

6-10 PENALTIES

- A. A penalty/foul which occurs by the offense or defense during a running play, pass, or punt is marked off from the original line of scrimmage.
- B. Exceptions: Penalties by the Defense
The following penalties by the defense will be enforced at the spot where the play ends:
- 1) unnecessary roughness
 - 2) unsportsmanlike conduct
 - 3) defensive pass interference
 - 4) illegal tag by the defense
- C. The official has the right to eject or suspend any player if penalty is flagrant. (These penalties by the offense would be taken from the original line of scrimmage.)
- D. All penalties are optional by the offended team.

6-11 MISCELLEANOUS

- A. Other than the exceptions herein stated, the league will be governed by the National College Touch Football Rules and the Parks, Recreation & Forestry Department Administrative Committee.

**Green Bay Parks,
Recreation & Forestry Department
-Adult Recreation League Information-**

Website: www.greenbaywi.gov/football
Go to quick links, Select Adult Rec. Leagues

*Add players

*League standings

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*Remove players

*League schedules



City of Green Bay Parks, Recreation & Forestry Department

FOOTBALL BY-LAWS



Adult Football Leagues

greenbaywi.gov/parks

Information Line: 920-448-3367

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- 1) A pass from center that touches the ground before or after being touched by a player.
- 2) A fumbled ball that touches the ground during a play.
- 3) A muffed ball that touches the ground during a lateral or backward pass.

EXCEPTION: A punt that is touched by a member of the receiving team and then touches the ground. (Receiver's ball, first down).

NOTE: If these situations occur during 4th down and before 1st down is achieved, this rule does not apply and the defending team gains possession of the ball. If these situations occur after the first down is achieved, the rule remains in effect.

- 6-8 PASS INTERFERENCE
- A. Offensive interference-interference by players of the passing team from the time the ball is snapped until the pass is touched. Penalty-15 yards.
 - B. Defensive interference-interference by opponents (defense) from the time the pass is made until it is touched. Penalty-is down at spot of interference to be enforced no farther than one yard line.
 - C. When the ball is in the air on the forward pass play there will be no interference beyond the line of scrimmage with any player of either team.
 - D. Simultaneous interference-May only occur when two or more eligible players make a simultaneous or bona-fide effort to catch or bat the ball.
 - E. For pass interference to occur the ball has to be catchable.

- 6-9 OFFSIDE
- A. No part of any person may be beyond their scrimmage line or restraining line when the ball is put in play.
 - B. The offensive and defensive players may not cross the neutral-zone after the ball is ready to play. Entering the neutral zone is considered offside. Five yard penalty-down remains the same. The whistle should stop play before ball is snapped.

- B. The entering player may not withdraw until after one down, and a withdrawn player may not return until after one down.
- C. For illegal substitution penalty—5 yards. NOTE: Spot of enforcement-if foul occurs before or simultaneously with snap of the ball, the ball remains dead. If the foul occurs after the snap of the ball, the non-penalized team has choice of down or penalty.

6-6 TOUCHING

- A. The ball is dead immediately upon the runner being touched by both hands simultaneously between the shoulders and knees, including the shoulders and arms, providing the player has control of the ball.
- B. The ball is dead when the ball carrier has touched the ground with a knee, or any other part of the body except the hands.
- C. No holding of any kind will be permitted to retard a runner while a tag is completed. Penalty 15 yards.
- D. At least one foot must be on the ground when tagging a ball carrier.
- E. Pushing, striking and slapping are considered unnecessary roughness. Penalty— 15 yards. Disqualification if flagrant.
- F. The player guilty of holding or tackling a ball carrier is not a legal tagger so the runner may continue until a legal tag is made. The runner may rise from a fallen position and continue if the fall was caused by an illegal tag. If the official blows the ball dead, however, the penalty is from the spot of the dead ball. Penalty - 15 yards.
- G. A 15 yard penalty for the above fouls is to be enforced from the spot where the ball is finally blown dead but may not be enforced farther than the one yard line.
- H. The ball is not dead until the official blows the ball dead.

6-7 DEAD BALL

- A. Any ball which touches the ground during any of the following plays is to be blown dead at that spot and belongs to the team last in possession:

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1-ROSTER

- 1-1 All teams must have a minimum of eight players registered.
- 1-2 A player may transfer to another team prior to the 4th league game of the season. Any deviation from this rule will result in the offending players being suspended until the league takes official action.
- 1-3 Rosters will not be limited to the number of non-residents during open registration.

