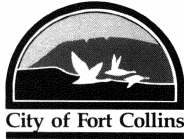
**League Directors:** The full time Parks and Recreation employees designated to organize or supervise an activity.

**OTHER DEFINITIONS**

**Participation:** Any involvement in Fort Collins Parks and Recreation activities such as spectating, officiating, playing, coaching, registering for a class, or attending a sporting or non sporting event.

**Recreation Activities:** Any class, sporting or non sporting event sponsored by the City of Fort Collins Parks and Recreation.

**Law Enforcement Officer/Emergency Services:** City of Fort Collins Police Officer, Larimer County Sheriffs Department, Colorado State Patrol, Poudre Valley Fire Authority, Poudre Valley Hospital Emergency Services in the scope of employment or in emergency situations.



Parks and Recreation

## **CITY OF FORT COLLINS SPORTS CODE OF CONDUCT**

**Any participant who is ejected from a game will be suspended from the current game immediately as well as the proceeding scheduled game. Any participant who violates section 1-5, will be suspended from the current game and will remain suspended until further notice by the League Director. Participants who are ejected from a game, must leave the facility immediately.**

---

---

**1. NO PARTICIPANT SHALL:** Be guilty of a physical attack upon any player, coach, spectator, staff, or official. This includes but is not limited to laying a hand upon, shoving, striking, or touching in a threatening manner.

**MINIMUM PENALTY:** Removal from the current game and suspension for the remainder of the season. This participant will also be placed on probation for one year.

**MAXIMUM PENALTY:** Suspension from any City of Fort Collins sponsored recreational activities and events for up to five years.

---

**2. NO PARTICIPANT SHALL :** Refuse to abide by an official's decision and /or discuss in an unsportsmanlike manner, the decision reached by such an official.

**MINIMUM PENALTY:** Removal from the current game and suspension from the proceeding scheduled game. This participant will also be placed on probation for the remainder of the season.

**MAXIMUM PENALTY:** Suspension from all recreational activities for one year.

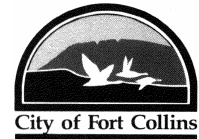
---

**3. NO PARTICIPANT SHALL:** Use unsportsmanlike conduct in the form of obscene language, verbal attacks, or objectionable demonstrations of dissent concerning an official's decision or towards another player, spectator or staff.

**MINIMUM PENALTY:** Removal from the current game and suspension from the proceeding scheduled game. This participant will also be placed on probation for the remainder of the season.

**MAXIMUM PENALTY:** Suspension from all recreational activities for one year.

---



**4. NO PARTICIPANT SHALL:** Use unnecessary roughness in the play of a game against an opposing player.

**MINIMUM PENALTY:** Removal from the current game and suspension from the proceeding scheduled game. This participant will also be placed on probation for the remainder of the season.

**MAXIMUM PENALTY:** Suspension from all recreational activities for one year.

---

**5. NO PARTICIPANT SHALL:** Be cited in violation of the City of Fort Collins open container or other alcohol/drug laws in City parks or facilities or, appear on the court or field of play under the influence of drugs or alcohol.

**MINIMUM PENALTY:** Removal from the current game and suspension from the proceeding scheduled game. This player, manager, or coach will also be placed on probation for the remainder of the season.

**MAXIMUM PENALTY:** Suspension from all recreational activities for one year.

---

**6. NO PARTICIPANT SHALL:** Smoke while in any facility used for City recreational programs or coming off or going on the field of play, or while on the fields of play.

**MINIMUM PENALTY:** Warning by the official.

**MAXIMUM PENALTY:** Removal from the game.

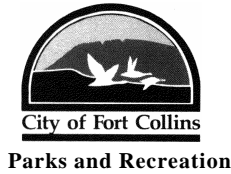
---

**7. NO PARTICIPANT SHALL:** Be in violation of any three of the above conduct rules.

Three violations in any class, sporting or non/sporting event sponsored by the Fort Collins Parks and Recreation will result in the following:

**MINIMUM PENALTY:** Suspension from any City of Fort Collins sponsored events or activities for one full year and two years probation.

**MAXIMUM PENALTY:** Suspension from any City of Fort Collins sponsored events or activities for up to five full years.



**PROBATION:** Any participant who violates any of the above conduct rules while on probation shall be subject to suspension for one to five years.

**APPEALS:** Appeals of any decision may be made in writing to the Recreation Sports Administrator by submission of a written statement of appeal, including a description of the decision in question and related events and the basis for the appeal within fifteen calendar days of the issuance of the decision to be appealed. The appealing party may provide additional information in support of the appeal. The Administrator will conduct such investigation as he or she determines to be appropriate, given the basis of the appeal and the related facts, and may conduct an informal hearing on the matter in his or her discretion. A written decision on the appeal shall include an explanation of the basis for the conclusion reached and shall be provided within thirty days of the filing of the appeal unless the Administrator determines that additional time is required to properly obtain, review and consider information relevant to the appeal.