



Adult 5v5 Flag Football Registration and Playing Rules

FALL 2011



FLAG FOOTBALL IS A NON-CONTACT SPORT.
BLOCKING AND TACKLING ARE NOT ALLOWED.

SportsCity has numerous events going on that have paid to use the fields / court.

**** TEAMS ARE NOT TO ENTER THE FIELD if another event is going on! This includes Open Play.**
A team's time on the field does not begin until their official game time (unless field is open).

No glass containers are permitted in the facility. No food, drinks, chewing tobacco or gum, sunflower seeds (or similar products), or metal cleats are permitted on the playing surface. Players are **NOT** to be drinking beer / alcohol before their game. Could result in their removal from the game. There is to be **NO** beer / alcohol in the players area.

ALL participants are to be aware of the rules. SportsCity reserves the right to change or add to the rules to handle any situation that may arise. SportsCity may re-bracket teams at any time in order to guarantee fair and equal play. Ignorance of the rules will not be accepted as an excuse for failure to comply with them. SportsCity may modify rules at any time to ensure equal and fair play.

Changes are highlighted in **yellow**.

Rules: General

AWARDS:

- * Will be given to 1st place teams. Teams receive a 1st place team trophy, team coupon towards food/drink (excludes beer / alcohol), and choice of \$50 off the next session or t-shirts which are not sport specific.
- * If sponsored be sure to inform SportsCity so sponsor's name appears on the trophy.

COED TEAMS: Must play lowest level unless otherwise approved or a co-ed division is available.

FIELD DIMENSIONS / MARKINGS: (approximate)

- * Length: 60 yards - (2) 5 yard end zones with 5 yard "no running zone" at each end and 10 yard "no running zone at midfield.
- * Width: 30 yards (5 yds or 15' wider than other indoor facilities)

GAMES: See also Playoffs

- * All teams are scheduled eight (8) games.
- * Forfeits are beyond SportsCity's control and will count as a game.

ILLEGAL PLAYERS:

- * Players are required to have some form of picture ID available at all times. If a roster is questioned, the game will be stopped and that teams roster verified. If the player / players in question are not on the roster or not able to provide picture ID they cannot participate. Game will continue but will be forfeited to the opposing team.
- * Any suspended (ejected) player is considered illegal until their suspension is served. Team will forfeit all games a suspended player participates in from the time of suspension until the suspension is served.

HOME TEAM:

Home team is listed first on the official schedule which shows both home / visitor team names. If viewing individual team schedule (just shows opponent) those opponents without the word "at" in front of their team name indicates you are home.

PLAYOFFS: See Roster Check

- * Once a team has played its 8th game, no players may be added to their roster for any reason.
- * Request cannot be honored during playoffs / championship games.
- * Top four (4) teams from each level will compete.
 - * 1st vs 4th and 2nd vs 3rd
 - * If sub-levels (ex: A1 & A2) then winner from each will compete for Champion of that level.

POINTS / STANDINGS / TIES: Win = 3 pts. / Tie = 1 pts / Loss = 0 Forfeits will be posted 30-0 (see Forfeits).

- * All teams (in every level) are responsible for making sure their score is correct before it's submitted to the office. Once posted the score will remain as is unless it's a posting error or verified was submitted wrong.
- * **Does not apply to A level.** Goal difference: the greatest goal difference allowed will be thirty (30) points.
 - ie: 50-6 games will be posted as 36-6
- * Due to additional penalties actual standings may vary from the computer generated standings on the web site.
- * SportsCity will keep track of league standings which will be posted in the facility and on the web site.
- * If teams are tied in points at the end of the session, the following will be used to determine placement:
 1. Head to head (not used if more than two teams are involved in the tie breaker).

2. Least points allowed.
3. Greatest point difference.

PRACTICES: League fees do not include practice times.

PROTEST:

- * There will be **NO PROTESTS** allowed regarding the game.
- * The Site Director will resolve all disputes immediately. These decisions will be final.
- * If a team suspects an illegal player or other illegal activity associated with the other team, they should inform management immediately. If this activity is discovered after the game is completed, the team should file a formal protest to management.
- * Management will not overturn any calls made by the referee during the game.
- * Management will not take seriously any complaint directed at them immediately following a game - verbal or written.

REFUNDS: Will only be issued should SportsCity not be able to place a team. Refunds will be issued within thirty (30) days.

REQUESTS:

- * Request are not guaranteed. No verbal request will be taken – must be in writing. Teams are allowed 2 scheduling requests per session on the required form and submitted two (2) weeks before the start of the session.
- * If a person coaches more than one team SportsCity will try to schedule around them. SportsCity will not schedule around players on multiple teams.

