



Updated on 1/13/2016

League Name: Flag Football

THE FIRST AND LAST RULE OF THE LEAGUE IS RESPECT.

Teams or individuals who show a lack of respect to the officials, staff, players, and/or spectators of the league may have to immediately forfeit all games and will not be allowed to return. Teams are responsible collectively for the actions and behavior of their players, coaches, parents, and fans on the fields as well as in the Body Zone Sports & Wellness Complex and on Body Zone Sports & Wellness Complex property. Body Zone Sports & Wellness Complex will not tolerate fighting, profanity or any other action seen as unsportsmanlike conduct or offensive to others in any way shape or form. Body Zone Sports & Wellness Complex reserves the right to suspend, expel and terminate play by an individual, a team, a competition or a league based on inappropriate behavior by one or all parties involved. Some detailed rules will follow according to this facility's policy.

Contact Person for Body Zone Sports & Wellness Complex: 610-376-2100 ext.453

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Indicates rule changes or addendums

Age Divisions: Boys High School, Girls High School, Men's Open, Men's A, Men's B, Men's 35+, Coed

Rosters: Each team will consist of a 20 player league roster, which is due prior to the start of the league. No players may be added after the 4th competition date (Rosters will be verified at this point). Players listed on the roster may compete at any point during regular play of the league. A player must play in at least three regular games in order to be eligible for the playoff roster, which will be provided to each team by the league director and will be based upon the players listed during the course of the regular league. **Individuals may not roster on two or more teams in the same session.** *Teams will be required to complete their team roster prior regular season games. Photo Ids' and insurance cards may be required based on roster conflicts or inappropriate modifications to rosters. **Only players and coaches appearing on the official team roster form shall be counted as players.**

Captains: Captains will be designated prior to the start of the game – 1 offensive and 1 defensive. Captains will be the only players allowed to talk to referees. Any other player approaching a referee will be assessed an unsportsmanlike conduct penalty.

Team Benches: Team benches are allowed a maximum of 2 coaches on or behind the bench. Players and coaches are the ONLY personnel allowed in the team bench area. No children, photographers, parents (not coaching), or others not on the roster. Due to safety and insurance reasons this rule will be enforced to provide spectators with a safe environment to watch the game. Please clean and check your benches after your game.

Uniforms: No player may compete in the league without a matching team uniform shirt. Team shirts are required to have a number on the middle back of shirt and teams are required to have matching colors. (It is strongly suggested that teams have 1 dark colored uniform and 1 light colored uniform. The number must be a minimum of 6" in height and of contrasting color of the shirt. Teams without proper uniforms after the 1st week of competition will forfeit any games where the team does not have sanctioned uniforms and be responsible for any forfeit fees. Pinnies will only be used as a last resort.

Uniforms & Equipment:

1) **UNIFORMS:** Jerseys - Must be matching and have minimum 6" numbers on back - Should be full length and tucked in at all times. Half Jerseys are allowed but must not cover flags. Each team member must wear jerseys of the same color and must be long enough so they remain tucked in during the down or short enough so they are 4" above the player's waistline. All players must wear a shirt!! Hats – Not allowed on the field at anytime. Shorts and pants must not have pockets, pouches, or resemble tear-away pants. Pants and shorts must be solid in nature. No zippers or designs that allows fingers to be caught in when attempting to pull a flag

2) **FOOTWEAR: PLASTIC MOLDED CLEATS ONLY! NO metal spikes or screw-in cleats allowed.** Gym, turf, or football shoes may be worn, but absolutely no barefoot participants. Failure to adhere to this rule shall result in immediate ejection from the game

3) **Other EQUIPMENT:** Pads - No pads allowed. **EXCEPTION:** To protect injury (must be approved by head official prior to start of game). Mouth guards - Recommended for players' safety. No Stick-Um – Spray. No Paste. Receiver gloves are allowed. Athletic taped hands are allowed. (Linemen)

4) **NO JEWELRY! PERIOD!** Necklaces, ankle bracelets, earrings, body piercing, etc. Teams wearing jewelry will be assessed a delay of game penalty for the first infraction. Multiple infractions will result in a major penalty and team delay of game.

5) Teams must provide their own flags and practice balls. **Balls must be equivalent to a official HS size football.** Please take this into consideration when assembling your teams to purchase your own FLAGS.

