



# ADULT FLAG FOOTBALL RULES

## I. General Information

1. This League is made up of four divisions, the winner of each being considered a Field House Champion.
2. This league will play on Friday night and Saturday night.
3. All league fees are due before the start of the first league game. No Exceptions.
4. A game is played with no more than 7 players on the field at a time. If 7 players are not available, a team must begin the game with at least 5 players. Teams may not pick up players from other teams in the league. The game may be completed with fewer than 5 players as long as the game is started with 5 players. Forfeits will be scored 21-0. After a forfeit is declared a game may be played on a pickup basis between the teams and any other players that may be picked up.
5. All players must be listed on the roster. Players **MUST** check in at the front desk as you enter. If you do not check in for each weekly

game, you will be ineligible for playoffs. Teams playing with players who have not checked in are subject to forfeiture of that game. Any team caught playing with illegal players will forfeit all games that player participated in, and that player runs the risk of being ejected from the facility. It is each individual player's responsibility to check in. At the end of each night's games, Field House personnel will mark how many from each team has checked in. Captains will not be able to retroactively check players in during later weeks, even if the player has attended.

6. Once a player participates with a team, he may not change to a team within the same division. Players can play on teams in other leagues within the Field House. Players can only play on teams ONE DIVISION below the highest team they play on. (eg. Division 1 players can't play in Division 3.)
7. Only team members shall be permitted on the respective team benches during games. Coaches who allow spectators or followers to sit on their bench may be penalized for actions or comments by those Spectators. Coaches/players can be ejected from the game/facility if they allow spectators on the sidelines. ALL coaches need to be on the rosters with a valid photo.
8. All players must be at least 18 years of age, unless approved by Field House Management.
9. Games will start at specified start times. Halftimes will be limited to keep game flow moving. Teams should assemble and put flags on in anticipation of the start of your game prior to the previous game has ending. Teams playing in the next game WILL NOT go on the sidelines until the previous teams have left the field. Teams will promptly leave the bench area once their game has ended. If

players DO NOT leave promptly from the sidelines they are subject to being ejected from the facility.

10. \*\*\*PLEASE NOTE \*\* If a team is not ready to go at game time...i.e Flags on, and Players on the field ready to play... That team loses the right to choose if they want the ball at the beginning of the game, or after half time. In other words, the team that is ready to go will get the ball 1st in both halves. The officials may put 3 minutes up on the clock at the end of every game. That 3 minute timer is waved if we are already at game time, but this gives teams a little time to get into the bench area, get checked in, and on to the field. At the end of those 3 minutes, we start the game clock. If one team is not ready to go, they lose the right to get the ball 1st at the start of the game, or after the half. If 5 minutes after the game clock has started, the team who is short on players is not ready, the game is a forfeit (Current Rule), unless the team who has their team on the field and ready to go agrees to play the game with the reduced time (Provided the team short on players has enough to play after the 5 minutes have run off). As an incentive to play the game, the team who had their players there and on time will get the ball 1st in both halves.

11. Please do not leave children unsupervised. Field House Staff reserve the right to ask you to leave your game and take care of your child.

12. Do not expect balls stuck on girders, roofs and nets to be retrieved. In any event, the Field House is not responsible for lost balls or equipment.

## II. Officials

A. The referee has absolute charge of the game.

B. His decisions will be final, and are not to be disputed by Any member of either team.

C. The referee rules on all situations not specifically covered in these rules. The following rules were established to create a wide-open offensive game where talent prevails over brute force. Although Flag Football can be safer than tackle, there will still be incidental contact, which could result in serious injury.

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### III.PLAYERS, POSITIONS & SUBSTITUTIONS:

1. The Field House league will be played as a 7 vs 7 format.
2. One player is designated as the captain or coach. It is he, and only he, that may have discussion with the referee. The referee may give an unsportsmanlike conduct penalty if anyone besides the captain speaks to the referee.
3. On offense, you must have a minimum 4 men on the line of the scrimmage, **except for Field Goals and Punts.**
4. On defense you must have 2 men on the line **at the snap of the ball, except on punts and field goals.**
5. Unlimited substitutions are permitted as long as no substitution rules are violated, and there is no delay of game.

### IV. EQUIPMENT:

#### A. THE BALL

-EACH TEAM MUST BRING THEIR OWN GAME BALL.

-All games balls must be official size no exceptions.

