

# **The Field Sports Arena**

## **Flag Football Rules and Regulations**

### **General Rules:**

#### **Conduct and Uniform**

- 1) *There will be a ZERO tolerance rule of poor sportsmanship. This is set to eliminate fighting, pushing, swearing, and taunting.*
- 2) *The Field Sports Arena has the right to change, alter, or delete any rule for the Safety of the players, teams, and facility.*
- 3) *Players are not allowed to flag guard, jump, Spin, or hurdle players (this is a safety rule).*
- 4) *If a player's flags fall off while running without the ball and they end up catching the ball, the game turns to a one-hand touch game between the shoulders and the waist.*
- 5) *Our goal is that all players play, 6vs 6. (1 lineman at all times)*
- 6) *Cleats are not allowed.*
- 7) *Each player is required to begin the game with flags around their waist and shirts tucked in.*

#### **Clock and General Rules**

- 1) *The game will consist of two (2) twenty (20) minute halves with a continuous clock. 3 minute half time*
- 2) *There will be 3 timeouts per team per game - :45 sec timeouts*
- 3) *Flags must be dropped and not thrown after making a pull.*
- 4) *There is no fumbles. The ball is spotted Where the runner lost the ball.*
- 5) *Each team will have 4 downs to reach mid field, then they will receive an additional 4 down to their end zone. If team does not reach half field or score a touchdown it will be opposing team's ball on their own 5 yard line.*
- 6) *Play is ruled "dead" when a player's knee hits the ground, a loose ball occurs, the ball carriers flags are pulled, player steps out of bounds , or the ref whistles the play dead.*
- 7) *There are no forced fumbles! Any player attempting to punch or strip a ball will receive a 5yard penalty.*
- 8) *If a game ends in a tie, there will be a sudden death from the 50 yard line – no extra points (college rules each team will have the opportunity to match a score)*
- 9) *20 sec play clock from the time the ref sets the ball (loose enforcement and referees discretion)*
- 10) ***The ref will place the ball after each play. Once the play is done give the ball to the ref.***

## **Offense Rules**

- 1) Players must be in like colored Uniform with shirts tucked in before entering the field. (if two teams are of the same color the home team must change)**
- 2) There must be the decided amount of players on the field before the clock starts.**
- 3) Each team will start their offensive possession with the ball on the 5 yard line**
- 4) There must be at least one man on the line**
- 5) Lineman must keep arms behind their back, in front protecting themselves, or crossed in front of their chest to block and can only block front of opposing player. No side blocks or blocks in back. Arms must stay close to the body at all times.**
- 6) The center must snap the ball between their legs and they are eligible to receive a pass behind the line of scrimmage. (Exception is on a blitz, then the line man is eligible down field) No side snaps.**
- 7) Quarterbacks can scramble and run past the line of scrimmage**
- 8) If a player steps on or across the out of bounds line with possession of the ball the play is dead and the ball will be placed at that point.**
- 9) Quarterbacks can hand off to a running back or pitch the ball (No forward laterals)**
- 10) Laterals are allowed**
- 11) Offense can go for a one (1) point conversion from the five(5) Yard line or a two (2) pt. play from the ten (10) yard line.**
- 12) Touchdown is 6 points.**
- 13) If player is down in his own ends zone – it is a turnover – and 2pts awarded to defense.**
- 14) If the Receiver or Running back stiff arm any opponent the play is dead and the ball will be placed at that point**
- 15) Any offensive player running through a defensive player that has already established position will be called for Charging and loss a down or 5 yards.**
- 16) A player must have control of the ball with both feet inbounds**

## **Penalties Offense**

- 1) Delay of game- Loss of downs.**
- 2) Charging (Offense ) – Loss of downs**
- 3) Forward laterals – Loss of Downs**
- 4) Illegal block – Loss of downs**
- 5) Belt manipulations (securing flags to belts, (Automatic forfeit of game))**
- 6) Offensive pass interference – Loss of downs**
- 7) Unsportsmanlike Conduct – Loss of downs +5yards**
- 8) Offside – Loss of downs**

## **Defense**

- 1) A team may blitz at anytime**
- 2) Interceptions can be run back.**
- 3) If the ball is intercepted in that teams defensive half of the field and is downed before crossing half the ball is placed at their 5yard line. If the ball makes it to mid field or past without scoring the ball will be placed at the mid field line.**
- 4) An interception on a conversion play is worth three (2) points for the defense If returned to the end zone.**
- 5) Holding is not allowed – strict enforcement**
- 6) Defense can't cross the line of scrimmage until the ball is hiked**
- 7) Blitzing players may not push past the blocking line. (We understand there may be contact, but it is the refs discretion as to severity and intentions of the contact)**
- 9) Defense may not hold or obstruct a player when trying to pull the flags**

**10) Any act to delay the game by kicking or throwing the ball after the play will be ruled as an unsportsmanlike play**

**10) No lining up over center.**

**Basically just keep it clean and have Fun and we won't have any problems**

### **Penalties (Defense)**

**Penalty = Replay of down**

**1) Offside – 5 yard penalty**

**2) Pass Interference – offense receives the ball at the spot of the foul 1<sup>st</sup> down**

**3) Illegal Contact - Illegal block -5 yard penalty**

**4) Unsportsmanlike Conduct – Automatic first down – 10 yard penalty**

**5) Charging – 5 yard penalty**

**6) Excessive contact at the line – 5 yard penalty**

**7) Any tackling will be 5 yard penalty and replay of down**

**8) Tripping -5 yard penalty**

**9) Illegal Contact trying to cause a fumble – 5 Yard**