



FLAG FOOTBALL RULES

MEN'S ADULT COMPETITIVE DIVISION

(Updated 03/10/22)

<u>www.boro6sports.com</u> 914.714.8155

General Rules:

The registration fee is \$1100 per team. The team fee does not include referee fees.

The fee for individual registered players (aka 'Free Agents") which are not part of a team is \$150 per player.

All referee fees must be paid by both teams at the start of each game; the fee to be paid to each referee is \$45.

All individual registered players (aka Free Agents) will be invited to the field on a specified date prior to the start of the season so that teams can be formed. The roster size for teams consisting of free agents will range from 8 to 10 players.

As a result of submitting an individual player registration or by being included on the roster of a team registration, all players agree to abide by the Boro6 Sports 'Participants Code of Conduct' Policy. In addition, the same mentioned players agree to the Boro6 Sports 'Limited Liability Waiver' document. Both documents are available on the Boro6 sports website at www.boro6sports.com as well by request.

At the time of registration, each team may be asked to pay a security fee in the amount of \$90. If a team does not forfeit any games during the season, the \$90 will be refunded within two weeks after the season ends. In the event a team forfeits a game, the \$90 will be used to pay for both referees; the team which forfeited the game will not be allowed to play their next game until a new security fee of \$90 has been paid.

Any team that forfeits more than two (2) games will be suspended for the remainder of the season.

At the time of registration, team rosters must have a minimum of 8 players and a maximum of 13 players. No team is allowed to carry more than 13 players at any point in time during the season.

At any point prior to the start of the game, the field official can ask each player to verify their identity; any player who does not have a valid ID matching a name on the roster will not be able to play in that game.

A maximum of 3 players can be added to a team roster by no later than the start of the 3rd game. At no point in time during the season, can a team have more than 13 players on their

roster. Players must play in at least four (4) games in order to be eligible for the playoffs; the only exception is for medical or other personal reasons that must be cleared by the league office.

Players must be at least 18 years old as of November 1, 2022.

Non-roster players are not allowed to play at any point during the season.

Players are only allowed to play on one team per division.

Each team will be scheduled to play an 8 to 10 game season. The playoff format will be communicated once the registration period has ended.

The field dimensions are 35x80; 35 yards wide by 80 yards in length (this includes two 10-yard end-zones). It is possible that we will get the field to be 80 yards in length.

Once the game schedule has been distributed, there will be no changes to the schedule. All game cancellations (weather related) will be announced as quickly as possible.

At the conclusion of each game, the winning team must send a text with the game score to 914.714.8155. Failure to report the correct game score can result in a reduced number of time-outs in the team's next scheduled game.

Boro6 Sports offers the option of ordering team uniforms through our co-partner for a discounted price.

Both teams must ensure that at the end of their games, all trash is properly disposed of.

Teams must <u>field a maximum of five players</u>. If a team has only 4 players, then it is up to the opposing team captain to decide on the following:

- a) Play 4 on 4
- b) Play 5 on 4
- c) Accept the win via forfeit

If a player gets injured and is unable to play, a team can play with as few as four players, anything less will result in the game being stopped and the team that has fewer than four players will be given a loss.

In the event a game is stopped because the game/league officials feel that the continuation of the game can result in an unsafe outcome, the league office will decide the effect that the game will have on the league standings regarding win/losses.

A <u>maximum of five players</u> are allowed on the field at the time the ball is snapped, regardless of how many players were in the huddle.

The home team must provide the game ball. The away team can elect to play with their own football. It is the responsibility of each team to ensure that at the start of each possession change that the ball is timely provided to the line judge official.

New Rule: The offensive team takes possession of the ball on its 5-yard line at the start of each half, following a touchdown or an interception in the endzone. The offensive team has *four* plays to cross midfield. If the offensive team fails to cross midfield before 4th down, the offensive team will have the option to either go for it on 4th down or punt; if the offensive team chooses to go for it and they do not get the 1st down, the ball will be turned over on downs at the point that play was declared dead by the official. If the offensive team elects to punt the ball on 4th down, it will result in the opposing team getting possession of the ball on its own 5-yard line.

