

Goodsports USA

Mens 8v8 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 16 players on their roster and are recommended to have a minimum of 12.

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 should to be brought to the attention of the head referee or GoodSports management prior to the game.

Players may only play on one team per division. If a player is on more than one team in the same playoff bracket, they must choose one team to play for. Players can be on a maximum of two teams in the league.

General Rules

1. 8 players on the field per team. Less than 6 results in a forfeit.
2. Players must wear matching colored shirts. No exceptions.
3. Players on multiple rosters must choose which team they will play with when entering playoffs if both teams are in the same division.
4. All players and coaches on the sidelines must be off the field during play.
5. There are only two first downs; these will be the 1st and 3rd (yellow) lines on the field.
6. Any regular season game can end in a tie; overtime will only be used in the playoffs.
7. All fighting is prohibited. Anyone involved in an altercation will be immediately rejected from the game with a possible suspension ensuing. Length of suspension to be decided by head referee and league director.
8. The game clock may start up to 10 minutes before the official start time in order to stay on schedule. Your team must be ready with belts on at least 10 minutes before your game time.

Starting the game

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

Scoring

1. A touchdown is awarded if a player's flag (front flag) crosses the goal line. It is not where the ball is.
2. All touchdowns are worth 6 points.
3. Extra Points – A team can go for one or two extra points. The distance is 3 yards for 1 point for 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.
4. Safeties are worth two points. If an offensive player is downed in the end zone, points are awarded to the defense.

5. When Applicable: Out of division games: When “B” division teams play “A” division teams, they will start the game with a 21-point handicap. When “C” division teams play “B” division teams, they will start the game with a 14-point handicap.

Rules About the Clock

1. 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.
2. 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.
3. 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).
4. Any team touching the clock will be penalized a loss of game penalty.
5. The game clock will start regardless of whether both teams are ready.
6. There are mercy rules in effect for the league to prevent fights and other issues. 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

1. Any regular season game ending in a tie is considered complete, all playoff games will be determined in the following fashion:
 - a. Higher seed chooses if they want the ball or defense.
 - b. Each team will get the same number of possessions starting at midfield.
 - c. Each team will have the opportunity to gain a first down as well as score.
 - d. In the event a team scores, they can choose to go for one or two points. After the second possession, the teams must attempt a two-point conversion.
 - e. 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 passed that point.
 - f. If the second team passes the point where the first team advanced, the second team will win the game.
 - g. If the defense gains an interception it can be advanced.

Equipment

1. No metal cleats.

2. No exposed jewelry.
3. Flag belts are supplied by Goodsports. Suction cup belts only.
4. Flag belts and shorts or pants must be a different color.
5. Each team must supply their own ball.
6. No hard-brimmed caps allowed.
7. No iPods, GoPros, Selfie Sticks, radios, etc. on the field during play.
8. No work boots allowed.

Blocking Rules

1. Down field blocks are open handed blocks only. This does not apply to player inside the tackle box on the line of scrimmage.
2. Open hand blocks to opponent's chest only.
3. No hitting above the shoulders.
4. No blocking below the waist.
5. Use of elbows, forearms, head, or legs to initiate contact is prohibited.
6. No clipping.
7. No chop blocking.
8. No interlocking blocks allowed.
9. 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.
10. A blocker cannot leave his feet for any reason.

Flag Belt Guarding / Stiff Arms

1. Any ball carrier may not use a stiff arm.
2. Swinging an arm or hand over the belt even if in the process of running is flag guarding and will render the play dead.
3. Placing the ball over the belt will constitute flag guarding.
4. Holding the belt with your other hand is flag guarding.
5. Lowering your shoulders will constitute flag guarding.

Snapping the Ball

1. All snaps must go through the center's legs.
2. 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 a ball touches the QB then the ground it is a dead ball and spotted where the ball touched the ground.
3. 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.

4. All plays should continue until the ref's whistle sounds.

Special Rules for Goodsports Flag Football

1. 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.
2. 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.
3. Each team must have a minimum of 5 offensive players on the line of scrimmage. 3 linemen and an eligible receiver on each side of the line. No exceptions. The remaining 3 can line up as tight end, wide receiver, or running back.
4. The furthest receiver on the line must be at least 6 feet from the sideline at the start of the play.
5. Receivers must have only one foot inbounds to complete a catch. Full possession must also be had to complete a catch
6. 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.
7. 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 contact.
8. 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.
9. The spot of the ball is determined by the player's flags, not the ball.
10. 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.
11. Any offensive penalty other than a false start counts as a down.
12. 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.
13. Inadvertent whistles: Once a play is blown dead accidentally, the referees will conference and decide whether the play shall be replayed. Conference with the team captains will also be permissible.
14. 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.

15. Any dual catches will be awarded to the offense.
16. 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.
17. There is absolutely no pushing out of bounds. If a player is pushed out of bounds in the air, a catch will be awarded and a penalty assessed on the play.
18. All captains are responsible for the behavior of their teams, coaches, and fans.
19. 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 first down. QB's will not incur a roughing penalty if they leave their feet to pass the ball. Once QB exits the pocket, he is no longer considered a QB.
20. Any non-personal foul other than offside can be declined by the opposing team
21. Once a player jumps offside, the play is dead and the penalty is enforced. You cannot get back on side.
22. There can only be one forward pass per play.
23. All laterals must be backwards.
24. If a ball hits the roof, walls, or lights, it is a dead ball and the play counts.
25. There is no intentional grounding in the league. If the ball is dropped forward, it will be counted as an incomplete pass.
26. 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.
27. Once a player is ejected he must immediately leave the bubble. If he is on the leading team, his team will forfeit if he is not out of the bubble within 2 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 2 minutes.
28. 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.
29. Defensive players may chuck a receiver within 5 yards.
30. There is no stripping the ball. Attempts to do so will result in a penalty.
31. No player may grab the jersey of another player at all, be it on the line or not. If observed, a holding will be called.
32. There is no face guarding.
33. If a team chooses to use a nose guard that lines up directly over the center, he must be in a 3 or 4-point stance. If he chooses to stand straight up, he must line up in a hole or be 6 feet behind the line of scrimmage.
34. Any abuse of an official will result in an immediate ejection and subsequent suspension. This includes but is not limited to verbal and physical abuse.

35. 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.
36. Trash talking, racial or religious remarks will not be tolerated.
37. Taunting will be a 15 yard penalty.
38. Any player found to be under the influence of drugs or alcohol will be ejected from the facility.
39. Any challenge of a player's eligibility must be made prior to the coin flip. The referee's decision will be final.
40. Any penalty committed by the last defender shall result in the ball being placed at the one-yard line and the offensive team awarded an automatic first down. Referees will convene and determine if the foul was committed intentionally and or with malicious intent to injure. If so, the offending player will be ejected from the game for a minimum of ten minutes. Referees may eject the player for the rest of the game. Additional suspension may be enforced.
41. Any rule not specifically mentioned will be at the discretion of the referees. Generally, the ref will comply with rules associated with NFL play.