RESCHEDULES:

- * SportsCity understands that unplanned things happen but in order to keep within the eight (8) weeks each session, **NO** reschedules will be done unless it's due to an error caused by SportsCity or for reasons beyond SportsCity's control.
- * SportsCity is only responsible for the initial schedule. It is not responsible for reschedules unless it has cancelled games or made a scheduling error.
- * Reschedules are not guaranteed. Games cannot be rescheduled to the current week.
- * Team needing to reschedule must notify the League Coordinator at least 72 hours in advance. Less than 72 hrs will result in a \$50.00 reschedule fee (cash or credit card) to be paid by the team requesting the reschedule prior to the game being rescheduled.
- * Team needing to reschedule is responsible for contacting the opponent and working out a new date / time then notifying the League Coordinator. The coordinator will then verify if the opponent has agreed to rescheduling, the date / time is available, and refs can be obtained. Teams will be informed if the reschedule is approved or not.

RESCHEDULES: Bad Weather

Any games that are rescheduled due to weather will be rescheduled at the discretion of management. No refunds will be issued if the game is not able to be rescheduled. SportsCity reserves the right to reschedule these games on days that the teams have not registered to play on depending on field availability.

SCHEDULES: see also Reschedules

- * In order to keep games within the sessions time period, and to accommodate any holidays during those weeks, games on additional days/evenings/weekends may be necessary.
- * Schedules will not be available until at least one (1) week before the 1st scheduled game. Once available they will be posted on the web site www.sportscitykc.com with an e-mail notice sent to everyone with an active e-mail on record with SportsCity.
- * E-mail game reminders will be sent 48 hours in advance of your game.
- * All efforts will be made to contact any teams involved in any schedule changes but the responsibility lies with the team coaches and manger's to double check the schedule on our web site one (1) day prior to their scheduled game.
- * Weekly game reminders will be sent via e-mail. If someone with an e-mail is not receiving these, have them contact SportsCity.
- * Once issued, no changes will be made unless there's an error caused by SportsCity. **Show or forfeit.**
- * Scheduling will not be done around players on multiple teams.

SPECTATORS:

- * Only rostered team members and scorekeeper per team can be on the players bench. All others **MUST** be on the opposite side.
- * Games **ARE NOT** to start, or if started will be stopped, until spectators leave the bench area.
- * Teams can be held accountable and penalized, even ejected, for their spectators actions.

SUSPENSIONS: see also Ejections / Sportsmanship

- * Suspensions will not be overturned unless it can be proven it was done for personal reasons.
- * Suspensions can range from one (1) additional game to banned from SportsCity. Player will be notified.

TEAMS: The minimum number of teams for a division is four (4). No guarantee or promise will be given other than this.

WARM-UP: League fee does not include warm-up time nor is there any guaranteed warm-up time or space. Games are to start on time. See Forfeits.

WEB SITE: www.sportscitykc.com

- * Web site is available to everyone.
- * To get full use of the MySam features:
 - * All participants with a current SportsCity waiver/registration and an active e-mail address on record with SportsCity can log in on MySam to view schedules, standings, send team e-mails, etc.
 - * To use this function go to the web site and click on MySam to open the GET PASSWORD page. Complete the information and send. A password will be sent to that persons e-mail normally within seconds. Once received go back into the web site, click again on MySam, and enter their password.
Email being used must be the same that is on file with SportsCity.

Rules: Registering / Rostering

It is the **teams** responsibility to ensure ALL paperwork and money is in order and accepts any penalty that may be enforced as a result of failure to do so. Forfeits for illegal players will be based on paperwork on file at the time a roster check is done. **IF NOT SURE CHECK BEFORE DOING!**

COACHES or RESPONSIBLE PARTIES:

- * Coaches or team reps must be at least eighteen (18) years older.
- * Teams must have someone eighteen (18) yrs or older on the bench during all games. Failure to do so will result in a forfeit.
- * Are responsible for, and will be held accountable for, the their players / spectator actions.
- * Are responsible for ensuring the team has a zero (0) balance before it plays its third (3rd) game.
- * Are responsible for, and will be held accountable for, the full league fee whether the team completes the session or not.
- * Are responsible for the collection of all required paperwork to register a team and its players.
- * Will provide valid contact info including an e-mail address.

COED TEAMS: Must play lowest level unless otherwise approved or a co-ed division is available.

FEE: League fee pays for 8 regular games. Playoff/championship games are bonus games for those that qualify.

INJURED PLAYERS: see Rosters

- * Players may be added after the 2nd game in place of a injured player that cannot complete the session.
- * A injured player must submit to the league coordinator in writing their request to be dropped from the team.

