



## South Suburban Adult Arena Flag Football Rules

The field staff will have complete authority to administer the program and make decisions and adjustments as they see fit for this recreational setting. His or her decision is final.

### Players and Rosters:

- I. Game Format:
  - A. Coed Indoors = 6 v 6
    - a. **Coed Teams** can start the game with any of the following combinations not to exceed 6 players on the field but no less than 5.
      - i. 4 men and 1 to 2 women.
      - ii. 3 men and 2 to 3 women.
      - iii. 2 men and 3 to 4 women.
      - iv. 1 man and 4 to 5 women.
  - B. Men's Indoors = 4 v 4
    - a. Teams can play with a minimum of 3 players.
    - b. The other team can play down to match a team that does not have 4 players, but it is not required to drop players.
- II. All players must be 18 years of age.
- III. Each player must sign a release of liability form, which will also serve as the team roster.
  - A. Failure to do so will result in an illegal player causing a forfeit.
  - B. There are no limits to the number of players that can be placed on your roster; however, an individual may only be on one roster in this league.
  - C. Teams may add players at any time prior to each game by contacting the field supervisor.
  - D. The illegal player must have been identified either by the opposing team or the field supervisor prior to the end of the game.
- IV. No team may add players to their roster for the tournament.
  - A. Roster additions may be made only up through the final regular season game.
  - B. A player must have played during the regular season in order to be eligible for the tournament.
- V. Each player is required to have a photo I.D. with them at all games.
- VI. Any player wanting to change teams in the same league may do so one time.
  - A. All transfers must be done prior to the third game.
- VII. Only rostered players, officials and the scorer are allowed on the player bench side of the field. Everyone else must stay on the spectator benches.

### Equipment

- I. Flag Belt
  - A. Shirts **MUST** be tucked in with the flag belt and flags easily accessible.
  - B. Flags must be worn properly, one flag on each side of the players' hips, and one in the back.
  - C. Equipment Violation - if either team does not have flags and shirts in the correct position prior to the snap they will be issued an Equipment Violation penalty.



- D. Should a player lose their flag belt during a down and should that player gain possession of a live ball, that player will be considered down when a legal tag (ONE hand touched by the defense) is made.
- II. No pockets are allowed on shorts or pants.
  - A. Taping of shorts and wearing shorts inside out will NOT be allowed. This will be strictly enforced.
- III. No hard, unyielding headwear (hats, or items containing exposed knots) of any kind may be worn.
- IV. No Jewelry is allowed to be worn.
- V. Cleats or athletic shoes may be worn. Cleats must be rubber-molded.
- VI. Teams/players are required to have matching shirts/colors. Each team should bring a light colored shirt as well as a dark colored shirt to all games.
- VII. **Players must provide their own 'triple threat' flag belts, or purchase one from South Suburban.**
- VIII. **Teams must provide their own football.** Footballs must be full (high school, college or pro size), regulation size football.

### **Game Clock Format**

- I. **Grace Period:** Any team short of the lowest number of players required to play the game will be given a five (5) minute grace period.
  - A. The Game Clock will start at game time.
  - B. The team that is present will get to determine first possession.
  - C. Once the Game Clock has run off 5 minutes, the game is then declared a forfeit to the team who was not fully present.
- II. Each half will be 20 minutes with one 2-minute half time.
- III. For the start of the game and of the second half, the clock will start once the ball is set and on the official's whistle. Each time the ball is spotted, the offensive team has 30 seconds to snap the ball.
  - A. Officials will warn the offense when there are 10 seconds left to snap the ball.
  - B. Teams may not snap the ball until the officials are set and have blown the whistle.
  - C. No quick snaps!
- IV. Pro clock will be in effect if the point difference is within 8 points for the **last 2 minutes of the 2nd half only.**
  - A. Clock will be stopped for the following situations:
    - a. out of bounds
    - b. possession change
    - c. incomplete pass
    - d. penalty
    - e. extra point attempt
    - f. time out
  - B. The clock will **not** stop on a first down.
  - C. The clock will **not** stop on a fumble.
  - D. The clock **will** stop for an Extra Point Attempt
  - E. Game time is restarted once the ball is snapped.
  - F. If the score is within 8 points or less at any point with under 2 minutes to go in the 2<sup>nd</sup> half, the pro clock will remain in effect for the remainder of regulation, regardless of what the score is.
- V. Each team has 2 timeouts per game.



