



# ADULT FLAG FOOTBALL RULES

## **SECTION 1: 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. A team has five minutes past the start of game time to field six players. Failure to do so results in a forfeit. 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.
6. 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 forfeit that game. It is each individual player's responsibility. 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.
7. 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.
9. 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.
10. All players must be at least 18 years of age, unless approved by Field House Management.
11. Games will start at specified start times. Halftimes will be limited to keep game flow moving. Assemble by the player boxes and put flags on in anticipation of the start of your game.
12. Please do not leave children unsupervised. 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.

## **SECTION 2: OFFICIALS:**

- A. The referee has absolute charge of the game. His decisions will be final, and are not to be disputed by any member of either team. **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.

## **SECTION 3: 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.
3. On offense, you must have a minimum 4 men on the line of the scrimmage.
4. On defense you must have 2 men on the line at all times.
5. Unlimited substitutions are permitted as long as all substitutes report to the officials, and there is no delay of game.

## **SECTION 4: EQUIPMENT:**

### **A. THE BALL**

1. The team must bring their own football. All games balls must be official size no exceptions.

### **B. PLAYER EQUIPMENT**

1. All players must wear shoes. **NO SCREW IN CLEATS.** Molded cleats and turf shoes may be worn, but must be no longer than 3/8". No metal of any sort may be part of the cleats. Players with screw in cleats will be asked to change shoes. **NO EXCEPTIONS.**

2. All players will wear the official flag belt with the flags attached in the proper locations. Contrasting flags are furnished by the league. Outside flags of different lengths are not permitted unless approved by staff. Our flags are white and yellow, so please do not wear white shorts or shorts with vertical white stripes on the side. Each player must wear pants or shorts without any belts, belt loops, pockets, or exposed drawstrings.
3. Team jersey must be similar in color. All teams 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. Outside flags of different lengths are not permitted. The Field House will not provide pennies to any players. Teams should bring both a light and a dark jersey.

### **C. ILLEGAL EQUIPMENT**

1. Headgear containing any hard, unyielding or stiff material, including billed hats
2. Jewelry
3. NO shorts with pockets
3. Pads or braces worn above the waist.
4. Shoes with metal, ceramic, screw in, or detachable cleats. Any team found wearing illegal equipment will be penalized 15 yards, and the second warning in a forfeit.
5. Shirts or jerseys, which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt is not permitted.
6. 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.

### **SECTION 5: UNSPORTSMANLIKE CONDUCT:**

1. Spitting on the field will result in 15 yard penalty and loss of down or Automatic 1<sup>st</sup> down for the first I infraction and game expulsion for the second infraction.
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. Shoving another player is unsportsmanlike behavior and may be subject to game expulsion.
4. 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 is subjected to additional game suspension his team participates in. All suspensions are facility suspensions. If you are removed from a game you must exit the facility immediately. During this period of his suspension, the Field House will determine and notify the appropriate coaches concerning whether or not person(s) involved will be allowed to return for the remainder of the season. In the event at player deviates from this ruling, it will constitute a forfeit and the team not at fault will receive credit for a win.
5. A player that is suspended 2 times during a season will be suspended for at least 8 weeks
6. The Field House will determine whether a suspended player may ever return to play again.

**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 will result in his team forfeiting the rest of the game.**

### **Section 6: FORFEITS**

1. Any team that forfeits 2 games during the season may be dropped from the league.
2. There will be no reimbursements of league fee to any team that forfeits out of the league or to any player that is suspended.
3. Forfeits are scored 21-0.

### **Section 7: POSTPONEMENTS**

1. The Field House will make every effort to contact coaches if the games are postponed. 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.**
2. There will be no postponements of scheduled league games unless at the discretion of Field House it is an emergency situation such as an unsafe facility.

### **Section 8: TIMING**

1. Home team will start with the ball in the first half, Away team will have ball to start second half.
2. Games will be (2) 22 minute halves with a 2-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 near the player boxes just prior and putting on flags.