LEVELS of PLAY: see also Rosters

- * Are based on play at SportsCity - not other facilities or tournaments.
- * At this time there is no all High School or Co-ed divisions. These teams would play in the regular Men's League.
- * SportsCity reserves the right to re-bracket any team for any reason during a session.
- * **A)** Competitive: new &/or unknown teams must play in the B level before allowed into A unless otherwise approved.
- * **B)** Intermediate: lower competitive / upper recreational
- * **C & lower)** Recreational: **Strictly for FUN and enjoyment!** Beginners and those with little experience. All High School teams (or teams with a majority of HS players) and co-ed teams must compete in these levels unless otherwise approved by SportsCity.

NOTE: Levels broken down into sub-levels still equal the main level. Meaning if B1 & B2 it still equals B level. If C1, C2, C3, or C, D, E, etc it still equals C level.

PAYMENTS / REGISTERING:

- * Required deposit, team registration/contract, schedule request (if any), and shirt order (if any) are all due by the deadline per session to register a team and guarantee a spot.
- * Teams not paying in full when registering are **required to provide a credit card**.
- * The person whose name is on that credit card **must** be the one signing the authorization giving SportsCity the right to charge it as needed.
- * Teams must have a zero (0) balance before they can play their 3rd game.
- * If team is not paid in full before it plays its third (3rd) game, it will forfeit its spot in the league and NO refund will be issued of any money paid.
- * If for any reason there is a balance due after the 3rd game, the credit card on file will **AUTOMATICALLY** be charged. If the charge is denied the team will be removed from the league and all games forfeited. There will be NO refund of any money.
- * Roster and all waivers (on active players) are due by the 1st game.

PLACEMENT of TEAMS: SportsCity has the right to:

- * If during the session it's found a team's record indicates possible sandbagging, whether that team needs to be moved to a higher level or not. If moved this will result in a new schedule but will not change the game results or standings of all teams involved.
- * If returning winners have to move up or not. Just because a team wins a division does not mean they are able to compete in the next level.
- * Form single age divisions if possible.
- * Combine ages, divisions or levels to form a league.

PLAYERS:

- * Must be at least sixteen (16) years old by the first game.
- * Female players may only participate in the recreational level (C or lower) unless approved otherwise by SportsCity.
- * If an all Co-ed Division is offered, co-ed teams must have at least two (2) woman on the field at all times.
- * Must have a current SportsCity waiver on file. This waiver is good for one (1) year for any SportsCity event.
- * All players for a team must have like shirts, at least similar in color, with at least a 6" permanent number on the back.

REFUNDS:

- * NO refund of any money paid unless SportsCity is unable to place a team.
- * If not able to place a team, SportsCity will issue refund within thirty (30) days.

ROSTER CHECK: Management reserves the right to check identification of any player.

- * Photo ID required on hand **at all times**. No exceptions. In fairness, this applies to all players even those known by SportsCity employees and/or other players.
- * If a roster check is done and a player cannot provide such ID they will not be allowed to play. Period!
- * Championship games: players must report to the office along with their photo ID and check in before their game.
- * Accepted photo ID: driver's license, school ID, or passport.

ROSTERS: Games will not be scheduled around players on more than one team

- * Rosters are due by the first (1st) game.
- * Team rosters consists of: no less than five (5) and no more than 18 (eighteen) players.
- * It is strongly suggested that all players, whether they participate or not, be listed on the roster. When (if) they play doesn't matter as long as they are on your paper roster.
- * **Rosters are frozen after the second (2nd) game.** Players cannot be added after a team's second (2nd) game without approval from the league coordinator. **See also INJURIES**
- * Players may only be added after the 2nd game if a player is injured and removed from the roster for the remainder of the session.
- * Once a team has played its 8th game, no players may be added to their roster for any reason except.....
- * At the discretion of management, a team may claim hardship and add one (1) player after the 6th week but not during the playoff or championship games.
- * Players being replaced on a team for any reason, may not return and play the remainder of that session for that same team.
- * Rosters are to be submitted **prior** to the first game and are to show jersey numbers along with first & last name of each player.
- * Player must be at least sixteen (16) years old to participate / eighteen (18) years old for the Cash Division.
- * High School teams must compete in the C level (or lower) unless approved differently by SportsCity.
- * High school aged teams must have someone eighteen (18) or older on the bench that will be held accountable for the team.
- * Rosters may be on SportsCity Roster form or typed and may be faxed or emailed. If emailed must be Adobe or a Word 97 document. Please allow a one inch (1") left margin.
- * Players may participate on more than one (1) team but **NOT** in the same level.
Example: If sub levels (A1, A2 or B1, B2, etc) an A1 player may **NOT** play on an A2 team because the two levels will play each other in the playoffs.
- * "A" level players that have not participated for at least one (1) year in "A" level at SportsCity can be reclassified as B level.
- * "A" level players, or players that normally play A level, cannot roster to play on a C or lower level team.
- * "B" level teams may not roster more than two (2) A level players.
- * "C" and lower level teams may not roster more than two (2) B level players.
- * Players playing up to the next level, count as an upper level player for the lower level team.
Example: a B level player rostering to a C or lower level team then rostering to play A level must drop the C or lower level team because they are now considered an A level player and can no longer play C or lower. Same for a C level or lower player rostering to play A level can no longer participate in the recreational (C or lower) level.
NOTE: Before rostering to another team, players should check with their current team to make sure that by doing so they are not putting their team over their limit. This will cause their team to forfeit each game from the time they rostered to the other team.
- * Teams must have captains. No more than two (2) allowed. They can change game to game or remain the same the entire session.
- * Team captains should wear something (i.e.: arm / ankle band) to indicate they are the captain.
- * Only team captains may talk to (NOT yell at) officials to question calls, etc. All others will be warned then ejected for dissent if need be.

