



Sports Dome

Flag Football 8v8 Rules & REGULATIONS

All games will be governed according to USFFA laws with the following modifications for the South Suburban Sports Dome. League administrators and Sports Dome staff reserve the right to establish guidelines for any and all rules or infractions not covered in the league rules. Staff reserves the right to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

By participating in a South Suburban Sports Dome League, all players and spectators agree to abide by the South Suburban Parks & Recreation District Code of Conduct and will be held responsible for their actions.

1. TEAM FEES

- a. Team must have \$200 of their registration fees paid prior to the first week of the season. The remaining balance is **due in full before the third week of the season**. Any team unpaid for be given a forfeit for the season and removed from the schedule until such time that they can pay for their team.

2. ROSTERS & ELIGIBILITY

- a. Each team must have a minimum of eight (8) players on its online roster.
- b. All players must sign the online roster/release form prior to participation.
- c. Players must be 16 years of age to play. Players who are 16-17 years of age must have a parent signature to participate.
- d. Players can only play for ONE TEAM.
*Teams may borrow up to two (2) players if they cannot field a team. The opposing manager must approve of any substitute players.
- e. Injured players may be replaced with approval of Sports Dome staff.
- f. Roster additions can be made until the end of the season. **No roster additions for the playoffs**. Use of ineligible players will result in the forfeit of all games in which the player participated.
- g. Each player is required to have a photo ID with them at all games.
- h. Roster checks will occur at playoffs games by request only and must be made prior to the start of the game. Additional roster checks may be conducted during the season by league officials.
- i. Team managers are responsible for:
 - i. Having their team present and ready to play at their scheduled time
 - ii. Informing all players of by-laws and promoting good sportsmanship among team members.
 - iii. Ensuring all players are enrolled on the roster.

3. TIMING & SCORING

- a. Game time is forfeit time.
- b. It is recommended that your team arrive at least 10 minutes prior to game time and check in with the front desk. The officials will keep the official time.
- c. Games will consist of two 20-minute halves with a running clock, with a 3 minute halftime.
- d. In the last 2-minutes of the 2nd half the clock will stop in accordance with college rules ("2-minute warning") for 30-seconds if the point differential is less than **17 points**. **EXCEPTION:** If the point differential is **17 points** or more in the last 2-minutes of the 2nd half the clock will continue to run.
- e. Spiking the ball to stop the clock is allowed in the last 2-minutes of the 2nd half.
- f. **No Mercy Rule** - the score will not be kept if a team is ahead by 28 points or more. Once the score is within 28 points score will then be resumed.
- g. Teams are allowed three (2) 30 second timeouts per half. Unused timeouts **do not** carry over to the 2nd half or overtime. No timeouts for a team leading by 17 points during the last 2 minutes of a game.

- h. Play clock is 20 seconds beginning when the ball is spotted. Teams receive one warning for delay before a penalty is enforced.
- i. **Onside kick** – If your team is losing by 17 or less points within the last 5:00 minutes of the game your team may declare that they are going for an onside kick. You get the ball at your own 17 yard line and have one (1) down to make it pasted the halfway line. If successful you may keep the ball, with a brand new set of downs, otherwise the opposing team gets the ball at the half way line.
- j. **Overtime:**
 - i. Coin toss determines first possession
 - ii. We follow college football rules for overtime
- k. Scoring: TD = 6 pts, Safety = 2 pts, PAT from 3-yard line = 1 pt, PAT from 10-yard line = 2 pts. PATs may be returned by the defense. PATs that are returned will be awarded two points no matter if the offense went for one or two.

