

GOODSPORTS USA

5 ON 5 COED FLAG FOOTBALL RULES

Registration/Organizational

The team's captain/contact must register the team online or in person.

A minimum deposit of \$200 is required. The rest of the balance is due by the team's second game of the season.

We accept individual players' payments towards a team balance for convenience, but the team captain is ultimately responsible for paying the team fee. GoodSports is authorized to charge any balance to the team captain if necessary.

Teams may submit scheduling requests at time of registration. We will try to honor scheduling requests whenever possible but they are never guaranteed. Only the team captain can submit a scheduling request.

Game times cannot be changed once the full season schedule is released.

The team must pay the referee fee in cash prior to the game.

Teams must wear matching colored shirts at every game. Teams should have a backup color ready to avoid having to wear pinnies.

Teams that forfeit a game are responsible for paying a \$50 forfeit fee.

Zero-tolerance policy: Any verbal or physical abuse towards a referee or any other GoodSports USA staff will not be tolerated. Doing so will result in ejection from the facility and possible suspension. This goes for all players, coaches, and spectators before, during, or after a game.

Team Roster

All players must be on their team's roster to play. Teams may have a maximum of 12 players on their roster and are recommended to have a minimum of 8.

All players must be 18 or older.

Rosters can be updated up until week 5 of the season. After week 5, rosters are locked and no changes can be made.

Non-rostered players are not permitted to play. Doing so may result in a forfeit loss.

Any issues with non-rostered players playing for the opposing team need to be brought to the attention of the head referee or GoodSports management prior to the game.

General Rules

- 5 field players per team. Less than 4 results in a forfeit.
- No borrowing players from other teams in the same division.

- Players must wear matching colored shirts. No exceptions.
- All players must compete in a minimum of two regular season games to be eligible for the playoffs. No exceptions.
- All rosters are final after the third game of the season.
- All players and coaches on the sidelines must be off the field during play.
- The only first down is located at midfield
- Any regular season game can end in a tie; overtime will only be used in the playoffs.
- All fighting is prohibited. Anyone involved in an altercation will be immediately ejected from the game, with a suspension ensuing. Length of suspension to be decided by head referee and League Director Alex Paratore.
- Referee fees must be paid before the game.
- Your entire team needs to be prepared to start your game a minimum of 15 minutes prior to start time.
- The game is 47 minutes running time, unless mercy rules apply.

Starting the game

- Coin toss decides who gets the ball, or what side a team wishes to defend
- Each team will start at the ten-yard line, unless there is a penalty being enforced.
- Once the game is started the clock does not stop.

Scoring

- A touchdown is awarded if a player's flag (front flag) crosses the goal line. It is not where the ball is. A touchdown scored by a male player will be worth 6 points, a touchdown scored by a female player will be worth 8 points. An extra point attempt will be initiated after each score.
- EXTRA POINTS- A team can go for one or two extra points. The distance is 3 yards for 1 point or 6 yards for 2 points. If there is a penalty on an extra point, the following rules apply: If the offense commits the foul the points are automatically no good. If the Defense commits the foul, the points are automatically good. Points awarded are based off of what the offense was attempting. Extra points cannot be advanced by the defense.
- Safety - all safeties are worth two points. If an offensive player is downed in the end zone, points are awarded to the defense.

Rules about the Clock

- The game consists of one 47-minute period. The clock will not stop until the end of the game. All games end at the buzzer unless a play was started prior; the play shall continue until it's completed. The game will NOT end on a defensive penalty.

- If a touchdown is scored, the extra points will only be played if they are vital to the game, or toward overall tie breaking measures.
- There is a 30 second play clock in effect. Each team will get a ten second warning. The defense cannot count down the play clock.
- Any team touching the clock will be penalized with a LOSS OF GAME penalty.
- The game clock will start regardless of whether both teams are ready. The team causing the delay will automatically be on defense and will surrender 8 points for every 5 minutes wasted. After 15 minutes the game will be forfeited.
- There are mercy rules in effect for the league to prevent fights and embarrassments. They are as follows: if a team is winning by 25 points or more with 5 minutes remaining the game is called. If a team is ahead by 18 points or more with 3 minutes remaining the game is called. Teams can continue playing until time expires without any further score counting.