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Officials: Each team will pay ½ the standard rate for 3 officials to the head official. No game shall start until the officials are paid. (7v7 \$30 a team and 5v5 \$20 a team) Teams will forfeit the game if they cannot pay the official and are responsible to pay both officials for the forfeited game. If this is not paid prior to next game the team will not be allowed to play.

Prizes: The winning team will be provided with a team award. The team will receive a plaque to give to a sponsor and a picture to be displayed on the Wall of Fame.

Regular Season Game Play:

Teams: Teams consist of not more than 7 players on the field. A team must have at least a minimum of 6 field players to play the game. 7 vs. 7, 3 down linemen, 1 guard may be eligible, designated by wearing flags.

Age Limits: Players competing in the 35+ division must have reached their 35th birthday prior to the completion of the league. Players competing in the open division must be 18 years of age or older prior to the start of the league. High School teams may enter adult divisions based on registrations or level of competition, but must have an adult representative present at all games and need a parent's signature on the roster.

Time/Length of Periods: (Game length may be modified based on number of teams and available field space)

TIME: 2-20 minute halves will be kept. ***During the last two minutes of the 2nd half** the clock will stop for change of possession, incomplete passes, interceptions, 4th down failed attempt, safety kick, kickoff, punt, touchdowns, timeouts, defensive penalties, extra point conversion, injuries, and referee conferences lasting more than 15 seconds in duration (clock will start with the spot of the ball). **Half time will be 1 minute if time allows.** Games start every 60 minutes, earlier if both captains agree. Start time is the listed game time.

* Mercy Rule – 24 point mercy with 2 minutes left to go. If a team is up by 24 points or more with 2 minutes left to go the game is called on the Mercy Rule. No overtimes for regular season games. League games will result in 3 points for a win, 1 point for tie.

Lateness:

1) Teams may start and play with 1 less player than a regular starting lineup (7). A team is subject to Body Zone Sports & Wellness Complex league fines for failure to produce a team on a continued basis. This team may also be subject to league probation, suspension or expulsion.

2) If a team fails to produce the minimum required starters (6) by the start time of the game, which is the scheduled time, that team will forfeit that competition and follow the procedures noted below.

3) A game will be forfeited if a team fails to meet the minimum number of players by game time. All fines must be paid prior to next scheduled game.

Forfeits:

Art. 1. When a forfeit is declared, the score shall be recorded as 21 and all statistics (other than the teams' and coaches' won/lost records) shall be voided, unless 30 minutes of playing time has been completed on the game clock. In that case, the score at the end of play shall stand and all other statistics shall count.

Art. 2. When the team that is behind in the scorebook is to be declared the winning team that score shall be marked with an asterisk in the official statistics; and it shall be noted that the game was won by forfeit.

Art. 3. When a game is interrupted because of events beyond the control of the responsible administrative authorities, it shall be continued from the point of interruption unless the teams agree otherwise or there are applicable conference, league or association rules.

Timeouts: 1 time-out per half. Time-outs will be 30 seconds in duration. NO time-outs for overtime periods. No carry over for unused timeouts. There will be a 30 second automatic timeout at the 2minute warning for the end of the second half.

Players & Substitutions:

1. Seven players from each team are allowed on the field at one time.

2. Each team must have a minimum of six players to begin a game and must maintain a minimum of six players in the game at all times. If a team should drop below six players, the game is forfeited. Unless the other team agrees to keep playing the game.

3. Substitutions may be made on any dead ball. No player may enter while a play is in progress. A player that leaves the field may not return until after the end of the following play. Should a team choose to huddle, no player may enter the game without being in the huddle.

Personal Fouls/Unsportsmanlike Conduct Penalties:

Art. 1. Personal fouls/Unsportsmanlike Penalties assessed will result in an automatic 1st down and 15 yards from the end of the play. The player assessed the foul will be removed from the game for the remainder of the half. If a coach or manager is assessed a foul, the offending individual will be required to remain seated until the completion of the game and no communication with officials or scorekeepers will be allowed unless required for request of subs or timeouts.



