

Adult Flag Football

“League Rules”

Registration/Organizational

- A team captain must register their team online or in person.
- Each team **MUST** have two valid debt/credit cards on file to register a team.
- Game times will not be changed once the full season schedule is released. Schedule requests must be submitted 2 weeks prior to the start of the season.
- All teams must wear matching colored shirts/jerseys. **NO EXCEPTIONS**. Failure to do so will result in the entire team wearing pinnies!
- Even if a single player is not in the same color as the other players on their team, the **ENTIRE** team will still wear pinnies.
- Team shirts will be issued by Goodsports USA upon the arrival of your first game. Your team will be expected to wear these colored shirts each week. If you decide to change the color of your shirts, you must put in a request to the League Director for approval.
- If two teams are issued similar colors, we will flip a coin to determine the following; the winner of the coin flip will be given a choice of receiving the ball and wearing pinnies or playing defense and wearing no pinnies.
- Each team must pay a **\$25 referee fee in cash** prior to the start of the game. Failure to pay your referee fee will result in the game clock being started on schedule, with the game not being started until payment is made.
- Teams that forfeit a game are responsible for paying a **\$50 forfeit fee** (which is each team's referee fee).
- All rosters will lock after their team's **5th** played game. No exceptions! Non-rostered players are not permitted to play in season or during the playoffs.
- There shall be no borrowing players from other teams in the same division without taking a forfeit loss.
- Rosters will be maxed out at 14 players. “B” teams can have no more than 3 rostered “A” players on their team. “C” teams can have no more than 3 rostered “B” players on their team. No “A” players are allowed in the “C” division.
- Once an “A” player is rostered to a “B” team roster, that player is now locked on to that team's roster. If they quit, get injured or can't play, you can not under any circumstances replace them with another rostered “A” player. This rule also applies to “B” players in the “C” division.

General Gameplay

- League is played **6v6**. Less than **4** players will result in a forfeit
- The clock is running time. The buzzer ends the game unless the following occurs: a defensive foul or if an extra point attempt will break a tie.
- There are no timeouts!.
- There is a 30-second play clock. The ref will give a 10-second and 5-second warning. The defense cannot count down the time. Failure to get the play off will result in a delay of game penalty and a **loss of down**.
- A coin toss will decide who gets the ball first.
- There will be no coin flip in the playoffs. The higher seeded team will have the choice between starting on offense or defense.
- The midfield line is the only first-down. This does not include penalties resulting in an automatic first.

Equipment

- All flag belts will be supplied by Goodsports USA. However, if you choose to wear your own, all belts must be suction cup belts, the same color and 14 inches long. Failure to meet these requirements will result in your flags being ineligible to be used.
- Flag belts and shorts must be a different color!
- NO METAL CLEATS ALLOWED!!
- No exposed jewelry.
- All hats must be worn in the reversed position.
- No phones/headphones are allowed on the field during play.
- **Each team must supply their own ball.**

Scoring

- Touchdown - A touchdown is awarded when both of the player's flags and the ball cross the goal line. A touchdown scored will be worth 6 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 6 yards for 1 point and 12 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. Extra points can be advanced by the defense and points are awarded based off of what the scoring team was attempting.
- All safeties are worth two points.
- 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.
- Mercy Rules are as follows: If a team is winning by 25 points or more with 5 minutes remaining, the game can be called. If a team is ahead by 18 points or more with 3 minutes remaining, the game can be called. Prior to a called game, the losing team will have the choice to continue to play or accept the mercy ruling.

Overtime/Tie Games

- Any regular season game ending in a tie is considered complete. There will be no overtime play in the regular season.
- There will be Overtime in the playoffs though.
- Overtime rules are as followed:
 1. A coin flip will determine who gets possession of the ball first.
 2. Each team will get the same number of possessions starting at midfield.
 3. In the event a team scores an offensive touchdown, they can choose to go for either one or two extra points. After their 2nd possession, teams will have to attempt a two-point conversion.