WAIVERS & RELEASE of LIABILITY FORM:

- * Required on **ALL** players **PRIOR** to them participating. Good for one (1) year for any event at SportsCity.
- * Players participating without a waiver will be considered ineligible and game will be a forfeit.
- * Players without a current waiver / release on file will **NOT** be covered by SportsCity insurance.

PLAYING RULES: 5v5 Adult Flag Football

ABUSIVE ACTIONS:

Verbal or physical abuse/assault towards anyone, including but not limited to officials or players, will result in immediate removal from the game area. Fighting will be cause for immediate ejection and suspension for the remainder of that session, possibly longer. Anyone involved in fighting could be permanently banned from SportsCity.

ATTIRE / EQUIPMENT:

- * SportsCity provides all equipment.
- * Nothing may be worn that may obstruct a player from pulling an opponent's flag. This includes towels.
- * Teams may provide their own ball, pinnies, and flags.
 - * Flags must be regulation adult length. Style of flag / belt must be "pop" and have no more than two (2) flags.
 - * Balls must be official collegiate or NFL size. **Nothing else may be used.**
- * Only rubber molded cleats may be worn. No metal cleats, spikes, tips, etc. are allowed.
- * Cleats, except for metal spikes, are allowed. Inspections may be made prior to the game. It is recommended that all players wear a protective mouthpiece.
- * Players must have like shirts color wise. Shirts MUST have at least a six inch (6") **permanent** number on the back. No taped numbers.
- * Number must be large / wide enough to be seen from a distance. Number color cannot blend into shirt color. Must stand out.
- * Any player without a numbered shirt, or non matching shirt color, must go to the office to get a pinnie. Cannot borrow a shirt.
- * No duplicate numbers on a team. No offensive names on shirts. Shirts must be tucked in.
- * Flags cannot be the same color as shorts and must be on each side of players hips.
- * No headgear with an extended bill and no pockets are allowed on shorts or pants.
- * In case of color conflict, visitor is responsible for color change. Pennies are available at the office.

CASTS / ORTHOPEDIC BRACES:

This may be allowed if at the discretion of the referee they are not dangerous to any of the players on the field. They must be padded / wrapped to the referee's satisfaction. **Suggestion:** bubble wrap enclosed in ace bandage.

BENCH AREA: see also Spectators

- * Other than for entering and exiting the field, doors must always be closed.
- * The only people that are to be in the bench area are: officials, rostered players, coaches, and adult responsible for running the clock. Spectators must be on the opposite side of the field.
- * Home / Visitor is indicated above benches. Teams are to sit in the area according to if they are H / V on the schedule.
- * Any player not involved with the play must be off the field and in the player's bench area.

CHALLENGING A RULE:

- * If a team challenges a call the TEAM CAPTAIN may use a time out to have the official check the rules. The correct penalty, or non penalty, will then be enforced.
- * If the team that challenged the rule is correct, they are not charged with that timeout.

CLOCK: see also Game

Is a running clock. Stoppage to occur only during a team timeout, official's timeout, or if a significant injury (at officials decision) occurs.

Exception: In the last minute of the game, if the difference in score is 8 or less points, a **pro clock** is used.

- * Clock will only be stopped on: out of bounds, incomplete passes (includes spiking), defensive penalties, offensive penalties, offensive warnings, and scores.
- * The clock will not stop on a fumble or a bad snap.
- * The referee may stop the clock if the defense does not make an effort to hand back an offensive players flag.

COED TEAMS: Must have at least two (2) women on the field at all times or forfeit.