Art. 2. When a 2nd foul is assessed to an individual (cumulative during the league), that individual will be required to remove himself/herself from the game and Body Zone Sports & Wellness Complex Premises (if individual refuses, game will result in forfeit, local authorities will be called and the team will be responsible for forfeit fees (\$60.00) prior to next game. The coach or captain of the team has the final responsibility to make sure this happens. The offending individual will also serve a 1 game suspension and will be reviewed by the league commissioner and Indoor Sports Director on whether the individual can return to competition.

Art. 4. If a 3rd foul is issued to an individual at any point, cumulatively during the league, the individual will be expelled from the league and no longer be able to compete in the current league and any future leagues until approved by Indoor Sports Director. 3rd fouls on an individual results in same penalty as 2nd Foul – Art. 2.

Art. 5. All fouls are cumulative throughout the season and into the playoffs. Fouls do not start fresh every game.

Art. 6. A foul may be called if a team bench contains or has food and drinks, other than water or Gatorade, available. If a spill occurs and delays the game the team will also be assessed a foul which will be assessed to the team captain.

Art. 7. A referee has the right to call a game after 2 fouls by 1 team or by 1 player. The offending team will forfeit the game at that point. This will only be determined if there is a threat of further disruptive behavior or offensive actions. In the result of a fight, upon review by referees and Indoor Sports Director, both teams may be assessed losses for that game.

Ejected Players: Any player that is ejected from a game for any reason will be asked to leave the playing area and the building and serve a minimum one game suspension. During that one game suspension the player is not allowed to be in the building for that game. **Even just to watch the game.** Body Zone will keep a list of players that receive a suspension and if there is a player or team with multiple suspensions that player or team could be suspended or removed from the league for the remainder of the session and possible future sessions.

Fighting:

FIGHTING WILL NOT BE TOLERATED.

- Any player instigating a fight, throwing a punch, or taunting or verbally abusing a player, spectator, game official, or Body Zone Sports & Wellness Complex Employee or Representative will be immediately disqualified from the game.
- ******ANY PLAYER ENTERING THE FIELD FROM THE BENCH DURING AN ALTERCATION ON THE FIELD WILL BE EJECTED FROM THE GAME. HE WILL BE TREATED THE SAME AS THE PLAYER INVOLVED IN THE FIGHT EVEN IF HE DOESN'T GET INVOLVED IN THE ALTERCATION.**
- Note: Any player disqualified for the above offenses will be suspended for the remainder of the season and may be subject to additional local law enforcement procedures

Protests: The Body Zone Sports & Wellness Complex does not recognize or allow protests. A meeting can be set up with a Director and a captain to discuss the issue but it will not be changed. The change could be in affect the next session if it is a change that would affect the league.

Playoff Games: TBD based on team registrations and date and time restrictions. The number of teams for the playoffs will be determined by the number of teams that register for the league.