4. A team is allowed 3 time-outs per game, consisting of 30 seconds each. The clock will be stopped only during the last two minutes of 2<sup>nd</sup> half during these time-outs. Unused time-outs cannot accumulate.
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.
5. If the difference in score between the two teams is 21 points or greater, we will play a running clock under two minutes, including during time outs.

## **SECTION 9: SCORING**

- Touchdowns = 6
- PAT Pass/Run= 1 or 2 by offensive or defensive run back
- PAT kick=1 by kick.
- Field Goal=3
- Safety=2
- Returned FG attempt=6
- Returned PAT=1 or 2 according to what had been attempted.

### **A. PAT'S:**

1. The offensive team decides if the ball will be placed on either the top of the soccer crease or five paces further for extra points. 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 five paces further, 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 the kick is considered NO GOOD.
2. No part of the ball can hit the goal posts.

### **B. FIELD GOALS:**

1. FG's may be attempted from anywhere on the field. The kick must be placed on 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. Defensive players may jump to block the kick, but they may not cross the line of scrimmage during or after their jump. Kickers must kick the ball within the 25 second play clock. As with punts and 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.

### **C. SAFTEYS:**

1. In case of a safety, the ball is placed at the defenses' 5 yard line; there is no kick. Safety scores two points

## **SECTION 10: THE GAME**

1. In each season teams will be scheduled for seven regular season games. Depending on the number of teams in the league, teams may play every other team once, some teams more than once, and there may be some inter-league games. 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.

Playoff seeding is determined by:

- 1) Overall record
  - 2) League record in cases where inter-league games were played
  - 3) Head to head competition
  - 4) Point Against
2. At the start of the game or after a touch down the offensive team will start with the ball on 5 yard line. This is at the top of the soccer arc.
  3. Teams will change sides after half time

### **A. TIE GAME:**

1. Regular season game may end in a tie. In the playoffs if the game is tied after full 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 twenty-yard line 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 try. 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. To make a first down, the ball must be advanced to or beyond the 50-yard line, regardless of where the series originated. You have 4 downs to cross 50-yard line. EXCEPTION: In cases of a penalty that moves the ball back beyond the 50 yard segment, the segment for a first down is from the original spot marked. If spot of the foul is beyond the 1<sup>st</sup> down, and penalty brings line of scrimmage behind the 50 yd line, 1<sup>st</sup> down should be awarded, but the line to gain should be the goal line. (1st and Goal).
2. The ball must be hiked between the legs to the quarterback who will be in a “shotgun” position. The center may not run with the ball, but is eligible for a pass.
3. All players are eligible to receive passes.
4. 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 flags 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.**
5. 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**
6. The ball carrier must run to avoid tacklers, not over them. The ball carrier may not stiff-arm an opponent. The runner may, however, attempt to maneuver between or around tacklers when trapped along the sidelines.
7. The defensive team must have two men anywhere on the line of scrimmage who are the only players eligible to rush the quarterback. They may not have more or less than two men. These two men are the designated rushers for that play. The two rushers may move laterally but not forward or backward 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 defined by the three offensive blockers any defensive player can rush. Any defensive player can rush on a hand off.
8. **There are NO 3 Point stances.** Both lines must assume a two-point stance. The offensive linemen may not move once they have taken their set positions for on full second before the snap.
9. If the ball carrier or passer falls to the ground, he is down at that spot, and may not resume the play.
10. After a play is whistled dead, a team has 30 seconds to get the next play off. It is the offense’s responsibility to get the ball back to the line of scrimmage. If the defense interferes with the return of the ball to the line of scrimmage, the referee may call delay of game.
11. A fourth down incomplete pass will be turned over to the defense at the original scrimmage line.
12. There will be no kickoff following a score. The ball will be placed on the 5-yard line

## C. RUSHING / BLOCKING:

1. There must be no violent blocking or Bull Rushing. Defensive rusher MUST attempt to run around tackles, 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. Contact by a blocker may only be made along the line of scrimmage or in the blocking backfield.
3. No trap blocking or cross blocks may be made. This does not apply to backs who are pass blocking, backs may take two step forward.
4. There will be no down field blocking on any play. Only stationary screens, like a pick in basketball, may be carried out. Defensive players must attempt to avoid the screeners while going for the ball carrier.
5. Blockers and tacklers must run to avoid each other, not run over or through each other.
6. 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. You may not trap the ball against the wall when receiving a pass
2. The ball may be passed forward more than once behind the line of scrimmage.
3. It may be passed backward or laterally as many times as desired on any one play until the ball becomes dead.