Men: NFL Official Wilson Ball (NFHS, NCAA, or Professional size)

Women: Official Wilson TDY Youth League

## B. Player Equipment

-All players must wear shoes. **NO SCREW IN CLEATS, NO METAL OR CERAMIC CLEATS.** Molded cleats and turf shoes may be worn, but must be no longer than  $\frac{3}{8}$ ". No metal of any sort may be part of the cleats. Players with screw in, **Metal, or Ceramic** cleats will be asked to change shoes.

**NO EXCEPTIONS!**

-All players will wear the official flag belt with the flags attached in the proper locations. Teams will need to provide their own flags.

-Flags should be **2** inches wide, and USFFA Approved. (Flag-a-Tag)

-If players are caught wearing flags **that have been altered or positioned to make them harder to remove**, that player will be immediately ejected from the game and will risking of a suspension from the facility. The Field House **has** some flags to use for individuals who forgot theirs.(size availability not guaranteed) but they are not responsible for supplying flags for your team.

**-EACH PLAYER MUST WEAR PANTS OR SHORTS WITHOUT ANY BELTS, BELT LOOPS, POCKETS, OR EXPOSED DRAWSTRINGS.**

-Team jerseys must be similar in color. All teams members must have the same color shirt by the 3rd game. Shirts must be tucked under the belts and in no way cover or protect the flags. Teams should bring both a light and a dark jersey. Shirts with hoods and/or pockets are not allowed.

## C. ILLEGAL EQUIPMENT

Note: ANY TEAM FOUND WEARING ILLEGAL EQUIPMENT WILL BE PENALIZED 15 YARDS, AND THE SECOND WARNING WILL RESULT IN A FORFEIT. Illegal Equipment includes but is not limited to...

1. Headgear containing any hard, unyielding or stiff material, including billed hats
2. Jewelry
3. shorts/shirts or jackets with pockets
4. Pads or braces worn above the waist.(Exception for pads worn to protect pre-existing injuries)
5. Shoes with metal, ceramic, screw in, or detachable cleats.
6. Any hood on a coat, sweatshirt.
7. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least ½ inch of closed cell slow recovery rubber or other materials of a similar thickness and physical properties.

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### V.UNSPORTSMANLIKE CONDUCT

1. Spitting on the field will result in 15 yard penalty and loss of down or Automatic 1st down for the first infraction. A second violation in the same game will result in a game expulsion.
2. Any player/coach using profanity will be subject to ejection from the game.

3. Any player/coach who is guilty of fighting, touching an official, threatening other players or officials, and/or flagrantly attempting to injure another player will be suspended from the league for the remainder of the season.

4. Shoving another player is unsportsmanlike behavior and may be reason for game expulsion.

5. If a player is suspended for any other unsportsmanlike reason other than those listed above, he will be suspended for the remainder of that game and **may** be subjected to a **multiple** game suspension. All suspensions are facility suspensions. If you are removed from a game you must exit the facility immediately. **Field House Management has final say on the length of any suspension, and Field House Staff will notify the appropriate coaches concerning whether or not the person(s) involved will be allowed to return for the remainder of the season.** In the event a player deviates from this ruling, it will constitute a forfeit and the team not at fault will receive credit for a win.

6. A player that is suspended 2 times during a season will be suspended for at least 8 weeks.

7. The Field House will determine whether a suspended player may ever return to play again.

NOTE: If a player is ejected, he will be required to leave the field area and the facility for the rest of the day. Failure to leave the field area and the facility in a timely manner, to be determined by the officials and/or the field house staff, will result in his team forfeiting the rest of the game.

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## VI. Forfeits

1. The teams are required to be on the field ready to play at the scheduled time. Teams should be there early enough to check in with the field marshals/front desk. If a player shows up late they need to check in with the front desk BEFORE going on the field. If a player doesn't check in then the team is subject to a forfeit and suspension from the Field House.

2. Again, Teams must be ready to play at game time. If a team is not ready to play, the referee will run the clock, and the team then has 5 minutes to get on the field. This time will NOT be given back.

3. Any team that forfeits twice during any given season will be subjected to a \$100 fine, which needs to be paid BEFORE your next game.

4. A third forfeit and/or refusal to pay the \$100 fine means your team will be removed from the season. There will be No REIMBURSEMENTS of the league fee to any team and/or player that forfeits out of the league and/or is suspended.

5. Forfeits are scored 21-0.

## VII. POSTPONEMENTS

1. The Field House will make every effort to contact coaches if the games are postponed.

2. In general, the Field House is always open. We will only close in cases of the severest weather. Such closings will be announced on our website. Games cancelled due to weather will not be rescheduled.