New Rule: Once 3rd down ends, assuming the offensive team did not get the 1st down, the game official will ask the offensive team captain whether they are "going for it" or "punting it", if a response is not given within 10 seconds the ball will be spotted and the offensive team will have no choice but to go for it unless a "timeout is taken".

Once an offensive team crosses midfield, it has three additional plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their own 5-yard line.

Interceptions are allowed and can be returned. In the event that the interception does not result in a touchdown, the ball will be spotted where the defender's flag was pulled and there will be a change of possession.

Ball Sizes

Footballs must be an official size football (i.e., similar to the size used in high school and collegiate football games).

Timing of Game:

Games will consist of two 20-minute halves; each half will consist of running time except for the final 2 minutes of the game, when the clock stops as it would in the NFL (i.e., incomplete pass, out of bounds, change of possession, extra point conversion, and timeout).

If the offensive team scores a touchdown and time expires at the end of the 1st or 2nd half, you must go for the extra point.

The end of 1^{st} half or 2^{nd} half of the game cannot end on a defensive penalty unless the offensive team declines the penalty.

There will be a 2-minute half time.

The winner of the coin toss will determine one of the following: a) whether they would like to have the ball to start the 1st or 2nd half of the game or b) which goal they would like to defend in the first half. The second half will begin with the ball going to the team that started the game on defense, as well as each team defending the opposite end zone.

Possession changes at the start of the 2nd half. The team that was on defense to start the game will start the 2nd half on offense going in the opposite direction.

Forfeit time is 15 minutes after the scheduled start time of the game, with the game official making the final decision. If a team has at least 4 players at the field, the game must begin at the scheduled start time.

During a regular season game, if the score is tied at the end of regulation time, teams will play one overtime period for an additional 5 minutes. The first team to score wins. If no one scores, the game ends in a tie. Playoff games will consist of 5-minute overtime periods until a team scores. During each overtime period the first four minutes will be running time, with the clock stopping in the final minute. Each team will be granted one timeout in each overtime period.

Each time the ball is spotted, a team has 30 seconds to snap the ball.

A 10 second warning may be announced by the official keeping time, but it is not mandatory.

The official time is held by the referee. The field clock (when available) is for reference only. If necessary, the referee will update the field clock as frequently as possible.

Each team will have three 30-second timeouts per half – unused timeouts cannot be carried over to the next half.

Timeouts will only be granted once the official has blown the whistle to indicate that play is dead/over.

Consecutive timeouts by the same team will not be granted and will result in a 5-yard penalty (no loss of down) including a team calling a timeout, with no team time-outs remaining.

At the start of each game, both teams must designate the team captain and co-captain which will be the only player(s) that can ask for a timeout and question a call or rule with the referee.

If a coach/player disputes an interpretation of a rule and as a result it involves stopping the clock, the team challenging the call will be charged with a timeout if the call made on the field stands (if a team has no timeouts left, they will be given a five-yard penalty).

The official keeping time will announce a two-minute warning at the end of the 1st half and both a four and two-minute warning at the end of the 2nd half.

The clock will be stopped for on the field injuries.

Officials can stop the game clock at any time they deem necessary.

Any time a player in the game is bleeding, he/she must leave the game until the bleeding is stopped and the wound is covered. Excessive blood on the uniform requires that the player change clothing.

After a timeout has been completed, the 30-second play clock will begin once the official blows his/her whistle. The official game clock will begin once the ball has been snapped.

Scoring:

A touchdown is worth 6 points.

Extra point from the 5-yard line is worth 1 point (must be a pass). Interceptions can be returned by the defensive team on an extra point conversion. If the interception results in a touchdown, the defense will be rewarded one point. Any penalty invoked by the offensive team (pre-interception) will also result in one point awarded to the defensive team.

Extra point from the 12-yard line is worth 2 points (offensive team can run or pass). Interceptions can be returned by the defensive team on an extra point conversion. If the interception results in a touchdown, the defense will be rewarded two points. Any penalty invoked by the offensive team (pre-interception) will also result in two points awarded to the defensive team.

Once a coach/player declares whether they are going for a 1-point or 2-point conversion, that decision will be considered final and can only be changed if the team calls a timeout.