4. If the first team on offense fails to score, the second team would only need to advance the ball further down the field than the first team did to win. This will continue until there is a winner.
5. Interceptions may be returned by the defense.

Snapping the Ball

- All snaps must go through the Center's legs.
- If a snap is rolled back to the QB, it must be fielded cleanly before the ball comes to a complete stop in order for play to continue. However, once the ball touches the QB and then the ground, it is a dead ball and spotted where the ball touched the ground and the down will count.
- Near the Goal Line - If a snap goes over the QB's head on 1st or 2nd down and lands in the end zone, the offensive team loses that down and the next. If this happens on 3rd or 4th down, the play will result in a safety and the possession will go over to the defense.

Blocking

- Live blocking is allowed at the line of scrimmage and in the backfield. This will consist of the player snapping the ball and a running back.
- Blocks must be open handed and to the opponent's chest. Excessive force will result in a penalty.
- There shall be no hitting above the shoulders or below the knees.
- No chop blocks.
- No blocking in the back.
- No player can leave his feet to make a block.
- Use of elbows, forearms, head, or legs to initiate contact is not allowed
- If a player is on the ground, he must be allowed to get back up to his feet before being blocked again. You cannot lay on a person while they are on the ground.
- There shall be no grabbing of the jersey/shirt allowed by either team.
- Down field blocking is allowed. Players must use open hands to block. Once past the line of scrimmage, the ball carrier must make his own attempt to avoid being deflagged. Moving picks are allowed.

Flag Guarding

- Ball carriers may not stiff arm a defender.
- 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 off hand is flag guarding.
- Lowering your shoulder into a defender will constitute flag guarding

Special Game Play Rules for Goodsports Flag Football

- **A FUMBLE IS AN AUTOMATIC TURNOVER AT THAT SPOT** . These plays are not live. Once a ball is dropped by a ball carrier it is a dead ball. This includes fumbles, backwards passes and laterals that hit the ground.
- Once a player in possession of the ball is down on one knee, the play is dead. If any part of the football touches the ground while in possession of the ball carrier, the play is dead. If any part of the ball carrier's body (knee, forearm) touches the ground, with the exception of their hand, the player will be ruled down and the play will be over.
- 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 by the defense. 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.
- Receivers must have only one foot in bounds to complete a catch. Full possession must also be had in order to complete a catch.
- Any dual catches will be awarded to the offense.
- Defensive players may press a receiver within 5 yards. However, defensive players may not press the player snapping the football
- Dipping is allowed by the ball carrier! Ball carriers' may also spin and jump cut to avoid a flag pull.
- Ball carriers may not dive to gain a first down or touchdown though. The play will be blown dead and spotted where the player left their feet.
- It is the offensive player's responsibility to avoid contact with the defender. Failure to do so will result in the play being called dead at the spot of contact. If an attempt was made to avoid contact but contact occurs, the play can and shall continue by the referee's discretion.
- 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 and a loss of down.
- **No trick plays are allowed.** 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.
- Each team must have 3 offensive players on the line of scrimmage. One lineman and an eligible receiver on each side of the field.

- The furthest receiver on the line of scrimmage must be at least 6 feet from the sideline at the start of each play.
- 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. If a defensive player grabs an untucked shirt, holding calls will not be assessed. Any issues with untucked shirts need to be identified by the defense prior to the snap of the ball.
- If a player is wearing shorts with any type of stripes down the sides, there will be no holding penalties called if the defense grabs that area of the shorts or pants instead of the flag.
- Anything in the waistline is considered a flag. This includes gloves, towels, etc.
- If a player goes out of bounds during a play, he must reestablish himself into the field of play with two feet before touching the ball.
- There is a force out rule; if a player is pushed out of bounds in the air, a catch will be awarded, and a penalty will be assessed on the play. If a ball carrier is pushed out of bounds, a penalty will be tacked on to the end of the run.
- There shall be no contact initiated with the QB above the waist. All defenders should be attempting to pull a flag, not block a pass. It will be the referee's decision on if roughing the passer should be called. Any roughing call will result in a 15-yard penalty and an automatic 1st down.
- However, there will be no roughing penalties called if the QB leaves his feet to pass the ball or if the QB breaks the pocket.
- **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
- However, if the defense chooses to rush the QB, the QB will be given unlimited time to make a throw.
- There can only be 1 forward pass per play!
- If the ball hits the roof, walls or lights (in the Bubble), it is a dead ball and the play will count.
- There is no intentional grounding in this league. If the ball is thrown/spiked forward it will be counted as an incomplete pass.
- Once a player jumps off-sides, the play will continue as a free play for the offense, you cannot get back onside
- **Lineman are eligible to catch a pass once the snap is completed to the QB**