3. There will be no postponement of scheduled league games unless at the discretion of Field House if it is an emergency situation such as an unsafe facility.

# ADULT FLAG FOOTBALL RULES

## VIII. TIMING

1. Home team will start with the ball in the first half, Away team will have ball to start second half. Note: For playoffs, the higher seeded team will choose who starts on offense, and that decision will be reversed for the 2<sup>nd</sup> half.

2. Games will be (2) 25 minute halves with a 1-minute half time. Game times may be shortened to keep games on schedule.

3. Games will start on time whether teams are prepared or not. Please assist us by arriving early for your game, assembling and putting on your flags before the previous game ends, and enter the field ready to play.

4. A team is allowed 2 time-outs per game, consisting of 30 seconds each. The clock will be stopped after a timeout at any point of the game and will begin on the snap of the ball. The officials do have the option to restart the clock 30 seconds after the time-out has been called, depending on the game situation. Unused time-outs cannot carry over into Overtime.

5. With the exception of time-outs, the game is played under a running clock. There are no stoppages for change of possession, incomplete passes, etc, with the following exception:

-Under one minute in 2<sup>nd</sup> half, the clock will stop on incomplete passes, penalties, and first downs.

-After penalties are enforced (With the exception of a Delay of Game Penalty) and after 1<sup>st</sup> downs, the clock will start with the “Ready for Play” whistle, Unless the clock would have been stopped by rule based on the previous play.

6. If the difference in score between the two teams is 21 points or greater in the 2<sup>nd</sup> half, we will play a running clock for as long as the 21 point difference remains, including during time outs.

## IX. SCORING

Touchdowns = 6

PAT Pass/Run= 1 or 2 depending on position chosen by scoring team.

PAT kick=1 by kick.

Field Goal=3

Safety=2

Returned FG attempt=6

Returned PAT= 2

### A.PAT'S:

-The offensive team decides if the ball will be placed on either the top of the soccer crease or from the RED LINE. If the ball is run or passed in from the soccer crease, it is worth 1 point. If the ball is run or passed in from the red line , it is worth 2 points. The ball may be kicked in from the top of the crease for one point. If the PAT kick hits the yellow tape it is the referee's decision to determine if the kick is good.

### B. FIELD GOALS:

-FG's may be attempted from anywhere on the field.

The kick must be placed on the ground, or you may use a tee that places the ball not more than 2 inches off the ground. The ball may be spotted as far back from the line of scrimmage as desired, but in the event of a missed FG, the ball will be spotted at the point from which it had been kicked. **You have 5 seconds to kick the ball after the snap.**

-Anytime **anyone** wants to kick a field goal or punt, they must declare it within 10 seconds of the official marking the ball ready for play. If no declaration is made, the referee will announce the next play as a regular down.

-Defensive players may jump to block the kick, but they may not cross the line of scrimmage during or after their jump.

-As with **passes**, the ball is declared dead on field goals when it strikes the ceiling, HVAC ducts, lights, sprinkler system, steel building structure, nets, boards, or turf.

-If a field goal attempt is caught in the air by the defenders, it may be returned.

-If a blocked kick is caught behind the line of scrimmage by either team, it may be advanced.

### C. SAFTEYS:

**-In case of a safety, the ball is placed at the goal line, and the team committing the safety will punt.** Any penalty on the punting team will be added to the end of the return, or the punt will be replayed, the receiving team has the option.

-Safety scores two points

## X. THE GAME

1. In each season teams will be scheduled for seven regular season games.

2. Depending on the number

Teams in the league, teams may play every other team once, some teams more than once, and there may be some inter-league Games.

3. Every team will then have at least one playoff game. Again, depending on the number of teams in each league every team will play in the first round, there may be a play-in game, or some teams may receive a bye.

4. Playoff seeding is determined by:

a. Overall record

b. League record in cases where inter-league games were played

c. Head to head competition

d. Point Against

5. **For Playoffs**, Team with the highest seed gets to choose who starts on offense at the beginning of the game.

6. The playoffs will be run like the NFL playoffs where the highest seed will always play the lowest seeded team remaining.

### A. TIE GAME:

1. Regular season game may end in a tie.

2. In the playoffs if the game is tied after regulation time, then the two captains will be brought to the center of the field and a coin flip will be conducted. The winner of the coin flip will decide either to be on offense, defense, or which end of the field to use. The ball will be placed on the **Red Line**, (twenty- yard line outdoors) and the team on offense will have four attempts to score a touchdown. If a touchdown is scored then the team that just scored will attempt an extra point. After the extra point try, the team that was just on defense will have the same opportunity to score chance to tie or win the game. However if they fail then the game is over.

