

2022 Metro Region Flag Football Tournament



“SPORTSMANSHIP IS EVERYONE’S RESPONSIBILITY! BE A GOOD SPORT!”

Achieving gender equity through a continuous commitment to girls and women in sports.

Metro Region Sports Board

**Carlos Alvarado
Ramon Bernal
Christian Oliva
Adrian Morales
Sandra Sedano**

**Recreation Supervisor
President
Vice President
Treasurer
Secretary**

Flag Football Chairs: Mayra Alvarez, Constance Caldwell

Members:

Central District: Elizabeth Marquez, Sergio Rodriguez, Ana Valdez

East District: Mayra Alvarez, Christian Oliva, Al Ramos,

Griffith District: Ramon Bernal, Constance Caldwell, Jimmy MacWilliams

North District: Kevin Gomez, Adrian Morales, Sandra Sedano

Metro Region - 2022 Tournament Format

1. 2022 Citywide Flag Football rules shall apply.
2. All players, coaches and staff must sign the game card / sign in sheet prior to playing in the game.
3. Home and visiting teams are listed on the schedule and will be positioned on the same side of the field. All parents and spectators will remain on the opposite side of the field and are not allowed on the field.
4. Coaches must sign a Code of Conduct and are responsible for conduct of their teams and fans.
5. Teams forfeiting due to
 - a. Code of Conduct violation
 - b. Playing an ineligible player during the tournament
 - i. **Will forfeit their last game and their opponent shall advance.**
6. It is the responsibility of the coach to find out when and where their team plays when advancing in tournament play.
7. The winning team in each division will move on and play in Citywide Single Elimination play.
8. In the event of a pool play tie the winner will be determined as noted below:
 - a. Head to head record
 - b. Fewest points allowed
9. Games will start on time. **There is no grace period.** It is up to each team to allow proper travel time to get to each game venue on time.
10. Mandatory play rule will be enforced: Every player must play a minimum of one full quarter on either offense or defense in each half. Before the start of the first and third quarters, coaches must declare their intentions and designate players on offense or defense accordingly.
11. The Sports Board will provide the official game ball.
12. Rules Protest Procedures: Protests will only be accepted concerning a misinterpretation of the rules by only the Head Coach (not an Assistant Coach). Coaches must notify officials prior to the start of the next play if there is a protest. The game will be stopped at that point and the committee will be called to make the final decision. The committee's decision shall be final. Protest time is not part of game time. Protests will not be heard on official's judgment calls.
13. Eligibility Protest Procedure: The Sports Board has taken reasonable steps to verify that all players in the tournament meet eligibility requirements. All players must appear on a league roster and have shown a valid proof of age. Any eligibility protests require proof from the manager that is protesting. A hearing will be held on such protests and the decision of the committee is final. Eligibility protests must be made immediately after the last game played.
14. Any player, coach, or spectator that is ejected from the game, must leave the immediate vicinity of the playing field/court. The Citywide Sports Board reserves the right to determine a possible suspension of the person ejected based on the severity of the act/s leading to ejection.

SPORTSMANSHIP STATEMENT

Good sportsmanship among spectators, parents, coaches, players, and officials are expected.

We require that ALL spectators practice supportive and encouraging behavior at all times.

Inappropriate conduct and/or negative gestures are not allowed during any part of the game.

Examples of such behavior include the following:

Taunting the opposing team and their supporters.

Derogatory comments to the officials/referees and others

Distracting players with stomping, yelling, and/or banging devices.

Usage of loud sounds such as horns/whistles/bells are prohibited.

Failure to comply with the above rules may officially end the game and result in a forfeit loss for the offending team(s).

All games will be played at
Ferraro Sports Complex
5101 North Zoo Dr.
Los Angeles, CA. 90027

Ferraro Sports Complex Synthetic Turf Soccer Fields is a specialized fields designed specifically for the needs of the community and sports organizations. It is critical that all participants be aware of the conditions for use. Failure to follow these specific conditions will negatively impact the quality of the field for all users. To protect and preserve this field, please observe the following rules:

- No metal cleats, spikes or plastic cleats longer than 3/4". Please clean footwear prior to entering the field.
- No food or beverages (including gum). **Only** water bottles are ok but please deposit them in the trash after use.
- No pets.
- No vehicles or bicycles. Only vehicles equipped with turf tires are allowed on the field. If emergency vehicle needs to drive on to the field. Instruct them to turn wide and to use care when stopping and starting.
- Only players, coaches and league officials are allowed on the playing turf. **Parents and spectators are only allowed in the bleacher/viewing area.**
- No field markings of any sort.
- No furnishings on the field, tables, chairs etc.