PENALTIES

Penalty	Yards	Assessed	Other
Advancing a fair catch.	3	Spot	
BLOCKING	7	Spot	
CHARGING/STIFF ARM (DEFENSE)	7	Spot	
CHARGING/STIFF ARM (OFFENSE)	7	Spot	+ LOSS OF DOWN
CLIPPING	7	Spot	
Delay of game	3	Scrimmage	
Diving with the ball	3	Spot	
Encroachment	3	Scrimmage	
Failure to announce a punt	3	Scrimmage	
False start or simulating start of play	3	Scrimmage	
Flag falls off inadvertently	3		
FLAG GUARDING	7	Spot	+ LOSS OF DOWN
Helping the runner	3	Scrimmage	
HOLDING (DEFENSE)	7	Spot	Excess chucking or holding
HOLDING (OFFENSE)	7	Spot	
Illegal Equipment	3	Scrimmage	
Illegal formation	3	Scrimmage	
Illegal forward pass	3	Scrimmage	
Illegal Handoff	3	Spot	
Illegal kick	3	Scrimmage	
Illegal Motion/Shift	3	Scrimmage	
Illegal Participation/Sneaker Play	3	Scrimmage	
Illegal snap	3	Scrimmage	
Illegal timeout request	3	Scrimmage	+ LOSS OF DOWN
Ineligible Lineman	3	Scrimmage	
Intentional Grounding	3	Spot	+ LOSS OF DOWN
INTERFERENCE WITH KICK RETURNER	7	Spot	+ AUTOMATIC FIRST DOWN
Invalid fair catch.	3	Spot	
KICKER CONTACT	10	Scrimmage	+ AUTOMATIC FIRST DOWN
PASS INTERFERENCE (DEFENSE)	7	Spot	+ LOSS OF DOWN In the end zone, ball is spotted at the 3 yard line
PASS INTERFERENCE (OFFENSE)	7	Scrimmage	+ LOSS OF DOWN.
PERSONAL FOUL (DEFENSE)	10	Spot	+ AUTOMATIC 1 st DOWN
PERSONAL FOUL (OFFENSE)	10	Spot	+ LOSS OF DOWN
Player with un-tucked shirt at the start of a play	3	Spot	
*****PROFANITY*****	10	Scrimmage	+ If CONSISTENT THE PLAYER WILL BE EJECTED.
PUSHING A PLAYER OUT OF BOUNDS	10	Spot	+ AUTOMATIC 1 st DOWN, + PLAYER EJECTED FOR HALF
QUARTERBACK CONTACT	10	Spot	+ AUTOMATIC FIRST DOWN
STRIPPING	3	Spot	Stripping of the ball is illegal.
TACKLING	10	Spot	+ AUTOMATIC 1 st DOWN. 2 nd Penalty = Game Ejection + 1 Game Suspension. + Further League Disciplinary Action
TACKLING TO PREVENT A TOUCHDOWN		Touchdown	+ 6 points and extra point attempt and the defensive player involved is warned and if there is a second offense that player will be ejected a serve a 1 game suspension.
TAMPERING WITH FLAGS OR	7	Scrimmage	+ LOSS OF DOWN



REMOVAL			
Team Delay			* Loss of 1 Timeout
TRIPPING	7		
UNSPORTSMANLIKE CONDUCT TOWARDS OFFICIALS	10	Scrimmage	+ LOSS OF DOWN or AUTOMATIC 1st DOWN
Unsportsmanlike conduct, personal fouls, striking, kicking, kneeing, elbowing, etc.	10	Spot	+ Ejection and Suspension + Automatic First Down or Loss of Down

DEFINITION OF PENALTIES

Penalty	Definition
Advancing a fair catch	
BLOCKING	No contact above shoulders or below waist. You may not leave your feet to block. 2 ON 1 BLOCKING ALLOWED only for pass protection! No high/low blocks allowed.
CHARGING/STIFF ARM (DEFENSE)	Defense must make every attempt to avoid contact. Flags should be pulled from the side or back of the runner.
CHARGING/STIFF ARM (OFFENSE)	Charging is when an offensive player runs through a defensive player who has established position. Players using stiff arm or dropping or lowering shoulder to avoid being de-flagged. Running into opponent. Ball carriers must avoid contact at all times.
CLIPPING	Clipping is contact to the back of an opponent who is not the runner.
Delay of game	25 second play clock.
DIVING WITH THE BALL	Diving to pull flag is legal. Diving to advance ball is illegal. Diving to block is illegal.
Encroachment	Denotes the position of a player whose person is beyond their scrimmage or restraining line. Once the line of scrimmage is broken penalty is assessed. Defense cannot recover before snap.
Failure to announce a punt	
False start or simulating start of play	
Flag falls off inadvertently	1-hand touch between shoulders and knees. A flag does not have to be pulled.
FLAG GUARDING	Illegal use of ball carrier's hand or arm to protect flag from being pulled.
Helping the runner	
HOLDING (DEFENSE)	
HOLDING (OFFENSE)	Excessive chucking or holding
Illegal Equipment	
Illegal formation	5 players on the line with at least 1 eligible receiver to either side of center
Illegal forward pass	If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead.
Illegal kick	
Illegal Motion/Shift	
Illegal Participation/Sneaker Play	Too many players on the field
Illegal snap	Ball must be snapped between the center's legs and directly behind the width of his shoulders. Can be snapped to another player than the quarterback, as long as it is in directly behind and inline with center.
Illegal timeout request	
Illegally handoff	Handing the ball off pass the line of scrimmage
Ineligible Lineman	
Intentional Grounding	Throwing the ball to avoid sack when no receiver is within 5 yards.
Interference with kick returner	Not allowing a kick returner the ability possess a kick and 3 yard halo.
Invalid fair catch.	
KICKER CONTACT	It is NOT legal for a defender to contact the passer's arm or upper torso at anytime.
PASS INTERFERENCE (DEFENSE)	
PASS INTERFERENCE (OFFENSE)	
PERSONAL FOUL (DEFENSE)	
PERSONAL FOUL (OFFENSE)	
Player with un-tucked shirt at the start of a play	
PUSHING A PLAYER OUT OF BOUNDS	
QUARTERBACK CONTACT	It is NOT legal for a defender to contact the passer's arm or upper torso at anytime.
STRIPPING	Stripping of the ball is illegal.
Tackling	+ AUTOMATIC 1 st DOWN. 2 nd Penalty = Game Ejection + 1 Game Suspension. + Further League Disciplinary Action
TAMPERING WITH FLAGS OR REMOVAL	Players are not allowed to do anything that restricts the ability to pull flags.
Team Delay not ready to play at start of either half	Team not ready to play at start of either half
Tripping	
UNSPORTSMANLIKE CONDUCT TOWARDS OFFICIALS	CAPTAINS: Each team shall designate a field captain who speaks to the referees. Other players or bench staff or fans will result in unsportsmanlike penalty or penalties.
Unsportsmanlike conduct, personal fouls, striking, kicking, kneeling, elbowing, etc.	+ Ejection and Suspension + Automatic First Down or Loss of Down