A safety is worth 2 points.

Team are always allowed to rush the quarterback regardless of the score.

There will be no slaughter rule in affect during the 1st half of the game. If at any point during the 2nd half of the game, a team is up by 35 or more points the "Slaughter Rule" will be in affect and the game will be called with the final score being whatever the score was at the time the game was called.

Running:

The quarterback cannot run with the ball.

Direct handoffs, tosses, and pitches behind the line of scrimmage are permitted. However, all pitches and tosses can only be made directly by the quarterback.

Any toss or pitch made by a player other than the quarterback will be deemed an illegal toss/pitch and result in a penalty.

Once a player receives a toss, pitch, or handoff, they are allowed to handoff the ball to another player if they are both behind the line of scrimmage.

Offense may use multiple handoffs behind the line of scrimmage.

Fake handoffs and tosses are allowed.

Any forward toss caught passed the line of scrimmage must be in the form of a shovel pass and not an underhand toss. The quarterback's hand must be moving in a forward motion.

Any screen pass must be caught at or passed the line of scrimmage; there are no screen passes behind the line of scrimmage allowed.

On any handoff, toss, or pitch, a defensive player is eligible to cross the line of scrimmage once the ball is no longer in the possession of the quarterback.

If a quarterback places the ball in a running backs chest and then pulls the ball away all in one motion with no delay, defensive players are <u>not</u> eligible to cross the line of scrimmage unless the defensive player was lined up at the 12-yard blitz line.

There are absolutely no laterals beyond the line of scrimmage. Once the ball carrier crosses the line of scrimmage, the ball cannot be exchanged with another player.

If the ball is handed off or tossed behind the line of scrimmage, the seven-second clock will reset. Upon possession, the new ball carrier has seven additional seconds to either release the ball or cross the line of scrimmage with the ball; the only exception to the '7 second' ruling would be if the ball carrier is trying to pass the original line of scrimmage but is trying to avoid a defender in doing so (at the official's discretion).

After seven seconds has expired, the play will be blown dead, and the ball will be spotted where the ball carrier was at the time of the whistle. The whistle will also be blown dead if the ball carrier drops back further than 15 yards from the original line of scrimmage.

All snaps must be directly to the quarterback. Snaps can either be under center or in shotgun formation. The quarterback is defined as the individual directly behind the center. A quarterback must gain complete possession of a snap before the ball can be exchanged with any other player on the field.

"No-running zones" located five yards from the approaching end zone and five yards from the approaching 1st down (midfield). These lines will be marked off by a yellow cone. The

referee is not required to announce a "no run" zone. The responsibility is on the offensive team to know where the ball is spotted.

The ball is spotted where the ball carrier's feet are when the flag is pulled.

A player who takes a handoff or toss can throw the ball from behind the line of scrimmage or run with the ball, even if he fakes to throw the ball.

Any penalty or quarterback sack that occurs while an offensive team is in a no run zone will continue play with the "no run zone" ruling, regardless of where the ball is spotted.

Offensive teams are not permitted to hand off the ball when going for a one-point conversion or when in a no run zone. All one-point conversions and plays in a no-run zone must be the result of a forward pass by the quarterback.

A defender is allowed to cross the line of scrimmage once the ball is in the process of being tossed or pitched – a defender does not have to wait for the ball carrier to have complete possession of the toss/pitch.

A player may use a spin move, however; must keep their arms away from their flag to avoid flag guarding.

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 is allowed in motion at a time.

A player must have at least one foot inbounds when making a reception. You cannot have one foot out of bounds prior to making the reception.

All passes must be caught passed the line of scrimmage.

A receiver may leave his feet to catch a ball.

Receivers <u>cannot</u> hand check or push off on a defender at any point in time – there is no contact at all.

Defensive players are **not** allowed to jam a receiver or make any contact with a receiver.

Passing:

Shovel passes are allowed if the pass is forward and passed the line of scrimmage.

The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, loss of down. The ball will be spotted at the original line of scrimmage. The play will be whistled dead once the seven seconds expires. The line official is not obligated to count out loud.