## E. RUSHING THE PASSER:

1. The passer may be rushed, but no body contact is allowed. The passer should be treated like a punter. You may jump to block a pass; you cannot follow through and make contact with the quarterback's arm. Nor may you slap or hit the ball out of the hands of the quarterback.
2. Contact with the passer will be determined by the officials.

**The following are examples only:**

- a) If very slight – probably no penalty
- b) If unintentional or unavoidable – five yards from the line of scrimmage
- c) If intentional or violent contact – 15 yards from the line of scrimmage, automatic first down, and offender may be ejected for the game.

**F. OFFSIDES:**

1. If an offensive or defensive player crosses the line of scrimmage prior to the snap of the ball the play will be whistled dead and a flag will be thrown for defensive offside's.

**G. FUMBLES**

1. All fumbles are considered a dead ball, it is dead at the point it touches the ground. The defensive team may not recover a fumble. No forward fumble is allowed. Touching the ball, whether controlled or not, with the ball hitting the ground, is considered a fumble
2. A ball fumbled into the air is called an "air fumble" and may be intercepted and advanced by a defensive player. An offensive player must be behind the player fumbling in order to advance the ball.
3. You may not slap, strip, or hit the ball out of the hands of a runner or a pass receiver who has already established possession. This will be called impeding the runner. If a runner is in the clear with no one between them and the end zone when this occurs, the referee will call a touchdown.

**H. PUNTING**

1. When punting, the team that is punting must throw the ball down the field to the opposite team. The ball is considered LIVE until the kicking team touches it. It may hit the wall or netting of the field or the ceiling before it is touched by the receiving team.
2. The offensive team may punt on any down after announcing the kick before the down starts. ALL PUNTS MUST BE A THROW. After such an announcement, the throw must be made, and neither team may cross the line of scrimmage until after the kick. The throw must be made within the 25 second play clock. At least one defensive lineman must remain at the line of scrimmage until after the kick is made.
3. A dropped punt will be called a fumble and result in a dead ball, unless caught out of the air and then may be advanced forward.
4. Blocking may occur at the line of scrimmage, but no wall, wedge or down field blocking is allowed.

**I. CHALLENGE RULES**

1. There are no challenges to the referee's ruling on the field. Teams may email the Field House ([www.fredfieldhouse.com](http://www.fredfieldhouse.com)) if they decide the referee has not performed his responsibilities fairly or adequately. Field House staff will review these reports and take any action they feel is necessary, if any.

**Section 11: FLAG FOOTBALL PENALTIES**

**A. 15 YARD PENALTIES**

1. Offensive pass interference – 15 yards from the original line of scrimmage and loss of down.
2. Defensive pass interference – 15 yards from the original line of scrimmage, and an automatic first down.
3. Defensive pass interference in end zone – Ball given to the offensive team on the 1-yard line, and an automatic 1<sup>st</sup>
4. Tackling
5. Roughing the passer
6. Boarding (player pushed into the wall)\*\*\*

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

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

7. Gross unsportsmanlike conduct/ Cursing
8. Intentional or flagrant foul
9. Fighting

**B. THREE YARD PENALTIES**

1. Offside
2. Delay of game,
3. Illegal procedure,

4. Intentional grounding- Point of infraction and loss of down
5. Illegal passes
6. Illegal stance
7. Intentional forward fumble- Point of infraction and loss of down
8. Illegal flag, illegal equipment or uniform.

**C. FIVE YARD PENALTIES**

All of these penalties are marked from the point of infraction

1. Illegal use of hand
2. Forearms or elbows
3. Offensive or defensive holding
4. Shielding or blocking a flag
5. Leaving feet on a block
6. Stiff-arming wedge blocking and or clipping
7. Impeding the runner
8. Offensive Driving