2-PLAYER/TEAM

- 2-1 Due to the limited facilities available in the football program, the number of teams that can be accepted is limited. Teams desiring to enter after leagues are full will be placed on a waiting list.
- 2-2 No player will be allowed to play on more than one team competing in the Football program, on the same evening, that is sponsored by the City of Green Bay. PENALTY: Both teams will forfeit all games that the illegal player participated in.
- 2-3 The Parks, Recreation & Forestry Department will cooperate by automatically declaring any player ineligible from further competition in any league, if the department is informed that such player has willfully withheld property from a sponsor or manager.
- 2-4 Ties –In case of a tie, the game will be recorded at 1/2 game won and 1/2 game lost. Ties will be played off in playoff game only.
- 2-5 Playoff Tie– Overtimes will only be played during a playoff game tie. The home team will call a coin flip at the end of regulation play. The winner of the coin flip will determine which team will go first. The winner of the coin flip can go first or choose the other team to begin play in overtime. The ball will be placed at the 20 yard line.

- 9) A punt which is untouched but bounces, rolls, or rests on the ground may be recovered and advanced by the receiving team. If muffed and the ball hits the ground, the ball is dead.
- 10) If a player of the kicking team recovers a punt that has touched the ground beyond the line of scrimmage, the ball becomes dead and belongs to the receiving team. A punt that touches the ground beyond the line of scrimmage may be downed by the kicking team. The ball becomes dead and belongs to the receiving team.
- 11) A punt that fails to cross the line of scrimmage continues in play and all others are eligible to catch or recover the ball and to advance it.

C. Touchback/Safety

- 1) When the ball is out-of-bounds behind a goal line (except from an incomplete forward pass) or becomes dead in possession of a player on, above, or behind his own goal line, it is a touchback if the attacking team is responsible for the ball being on or behind the goal line; if the defending team is responsible, it is a safety.
- 2) After a touchback or safety, the ball belongs to the defending team at its own 20 yard line - 1st and 10.

6-5 SUBSTITUTIONS

- A. A substitute may not enter the field when the ball is in play, and he/she may not enter while the ball is dead unless the substitution can be completed before the snap of the ball or free kick. NOTE: No player may be used as a decoy during substitutions. Teams substitute at their own risk of not being able to complete any substitution before the snap or free kick. Furthermore, players may not stand on sidelines in such a manner as to shield players for sleepers or decoys.

B. Punt

- 1) A kick from beyond the line of scrimmage is illegal. Penalty is 5 yards from original line of scrimmage.
- 2) A team that wishes protection of it's kicker during a punt must announce their intention to kick to the officials, who in turn announces the play to the opposing team. The kicking team must again acknowledge their desire for a free kick point following a penalty, deadball or timeout.
 - a. Male Teams: The kicking team must station two posts 10 yards behind the line of scrimmage and 5 yards apart.
 - b. Female Teams: The kicking team must station two posts 5 yards behind the line of scrimmage and 5 yards apart.
- 3) During a free kick the posts must remain stationary until the ball is kicked. Penalty for moving - 5 yards- down over or results of play.
- 4) The defensive team must go around the posts or remain entirely in front of them to block the free kick. Defensive players may not break the plane between the posts: penalty - 15 yards from line of scrimmage and automatic 1st down.
- 5) No contact by a defensive player can be made with the kicker unless the punt is blocked. Penalty - 15 yards and first down, if flagrant, possible suspension.
- 6) Any contact by the defensive player to the kicker or posts will result in the kicking team retaining possession of the ball. Penalty - 15 yards and first down, possible suspension if flagrant.
- 7) The punting team cannot:
 - a. field the ball in the air, unless it has been blocked.
 - b. Interfere or obstruct the view of the opposing player in their attempt to field a punt.
Penalty-15 yards from spot of infraction.
- 8) A punt that is fumbled or muffed and recovered without touching the ground may be advanced by either team.

The team has four plays to make a touchdown. If they make a touchdown within their four plays they will go for either a 1 pt or 2 pt extra point try. Then the other team will begin at the same 20 yard line. They will have four plays to make a touchdown. They will also try either a 1 pt or 2 pt extra point. If the teams are still tied you repeat the process until a winner is determined.