- There are no running plays allowed!
- The defense must rush from **3** yards away unless the 1st down or goal line is within that distance.
- The defense is allowed 2 rushers per play and can rush from anywhere as long as they are at the 3 yard distance from the line of scrimmage.
- If the offense chooses to line a player up in the backfield, the defense can rush as many players as it wants and from anywhere on the field without penalty. In addition, if an offensive player goes in motion across the field, the defense can also rush anyone from anywhere without penalty. The QB must still get rid of the ball within that 5 second time frame.
- If a defender fakes a rush during a live play and stops rushing, the QB will still have unlimited time to throw the ball. A fake rush is defined as taking a single step over the rush line toward the offense.
- If a player is bleeding, he must leave the game until it is covered and the bleeding has stopped

Personal Fouls/Ejections

- 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 facility. If he is on the leading team, his team will forfeit if he is not off the field 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 their flag belt and flags prior to the game. Reminder that flag belts have been provided by Goodsports USA and any teams wishing to use their own belts must meet the minimum requirements There will be no warning for these violations. Any offending player will be ejected! Additional penalties may be levied by the Director of the League.
- 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 a suspension for the following game. Any deviance of this rule will be determined by the Head Referee (Billy Clayton) and the Director of the League (Connor Heil).
- Trash talking, racial or religious remarks will not be tolerated!
- Taunting will be a 15-yard penalty. If a player is guilty of taunting while running into the end zone, the touchdown will count, however the extra point will be considered forfeited. Anyone who spikes the ball at an opponent or throws it against the bubble wall, will receive a penalty as well.
- 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 League Director's decision will be final.
- Any rule not specifically mentioned will be at the discretion of the Referees. Generally, the Referee will comply with rules associated with NFL League Rules.
- **ALL FIGHTING IS PROHIBITED. ANYONE INVOLVED IN AN ALTERCATION WILL BE IMMEDIATELY EJECTED FROM THE GAME, WITH A SUSPENSION ENSUING. LENGTH OF SUSPENSION WILL BE DECIDED BY THE HEAD REFEREE AND LEAGUE DIRECTOR.**

Additional Penalties

- Cursing - Goodsports is a family-oriented establishment. There will be no cursing allowed in the facility. The 1st offense is a warning. The 2nd offense is a 5-yard penalty. The 3rd offense is categorized as a personal foul and will result in a 15-yard penalty and an automatic first down if committed by the defense, if committed by the offense it will be a 15 yard penalty and loss of down.
- You cannot bull rush the center. The defensive player must make a legitimate attempt to avoid contact with the center. Failure to do so will result in a 10 yard penalty and automatic 1st down.
- The center must also avoid initiating contact with the defender, unless the contact is open handed and blocking.
- During **Week 5**, all teams will receive a printed copy of their roster. You will review your roster and sign it prior to your scheduled game. If you need to or want to make changes after the game, you must do so prior to leaving the facility with the League Director. If you fail to do so, The Head Referee will use the originally signed sheet as your playoff roster. There will be no deviation from this format.
- All payments must be submitted by week 2 of the season. Failure to do so will result in your next game being forfeited until your balance is PAID IN FULL.