#### B. GAME PLAY:

1. At the start of the game or after a touchdown the offensive team will start with the ball on 5 yard line. This is at the top of the soccer arc.

2. Teams will change sides after half time

3. To make a first down, the ball must be advanced to or beyond Mid-field, regardless of where the series originated. You have 4 downs to cross Mid-Field.

#### EXCEPTION:

a. If the spot of a foul is beyond Mid -field for a 1st down, and a penalty brings line of scrimmage behind Midfield, 1st down should be awarded, but the line to gain should be the goal line. (1<sup>st</sup> and Goal)

4. The ball must be Snapped between the legs to the quarterback who will be in a “shotgun” position.

5. The center may not run with the ball, but is eligible for a pass.

6. All players are eligible to receive passes.

7. A pass receiver may receive a ball or a defensive player may intercept a ball even though his or her flag has dropped off, and either may advance the ball. A ball carrier that loses his or her flag while carrying the ball must be tagged with one hand anywhere on the body between the shoulder and knees, including the hand and arm.

In the sole discretion of the referee, if a player is deemed to have his Flag s out of position, i.e., not placed above the shirt on both hips, the player may be downed by a one hand tag as above. If the Flags are knocked out of position by the defense during the down, the one hand touch rule is waived.

8. The ball carrier is down at the spot where the “tackler” pulls off his or her flag. Tacklers should hold up the flag as soon as it is pulled off. For first downs and touchdowns, the ball carrier’s hips with flags attached must cross the line. BOTH FLAGS

9. The ball carrier must run to avoid tacklers, not over them.

10. The ball carrier may not stiff- arm an opponent.

11. The runner may, however, attempt to maneuver between or around tacklers when trapped along the sidelines. It is the runner’s responsibility to avoid contact with a stationary defender.

12. The defensive team must have two men anywhere on the line of scrimmage at the snap, and are the only players eligible to rush the quarterback until the QB has broken the “Pocket” as defined by the covering official.

13. They may not have more or less than two men on the line at the snap. These two men are the designated rushers for that play. The two rushers may move laterally but not forward during the count prior to the snap. Defensive teams may shift players on and off the line. If

the quarterback runs out of the pocket as defined by the officials, any defensive player can rush. Any defensive player can rush on a hand off.

14. THERE ARE NO 3 POINT STANCES. Both lines must assume a two-point stance.

15. The offensive linemen may not move once they have taken their set positions for one full second before the snap.

16. If the ball carrier falls to the ground, he is down at that spot, and may not resume the play.

17. After a play is whistled dead, the officials will chop in a 25 second play clock once the ball is ready for play.

18) If anyone interferes with the return of the ball to the line of scrimmage, the referee may call delay of game or unsportsmanlike conduct.

19) A fourth down incomplete pass will be turned over to the defense at the line of scrimmage.

20) There will be no kickoff following a score, the ball will be placed on the 5 yard line. In the event of a SAFETY, A punt from the end-zone will be executed by the team committing the safety.

#### C.RUSHING / BLOCKING:

1. There must be no violent blocking or Bull Rushing. Defensive rusher MUST attempt to run around blockers, not through them. If a defensive lineman is not challenged at the line and the offensive lineman jumps over to block once the ball is snapped,

THIS IS NOT CONSIDERED BULL RUSHING IF THE OFFENSIVE PLAYER IS KNOCKED DOWN. Players may not leave their feet to block an opponent. However they may dive for a flag.

2. To legally block an opponent, the blocker' weight must be supported by both feet, his hand or knee must NOT touch the ground.

3. Contact by a blocker may only be made **along or behind the line of scrimmage.**

*Bull Rushing is defined as contact initiated by a defender with his shoulder, forearm, or closed/clenched hands that drives the blocker back or knocks the blocker to the ground, and is deemed excessive and potentially harmful to the blocker by the covering official.*

*If in the opinion of the official, any contact is deemed to be violent and or unnecessary, a penalty will be assessed, and you could potentially be ejected and/or suspended. If you are using your shoulder, forearms, or closed/clenched hands to make a block, you run the risk of being flagged for a violent hit. Of particular concern are Crack-back blocks behind the line of scrimmage, rough contact when passes are trying to be caught, and rough contact by the runner or by a defender while attempting to pull a flag. This will not be tolerated.*

4. No trap blocking or cross blocks may be made. Anyone who lines up in the offensive backfield at the snap is not eligible to block.