EQUIPMENT

- 1) FLAG: Teams must provide their own flags and practice balls. Please take this into consideration when assembling your teams to purchase your own FLAGS, KICKING TEES.
- 2) PADDING: No pads allowed. EXCEPTION: To protect an injury. All padding must be checked and approved by Referee.

OFFICIAL LEAGUE POLICIES

Each player, coach, official, team/league participant must sign a roster/ waiver release acknowledging that they are participating in a contact flag football event, and that they are covered by his/their own medical insurance, and agree not to hold the Body Zone Sports & Wellness Complex, its Agents, officials, or Sports Venue (field), liable for any injuries or harm that may result from their participation. Any player not on the roster is considered an illegal player and that team will lose the game.

GAME RESPONSIBILITIES:

- A) Each team must provide & pay \$30.00 total for the officials. In the case of a forfeit the team that forfeits is responsible for both of the referee fee's before they can play their next game. \$60 must be paid to the Indoor Sports desk before the next game.
- B) Body Zone Sports & Wellness Complex Indoor Sports staff will be responsible for running clock and recording scores on scoreboard and reporting scores to the Indoor Sports Desk.
- C) Each team must have all the players sign the score card. If a player doesn't sign the card he maybe ineligible to play in the playoffs. A player must play at least 3 games to be able to play in the playoff's.
- D) Body Zone Sports & Wellness Complex does not provide liability insurance for players and STRONGLY SUGGESTS that teams and players provide liability insurance and supplemental player medical insurance.

LEAGUE GAME PLAY

GENERAL:

1. All games will start promptly every 60 minutes. Earlier if both captains and officials agree. No warm-up time is not guaranteed.
2. The winner of the toss shall have choice of possession, or to defer to second half...the loser decides on the remaining option or goal. These choices are reversed in the 2nd half.
3. **TRASH TALKING WILL NOT BE TOLERATED.**

Note: Any player disqualified from a game for any reason will be suspended from the next game and prohibited from Body Zone Sports & Wellness Complex until suspension has been completed.

Actions will be reviewed by Indoor Sports Director for further disciplinary action.