COLOR CONFLICT:

- * Visiting team is responsible for changing color in case of a conflict. Pinnies are available in the office.

DEAD BALLS:

- * Substitutions may be made on any dead ball.
- * Play is ruled "dead" when:
 - * Official blows the whistle.
 - * Ball carrier's flag is pulled or becomes illegal.
 - * Ball carrier steps out of bounds.
 - * Touchdown or safety is scored.
 - * When any part of the ball carrier's body, other than a hand or foot, touches the ground.
- * If the ball carriers flag falls off, the play will be whistled dead once a defender touches him.
- * If not caught before the snap, player is down at the spot of the catch if they do not have two (2) flags.
- * There are no fumbles. The ball will be spotted where the ball carrier's feet were when the fumble was made.
- * A bad snap will be blown dead and the ball will be spotted where it hits the ground. There is no stripping of the ball (spot foul and automatic 1st down).
- * Both officials must be set before the ball can be hiked.

DEFENSIVE PENALTIES: see also Penalties

- * Blocking (during interception): 5 yard penalty from the spot of the block and 1st down

- * Holding: 5 yards from end of play and automatic 1st down
If a defender in an attempt to pull a flag, inadvertently grasps the jersey or pants of a runner and immediately releases, and in the opinion of the referee did not unduly impede the runner, it does not constitute holding.
- * Illegal...
 - * Contact: 5 yards and automatic first down
 - * Flag Pull (before receiver has ball): 5 yards and automatic first down
 - * Hike (defensive team making false calls): 5 yards and automatic first down
 - * Rushing (starting rush from inside 7-yard marker): 5 yards and automatic first down. If defensive player crosses the LOS before handoff and is not 7 yards away- it is considered an illegal rush
- * Minor Tackling: ten (10) yards from end of play and automatic 1st down.
- * Offside: 5 yards and automatic first down
- * Pass Interference: Spot foul and automatic first down
 - * Face Guarding: if the referee determines the defensive player intentionally blocked the receivers view without turning to look for the ball, and the ball is catchable, it's pass interference.
- * Roughing the Quarterback: 5 yards and automatic 1st down
- * Substitution Fouls (player enters field after ball is blown ready for play): 5 yards and automatic first down

DIVING: see Jumping / Diving

EJECTIONS: see also SPORTSMANSHIP and/or SUSPENSIONS

- * Ejected players are considered illegal players only for the team they were playing with at the time they were suspended.
- * Ejected players cannot be in the bench area until their suspension has been served.
- * Ejected players automatically cannot participate in that teams next game. If an ejected player does participate the team will forfeit the game and additional suspension ranging from one (1) game to the remainder of the session will be enforced.
- * Anyone, including spectators, ejected during a game must immediately leave the building.
- * Any ejected player returning to the building will be suspended the remainder of the session.
- * Clock will not be stopped and game will not start until they have left.
- * Anyone ejected in the last game of a session will be prohibited from playing/coaching in the first game of the next session they participate in no matter what team it's for.
- * Coaches or team reps may be made to serve suspensions an illegal player or spectator receives.

FIGHTING: SportsCity will enforce the **ZERO Tolerance Policy** for fighting!

- * Will not be tolerated. Anyone threatening to fight or harm anyone (referee, player, spectator, etc) will be out the rest of that game. If after a game then they will be suspended for the next game.
- * Anyone actually fighting / hitting will be suspended the remainder of the session and their team will forfeit that game. They will not receive a refund.
- * SportsCity reserves the right to ban permanently any player involved in a fight.
- * Anyone instigating a fight through unnecessary physical contact (or overly aggressive play) will be suspended the remainder of the session. Officials will determine what is unnecessary or overly aggressive.
- * Retaliation will be dealt with on a case-by-case basis.
- * Players leaving the bench during a fight will be suspended a minimum of one (1) game.
- * Team reps will be held accountable for spectators associated with their team that become involved with a fight.

FIRST DOWN: see also Scoring

For a 1st down or touchdown to count, BOTH flags and the ball must be across midfield or goal line.

FORFEITS: recorded as 30-0 win PROVIDED minimum # of players to start a game is present

- * If games are running late the official will determine the starting time of the next game.
- * Teams not able to field the minimum number of players required to start a game within ten (10) minutes of start time will forfeit. There is no bargaining on this matter.
- * Forfeits are beyond SportsCity's control and will count as a game.
- * Referees will not officiate forfeited games. Players with signed waivers may use the field time for practice or scrimmage.
- * If due to injury, less than four (4) players are available to finish the game, the game is forfeited.
- * Teams can only use players from their roster. Use of non-rostered players will result in a forfeit.
- * If a team has a balance due after their 3rd game, the team will be removed from the league and all games forfeited. **NO EXCEPTIONS and THIS WILL BE ENFORCED!**
- * If opposing team approves a non rostered player participating in a game, the officials are to be told as the game is a forfeit and they are not to officiate forfeits. If the officials officiate the game - **the game results will stand**. No forfeit will be given.
- * Games forfeited will cost the forfeiting team \$50.00 (cash) to be replayed. Opposing coach must inform SportsCity they have agreed to the game being replayed. Fee must be paid before game will be rescheduled.

