



## **Adult Flag Football**

### **Women's League Rules**

#### **Registration/Organizational**

The team 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 by week #2 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 5<sup>th</sup> 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.

#### **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 2<sup>nd</sup> 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**

There is no blocking at the line of scrimmage.

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

### **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 1<sup>st</sup> or 2<sup>nd</sup> 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 3<sup>rd</sup> or 4<sup>th</sup> down, the play will result in a safety and the possession will go over to the defense.

The Center must release downfield after snapping the ball and is eligible to receive it.

## **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\***

- 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.
- 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.
- Any non-personal foul other than off-sides can be declined by the opposing team.
- 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.
- Once a player jumps off-sides, the play is dead and the penalty is enforced, you cannot get back on side.

- If a player goes out of bounds during a play, she must reestablish herself onto the field of play with two feet before touching the ball.
- If a player is bleeding, she must leave the game until it is covered, and the bleeding has stopped.
- If the ball hits the roof, walls or lights (in the Bubble), it is a dead ball and the play will count.

## **OFFENSE - RUNNING**

- The QB may not run with the football. They may only hand the ball off or throw to another player.
- Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
- The QB is not allowed to handoff to the center on the first handoff of the play.
- Once the ball has been handed off, in front, behind or to the side of the quarterback, the **FIVE**-second passing clock is eliminated, and all defensive players are eligible to rush.
- 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.
- There are no fumbles. Once a ball is fumbled by a ball carrier it is a dead ball. Spot will be determined by where the ball lands.
- 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.
- 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.
- 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, she 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-run Zones are located 5 yards before each end zone and 5 yards before a 1<sup>st</sup> down can be achieved. This is designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones and must pass.

### **OFFENSE - PASSING & RECEIVING**

- The quarterback has a **FIVE**-second “pass clock.” If a pass is not thrown within the five seconds, the play is dead (sack), the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 5-second rule is no longer in effect.
- There is no intentional grounding in this league. If the ball is thrown/spiked forward it will be counted as an incomplete pass.
- 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.
- 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.

### **DEFENSE**

- The defense is allowed one blitz per offensive drive. If the offense achieves a 1<sup>st</sup> down after the defense has already used their blitz, then the defense will be awarded a 2<sup>nd</sup> blitz to use.
- Defenders blitzing must rush from 7 yards away unless the 1<sup>st</sup> down or goal line is within that distance.
- The defense is allowed **2** rushers per blitz and can rush from anywhere as long as they are at a **SEVEN**-yard distance from the line of scrimmage.
- There is no stripping the ball. Attempts to do so will result in a penalty.
- 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 be no roughing penalties on the QB if the QB leaves her feet to pass the ball or if the QB breaks the pocket. This will again be the referee’s decision.
- Interceptions may be returned.

## **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, she must immediately leave the facility. If she is on the leading team, her team will forfeit if she 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, her 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 1<sup>st</sup> offense is a 5-yard penalty. The 2<sup>nd</sup> offense is also a 5-yard penalty. The 3<sup>rd</sup> offense is categorized as a personal foul and will result in a 15-yard penalty and an automatic first down