If the ball is handed off or tossed behind the line of scrimmage, the seven-second clock will reset. Upon possession, the new ball carrier has seven additional seconds to either release the ball or cross the line of scrimmage with the ball; the only exception to the '7 second' ruling would be if the ball carrier is trying to pass the original line of scrimmage but is trying to avoid a defender in doing so (at the official's discretion).

The ball must be snapped between the legs, not off to one side, to start play. Snaps may be in shotgun formation or under center.

Any ball that is caught by a defender behind the line of scrimmage will be deemed an interception if the quarterback's hand was in a forward motion; any toss or pitch behind the line of scrimmage cannot be possessed by a defender since there are no fumbles.

Any deflection of the ball that results in an offensive player catching the ball behind the line of scrimmage will result in an illegal forward pass penalty.

Rushing the Quarterback:

At the conclusion of each play, the back judge referee, will mark off the blitz line (12 yards from the line of scrimmage). The back judge will make every attempt to immediately mark off the blitz line but in the event of a no-huddle offense, the defensive team will be allowed to rush the quarterback from the spot on the field where the back judge is currently positioned assuming that the field judge was unable to spot the blitz line.

Multiple defenders may rush/blitz the quarterback assuming those defenders were lined up at the blitz line.

All players may defend on the line of scrimmage.

Once the ball is handed off or tossed, all defenders may go behind the line of scrimmage.

No physical blocking or tackling is allowed.

The center is <u>not</u> allowed to shadow the blitzing player/rusher. No offensive player is allowed to intentionally step in the path of the blitzing player/rusher. No offensive player can impede a rusher from his "direct" path to the quarterback. The only exception to this rule, will be if the rusher breaks away from his direct path to the quarterback (will be determined at the official's discretion) or if the official in his discretion feels the offensive player was making a football move and there was no intention to impede with the rusher.

No impeding the rusher penalty will be called if at the time of infraction the quarterback was not in possession of the ball.

Any contact made because of an offensive player setting a pick play, can result in a penalty on the offensive player if the game official deems that the pick play was extensive (this is purely a judgement called with the main goal being to prevent an injury). A penalty can also be called on the defensive player if his contact with the offensive player was deemed to be deliberate by the game official.

Offensive players are permitted to form a contactless block or shield a defensive player from having a clear or direct path to the ball carrier for as long as there is no contact and the offensive player is not moving stride for stride with the ball carrier. Non-incidental contact made by either the offensive or defensive player will result in a penalty at the official's judgement.

The rusher may put his hands up and jump to deflect or distract the quarterback but there must be no "unnecessary" contact with the quarterback. Any contact made with the quarterback outside of the act of the defender attempting to grab the quarterback's flag will be deemed roughing the passer.

A penalty will not be called if at the official's discretion, contact is because of the quarterback releasing the ball.

Taunting when rushing a quarterback is not permitted, first offense will result in a team warning with any other team offense resulting in a taunting penalty.

Defenders are not allowed to taunt or make noises in a way to distract or cause the offense from committing a false start or bad snap.

Dead Ball Play:

Substitutions may be made on any dead ball.

Play is ruled "dead" when:

- Ball carrier's flag is pulled (ball carrier must have complete possession of the ball).
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- Ball carrier's knee hits the ground.
- Ball carrier's flag falls out and a defender makes any contact with the ball carrier.
- When the ball hits the ground (i.e., Bad snap or incomplete pass).
- Any timeout or penalty
- Any change of possession

If a ball carrier falls to the ground, it will <u>not</u> result in a dead ball play; the player will be allowed to get up and continue to run. The only exception to this ruling will be if a defensive player makes contact with the ball carrier when his knees are on the ground at which point the whistle will be blown and result in a dead ball play.

There are no fumbles. The ball is spotted as follow:

- If the ball carrier drops the ball behind the line of scrimmage and the ball lands behind him/her, the ball will be spotted where it first hits the ground. If the ball is dropped in the offensive team's end-zone, the play will result in a 'Safety'.
- If the ball carrier loses the ball behind the line of scrimmage and the ball lands in front of them, the ball will be spotted where the ball carriers' feet were at the time the ball was dropped; you cannot gain any yardage because of losing/fumbling the ball.
- If the ball carrier loses the ball passed the line of scrimmage, the ball will be spotted where the ball carrier's feet were at the time the ball was dropped, regardless of if the ball landed behind or in front of the ball carrier; you cannot gain or lose any yardage because of losing/fumbling the ball passed the line of scrimmage.