- A. Time outs will only stop the game clock for 30 seconds. The offense must snap at the completion of the time out. Again, the clock will restart on the snap.
- VI. The clock will run as it was running prior to the extra point – see “Scoring” for further explanation.
- VII. Overtime
  - A. A coin flip determines first possession
  - B. Interceptions in Over Time can be run back.
  - C. Each team has one possession to score from the EPA lines. They may elect to go for one or two points.
  - D. If the score is tied at the end of the first overtime, the game will end in a tie except in playoffs.
    - a. In playoff games, teams will play one overtime with the above format.
    - b. In the event of a tie in the first overtime, additional overtimes will be played until a winner is declared – teams should flip the order of who possesses the ball first so the same team does not start on offense each time.

## Scoring

- I. TD = 6 points
- II. Extra Point Attempt: Free Throw line-1 point: Top of the Key-2 points.
  - A. The clock does not stop during an extra point attempt unless a timeout (called, injury or official timeout) was called prior to the EPA.
    - a. If a timeout was called first, the EPA will be played as an untimed down and the clock will restart on the snap of the next offensive play.
  - B. If the offense is penalized during the EPA, the defense can choose to accept the result of the play or the penalty. If the defense accepts the penalty, penalties will be enforced as normal, therefore a penalty that results in a loss of down will not be replayed, one that results in yardage but no loss of down will be replayed.
  - C. If the defense is penalized during the EPA, the offense can choose to accept the result of the play or the penalty and replay the down.
- III. Safety = 2 points - the ball is then placed on the opposite 5 yard line and possession is given to the team making the safety.
- IV. The score of a forfeit game will be 20-0.
  - A. Forfeit time will be 5 minutes after the scheduled game time for the first game only. After that, game time is forfeit time.
    - a. If teams have the required number of players to start the game, the grace period cannot be used.
  - B. Teams who commit 1 no-call, no-show forfeit in a season will automatically drop to the lowest seed for tournament purposes.
  - C. In the event of a seeding tie, any team with a forfeit during the season will be dropped from the tie.
    - a. If both teams involved in a tie each have a forfeit, normal tiebreaking procedures will apply.
  - D. **Forfeit Fines:** It is the captain’s responsibility to notify league administration if their team cannot attend a scheduled game. Captains must provide 24 hours-notice at minimum.
    - a. Failure to contact the Sports Coordinator via phone or email with 24 hours-notice will result in a Forfeit Fine of \$40.



- i. The \$40 fine will be placed on the Team Captain's registration account.
- ii. All fines must be paid before playoffs.
  - Any fines incurred during playoffs must be paid prior to the start of a new season.
- b. Future registration will not be accepted until the fine is paid in full.

## The Game

- I. **No intentional and illegal contact allowed**
  - A. Illegal contact will be a judgment call by the officials.
    - a. They will penalize the team who initiates contact.
- II. Any ball that hits the curtain, walls or netting above and around the playing field is a dead ball and incomplete pass.
  - A. In the endzone only – any part of the player's body may hit the wall and be a fair catch so long as the ball does not make any contact with the wall.
- III. During a pre-game conference, the officials will meet with a captain of each team to:
  - A. determine first possession with a coin toss. (Team can elect to have offense, defense, defer, or direction. Choice in the 2nd half will be awarded to the team that did not have 1st half election.)
  - B. verify all equipment is legal
  - C. identify two captains per team – these are the only players from each team allowed to protest rule-book calls, to accept or decline penalties and to address officials concerning play.
- IV. The offensive team takes possession of the ball at their 5-yard line and has four downs to cross mid-field. Once a team crosses mid-field they have four downs to score.
- V. If the offensive team fails to cross mid-field, the ball changes possession. All drives start from the 5-yard line except interceptions.

## Start of a Play

- I. There are no quick snaps; both officials must be set before the ball is snapped.
- II. Players may not be moving forward when the ball is snapped. Players may be in motion parallel or backwards from the line of scrimmage.
- III. The ball may be snapped between the legs or a side snap.
- IV. The ball may be placed anywhere on the line of scrimmage as long as it is in bounds.

## Defense and Rushing the Quarterback

- I. Players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped – marked by an official bean bag.
- II. Only one defensive player may rush the quarterback.
  - A. If a defender is guarding someone in the backfield other than the QB, the defender cannot break the neutral zone (i.e. line of scrimmage) until:
    - a. The QB hands off the ball so now we can have a running play
  - OR**
  - b. The QB laterals or passes the ball to receiver behind neutral zone (ie receives ball in "backfield")