GAME: see also Start of Play

- * Provided the forfeit time has not expired, once the minimum number of players has been reached the game must start.
- * If at the end of the game the score is tied, it will remain a tie unless it's a playoff or championship game.
- * There are no deferments. A coin toss determines first possession. Team can elect to have offense, defense, or direction. Choice in the 2nd half will go to the team that did not have 1st half choice.
- * Each time the ball is spotted the offense has thirty (30) seconds to snap the ball.

GAME DURATION: see also Forfeits

- * **Games are NOT to exceed their one (1) hour time limit.**
- * Games consist of (2) 22 minute halves with a running clock and a two (2) minute halftime.

- * If a game starts late, provided the forfeit time period has not expired, the amount of time the game was delayed is to be divided in 1/2 and taken off each half equally.

Clarification: Games must stay on time. Games starting late must end so the next game starts as scheduled.

- * If games are running late for other reasons, the official will determine the starting time of the next game.

HAND-OFFS: Only direct hand-offs behind the line of scrimmage are legal. NO laterals but pitches are allowed.

INTENTIONAL GROUNDING: when the ball is purposely thrown away to avoid a sack:

- * Within three (3) yards either side of the center: five (5) yards and loss of down.
- * If in the end zone it is a safety.
- * If QB is outside of the three (3) yards: no penalty

JUMPING / DIVING: will be called if:

- * Offense is running down to the goal line to score a touchdown and they have a defender near them, and in order to avoid the flag pull and score, they dive into the end zone for the touchdown. The same thing can be called heading toward the first down line.
- * The offense could be running down the field and try to hurdle someone in their way to avoid the flag pull. That would be where jumping would be called.
- * A quarterback is going to make a throw, and he jumps, but doesn't come back down with the ball, that would be allowed. If he jumps and has the ball when he lands, that's a penalty.
- * Neither is called when players are jumping / diving to make a catch or diving to pull a flag.
- * The runner may spin or twist to avoid the defensive player. Runners are not allowed to dive or jump forward for extra yardage; however runners may jump straight up, sideways or backwards to avoid defenders attempting to pull their flags

KICKOFFS: None

- * The offensive team takes possession of the ball at its goal-line and has three (3) plays to cross midfield.
- * Once a team crosses midfield, it has three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its goal-line. An automatic first down by penalty will overrule the other requirements regarding three plays to make either a first down or score. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its goal-line.
- * All possession changes, except interceptions, start on the offense's goal-line.
- * Teams change sides at half time.

LINE OF SCRIMMAGE: A minimum of two (2) players are required on the line of scrimmage at all times.

MERCY RULE: see also Scores

- * **Does not apply to the A level.**
- * If by half-time there is a thirty (30) point spread difference, the losing team has the option of continuing or calling the game. If called the score is posted and the remainder of the game will be played without any additional score kept or officials.

NO RUNNING ZONE:

- * The quarterback can only pass / handoff in these areas located 5 yards in front of each end zone and 5 yards before mid-field in each offensive direction.

NUMBER of PLAYERS:

- * Maximum number of players on the field: five (5).
- * Minimum number of players required to start / finish a game: four (4)

OFFENSIVE PENALTIES: see also Penalties

- * Blocking / Screening Downfield: 5 yards line of scrimmage and loss of down
- * Delay of Game: 5 yards and loss of down
- * Two (2) delays on same possession: Defense's ball
- * Equipment Violation: play will be called dead at the snap. If any offensive player begins the play without both flags attached to belt: 5 yards loss of down
- * False Start: 5 yards and loss of down
- * Flag Guarding: 5 yards from the point of foul and loss of down
- * Illegal...
 - * Formation: 5 yards and loss of down
 - * Forward pass (pass received behind line of scrimmage): 5 yards and loss of down
 - * Hand-off/Pitch: 5 yards line of scrimmage and loss of down
 - * Motion (more than one person moving, etc.): 5 yards and loss of down
 - * Snap: 5 yards and loss of down
 - * Touching (if player goes out of bounds, player cannot return to the field and catch ball): 5 yards and loss of down
- * Intentional Grounding: when the ball is purposely thrown away to avoid a sack within three (3) yards either side of the center: five (5) yards and loss of down. If in the end zone it is a safety. If QB is outside of the three (3) yards: no penalty
- * Jumping / Diving: 5 yards from the point of foul and loss of down. See also Jumping.
- * Lowering Head / Shoulder: 5 yards loss of down
- * Offensive Holding: 5 yards and loss of down
- * Offensive Pass Interference (illegal pick play, pushing off/away defender): 10 yards and loss of down
- * Rusher Interference (It is illegal for a receiver to run a pattern that interferes with a rusher on his direct path to the quarterback): 5 yards and loss of down
- * Stiff Arm: 5 yards from the point of foul and loss of down