Tie Games/Overtime

- Any regular season game ending in a tie is considered complete. All playoff games will be determined in the following fashion.
 - A coin flip will determine who gets possession of the ball
 - Each team will get the same number of possessions starting at midfield
 - Each team will have the opportunity to score.
 - In the event a team scores, they can choose to go for one or for two points. After the 2nd possession the teams will have to attempt a two-point conversion.
 - In the event the first team does not score a marker will be placed where the team was able to advance, the second team will attempt to advance the ball past that point
 - If the second team passes the point where the first team advanced the second team will win the game.
 - If the defense gains an interception it can be advanced.

Equipment

- No metal cleats
- No exposed jewelry
- Flag belts are supplied by Goodsports. Suction cup belts only.
- Flag belts and shorts or pants must be a different color.
- Each team must supply their own ball
- No hard-brimmed caps allowed

- No i-pods, radios, Go Pros, etc. on the field during play.
- No work boots allowed

Blocking Rules

- There is no blocking allowed down field. Basketball style picks are allowed after a completion with hands crossed in front of the body or down the sides of the body. Moving picks are not allowed. Any extended hands will cause the play to be blown dead.
- No hitting above the shoulders
- No blocking below the waist
- Use of elbows, forearms, head, or legs to initiate contact is prohibited.
- No clipping
- No chop blocking
- No interlocking blocks allowed
- No blocking a player that is on the ground. Once a player is on the ground he must be allowed to get back on his feet before being touched again.
- A blocker cannot leave his feet for any reason.

Flag Belt Guarding / Stiff Arms

- Any ball carrier may not use a stiff arm.
- Swinging an arm or hand over the belt even if in the process of running is flag guarding and will render a play dead.
- Placing the ball over the belt will constitute flag guarding
- Holding the belt with your other hand is flag guarding
- Lowering your shoulders will constitute flag guarding.
- Snapping the ball
- All snaps must go through the center's legs
- If a snap is rolled back to the QB it can be fielded cleanly before the ball comes to a complete stop and play shall resume. Once the ball touches the QB then the ground it is a dead ball and spotted where the ball touched the ground.
- Near the goal line, if a snap goes over the QB's head on first or second down and he does not contact the ball and it lands in the end zone, the offensive team loses that down and the next. If this happens on third or fourth down, the play results in a safety and a turnover to the defense.

- Note all plays should continue until the ref's whistle sounds.

Special Rules for Goodsports Flag Football

- There are no live fumbles. Once a ball is dropped by a ball carrier it's a dead ball. Spot is determined by where the ball lands. It is an automatic turnover at that spot. This rule is activated once the QB gains possession of the snap. Any fumble from that point on until the end of the play will be deemed a turnover.
- Once a player in possession of the ball is down on a knee the play is dead. If any part of the football touches the ground while in possession of the ball carrier the play is also dead at the spot.
- Each team must have a minimum of 3 offensive players on the line of scrimmage. 1 lineman and an eligible receiver on each side of the line. No exceptions.
- The furthest receiver on the line must be at least 6 feet from the sideline at the start of the play.
- Receivers must have only one foot in bounds to complete a catch, full possession must also be had in order to complete a catch.
- Ball carriers may not dive to gain a first down or a touchdown, the play will be blown dead and spotted where the dive started.
- It is the offensive player's responsibility to avoid contact with the defender. Failure to do so will result in the play being called down at the spot of the contact.
- No trick Plays. All snaps must go to the person lined up directly behind the center. The QB must be the first player to touch the ball after the snap.
- The spot of the ball is determined by the players flags not the ball.
- It is the offense's responsibility to return the ball to the referees. Failure to do so will result in a delay of game penalty.
- Any offensive penalty other than a false start counts as a down.
- Any player who has the ball while wearing no flags is down at the spot. If a player has one flag that fell out on its own, he must be touched with one hand. If a player's flag is intentionally pulled out early by a defensive player before possession of the ball, the defense must then pull the other flag.
- Inadvertent whistles - Once a play is blown dead accidentally, the referees will conference and make a decision as to whether the play shall be replayed. Conference with the team captains will also be permissible.
- All players must keep their entire shirts tucked in, or you can be ruled down. If a defensive player grabs an untucked shirt there will not be a holding call assessed.
- Any dual catches will be awarded to the offense.
- If a player goes out of bounds during a play, he must reestablish himself in the field of play with two feet before touching the ball.

