

**REVISED: 12/2/25**

CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

# 2025 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  
Christian Oliva  
Elizabeth Marquez  
Mayra Alvarez  
Constance Caldwell

Recreation Supervisor  
President  
Vice President  
Treasurer  
Secretary

**Flag Football Chairs:**

Kevin Gomez And Edwin Quinonez

**Members:**

**Central District:** Ana Valdez

**East District:** Amina Mercado, Constance Caldwell, Christian Oliva, Kevin Gomez

**Griffith District:** Michael Garcia

**North District:** Miranda Lara, Ricardo Gutierrez

**Northwest District:** Joshua Jackson, Veronica Pinedo, Edwin Quinonez, Mayra Alvarez

## Metro Region - Flag Football 2025 Tournament Format

1. 2025 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:**

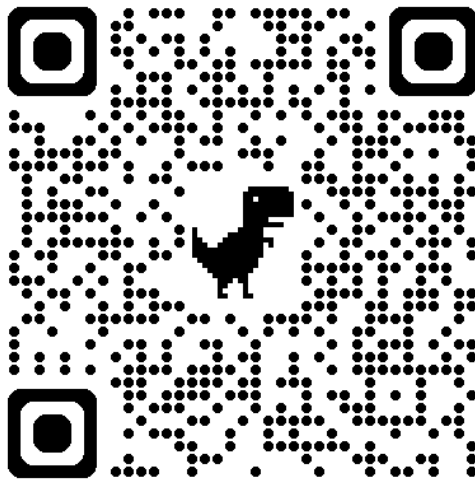
**Taunting the opposing team and their supporters.**

**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).**

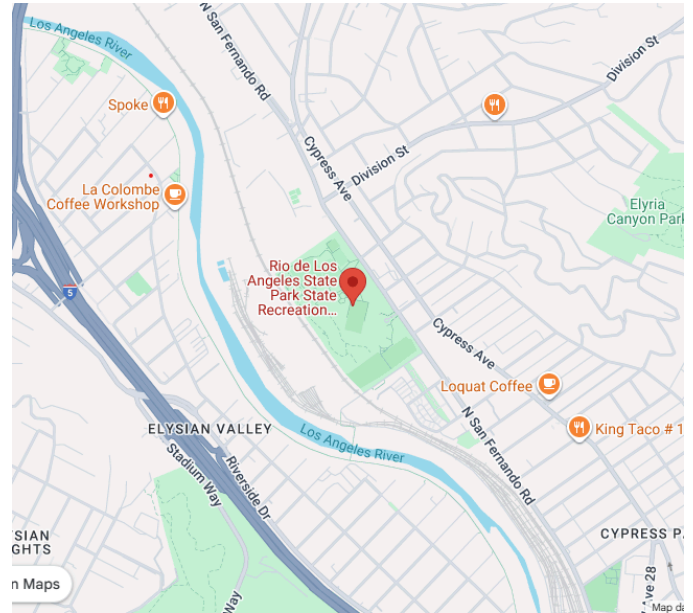


Please scan this QR code for Tournament Results

## Games will be played at

**Rio de Los Angeles State Park State Recreation**  
**1900 N San Fernando Rd, Los Angeles, CA 90065**

**Ferraro Sports Complex (FSC)**  
**5101 North Zoo Dr.**  
**Los Angeles, CA. 90027**



Synthetic Turf 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.

# 2025 METRO REGION FLAG FOOTBALL

## MINOR CO-ED DIVISION POOL PLAY

**POOL 1:**      **1. Pan Pacific RC**                      **2. Ramon Garcia RC**                      **3. Glassell RC**                      **4. Echo Park RC**

DAY	DATE	TIME	LOCATION	VISITOR	VS	HOME
Wednesday	12/3/25	6:15PM	Rio De Los Angeles	Glassell RC	VS	Pan Pacific RC
Wednesday	12/3/25	7:15PM	Rio De Los Angeles	Ramon Garcia RC	VS	Echo Park RC
Saturday	12/6/25	9:00AM	Rio De Los Angeles	Echo Park RC	VS	Glassell RC
Saturday	12/6/25	10:00AM	Rio De Los Angeles	Pan Pacific RC	VS	Ramon Garcia RC
Tuesday	12/9/25	6:30PM	Rio De Los Angeles	Pan Pacific RC	VS	Echo Park RC
Tuesday	12/9/25	7:30PM	Rio De Los Angeles	Ramon Garcia RC	VS	Glassell RC

## MINOR CO-ED DIVISION SINGLE ELIMINATION ROUND

Pool 1 Winner

Sat. 12/13 9:00am  
@Ferraro Sports Complex #4

Pool 1 Runner up

Metro Region  
Champion

## MAJOR CO-ED DIVISION POOL PLAY

**POOL 1:**      1. Pan Pacific RC      2. Ramon Garcia RC      3. Wabash RC      4. Rio De Los Angeles

DAY	DATE	TIME	LOCATION	VISITOR	VS	HOME
Monday	12/1/25	6:30PM	Rio De Los Angeles	Wabash RC	VS	Pan Pacific RC
Monday	12/1/25	7:30PM	Rio De Los Angeles	Ramon Garcia RC	VS	Rio
Wednesday	12/3/25	8:15PM	Rio De Los Angeles	Rio	VS	Wabash RC
Thursday	12/4/25	8:15PM	Rio De Los Angeles	Pan Pacific RC	VS	Ramon Garcia RC
Saturday	12/6/25	11:00AM	Rio De Los Angeles	Pan Pacific RC	VS	Rio
Saturday	12/6/25	12:00PM	Rio De Los Angeles	Ramon Garcia RC	VS	Wabash RC

**POOL 2:**      1. State St RC      2. Montecito Heights RC      3. Silverlake RC      4. Glassell RC

DAY	DATE	TIME	LOCATION	VISITOR	VS	HOME
Tuesday	12/2/25	6:15PM	Rio De Los Angeles	Glassell RC	VS	State St RC
Tuesday	12/2/25	7:15PM	Rio De Los Angeles	Silverlake RC	VS	Montecito Hts RC
Thursday	12/4/25	6:15PM	Rio De Los Angeles	Montecito Hts RC	VS	Glassell RC
Thursday	12/4/25	7:15PM	Rio De Los Angeles	State St RC	VS	Silverlake RC
Saturday	12/6/25	1:00PM	Rio De Los Angeles	State St RC	VS	Montecito Hts RC
Saturday	12/6/25	2:00PM	Rio De Los Angeles	Silverlake RC	VS	Glassell RC

## MAJOR CO-ED DIVISION SINGLE ELIMINATION ROUND

Pool 1 Winner

Wed. 12/10 6:30pm  
Rio De Los Angeles

Pool 2 Runner up

Pool 2 Winner

Wed. 12/10 7:30pm  
Rio De Los Angeles

Pool 1 Runner up

Winner G1

Sat. 12/13 10:30am  
@Ferraro Sports Complex #4

Winner G2

Metro Region  
Champion