- III. Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there has been a change of possession. If there are less than 7 yards from up the middle, then the 7 yards are determined on the angle (i.e. in the endzone).
- IV. If the rusher leaves before the snap, they may **not** re-rush; **another** person who has **not** jumped the snap may then rush the QB.
- V. The rusher is allowed a direct line to the quarterback as long as he/she rushes from either side of the field and not up the middle, which is to avoid contact with the center. The “side” is defined as no less than three (3) feet on either side of center. The offense must avoid interfering with the rusher.
- VI. To prevent the quarterback from throwing a pass, the defender may 1) hold his/her hands straight up in the air in an attempt to block the pass, or 2) de-flag the quarterback before he/she releases the ball, 3) jump to deflect the ball.
- VII. The rusher may **not** bring his/her hands or arms down on the quarterback in any way. A roughing the passer penalty will be assessed if this occurs. If the rusher’s hands are coming toward the QB and the QB’s arm hits the rusher when throwing, the defense will be called for a roughing the passer penalty.
- VIII. If the rusher makes any contact with the QB while rushing (jumping at the QB, arms coming down on the QB, running into the QB), the defense will be issued a roughing the passer penalty.
- IX. A defensive player that lines up over the center must be one yard back.

## Running

- I. The quarterback may not run unless the ball has been handed off to him/her.
- II. Teams may handoff, pitch, or throw back the football.
- III. The player who receives the pitch or handoff may throw the ball forward, as long as he/she is not beyond the line of scrimmage.
- IV. Teams can handoff, pitch/lateral the ball an unlimited number of times behind the line of scrimmage.
  - A. A forward pitch is considered a forward pass.
- V. “No run” zones are located 5 yards before mid-field and 5-yards before the end zone.
- VI. The leading flag and the football must break the plane of the midfield or goal line to be considered a first down or touchdown.
- VII. Intentional, or unintentional, players may not block at any time.
- VIII. Offensive players must remain on their feet; they may not propel themselves into the air using the legs other than to catch a throw. The ball carrier may not dive, hurdle, jump or leave his feet to advance the ball or avoid being de-flagged.
  - A. Jumping is determined as illegal when done in a manner that is deemed to gain an advantage by flag guarding and/or is deemed unsafe. This is a judgment call by the officials.
- IX. Spinning is legal as long as the ball carrier does not leave his/her feet to avoid de-flagging.
- X. The ball carrier must make reasonable attempt to avoid contact with defenders - any attempt to charge or run through a defender will be issued a “charging” foul.
  - A. In this same light, the defender must make a play on the ball and may not initiate physical contact.
- XI. The ball is spotted where the flag was pulled.

## Passing



- I. The quarterback has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, the play is dead, resulting in a loss of down. The ball returns to the line of scrimmage. The line judge/referee, will verbally make the 5 second count. (Once the ball has been handed off or pitched there is no 5-second count).
- II. The quarterback's lead foot may not cross the line of scrimmage when releasing the ball. For a penalty, the lead foot must be deemed over the line of scrimmage. Since the field has no lines and no instant replay this is solely at the discretion of the officials.
- III. All players are eligible receivers. An unlimited number of backwards passes (laterals) can be made. Only one forward pass is allowed.
- IV. Intentional grounding is not a penalty.
- V. If the defensive team rushes the quarterback there is no 5-second count.
- VI. Interceptions may be returned except during point after attempts.
- VII. The quarterback may leave his/her feet to throw the ball, but may not leave their feet to avoid a tackle or to advance the ball.
- VIII. **Pass interference is described as:**
  - A. **Defensive:** When an eligible receiver is illegally touched (aggressively or non-aggressively) prior to touching the ball on any forward pass. If a receiver is hit on a lateral or pitch an "illegal contact" penalty will be assessed.
    - a. If an offensive player is de-flagged before receiving the ball, the offensive player may continue to advance the ball until the defense touches the player with one hand to stop the play.
  - B. **Offensive:** When the offensive player pushes off or trips the defender in order to catch the ball.
  - C. \*All plays must be made on the ball or the flags and not on the player. The officials will determine incidental contact which may result from normal run of play.

## **Receiving**

- I. All players are eligible to receive a pass, including the quarterback, if the ball has been pitched back or handed off behind the line of scrimmage.
- II. Players must have at least one foot legally in bounds when making a catch. Legally is defined as:
  - A. One foot must land completely inside the line (the line is considered out of bounds) and no other part of the body may be considered out of bounds.
  - B. If the receiver is in the air, one foot must land in bounds unless contact by an opponent causes the player to first touch out of bounds
- III. Players that run out of bounds during a play are not eligible to come back in a make a reception.
- IV. Players may not throw the ball to themselves. If a ball is tipped by the defensive, the quarterback may catch and run with the ball.
- V. If a pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the offensive team.