- There is no force out rule - if a player is pushed out of bounds in the air, a catch will be awarded and a penalty assessed on the play.
- There is absolutely no pushing out of bounds.
- All teams are responsible for the behavior of their teams, coaches and fans.
- There is to be no contact initiated with the QB by the defense. All defenders should be attempting to pull a flag, not block a pass. It will be the referee's decision if roughing is to be called. Any roughing call will result in a 15-yard penalty and an automatic 1st down.
- Any non-personal foul other than off sides can be declined by the opposing team.
- Once a player jumps offside, the play is dead and the penalty is enforced. You cannot get back on side.
- There can only be 1 forward pass per play.
- All laterals must be backwards.
- If a ball hits the roof, walls, or lights it is a dead ball and the play counts.
- There is no intentional grounding in the league. If the ball is dropped forward it will be counted as an incomplete pass.
- All shirts must be completely tucked in before the start of the play, failure to do so will result in a holding call not being enforced. It is the player's responsibility to check before each play.
- Any player receiving two personal fouls will result in the player being ejected from the game. Repeated ejections will result in expulsion from the league without refund.
- Once a player is ejected, he must immediately leave the arena. If he is on the leading team, his team will forfeit if he is not out of the bubble within 3 minutes. The clock will not stop during the ejection process. If the player is on the losing team, his team will also forfeit if not gone within 3 minutes.
- Any player caught using altered flag belts, or flag holders will result in immediate ejection from the game. It is the player's responsibility to inspect the flag belt and flags prior to the game. Additional penalties may be levied by the director of the league.
- Defensive players may not chuck a receiver within 5 yards.
- There is no stripping of the ball. Attempts to do so will result in a penalty.
- No player may grab the jersey of another player at all, be it on the line or not. If observed, holding will be called.
- There is no face guarding.
- Any abuse of an official will result in immediate ejection and subsequent suspension. This includes but is not limited to verbal and physical abuse.
- Any ejection will result in suspension for the following game. Any deviance of this rule will be determined by the head referee and the league director Alex Paratore.

- Trash talking, racial or religious remarks will not be tolerated.
- Taunting will be a 15-yard penalty.
- Any player found to be under the influence of drugs or alcohol will be ejected from the game.
- Any challenge of a player's eligibility must be made prior to the coin flip. The ref's decision will be final.
- Any rule not specifically mentioned will be at the discretion of the referees. Generally, the ref will comply with rules associated with NFL play.

SPECIAL RULES ASSOCIATED WITH CO-ED PLAY

- Each team must consist of at least 2 women on the field at any time. A team can have more at any time but a minimum of 2 is mandatory.
- There cannot be 3 consecutive male plays. A female player must run, receive, or throw the ball. The attempt must be deemed by the officials to be a genuine attempt at forward progress. This will be a referee's decision. Sacks do not count as a female play.
- During a mandatory female play, a male player will not be allowed to undercut the pass attempt. Doing so will be considered pass interference and the ball awarded at the spot of the foul. The defender must allow the player to attempt to catch the ball.
- Any female player must be defended by a female; any male player can be covered by anyone.
- If a team is using a male QB, the center must also be a male. In addition, the defense must also use a male pass rusher. Same rules apply if it is a female QB.
- Each team will be allowed to blitz a second rusher once on each side of the field. Same rules will apply for the coverage.
- The term Open will apply to all plays that are open to every player. The term Spec will apply to a mandatory female play.
- The QB is not allowed to run under any circumstances, if the defense chooses not to rush the QB the QB will have 5 seconds to release the ball. Failure to do so in that time will result in a sack and the ball spotted at the area where the QB was.
- If the defense chooses to rush the QB there will be unlimited time to make a pass, however the QB cannot run the ball.
- The lineman will become eligible to catch a pass once the snap is completed to the QB.
- If a team is winning by 25 points or more they are no longer eligible to rush or blitz until the lead is less than 25. During this time the opposing QB will have 10 seconds to throw the ball.