I. KICKING:

A. Kickoffs

1. Kicking Team has **45 seconds** to kick the ball after the extra point attempt.
 - A) Kick from center of field at the front end zone line
 - B) 4 players must be at the end of the center circle and hash marks. Other 2 players are behind the line with kicker
 - C) These 4 players must not leave until ball passes them (on the ground or in the air)
 - D) 2 players with kicker may not leave until the kicker kicks the ball. These 2 players may run in motion with kicker but may not cross kicking line until after the ball has been kicked.
 - E) The receiving team must be given a 3 yard halo on a ball that does not contact the ground first. After the ball has contacted the grass, the ball is live. This applies to onside kicks.
2. Receiving Team
 - A) Must have a minimum of 4 players on their side of center circle and hash marks
 - B) Other 3 players are **across the goal line** to receive the ball
3. Kickoff is a live ball that can be played off the netting or dasher boards.
 - A) Any ball coming in contact with the ceiling or any fixture attached to the ceiling is a dead ball and spotted directly under the point of contact
 - B) The ball must go past the forward edge of the center circle (past midfield) and return to the field of play to be recovered by the kicking team. Any kicks not going past the forward edge of the center circle, the receiving team will have the choice to have a re-kick or the ball to be spotted at the point where ball becomes dead. On a second infraction where the ball does not cross the edge of the center circle, the ball will be spotted at the 2 point conversion line on the kicking team's side.
 - C) Kicks that strike the dasher boards or netting are not live balls until the ball has contacted the ground/grass in the field of play. Any ball that returns to the end zone or outside of the side boundaries after it has entered the field of play is a live ball and can be recovered by either team.

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- 1) In the case of an onside kick the ball must contact the ground past the forward edge of the center circle in order to be a live ball.
- 2) When a kick contacts the boards or netting, in or behind the end zone:
 - a. When the ball contacts the ground in the end zone, the kicking team may not enter the end zone until the receiving team possesses the ball.
 1. If the ball contacts the ground in the end zone and continues out of the end zone and into the field of play then the ball becomes live and can be possessed by the kicking team.
 - b. *When the ball contacts the ground outside of the end zone without coming in contact with a player or the end zone, the kicking team may not recover the ball until the ball contacts the **field of play**.
 - c. When a ball contacts the dasher boards in the end zone and comes out in the field of play without being touched by a player on the receiving team or the ground in the end zone the ball will be placed two point conversion spot.

B. Punts: No contact is allowed on the kicker, holder and punter.

1. Punts must be announced to the officials and the opponent. No fake punts.
2. Side snaps are legal.
3. Neither team may cross the line of scrimmage until the ball is kicked.
- 4. The team receiving the punt must have at least five people on the line of scrimmage at the time of a punt.**
5. Defensive players may not put hands in the air or jump to attempt to block a punt.
6. Defensive linemen can not block a punt.
7. Down field blocking is legal on punts. 1 on 1 blocking only. No circle or wedge can be used to prevent the defense from pulling the ball carrier's flags.
8. The receiving team must be allowed to possess the ball. Punts are dead at spot when they hit the ceiling or objects attached to the ceiling. Punts that go into the end zone may be returned.
9. Fair catches may be called. **FAIR CATCH:** A legal fair catch signal is extending the arm **above the head** and waving it from side to side. **Muff is a dead play.**
10. The kicking team may not interfere with the catch of a punt (3 yard no-entry halo around the receiver).
11. Punts may be returned by the receiver after the ball hits the ground.
12. If the punt returnee fumbles the ball (i.e. touches the receiver and then the ground), the ball is **dead**.
13. When the ball comes to a stop after a punt, the ball is dead. No receiving team member may attempt to possess the ball.
14. The receiver of the punt may throw a backward overhead or lateral pass within 3 steps from the spot where he catches the punt. If the attempted pass is incomplete, the ball is a fumble. Applies to kickoffs as well.
15. If the punt returner takes more than three steps after receiving the punt, he is not eligible to throw a pass. If the punt returner makes a pass after taking more than three steps, the ball is spotted at that point.
16. If the pass is intercepted, it may be returned, and down field blocking is legal by either team.
17. If the snap to the punter is muffed or snapped over the head of the punter – **the play is dead.**

C. Safety Kicks (Punts)

1. Safety kicks are kicked from the front of the end zone. **All safety kicks are punts.**
2. Kicking team and receiving teams are in the same position as a kickoff.
3. Safety kick team cannot recover the ball until it is muffed or fumbled.

D. Scoring plays. The ball placement is where the feet and flags are not the ball. Touchdown will be awarded when the determined that the feet/flags have crossed the goal line. **NOT THE BALL**

II. OFFENSE:

A. General Play

1. The ball is live until a player's flags are pulled or the ball contacts an object connected to the ceiling.
2. First down is accomplished by gaining yardage past the midfield white line. Teams have 4 downs to advance the ball past the midfield mark. After that teams have 4 more downs to get into the end zone.
3. Only players with flags are eligible to receive a pass or advance a fumble. Only 1 lineman can wear flags per play. Different linemen, except the center, can wear flags. Once a player not wearing a flag comes in contact with the ball the play is dead and not able to advance the ball.