5. There will be no down field blocking on any play.

6. Only stationary screens, like a pick in basketball, may be carried out.

7. Defensive players must attempt to avoid the screeners while going for the ball carrier.

8. Blockers and tacklers must run to avoid each other, not run over or through each other.

9. Defensive players may not “jam” receivers on the line of scrimmage.

#### D. PASSES AND FORWARD PASSES:

1. Balls that hit the walls or ground at any time are considered dead balls.
2. You may not trap the ball against the wall when receiving a pass
3. You may pass the ball forward 2 times while behind the line of scrimmage
4. It may be passed backward or laterally as many times as desired on any one play until the ball becomes dead.

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### XI. FLAG FOOTBALL PENALTIES

-Any offensive penalty that is a spot foul and occurs beyond the Line of Scrimmage carries a loss of down along with the penalty yardage.

Defensive Pass Interference

-Spot foul, Automatic 1<sup>st</sup> down

-Defensive pass interference in end zone—Ball given to the offensive team on the 1- yard line, and an Automatic 1st down.

A.

## 15 YARD PENALTIES

Offensive pass interference

–15 yards from the original line of scrimmage and carries a loss of down.

3. Tackling (Automatic 1<sup>st</sup> down)

4. Roughing the passer  
(Automatic 1<sup>st</sup> down)

5. Boarding (player pushed into the wall)\*\*\*  
(Automatic 1<sup>st</sup> down or loss of down)

If the ball carrier is tackled, shoved or knocked into the wall, the offending team may be penalized half the distance to the goal, or if the official feels that a touchdown would have been scored except for the penalty, he may award the touchdown.

6. The person(s) charged with the penalties below may also be removed from the game

a) Unsportsmanlike conduct/ Cursing  
(Automatic 1<sup>st</sup> down or loss of down)

b) Intentional or flagrant foul  
(Personal Foul) (Unnecessary Roughness)  
(Automatic 1<sup>st</sup> down or loss of down)

c) Fighting

(Automatic 1<sup>st</sup> down or loss of down)

d) Illegal Participation (More than 7 participated in the play) (Automatic 1<sup>st</sup> down or loss of down)

**e) Boarding (player pushed into the wall)**

## B. THREE YARD PENALTIES

1. Offside/encroachment

2. Delay of game

3. Illegal procedure

4. Illegal passes

5. Illegal stance

6. Intentional forward fumble

-Point of infraction and loss of down

7. Illegal flag, illegal equipment or uniform.

8. Illegal Substitution (more than 7 on the field, but did not participate)

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## C. FIVE YARD PENALTIES

1. Illegal use of hands

2. Offensive or defensive holding
3. Shielding or blocking a flag (Flag Guarding)  
Loss of Down (Spot Foul)
4. Leaving feet on a block. (Spot Foul)
5. Stiff-arming (Spot Foul)
6. Impeding the runner (Spot Foul)
7. Offensive Diving (Spot Foul)

**Most Recent Changes/Additions to this version:**

**\*\*If a team is not ready to go at game time....Flags on, and Players on the field ready to play..... That team loses the right to choose if they want the ball at the beginning of the game, or after half time. In other words, the team that is ready to go will get the ball 1st in both halves. The officials can put 3 minutes up on the clock at the end of every game. That 3 minute timer is waved if we are already at game time, but we want to give teams a little time to get into the bench area, get checked in, and on to the field. At the end of those 3 minutes, we start the game clock. If one team is not ready to go, they lose the right to get the ball 1st at the start of the game, or after the half. If 5 minutes after the game clock has started, the team who is short on players is not ready, the game is a forfeit (Current Rule), unless the team who has their team on the field and ready to go agrees to play the game with the reduced time (Provided the team short on players has enough to play after the 5 minutes have run off). (As an incentive to play the game, the team who had their players there and on time will get the ball 1st in both halves)**

**\*\*Extra Points. Whenever an extra point gets returned for a score by the defense, it's always for 2 points. (College Rule)**

**\*\*There is no longer a requirement to have a minimum number of players on the line on offense or defense for punts and field goals. Just need to have 7 players on each side of the ball in case there is a blocked or returned FG.**

**\*\*After a safety, we do not change ends of the field. The team who scored the safety will receive a punt. The Team giving up the safety will have to punt from the goal line (Throw). Any penalty by the throwing team will be assessed on the end of the return, or there will be a re-kick, the offended team has the choice.**