## **Play is Ruled Dead When:**

- I. The offensive player's flag is pulled. Note: If a defensive player pulls the offensive players flag before they receive the ball, the defense must then touch the player with one hand for a tackle.
- II. Ball carrier steps out of bounds
- III. Touchdown is scored



- IV. Ball carriers' knee, or any part of the body except the foot, and the hand without the ball, touches the ground.
- V. Incomplete pass
- VI. Ball hits the ground; fumbles are retained by the offense but considered dead at the spot the ball was fumbled

**Guarding the Flag Belt**

- I. Runners shall not flag guard using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flags.
- II. Flag guarding includes:
  - A. Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging
  - B. Placing the ball in possession over the flag belt
  - C. Lowering the shoulders in a manner that flag guards
  - D. Slapping at opponent's hand to prevent them from pulling the flags
  - E. Jumping to avoid being de-flagged as defined in the "Running" section

**Sportsmanship/Roughing**

- I. Tackling is prohibited at all times.
- II. Defensive players may not use swim moves - i.e. their arms must stay below the shoulder level.
- III. No over-aggressive play, pushing, and/or holding is allowed.
- IV. Trash talking will not be tolerated. The official has the right to determine language that is offensive. (Trash talking is language that may be considered offensive to the official, opposing team, or spectators). Unsportsmanlike conduct penalty and potential ejections may be called for language.
- V. Profanity will not be tolerated. This is a situational infraction and the official may use their discretion when determining the extent of the punishment for profane language.
- VI. If the official witnesses any act of tackling, elbowing, cheap shots, or any other sportsmanlike act, the game will be stopped and the player may be issued an unsportsmanlike penalty and/or ejected from the game.
- VII. Ejection from the game will result in an immediate unsportsmanlike penalty assessed to the ejected player's team and an automatic one-game suspension. Additional game suspension may also be administered depending upon the severity of the unsportsmanlike conduct.
  - A. Unsportsmanlike Conduct will result in a 10 yard penalty-See Penalty Section
- VIII. If two players from opposing teams engage in a conflict, verbal or physical, they shall be punished accordingly, including ejection from the game and further suspension. If one or more additional players from either team engage in the conflict, the game may be called and the full team will be placed on suspension and issued a forfeit for the following week's game. Players may only enter into a conflict to pull their own player out of the fight. Scores for a game that is called before completion due to a behavior/fight incident will be determined by the staffs' observations on a case by case basis.

**Defensive Penalties:**

Offside-Illegal Rush	5 yards from the line of scrimmage
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Pass interference /Face Guarding (must play/look at ball - see above)	5 yards from the line of scrimmage and replay down. OR Spot of the foul with no replay.
Illegal contact (holding, bump and run, blocking). Note: The officials will determine incidental contact which may result from normal run of play.	5 yards from the line of scrimmage
Roughing the quarterback: the rusher may not have any illegal or intentional contact with the quarterback.	5 yards from the line of scrimmage
Holding-Spot foul from infraction	5 yards from the spot of infraction
Delay of Game	5 yards from the line of scrimmage
Excessive contact - even if the defender is making a play on the ball.	5 yards from the line of scrimmage - If the official feels it was intentional or with intent to harm the player will be ejected from the game with potential for further suspension.
Unsportsmanlike Conduct	10 yards from the result of the play or line of scrimmage, whichever one provides the offense with the biggest advantage. Automatic first down.

- All defensive penalties result in an automatic first down. The offensive team will have their choice to take the penalty or the result of the play on a defensive penalty.
- Neither the first or second halves can end on a defensive penalty. If this should happen, the offensive team would have the option of accepting the play or accepting the penalty with one additional play.

### Offensive Penalties:

Illegal motion /False Start	5 yards from the line of scrimmage, replay down
Equipment Violation	5 yards from the line of scrimmage, replay down
Pass interference (illegal pick, pushing off defender).	5 yards from the line of scrimmage, loss of down
Impeding the rush (the offensive players must avoid the rusher - any contact is considered a penalty).	5 yards from the line of scrimmage and replay down. OR Result of the play.
Flag guarding	5 yards from the spot of the infraction, loss of down
Charging* (the offensive player must avoid the defender if they are set).	5 yards from the spot of the infraction, loss of down
Leaving feet, jumping, diving*	5 yards from the spot of the infraction, loss of

- \*If a player advances the ball over the mid-field first down line and an ensuing penalty moves the ball back behind the mid-field first down line, the offense is awarded the first down at the spot where the penalty takes them.
- The defensive team will have their choice to take the penalty or the result of the play on an offensive penalty.

### Cool Off Period





A player in the judgment of the official who has had a personal foul, multiple personal fouls, is taunting opponents, or is arguing with an official can be set down for a cool-off/time-out period for a minimum of 2 minutes or may be subject to ejection from the game.

**ELASTIC POWER:**

South Suburban staff reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.