2022 METRO REGION FLAG FOOTBALL

MINOR CO-ED DIVISION POOL PLAY

POOL 1: 1. Costello RC 2. Ramon Garcia RC 3. Wabash RC 4. Montecito Heights RC

DAY	DATE	TIME	LOCATION	VISITOR	VS	HOME
Tuesday	11/29	6:00 pm	Ferraro # 3	Costello RC - FF	VS	Ramon Garcia RC-1
Tuesday	11/29	7:00 pm	Ferraro # 3	Wabash RC -12	VS	Montecito Heights RC-13
Thursday	12/1	6:00 pm	Ferraro # 3	Wabash RC -0	VS	Costello RC -0
Thursday	12/1	7:00 pm	Ferraro # 3	Montecito Heights RC -0	VS	Ramon Garcia RC-34
Tuesday	12/6	6:00 pm	Ferraro # 3	Costello RC -FF	VS	Montecito Heights RC -1
Tuesday	12/6	7:00 pm	Ferraro # 3	Ramon Garcia RC 12	VS	Wabash RC -0

POOL 2: 1. Pan Pacific RC 2. Echo Park RC 3. Glassell RC 4. Silverlake RC

DAY	DATE	TIME	LOCATION	VISITOR	VS	HOME
Tuesday	11/29	6:00 pm	Ferraro # 4	Pan Pacific RC -34	VS	Echo Park RC -0
Tuesday	11/29	7:00 pm	Ferraro # 4	Glassell RC -0	VS	Silverlake RC -20
Thursday	12/1	6:00 pm	Ferraro # 4	Glassell RC -12	VS	Pan Pacific RC -36
Thursday	12/1	7:00 pm	Ferraro # 4	Silverlake RC -34	VS	Echo Park RC -6
Tuesday	12/6	6:00 pm	Ferraro # 4	Pan Pacific RC -30	VS	Silverlake RC -14
Tuesday	12/6	7:00 pm	Ferraro # 4	Echo Park RC -6	VS	Glassell RC -19

MINOR CO-ED DIVISION SINGLE ELIMINATION ROUND

(1st in Pool 1) **Ramon Garcia RC**

Saturday 12/10/2022 @ 10:00 am
@ Ferraro #2

METRO
REGION

MINOR
CHAMPION

(1st in Pool 2) **Pan Pacific RC**

MAJOR CO-ED DIVISION POOL PLAY

POOL 1: **1. Costello RC** **2. Ramon Garcia RC** **3. Highland Park RC**

DAY	DATE	TIME	LOCATION	VISITOR	VS	HOME
Wednesday	11/30	6:00 pm	Ferraro # 4	Costello RC -1	VS	Ramon Garcia RC -FF
Tuesday	12/6	6:00 pm	Ferraro # 2	Ramon Garcia RC -0	VS	Highland Park RC -20
Thursday	12/8	6:00 pm	Ferraro # 2	Highland Park RC -20	VS	Costello RC -18

POOL 2: **1. Pan Pacific RC** **2. Echo Park RC** **3. Silverlake RC**

DAY	DATE	TIME	LOCATION	VISITOR	VS	HOME
Wednesday	11/30	7:00 pm	Ferraro # 4	Pan Pacific RC -44	VS	Echo Park RC -0
Tuesday	12/6	7:00 pm	Ferraro # 2	Echo Park RC -FF	VS	Silverlake RC -1
Thursday	12/8	7:00 pm	Ferraro # 2	Silverlake RC -21	VS	Pan Pacific RC -27

MAJOR CO-ED DIVISION SINGLE ELIMINATION ROUND

(1st in Pool 1) **Highland Park**

Saturday 12/10/2022 @ 11:30 am
@ Ferraro #2

METRO
REGION

MAJOR
CHAMPION

(1st in Pool 2) **Pan Pacific RC**