Sportsmanship:

If a referee witnesses any acts of tackling, elbowing, cheap shots, blocking with contact or any unsportsmanlike act, the game will be temporarily stopped and the player will be either be given a warning, a penalty, or ejected from the game depending on the severity of the foul. <u>FOUL PLAY WILL NOT BE TOLERATED</u>. The player(s) ejected from the game may receive a 1 game suspension (including the postseason) at the discretion of the league office.

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing teams or spectators). If trash talking occurs, the referee will either give a warning or a penalty depending on the severity of the trash talk. If it continues, the player or players will be ejected from the game. Depending on the language and severity, the player or players involved may be given a penalty or ejected without a warning.

The league office has the right to eject a player or coach from the league for any excessive unsportsmanlike act. Any ejection from the league of a player or team will not result in any kind of refund.

Required Attire:

Metal spikes/cleats are not allowed.

All players are recommended to wear a protective mouthpiece.

Each player must have the same color shirt as their teammates. It is recommended that team shirts/jerseys have numbers on the back.

Clothing with exposed pockets, belt loops, or drawstrings are not permitted.

Players can only use flag belts that are provided by the league.

Players cannot wear the same color shorts/pants as the flags provided.

No excessive part of the flag belt can be shown, and flags must be positioned on the left and right side of the player's waist.

Handwarmers and towels are allowed for as long as it does not interfere with a defender having a clear path to grab the players flag.

Penalties:

All penalties will be called by the referee.

Defensive Penalties:

All defensive penalties will be up to the offense if they want to except or decline the penalty. The only defensive penalties that result in an automatic first down are; illegal contact, holding, pass interference, roughing the passer and any unsportsmanlike penalty.

New Rule: Offsides - 5 yards and replay the down. If an offensive team declines the penalty, the defensive team will be given an unsportsmanlike penalty (15 yards) if they commit consecutive offside penalties.

Illegal rushing: rushing from inside the 12-yard marker or when the defensive team is leading by 25 points or greater (only in the 2nd half) - 5 yards and replay the down.

Pass Interference – Spot of Foul and automatic first down.

Illegal contact (holding, blocking, etc.) - 5 yards from the spot of the foul and automatic first down. Holding will be called when a defender holds on to a player's shorts, shirt, or flag belt; a quick release should not result in a holding penalty but will be at the official's discretion.

Illegal flag pull (prior to ball be in route to the offensive player) – 5 yards from the end of the play, no automatic first down (only applies if the referee blew the whistle). If a flag is pulled before the receiver has possession, the referee will be instructed to let the play continue, and the ball carrier will be ruled down only after being contacted by a defender.

Roughing the Passer – 10 yards and automatic first down.

Any unsportsmanlike act – 10 yards and automatic first down.

Offensive Penalties:

New Rule: Most offensive penalties have been changed in that it will **not** be a loss of down but rather penalty yards assessed and a replay of the down unless the defense declines the

penalty. Consecutive offensive penalties will result in a loss of down after the 2nd consecutive penalty.

Illegal motion (more than one person moving, false start, etc.) - 5 yards from the line of scrimmage and replay the down. Only on a false start will play be whistled dead immediately.

Offsides (player lined up passed the line of scrimmage) -5 yards from the line of scrimmage and replay the down. The official shall not inform the player(s) prior to the start of play that they are lined up pass the line of scrimmage.

Illegal forward pass (pass thrown from beyond line of scrimmage) - 5 yards from the line of scrimmage and replay the down.

Illegal handoff or pitch - 5 yards from the line of scrimmage and replay the down.

Illegal snap - 5 yards from the line of scrimmage and replay the down.

Offensive pass interference (illegal pick play, pushing off/away defender) - 10 yards from the line of scrimmage and replay the down.