3-GAME

- 3-1 Game times at the football fields for adult teams will be as follows for all leagues: 6:15 PM, 7:15 PM, and 8:15 PM.
- 3-2 Games must be played at time, date, and place as designated on the schedule. A copy of the schedule and playing regulations will be made available to all team players by their manager.
- 3-3 TIME FACTORS
 - A. Play time 50 minutes; 25 minute halves with 2 minutes between halves.
 - B. The clock will run continuously during the first 23 minutes of each half, stopping only for time outs. During the final two minutes of each half the clock will stop for all dead ball situations.
 - C. Time is in and the game clock starts when the ball is snapped at the start of each half and when the ball is placed at the line of scrimmage for the following situations:
 - 1) Penalty-(Exception-2nd consecutive delay of game penalty)
 - 2) Out of bounds
 - 3) Incomplete pass
 - D. Clock will not run:
 - 1) following an extra point
 - 2) following the second consecutive delay of game penalty
 - 3) during a time out
 - E. Teams will be allowed 30 seconds to put the ball in play following:
 - 1) extra point
 - 2) time out
 - 3) delay of game penalty



- F. Huddle - 30 seconds allowed to put the ball into play. Time will be taken to the moment the ball is snapped. The penalty for too much time is 5 yards. The down remains the same. No option by the opponents.
- G. Time Out - Time out may be called twice during each half by the captain. One minute will be allowed for each time out. No timeouts will be recognized in either half if teams have used up their maximum two time outs per half.
- H. The second consecutive delay of game penalty will result in 5 yards and loss of down.

3-4 PRE-GAME

- A. Managers will get together with the supervisor at the field prior to each game to toss a coin to determine what team receives, which defends, etc. Home team will call the flip - winner of toss shall choose one of the following options:
 - 1) Be on offense or defense
 - 2) To defend either goal line. The loser of the toss at the start of the game shall have the option of offense or defense in the second half. Teams automatically change goals at half time.
- B. Line up cards shall be filled out prior to the start of each game. **Only players participating in that night's game should be listed on the official line-up card. All names listed on card will be considered game participants.**
- C. Players not active on the field of play must also stay within the area of the 30 yard lines.
- D. Before each game, consult with the supervisor on local ground rules. It is expected that all participants be familiar with the rules that govern the league. Only the manager or field captain will be allowed to question the decision of the officials.

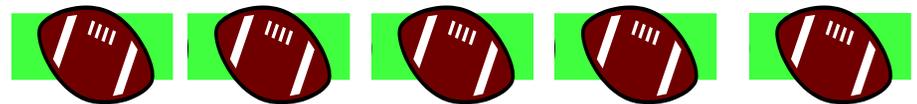


6-3 DEFENSE

- A. While on defense, holding or pushing an opponent other than the runner will be penalized five yards. EXCEPTION: Use of the hands or arms to ward off an opponent during an actual attempt to get at the runner or the ball is allowed.
- B. There will be no striking with the fist, locked hands or elbows, kicking, kneeling or meeting with knee, striking with the heel or back of hand on the head, face or neck of an opponent. Penalty - 15 yards. Disqualification if flagrant.
- C. After a penalty for a foul by the defense during a play from scrimmage, it is always "first down for offense". EXCEPTION: Offside by defense, 5 yard penalty, down remains the same for the play. If contact is flagrant, player is disqualified. Penalty -15 yards.
- D. A defensive player may not touch the offensive center in any manner until the center has passed the ball and moved both feet from his original position and becomes a blocker. Penalty - 15 yards, and disqualification if flagrant. There should be no contact with the snapper until after the ball has been centered and the snapper has attained an upright position, or crosses the line of scrimmage. Penalty - 15 yards, disqualification if flagrant.
- E. A safety is declared when a ball legally in possession of a player guarding his own goal becomes dead on or behind his goal line.
- F. The team scoring the safety receives the ball on their 20 yard line with a first down.

6-4 SPECIAL TEAMS

- A. Kick Off
 - 1) There are no kickoffs. The receiving team will put the ball in play on their 20 yd. Line - 1st and 10.



- 11) When the quarterback steps over the line of scrimmage, when throwing a pass and the defensive team intercepts the ball, the defense will have the option of taking the penalty (loss of down and 5 yards) or keeping possession of the ball.
- 12) An intercepted ball can be run out of the end zone.
- 13) Centering the ball can be done only through the legs.
- 14) The center may not receive the ball directly from a back field player while bent over in the centering position.
- 15) A player must have one foot inbounds to constitute a legal catch. They may not, however simultaneously have one foot on the out-of-bounds line or out-of-bounds.