B. Offensive Line

1. The offense must have five players on the line of scrimmage to start the play.
 - A) Three down linemen must be lined up together side by side.
 - B) *2 Wide Receivers on the line. Receiver may line up as a tight end. (only one at a time may go in motion)
 - C) 1 Quarterback
 - D) 1 Half back or slot receiver (only one at a time may go in motion)

Note: Legal formation vs illegal formation- A legal formation should have 5 players on the line of scrimmage with a least one eligible receiver on either side of center. Only the quarterback and a receiver can be in the backfield. the eligible lineman cannot be on the same side of the formation as the three receivers in a trips formation. All four receivers cannot be on the same side of the formation.

2. Receivers can go in motion.
3. The ball must be snapped between the legs, not off to one side, to start play. The snap of the ball must be between the legs and be one quick and continuous motion. A player on the line of scrimmage may not receive a snap. It can be snapped to a player other than the quarterback, but must be snapped directed behind center.
4. The ball is **dead** when a fumble hits the ground. Play is ruled dead when a player's knee(s) come in contact with the ground.
5. A snap that hits the ground is still live, and has **one bounce to get to the quarterback. More than one bounce is considered a Fumble and is a dead ball.**

*6. **The Run Zone.** Run plays are legal except within the inside hash marks inside the circles at both midfield and the end zone. A run play may be used to pick up a first down or to score a touchdown when the play begins inside the zones. The only exception is at midfield, if a team has already picked up a first down but a penalty or negative yardage pushes them back beyond mid field.

C. Ball Carrier's Responsibility

1. No player may alter or tie flags.
2. The ball carrier may not stiff arm a defender or shield his flag.
3. **Players must keep shirt from interfering or covering flags.** If a player begins a play with his shirt un-tucked, a penalty will be enforced from the line of scrimmage.
4. Ball carrier may not initiate contact with the defense. It is the responsibility of the ball carrier to avoid contacting a stationary defender. Any attempt by the ball carrier to run into, over, or through a defender will result in a penalty from the line of scrimmage.
5. Ball carrier is not allowed to hurdle or dive, leave his feet, or **extend the ball to gain yardage.** If a ball carrier is falling and extends his arm holding the ball to break his fall it will be up to the discretion of the referee if the player is attempting to gain an advantage or protect **himself from potential injury.**
6. The receiver must have one foot in-bounds and control of the ball for a legal reception.
7. Teams do not have to huddle, but if the team calls a huddle, all players for that play must be in the huddle. Sleeper plays and Center sneaks are not allowed.
8. *Shovel passes are allowed. Shovel passes fumbled behind the line of scrimmage are INCOMPLETE PASSES.
9. EXTRA POINTS: No Kicking. NO RUNNING. 1 point for extra point from 3 yards out. 2 points from 7 yards out. Flea-Flickers are legal behind line of scrimmage.
10. HUDDLE CLOCK: 25 seconds.
11. FLAGS: All players on offense, defense & special teams MUST wear flags at all times. EXCEPTION: Center and 2 guards on offensive line shall NEVER wear flags so as to designate their ineligibility. (Except 1 guard may be designated an eligible receiver by wearing flags)
12. Blocking:
 - A) The theory of blocking in arena flag football is: a legal block is when the head is up and on the front side between shoulders and hips. However, with that in mind we will allow physical contact during blocking in the following manner--
 - 1) Blocking must be above the waist and below the shoulders, executed using open hands, and made within the peripheral view of the defender (i.e. not in the back). ***At no time may a block or physical contact (by the offense or defense) be made by lowering the shoulder or using the forearms or elbows or extension of arms in such a manner to cradle or hold a player. A player may not leave his feet to make a block. Any block made to the head of an opponent is an automatic first down penalty and is grounds for ejection.***

2) *Riding a block. No riding blocks where players are knocked or pushed to the ground. Players that are off-balance or are falling should not be ridden to the ground. Blocking should be in the form of a chuck with NO follow-thru that will result in full extension of arms.

B) There shall be no tripping or attempting to trip.

C) There shall be no contact with a player obviously out of the play, with anyone on the ground, or once play is blown dead.

