

2024 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	Recreation Supervisor
Christian Oliva	President
Kevin Gomez	Vice President
Mayra Alvarez	Treasurer
Constance Caldwell	Secretary

Flag Football Chairs:

Edwin Quinonez and Sergio Rodriguez

Members:

Central District: Amina Mercado, Ana Valdez

East District: Mayra Alvarez, Constance Caldwell, Christian Oliva, Sergio Rodriguez

Griffith District: Michael Garcia, Ricardo Gutierrez, Gerardo Valdez

North District: Mayra Alvarez, Miranda Lara, Edwin Quinonez

Northwest District: Kevin Gomez, Joshua Jackson, Veronica Pinedo

Metro Region - 2024 Tournament Format

1. 2024 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:
 - i. Code of Conduct violation and/or
 - ii. Playing an ineligible player during the tournament
 - **Will forfeit their games and the 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 top 2 teams of each bracket will move on to play in the Single Elimination round.
8. The winning team in each division will move on and play in Citywide Single Elimination play.
9. 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
10. 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.
11. 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.
12. The Sports Board will provide the official game ball.
13. 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.
14. 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.
15. 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).

Games will be played at John Ferraro Sport Complex

Ferraro Sports Complex
5101 North Zoo Dr.
Los Angeles, CA. 90027



Ferraro Sports Complex

Synthetic Turf Soccer Fields is a specialized field 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 an emergency vehicle needs to drive onto 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.

2024 METRO REGION FLAG FOOTBALL

MINOR CO-ED DIVISION POOL PLAY

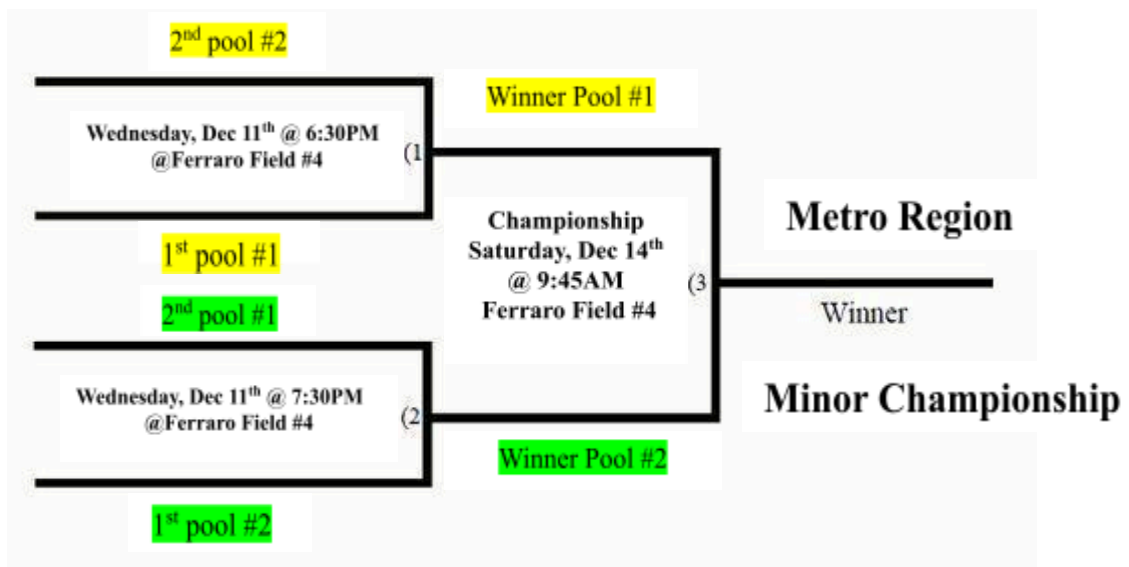
POOL 1: 1. Cypress RC 2. Ramon Garcia RC 3. Glassell RC 4. Echo Park

DAY	DATE	TIME	LOCATION	VISITOR	VS	HOME
Monday	Dec 2nd	6:15pm	Ferraro #4	Glassell RC	VS	Cypress RC
Monday	Dec 2nd	7:10pm	Ferraro #4	Ramon Garcia RC	VS	Echo Park RC
Wednesday	Dec 4th	6:30pm	Ferraro #4	Echo Park RC	VS	Glassell RC
Wednesday	Dec 4th	7:30pm	Ferraro #4	Cypress RC	VS	Ramon Garcia RC
Saturday	Dec 7th	9:00am	Ferraro #4	Cypress RC	VS	Echo Park RC
Saturday	Dec 7th	10:00am	Ferraro #4	Ramon Garcia RC	VS	Glassell RC

POOL 2: 1. Pan Pacific RC 2. State St. RC 3. Pecan RC 4. Rio de Los Angeles

DAY	DATE	TIME	LOCATION	VISITOR	VS	HOME
Tuesday	Dec 3rd	6:15pm	Ferraro #5	Rio de Los Angeles	VS	State St. RC
Tuesday	Dec 3rd	7:10pm	Ferraro #5	Pecan RC	VS	Pan Pacific RC
Saturday	Dec 7th	11:00am	Ferraro #4	Pan Pacific RC	VS	Rio de Los Angeles
Saturday	Dec 7th	12:00pm	Ferraro #4	State RC	VS	Pecan RC
Monday	Dec 9th	6:30 pm	Ferraro #4	Pan Pacific RC	VS	State RC
Monday	Dec 9th	7:30pm	Ferraro #4	Rio de Los Angeles	VS	Pecan RC

MINOR CO-ED DIVISION SINGLE ELIMINATION ROUND



MAJOR CO-ED DIVISION POOL PLAY

POOL 1 1. Pecan RC 2. Ramon Garcia RC 3. Glassell RC 4. Pan Pacific RC 5. Silverlake RC

DAY	DATE	TIME	LOCATION	VISITOR	VS	HOME
Monday	Dec 2nd	8:05pm	Ferraro #4	Pan Pacific RC	VS	Silverlake RC
Tuesday	Dec 3rd	8:05pm	Ferraro #5	Ramon Garcia RC	VS	Glassell RC
Thursday	Dec 5th	6:30pm	Ferraro #5	Silverlake RC	VS	Glassell RC
Thursday	Dec 5th	7:30pm	Ferraro #5	Pecan RC	VS	Pan Pacific RC
Saturday	Dec 7th	1:00pm	Ferraro #4	Pecan RC	VS	Ramon Garcia RC
Saturday	Dec 7th	2:00pm	Ferraro #4	Glassell RC	VS	Pan Pacific RC
Tuesday	Dec 10th	6:30pm	Ferraro #5	Pan Pacific RC	VS	Ramon Garcia RC
Tuesday	Dec 10th	7:30pm	Ferraro #5	Silverlake RC	VS	Pecan RC
Thursday	Dec 12th	6:30pm	Ferraro #5	Glassell RC	VS	Pecan RC
Thursday	Dec 12th	7:30pm	Ferraro #5	Ramon Garcia RC	VS	Silverlake RC

MAJOR CO-ED DIVISION SINGLE ELIMINATION ROUND

(2nd in Pool 1)

Championship
Saturday, Dec 14th @ 11:15AM
Ferraro Field # 4

**METRO
REGION**

**MAJOR
CHAMPION**

(1st in Pool 1)