

# **GOODSPORTS USA**

## **6 ON 6 FLAG FOOTBALL RULES**

### **General Rules**

- **6 active players per team. Less than 4 results in a forfeit.**
- **No borrowing players from teams in the same division.**
- **Players must wear matching colored shirts. NO EXCEPTIONS**
- **All players must be on the active roster prior to the end of week 5 to be eligible for the playoffs. No exceptions.**
- **All rosters are final after the 5th 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 REFFEREE AND Alex Paratore**
- **REFFEREES MUST BE PAID \$25 IN ADVANCE OF THE GAME.**
- **YOUR ENTIRE TEAM NEEDS TO BE PREPARRED TO START YOUR GAME A MINIMUM OF 15 MINUTES PRIOR TO START TIME.**
- **The game is 47 minutes long 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 will be worth 6 points. An extra point attempt will be initiated after each score.
- EXTRA POINTS- A team can go for one or for 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's- 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 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. No exceptions.

## 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 2<sup>nd</sup> 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 that are supplied by Goodsports, suction cup belts only.
- Flag belts and shorts or pants must be a different color.
- Teams must have matching colored shirts
- Each team must supply their own ball
- No hard brimmed caps allowed
- No Hooded shirts or sweats allowed
- No i-pods, radios, Walkman's etc, on the field during play.
- No work boots allowed

### Blocking Rules

- There is live blocking at and behind the line of scrimmage, once past the line of scrimmage all blocks must be open handed and delivered to the chest area of the defender. There is no blocking with the forearms or shoulders allowed down field.
- 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 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 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 refs 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. This includes dropped balls, backwards passes and laterals.
- 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 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 3 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 ISSUES WITH UNTUCKED SHIRTS NEED TO BE IDENTIFIED BY THE DEFENSE PRIOR TO THE SNAP OF THE BALL.**
- Each Team must pay the refs in full (\$25) before the game starts. The clock will start at game time unless mercy rules have been used in previous games.
- 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 ABSOLOUTLY 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 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 1<sup>st</sup> down.
- There will not be any roughing penalties on the QB if the QB leaves his feet to pass the ball or if the QB breaks the pocket. This will 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 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 chuck/jamb a receiver within 5 yards.
- There is no stripping 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.
- 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 ref and the director of the league.
- 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 6 vs 6**

- 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.
- There are no running plays allowed.

- If a team is winning by 25 points or more they are no longer eligible to rush or blitz until the spread is less than 25. During this time the opposing QB will have 10 seconds to throw the ball.
- The defense must rush from 8 yards away unless the 1<sup>st</sup> down or goal line is within that distance. If so the defender can rush from that line.
- Only 1 rusher is allowed per play, he can rush from anywhere but only one rusher is allowed
- You cannot fake a rush, faking a rush will result in a penalty.
- You may blitz 2 people once per side of field
- The penalty for illegal blitzes or rushes are as follows, if an illegal rush occurs the rusher is no longer allowed to rush on the play nor can they drop into coverage. They must stay at the rush line. The offense can choose the results of the play or get a 5 yard penalty and repeat the down. There is no automatic first down as a result of this penalty
- 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.

#### Random penalties

- Cursing- Goodsports is a family oriented facility. There is no cursing allowed in the facility. The first offense is a 5 yard penalty, the second offense is also 5 yards. The third offense is categorized as a personal foul and will be 15 yards and an automatic first down.
- If a single player is not in the same color as the other players on a team, the ENTIRE team must wear pinnies.
- If two teams are the same color, we will flip a coin to determine the following the flip winner will choose to take the ball and the pinnies or defense and no pinnies.
- Playoff seeding's result in the higher seed getting to choose offense or defense, no coin flip.
- 2 personal fouls in a game will result in an ejection
- Forfeiture of a game will result in the forfeiting team paying the ref fees for both teams prior to their next game. ( \$50 )