D) You may only (pass) block behind the line of scrimmage. (An offensive line may create a push down field in order to gain yards such as in a short yardage situation as in a situation as a run block.)

III. DEFENSE:

A. General Play

1. Defense is about pulling flags, not tackling.

2. When a flag is pulled, it is the responsibility of the defender to raise his hand above his head with the flag in it (This will help officials call a play dead faster).

3. Defense must avoid contact when attempting to grab flag.

A) Defenders should be reaching from the side to grab flags and should avoid contact with ball carrier and pull flags from side or behind.

B) Charging head on (jumping in front of a ball carrier) is prohibited.

C) The grabbing of a ball carrier's clothing by the defense (if it allows the defense to gain an advantage, i.e. slows down the ball carrier) will result in a penalty added onto the end of the play. Major Penalty

B. Defensive Line

1. The defense must have a minimum of 2 linemen. Defense may put all players on the line for a blitz.

C. Defender's Responsibility

1. Defense is prohibited from pushing the ball carrier out of bounds. The attempt to push or physically drive a ball carrier out of bounds or a quarterback after a throw, will result in a penalty added onto the end of the play. NO PUSHING OR CHECKING players into the boards or after the player is on the ground or play is blown dead.

2. Defense is allowed to leave their feet to dive for a flag (from side or behind ball carrier) or attempt to block a pass, but not to hit a quarterback's arm at any point.

3. Tackling of ball carrier is prohibited. **If the ball carrier is tackled in order to prevent a touch down by the last defender the touchdown shall awarded to the offensive team.**

4. Quarterback Contact: Defense is not allowed to initiate any contact to the quarterback's upper torso, including arms and shoulders. In an effort to protect a potentially dangerous situation, any defender pursuing a running or throwing quarterback may only pull flags. No contact is allowed on the quarterback's throwing arm – incidental or otherwise. Defense may leave their feet to block a pass, but if they make contact with a quarterback before, during or after the ball is released (regardless if the ball is tipped) it will result in a major penalty. (Automatic first down and 10 yard penalty)

5. *An interception that occurs in the end zone is a live ball unless a knee touches down or the defender raises his hand to signal (as in a fair catch) an automatic touchback. If a player attempts to advance an interception from out of the end zone and has a flag pulled before he kneels down or signals it will be considered a touch back.

6. A touch back will be placed on the second yellow hash from the end zone.

OVERTIME:

1. No overtimes for regular season games. Overtimes are only for playoffs.

2. The winner of the toss shall have choice of goals or possession...the loser decides on the remaining option. The choices are reversed for multiple overtimes.

3. The ball will be placed at the (2 point conversion line). The offensive team will have four downs to score. At the end of the first set of downs or after a score, whichever comes first, the process will be repeated with the opponent. If after the first set of downs the game is still tied then the process is repeated except if the first team scores in a certain number of plays, the opposing team will have an opportunity to score in the same number of downs. Example: If team A scores in 3 plays – Team B must score in 3 plays or less. The process will be repeated until one team scores in less down than their opponent.

4. Interceptions immediately end a team's possession or a fumble recovered by the defense. The defense may not score on a turnover.

5. Penalties will be in full effect.

6. No time-outs during overtime



7. All other rules are the same as in regulation.

INADVERTENT WHISTLE:

1. If an inadvertent whistle sounds, the ball becomes dead immediately. The team in possession of the ball when the whistle blew shall have the option to:

a.) Replay the down, or b.) Accept the play at the point it was terminated and count the down.

2. If the whistle inadvertently sounds during a legal forward pass or kick (i.e. while the ball is in the air), the down will be played over.

FIGHTING:

** Any player instigating a fight, throwing a punch, or taunting or verbally abusing a player, spectator, game official, or Body Zone Sports & Wellness Complex Employee or Representative will be immediately disqualified from the game. Note: Any player disqualified for the above offenses will be suspended for the remainder of the season and may be subject to additional local law enforcement procedures.*

Interpretations:

Rules are interpreted by officials and one official will be designated as head official for each game. The head official will resolve any conflicts. Rules are based on PIAA rule book with modifications noted above for Body Zone Sports & Wellness Complex.

Thank You for participating in our Flag Football League!

Good Luck!