E. Blocking

- 1) Blockers must be on their feet before, during and after contact.
- 2) Shoulders must remain parallel with the ground at all times. Arms can be perpendicular or crossed in front of the body. Elbows must be in contact with the body frame. The use of hands or extended arms will not be allowed.
- 3) The blockers must remain in an upright position at all times. No part of the blocker's body except his feet shall be in contact with the ground during the block.
- 4) Rough tactics such as attempting to run over or batter down an opponent will be penalized as unnecessary roughness. Penalty 15 yards. Disqualification if flagrant.
- 5) All blocking penalties are optional; either take the play or 15 yard penalty from the line of scrimmage.



4-PLAYER EQUIPMENT

- 4-1 Players are prohibited from wearing baseball cleats, track or any other type of shoe containing metal cleats or spikes. Only tennis shoes; soft, canvas, rubber-soled shoes; football shoes (with rubber/plastic cleats in good repair) and rubber cleated tennis shoes will be allowed.
- 4-2 Any type of brace, cast or hard material used for protection may not be worn on the hand, wrist, forearm or elbow. A brace worn on a leg must be covered with a soft material to the satisfaction of the site supervisor.
- 4-3 UNIFORMS– The first team listed on the schedule is the home team and they must wear “light”, second team listed must wear “dark”. Players need appropriate colored shirt to participate.
- 4-4 No player will be permitted to wear anything that might endanger another player or self. This includes all jewelry (rings, bracelets, necklaces, earrings, watches, etc). Players must also make sure eye wear is secure.
- 4-5 The game ball will be supplied by the department. Managers will be expected to furnish their own football for practice and warm-ups.

5-FORFEITS

- 5-1 Seven players constitute a team. Teams may start with six players. Teams which do not have six eligible players on the field at their scheduled hour to play will forfeit the first ten minutes by a score of 7-0. The team will have that ten minute period to field a full team. If the team is ready to play before the end of the ten minutes, the game will begin with fifteen minutes remaining in the first half-the score being 7-0. If the team is not ready to play at the end of the ten minute period, they will forfeit the game 7-0.

5-2 If both teams are not ready to start at the scheduled time, both will receive the same 10 minute period. If both teams are ready to play during that period, the game will start with fifteen minutes remaining the first half with the score 0-0. If one of the teams is not ready to play at the end of the ten minute period, that team will forfeit the game 7-0. If both teams are not ready to play at the end of the ten minute period, a double forfeit will occur with both teams receiving a loss.

5-3 Any team forfeiting two (2) games will be liable to expulsion from further league competition.

6-RULES OF THE GAME

6-1 FIELD REGULATIONS

- A. The field shall be 80 yards in length by 40 yards in width.
- B. The end zones shall be 10 yards deep.

6-2 OFFENSE

A. Scoring

- 1) Touchdown - 6 points
- 2) Safety - 2 points
- 3) Point after touchdown - 2 points from 10 yard line; 1 point from 2 yard line.

B. First Down

- 1) First downs can be achieved by advancing the ball across your own 10, 30 or the opposing team's 30 or 10 yard line in four downs.
- 2) The ball is considered to be in the next zone if any part of the ball is on or over your own 10 or 30 yard line or the opponents 30 or 10 yard line.

C. All offensive players must be within 15 yards of the ball at the snap. Three players are required on the offensive line of scrimmage. At the time the ball is snapped, all seven players must have been stationary for a full count. Man in motion is not allowed.

D. Passing

- 1) Roughing the passer option - 15 yards and automatic 1st down.
- 2) If the ball strikes the ground in the field of play or in the end zone, or any obstruction on, or back of the goal line, or goes out of bounds, the pass is incomplete and the ball becomes dead.
- 3) A pass deflected in the air by any player may be caught by any other player.
- 4) A forward pass may be thrown from any point behind the line of scrimmage. Once the ball has crossed the line of scrimmage, it may not be returned behind the line of scrimmage for a forward pass.
- 5) Any number of forward passes may be thrown as long as the passes are behind the line of scrimmage when the ball is thrown.
- 6) A forward pass is a live ball thrown toward the opponent's goal line. A backward pass (lateral) is a live ball thrown toward or parallel to the passers end line.
- 7) If the passer is tagged while their arm is in passing motion, it is considered a legal tag and the pass is nullified.
- 8) If the passer illegally grounds the ball to avoid being tagged, it is a 5-yard penalty from the spot of the illegal pass and loss of down.
- 9) An illegal forward pass thrown beyond the line of scrimmage will be penalized 5 yards from the line of scrimmage and loss of down.
- 10) An illegal forward pass on a punt will be penalized 5 yards from the spot of infraction - first down.