Flag guarding - 10 yards (from spot of the foul) and loss of down. Flag guarding includes when a ball carrier stiff arms a defender, prevents a defender from attempting to grab their flag(s), and any sort of contact that the ball carrier makes with his flags and/or flag belt during the course of play. It will be at the official's discretion if they feel that a ball carrier prevented a defender from grabbing their flag. If a ball carrier is in an open field and, in the opinion of the official, will not be caught by any defender, contacting his/her flag belt may not result in a penalty.

Delay of game - Clock stops, 5 yards from the line of scrimmage and replay the down.

Any unsportsmanlike act -10 yards and loss of down.

<u> Attire Penalties:</u>

Prior to the snap of the ball, game officials will attempt to notify players when a player's jersey is not properly tucked, or if a flag is missing prior to the snap of the ball.

Offensive players will not be charged with a penalty, but at the official's discretion he can whistle the play dead if he feels that it has prevented a defensive player from having an adequate chance at pulling the ball carrier's flag.

Defensive players will not be charged with a penalty, but if a defender intercepts the ball and does not have their shirt tucked in or flag belt properly positioned, play will be whistled dead at the point that the official feels it interferes with the opposing team having a clear path on attempting to pull the ball carrier's flag.

No penalty will be called if the jersey comes out because of an offensive/defensive play. If the jersey comes out as a result of the normal course of play and the official feels in his judgment that it is avoiding/interfering with a defensive player from grabbing the ball carriers' flag, the play may be whistled dead at that point of contact by any defensive player.

New Rule: In the event the ball carriers' flags move as a result of the play, defensive players will be responsible for pulling the flags regardless of the location of the flags; the only exception to this ruling, will be if the player was warned prior to the snap or if the ball carrier intentionally moved the flags during play.

Play will also be whistled dead if the defender is holding on to the excessive flag slack of the ball carrier flag belt. The excess slack of the flag belt must be tucked into each player's shorts/pants at all times. We recommend that you customize a flag belt for each player by cutting of the extra slack and placing their names on the flag belt.

Any illegal flag or foul play with a player's flag, flag belt or jersey will result in an unsportsmanlike penalty. This infraction is assuming there was intent which is only to be decided by the official and this penalty will be acknowledged as soon as the official witnesses the foul play.

If a hand warmer impedes a defender's ability to pull a flag (at the official's discretion), it is determined to be a flag guard.

Other Penalties:

Any play which includes an offensive and defensive penalty will result in offsetting penalties and a redo of the down.

When there is more than one penalty against the same team, the more severe penalty will be given. The only time that multiple penalties will be given is when there is an unsportsmanlike penalty given.

When an official blows their whistle inadvertently the team in possession may elect to accept the result of the play up to the whistle or replay the down.

Any team that calls a 4th timeout will be given a 5-yard penalty and loss of down or automatic first down will also be granted depending on the team that called the illegal timeout.

Any team that calls consecutive timeouts will be charged with a 5-yard penalty (no loss of down or automatic first down) and the clock will continue to run.

Any injury that takes place in the final two minutes of the game that results in a stoppage of play will result in a charged timeout to that team. If the team has no timeouts left, depending on the game situation the clock will be stopped and ten seconds can either be added or removed from the game clock.

Any penalty that occurs by the offensive team when going for a one- or two-point conversion will result in the ball being turned over on possession.

Players and coaches are not allowed within ten yards of either end zone, one warning will be given by the official before a five-yard penalty is given (no loss of down or automatic first down will be granted).

Referees determine incidental contact that may result from normal run of play.

Only the team captain/coach may ask the referee questions about rule clarification and interpretations. Players/coaches should avoid questioning judgment calls.

Either half cannot end on a defensive penalty unless the offense declines the penalty.

Handing off the ball (regardless of if the ball is then passed) in a no-run zone or during a 1-point conversion will result in a 5-yard penalty and loss of down and the team will continue to remain in a no-run zone situation.

Any player or coach who intentionally throws a football away from the game official, intentionally delays the delivery of the ball to the official, kicks or throws any of the field

equipment will be given an unsportsmanlike penalty with a possible ejection. If this action causes a delay in the game clock, time may be stopped and resumed once the ball is snapped.