4. THE GAME

- a. Game is played between two teams of 8 players each. Teams may start and continue the game with a minimum of 6 players. If a team has less than 6 players, the opposing manager may allow up to 10 minutes (game clock running) for additional players to arrive.
- b. Coin toss determines possession and direction. Teams change ends to start the 2nd half.
- c. Offensive team takes possession on its 17-yard line and has 4 downs to cross each succeeding line to gain: mid-field, opponent's 17-yard line and opponent's goal line.
- d. On 4th down the offensive team must announce whether it will punt or go for a 1st down.
 - i. Defensive team may not rush the punt
 - ii. Both teams must remain stationary until the ball is kicked
- e. Spot pass: after receiving a punt, the receiving team has the option of throwing a pass or returning the punt.
 - i. If the receiver takes more than 2 steps he must run with the ball.
 - ii. If the pass is incomplete, the ball is spotted where the pass was attempted.
- f. **NO BLOCKING** is allowed downfield on punt returns.
- g. A minimum of 5 offensive players must be on the line of scrimmage at the snap. One offensive player may be in motion when the ball is snapped. After each play, each offensive player must be within 15 yards of the ball at some point before the next snap.
- h. The offensive team's line of scrimmage will be the **spot of the ball and body**. The defense may have any number of players on the LOS. The defense may rush any number of players.
- i. **Reduced contact blocking:** arms are bent at 90 degrees, palms open. Illegal actions: arms extended, leaving feet, chop block, block in the back, hands to the face, elbowing.
- j. Any player may run the ball behind the LOS, only one forward pass is allowed. Once the ball has crossed the LOS, forward passes are not allowed. Any forward passes beyond the LOS will be a spot foul.
- k. **NO RUN ZONES:** There are **NO** "No Run Zones".
- l. All players are eligible to receive passes. Receivers must have at least one foot in bounds when making a catch. Interceptions may be returned by the defense. **NO BLOCKING** is allowed on interceptions!
- m. The runner may not leave his feet to avoid a defender (no diving or hurdling). The spot of the ball when the flag is pulled will determine where the ball is located for the next play or to determine a touchdown.
- **Dead Ball** - Play is ruled dead when:
 - Ball carrier's flag is pulled (if the carrier's flag inadvertently falls off, a tag between the shoulders and feet constitutes de-flagging).
 - Ball carrier steps out of bounds.
 - Touchdown is scored.
 - Ball carrier's knee touches the ground.
 - Referee blows the whistle inadvertently.
 - Substitutions may be made on any dead ball.
 - Any ball that touches the ground is ruled dead. There are no fumbles. A defensive player may legally strip/steal the ball provided he does not hold or obstruct the ball carrier

5. PENALTIES & MISCONDUCT

- a. Game officials determine incidental contact, which may occur during normal play.
- b. Unsportsmanlike conduct / Personal foul
 - i. 1st offense: 10 yards and loss of down or automatic 1st down. Player must sit out for 3 minutes of game time.
 - ii. 2nd offense: Same as above and player is ejected.
 - iii. Any team receiving 3 unsportsmanlike penalties will forfeit the game.
- c. Offensive penalties
 - i. False start: 5 yards
 - ii. Illegal motion/shift: 5 yards
 - iii. Illegal forward pass: 5 yards from spot of foul + loss of down
 - iv. Delay of game: 5 yards (one warning)
 - v. Illegal formation (less than 5 players on LOS): 5 yards
 - vi. Illegal equipment: 5 yards
 - vii. Holding/Illegal block/clipping: 10 yards from spot
 - viii. Diving/Hurdling: 10 yards from spot
 - ix. Flag Guarding: 10 yards from spot + loss of down
 - x. Pass Interference: 10 yards + loss of down
- d. Defensive penalties
 - i. Offside: 5 yards (Offside will not be called immediately after it happens, offense will have a “free play” and can then take the result of the play or the penalty.)
 - ii. Illegal contact: 10 yards
 - iii. Obstructing the runner: 10 yards from spot
 - iv. Pass Interference: spot foul + automatic 1st down
 - v. Roughing the quarterback: 10 yards + automatic 1st down
- e. The team manager or captain is the only player allowed to approach the referee with questions or concerns. Team captains are responsible for the behavior of their players.
- f. Any participant who is ejected from a game must leave the facility immediately. Failure to leave within 2 minutes will result in forfeiture of the game. Any ejected player must sit out his/her team’s next scheduled game.
- g. Any team that accumulates three (3) unsportsmanlike penalties during a game will forfeit that game.
- h. Any participant who accumulates three (3) unsportsmanlike penalties during a season will be suspended for a minimum of one (1) game. Additional sanctions may be given at the discretion of the Sports Dome staff.
- i. ELASTIC POWER: The Sports Dome staff reserve the right to establish guidelines for any and all rules or infractions not covered in the league rules and regulations. Sports Dome staff reserve the right to refuse participation to any individual/coach/spectator if they do not obey the rules and regulations and keep within the spirit of good sportsmanship

6. EQUIPMENT

- a. Teams provide their own regulation football to use on offense.
- b. Required equipment: similar colored jerseys (tucked in or cut off at least 3” above the waist), **triple-threat one-piece flag belt, minimum 15”** with a spring clip, shoes (molded cleats, turf or tennis shoes). Mouthpieces are recommended.
- c. Prohibited equipment (up to referee’s discretion): headgear/billed hats, shoulder pads, body pads, any unyielding or dangerous equipment, pants/shorts with pockets, stick-um, removable or steel cleats.

7. Schedules and standings are posted online at www.southsuburbansports.com. The last week(s) of each session will consist of a playoff schedule. Teams will be seeded according to win/loss record. The following criteria will be used for a tie in standings: 1) Winning percentage 2) Head-to-group 3) Head-to-group differential 4) Total goals differential

Elastic Power South Suburban Athletics staff members reserve the right to establish guidelines for any and all rules or infractions not covered in the league rules and/or Code of Conduct.