- * Substitution Fouls: 5 yards and loss of down

OVERTIME:

- * Regular Play: In order to keep games on time there will be NO overtime periods.
- * Playoffs:
 - * If game ends in a tie, teams will move directly into overtime.
 - * A coin toss determines first possession of overtime. Possession starts at mid-field.
 - * Will be a ten (10) minute period with no timeouts.
- * If at the end of the ten (10) minute period teams are still tied – teams will go into sudden death.
- * Sudden Death: 1st team to score wins.

PASSING:

- * All passes must be forward and received beyond the line of scrimmage.
- * All handoffs, pitches, or throw-backs must occur in the backfield only.
- * Player who receives a handoff may throw the ball as long as they are not beyond the LOS.
- * Multiple handoffs are allowed behind the LOS but only one (1) pitch or throw-back.
- * The quarterback has seven (7) seconds to throw the ball.
- * The quarterback has five (5) seconds to throw the ball if there is no rush. If a pass is not thrown the play is dead and ball returns to the line of scrimmage. Once ball has been handed off or pitched, there is no 5 second count. However, if there is a play-action fake or fake handoff, the five second rule is still in effect.
- * If quarterback receives a snap and is missing one (1) flag, he is down at that spot.
- * The defense can return interceptions, but they cannot block.
- * On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its goal-line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be de-flagged, or the ball be ruled dead the result would be a safety for the other team.
- * Shovel passes are allowed but must be received beyond the line of scrimmage.
- * Once a player catches the ball he is no longer allowed to lateral the ball (i.e. hook and laterals are not permitted).

PENALTIES: see also Offensive Penalties

- * Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.
- * Referees determine incidental contact that may result from normal run of play.
- * All penalties will be assessed from the line of scrimmage except for: flag guarding, jumping, tackling, stripping, defensive blocking, holding and pass interference.
- * Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls; if they do, the team will receive a five (5) yard penalty and loss of down or automatic 1st down.
- * Games cannot end on a defensive penalty, unless the offense declines the penalty.

POSSESSION:

A coin toss determines first possession. There are **NO DEFERMENTS**. The winner of the toss has the choice of offense or defense. The loser chooses which goal to defend. Team that started 1st half on offense will begin 2nd half on defense.

RECEIVING:

- * All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- * Only one player may be in motion, but not in motion towards the line of scrimmage at the snap.
- * A player must have one (1) foot inbounds when making a reception. (A receiver cannot return on to the playing field from an out of bounds position).
- * A pass may not be intentionally tipped in any direction to another team member (illegal touching).

REFEREES: all officials are contract labor

Referee authority applies to all rules of the game. All calls are the judgment of the referee and are final. Any and all calls made by the referee are NOT subject to protest (during the match). The referee has the ability to eject anyone prior to, during, and after a match. It is the authority of SportsCity Management and the Rules set forth to determine player / team suspensions.

- * Referees will not officiate forfeited games.
- * Officials have full authority fifteen (15) minutes before and after a game.
- * Officials must be at least twenty-one (21) years old. There is no guaranteed set number of officials per game.
- * **Though every effort is made to assign two (2) officials it is not guaranteed.**
- * Officials may play on a team but unless it's an emergency or no qualified official available, should not be scheduled to officiate games in their own division.
- * Referees appointed to officiate each game have complete authority on the field of play, and their decisions on points of fact connected with the game are final.
- * Management will not overturn any calls made by the referee during the course of a game.
- * Management will not take seriously any complaints concerning officials, verbal or written, directed at them immediately following a game.
- * May issue soft personal penalty calls, ie: cussing, that result in a player having to sit 1 or more plays before they can re-enter the game.

REMOVAL FROM GAME:

- * Removal from game can range from sitting out a minimum of three (3) minutes to ejection.
- * Cussing directed towards another player can be cause to remove the player from the game.
- * Cussing directed towards an official **will** be cause to remove player from the game.

