



Adult Flag Football League Rules

Registration/Organizational

The teams captain must register their team online or in person.

Game times cannot be changed once the full season schedule is released. Schedule requests must be submitted 2 weeks prior to the start of the season.

Teams must wear matching colored shirts/jerseys. NO EXCEPTIONS. Failure to do so will result in the entire team wearing pinnies.

Shirts will be provided by GoodSports USA.

If a single player is not in the same color as the other players on their team, the ENTIRE team will wear pinnies.

If two teams are the same color, we will flip a coin to determine the following; the flip winner will be given a choice of receiving the ball and the pinnies or the choice of playing defense first and wearing no pinnies.

The team must pay a **\$25 referee fee** in cash prior to the game. Failure to pay your referee fee may 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** (each teams referee fee).

Rosters lock after the teams 5th game played. No exceptions. Non-rostered players are not permitted to play.

There shall be no borrowing players from other teams in the same division.

Rosters will be maxed out at 14 players. "B" teams can have no more than 3 rostered "A" players. "C" teams can have no more than 3 rostered "B" players. No "A" players are allowed in the "C" division.

Equipment

- Flag belts will be supplied by Goodsports, but you may bring your own. Flag belts must be suction cup belts as well as the same color.
- Flag belts and shorts must be a different color!
- Teams must have matching colored shirts.
- 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

General Gameplay

League is played **6v6**. Less than **4** players will result in a forfeit

There are two 22-minute halves with a 3-minute halftime.

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.

Any team touching the clock will be penalized a LOSS OF GAME penalty.

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 potential loss of down.

The midfield line is the only first-down.

All players on the sidelines must be off the field during play.

A coin toss will decide who gets the ball, or which side a team wishes to defend.

There will be no coin flip in the playoffs. Seeding will result in the higher seed getting to choose between offense or defense.

Scoring

A touchdown is awarded when both of the player's flags 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 safety's are worth two points. If an offensive player is downed in the end zone, points are awarded to the defense.

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 followed: 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. ***If the losing team prefers to keep playing, the game will continue.***

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 first.
- Each team will get the same number of possessions starting at midfield.
- In the event a team scores an offensive touchdown, they can choose to go for either one or two points. After the 2nd possession, the teams will have to attempt a two-point conversion.
- If the first team did not score, the second team will only need to advance the ball further down the field to win. This will continue until there is a winner.
- Interceptions may be returned by the defense.

Blocking

Live blocking on the line and backfield only. This will consist of the lineman who is ineligible and a tight end, if a team chooses to use one. If a team uses a running back, he may open hand block as well

Blocks must be to the opponent's chest only. Excessive force will result in a penalty

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

There is no down field blocking. Players cannot use their hands or arms to block. Once past the line of scrimmage, the ball carrier must make his/her own attempt to avoid being deflagged. Moving picks are allowed as long as contact isn't being initiated by the offense (i.e. Setting screens in Basketball).

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.

Snapping the Ball

All snaps must go through the Centers 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 will resume. However, once the ball touches the QB and 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 1st or 2nd 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 3rd or 4th down, the play will result in a safety and the possession will go over to the defense.

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

- There are no live fumbles. Once a ball is dropped by a ball carrier it is a dead ball. Spot will be 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 and until the end of the play will be deemed a turnover. This includes fumbles, backwards passes and laterals that hit the ground.
- 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 dead. If any part of the ball carriers body (knee, forearm) touches the ground, with the exception of their hand, the player will be ruled down.

- Each team must have 3 offensive players on the line of scrimmage. One lineman and an eligible receiver on each side of the line.
- The furthest receiver on the line of scrimmage must be at least 3 feet from the sideline at the start of each 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 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 the contact. If an attempt was made to avoid contact but contact occurs, the play can and shall continue by the referees discretion.
- 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.
- 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.
- It is the offenses 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.
- 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 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, play books etc.
- Any dual catches will be awarded to the offense.
- 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 is to be no contact initiated with the QB above the waist 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.
- There will be no roughing penalties on the QB if the QB leaves his feet to pass the ball or if the QB breaks the pocket. This will again be the referee's decision.
- Any non-personal foul other than off-sides can be declined by the opposing team.
- Once a player jumps off-sides, the play is dead and the penalty is enforced, you cannot get back on side.
- If a player is bleeding, he must leave the game until it is covered, and the bleeding has stopped.
- There can only be 1 forward pass per play!
- All laterals must be backwards.
- 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.
- Defensive players may chuck/jamb a receiver within 5 yards.
- There is no stripping the ball. Attempts to do so will result in a penalty.
- 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.
- **The lineman is eligible to catch a pass once the snap is completed to the QB.**
- There are no running plays allowed!
- The defense must rush from 4 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 a four-yard distance from the line of scrimmage.
- If the offense lines a player up in the backfield, the defense can rush as many players as it wants, from anywhere on the field without penalty. In addition, if an offensive player goes in motion, the

defense can also rush anyone from anywhere without penalty. The QB must still get rid of the ball within the 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.
- There is no dipping allowed by the ball carrier. The ball carrier must remain upright while running, A player can spin but jumping will not be allowed. This will result in the play being blown dead and a five-yard loss.

Personal Fouls/Ejection

- 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 captains responsibility to inspect the flag belt and flags prior to the game. All flag belts have been provided by Goodsports, any teams wishing to use their own belts must meet the minimum standards. **THE BELTS MUST BE SUCTION CUP STYLE AND MUST BE A MINIMUM OF 14 INCHES LONG.** There will be no warning for 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 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 spiking the ball at an opponent, slamming it into their direction, or throwing it against the bubble wall, shall 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 Ref's/Directors 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.

Additional Penalties

- Cursing - Goodsports is a family-oriented establishment. There will be no cursing allowed in the facility. The 1st offense is a 5-yard penalty. The 2nd offense is also 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