- * Use of extremely foul language will be an automatic suspension of at least one (1) game. Spectators are to also be controlled or removed for use of offensive language.
- * Threatening a player or official will be cause to eject player from the game.
- * Fighting will be cause to eject offender(s) from the game. Additional suspension will be enforced.
- * Consuming alcohol before a game will be cause to remove a player from the game.

RUNNING:

- * **It is up to the ball carrier to avoid contact with the defender.**
- * To start the play, the ball must be snapped between the legs, not off to the side of the snapper.
- * The center is the player who gives the ball to the quarterback via a snap (no center sneak plays).
- * The quarterback is the player who receives the ball directly from the snap.
- * The quarterback cannot run with the ball past the line of scrimmage.
- * Once a player has possession of the ball beyond the line of scrimmage, any loss of possession will be blown dead by the official.
- * "No-running zones" are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction (illegal run 5-yards and loss of down).
- * The player who takes the handoff can throw the ball from behind the line of scrimmage.
- * All defensive players are eligible to rush once the ball has been handed off.
- * Spinning is allowed, but offensive players cannot leave their feet (jumping / diving) to avoid a defensive player.
- * The ball is spotted where the ball carrier's hips are when the flag is pulled, not where the ball is. Ball and flags must break plane for a 1st down and touchdown.
- * If the ball carrier's hand that is NOT carrying the ball touches the ground, they can still run.
- * If the ball carrier's hand that IS carrying the ball touches the ground, they are down.

RUSHING the QUARTERBACK:

- * All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage and two (2) yds either side of
- * A rusher has a right to establish a clear path to the QB. Once the offense has lined up and the rusher has established his path, the rusher has a right to that clear path.
- * A rusher must maintain his direct path to QB and avoid all contact with the QB.
- * The QB can NOT intentionally cause contact with the rusher or any other defensive player. If they do their team is to be penalized 5 yards and loss of a down.
- * Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage.
- * Unless 7 yards back, a defensive player cannot cross the line of scrimmage while the ball is in the air unless it's touched by the player it's being pitched to.
- * **REMEMBER: NEITHER BLOCKING OR TACKLING ARE ALLOWED!**

SCORING / TIME KEEPING: see also First Down

- * Each team must provide a adult to run the clock and keep score. Score is not to be removed until recorded by officials.
- * Touchdown: 6 points
- * Extra point: 1 point (played from 5-yard line)
2 points (played from 12-yard line)
- * Safety: 2 points
Note: An interception return to opponent's end zone on any extra-point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series at its own goal-line. Defense cannot block during an interception.
- * Game officials are responsible for operating the scoreboards (or appointing someone) and reporting scores. Teams should check at the end of each game to verify the score has been written down correctly. Once scores have been submitted to SportsCity, they will not be changed unless it can be verified the officials reversed logging the scores.
- * SportsCity will keep track of the actual score but no score will be posted with more than a 30 pt spread. This does NOT apply to the A level.

SCRIMMAGE LINE:

The scrimmage line for the offensive team is the yard line and its vertical plane which passes through the forward point of the ball which is placed at the ball spotter. The rush line for the defensive team is the vertical plane which passes seven (7) yards from the point of the ball nearest its own goal line.

NOTE: the seven (7) yard line must be set before the ball can be snapped.

SPORTSMANSHIP / ROUGHING: see also Ejections and/or Suspensions

- * If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- * Trash talking is illegal. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking occurs, the referee will give one (1) team warning. If it continues, the player or players will be ejected from the game.
Note: Any ejection will result in the removal of the player or players from the facility, suspension from next game, and a 15-yard penalty. **Repeat offenders:** removal from league.
- * Once a flag is pulled, the defensive player should hold the flag above his head so that the referee can spot the location of the flag pull. The pulled flag should be handed to the player who lost the flag or to a teammate. Intentionally throwing the flag onto the ground is considered poor flag etiquette (5-yard penalty).

START OF PLAY:

Officials are to set the ball on all plays and snaps. Officials should do this as quickly as possible especially during close games.

TIPPED BALLS:

- * A pass may not be intentionally tipped in any direction to another team member (illegal touching).
- * If the ball is tipped, it is a LIVE ball, even behind the LOS.
Example: if the QB throws the ball and it's blocked and he catches it, he can run but he cannot throw another pass.

TIME OUTS:

- * Each team has two (2) x 30-second time outs per half to be used at any time. The clock stops during a time out. Time outs cannot be carried over to overtime.
- * If a team is ahead by twenty-one or more points in the last two (2) minutes of the game, they may not call a timeout.
- * If there is a timeout after a touchdown, the clock starts as soon as the team that called the timeout has possession.

WARM-UP: League fee does not include warm-up time nor is there any guaranteed warm-up time or space. Games are to start on time. See Forfeits.