

The Sports Academy

6v6 Flag Football Rules and Regulations

THE PLAYING FIELD

DIMENSIONS - The game shall be played on an indoor soccer field. The goal line will be marked by cones and the back of the end zone will be marked by pylons and cones. The black lines along the boards are the out of bounds line.

MARKINGS - First down marker is positioned at mid-field. First downs are only achieved by crossing mid-field.

BENCH AREA – Players must be in the bench area if not playing during the duration of the game.

EQUIPMENT

THE BALL - Each team must provide an N.F.H.S., NCAA, or Pro Type Football fully inflated. The Referee shall be the sole judge as to whether all balls offered for play comply with these specifications.

FLAG BELTS - Each team will be provided flag belts, which must be returned after the game. In the event they are lost or stolen, a **belt-restocking fee** may be charged to the team. A player caught with a "**tied**" or illegal flag belt will be ejected from the game and an unsportsmanlike conduct penalty assessed to their team.

SHOES – We encourage and highly recommend players to use their outdoor shoes when playing on our new turf-molded plastic cleats/studs will work best for traction and enhance your experience-ABSOLUTELY NO METAL STUDS/CLEATS ALLOWED. Firm ground/hard ground/ artificial ground shoes are perfectly fine as long as there is no metal in the stud/cleat pattern. We strongly discourage the use of traditional indoor/hard surface/flat soled shoes due to possible loss of traction.

ATTIRE – No billed hats will be allowed on the field of play. No jewelry will be allowed including but not limited to necklaces, watches, bracelets, or hooped earrings).

UNIFORMS - Teams will be required to wear like color shirts or jerseys and shirts or jerseys must be tucked in to the player's shorts with flags placed at the player's sides. Opposing teams may not wear similar colored shirts. In same jersey color situations, the Sport Academy will provide pennies for the visiting team to wear. Numbers are encouraged, but not required.

PLAYERS

AMOUNT - The game is to be played by two teams of six players each. More than six players on the field is illegal, while less than six (6) players is legal with a **minimum of five (5) players** needed to play. Penalty for too many players: 5 yards for illegal substitution or 10 yards for illegal participation.

CAPTAINS - At the beginning of the game, each team must designate a captain. The captain will act as sole representatives of their team in all communications with the officials.

ROSTER and WAIVER FORM - Teams may carry up to 18 players on their roster. Team rosters are frozen after the third game. Players must sign the roster form prior to participating in their first game. Players must have participated in at least **four (4) games** to be eligible for the playoffs.

GAME TIMING

LENGTH OF THE GAME - The length of the game is 48 minutes, divided into two halves of 24 minutes. Running time with no clock stoppage is used in the first half. During the **final 2 minutes of the second half**, traditional clock stoppage is used only when the ball carrier steps out of bounds, there is an incomplete pass, a change in ball possession, and when a score is achieved. The clock will start as soon as the penalty has been assessed.

HALFTIME - Between the first and second halves, there shall be an intermission of **(2) minutes**. During the intermission, play is suspended, and the teams may leave the field.

STARTING EACH GAME – A coin toss will determine first possession. The team that wins the coin toss can choose to take the ball or defer to the second half. If the team defers to the second half they will play defense first. The team that loses the coin toss chooses which direction they will defend.

TIME OUTS - Each team is allowed (1) one minute time out per half. Timeouts will not carry over into the second half. Charged time outs can be used at anytime. The time clock will begin at the snap of the next play. **EXCEPTION:** The Referee may allow necessary time to attend to an injured player; or repair legal equipment in which the clock will **NOT STOP**.

TIME BETWEEN PLAYS - The offensive team has **15 seconds** in which to snap the ball once the ball has been spotted after the previous play has been ruled dead. It shall be the responsibility of the offensive team to retrieve the ball after each play. The referee will indicate by signaling to the offensive team when 10 seconds remains on the 15-second clock.

QUARTERBACK CLOCK – The quarterback has **5 seconds** to complete a pass. If a pass is not completed within 5 seconds it is ruled a sack and a loss of down with the ball being spotted back at the line of scrimmage.

MERCY RULE - Should a team be trailing by **21 or more** points at the final "Two-Minute Warning" the referees shall **end the game** immediately. There will be no exception to this MERCY RULE.

SUBSTITUTION RULE – There is a 10 second guaranteed sub after all possession changes

OFFENSE

MOTION - Only **ONE PLAYER** can be in motion at the snap of the ball and must be **running parallel to or away from** the line of scrimmage. Please note that more than one player can initially shift, however all players must be set before the player goes in motion.

RUN PLAYS – A team is allowed one run play per possession of the ball. **A RUN PLAY IS NOT PERMITTED WITH IN 5 YARDS OF THE GOAL LINE OR FIRST DOWN LINE.** A team who runs the ball within 5 yards of the goal line or first down line will result in a loss of down and a five yards penalty from the previous spot.

TRICK PLAYS – A trick play, such as a double pass or a flea flicker, will be treated as a run play, once a team has attempted and/or completed a trick play they may not run the ball until the next possession.

CHARGING – All offensive players once receiving the ball must make an attempt to avoid contact with the defense. If an offensive player lowers their shoulder, or attempts to bull through a defensive player, a 10 yard person foul penalty will be accessed from the spot of the foul.

NO BLOCKING IS ALLOWED - Neither the offensive or defensive player may initiate contact at any time.

ELIGIBLE RECEIVERS – All 6 players are eligible to run down field and catch passes. Receivers can all line up on one side -- there does not have to be a balanced wide receiver set.

FORWARD PASSES – The offensive team is only allowed one forward pass, which is to occur behind the line of scrimmage.

DIRECT SNAPS – No direct snaps will be allowed. There must be a center and the snap must go through the centers legs.

FLAG GUARDING - A ball carrier cannot guard their flags from the opponent while attempting to elude tacklers. Play will be dead at the spot of the foul and will result in a 5-yard penalty and loss of down, unless the ball carrier exceeds the 1st down mark by more than 5 yards.

STIFF ARMING - Stiff-arming is **illegal** and will draw an unnecessary roughness penalty. This will result in a penalty 10 yards from the spot of the foul

DEFENSE

NEUTRAL ZONE – A two-yard neutral zone has been established between the offensive and defensive lines.

TACKLING - A legal tackle is defined as pulling **OFF** the ball carrier's flag belt, without impeding his forward movement. **Incidental contact does not constitute a penalty against the offense or defense.** Tackling a ball carrier is illegal, as is aggressively shoving or pushing the ball carrier to the ground or out of bounds, which will result in a 10-yard penalty plus automatic

first down, repeated attempts to tackle a ball carrier will result in an ejection (determined by the referee).

STRIPPING THE BALL – Players attempting to strip the ball and not attempting to pull a flag are subject to a personal foul penalty: 10 yards from the end of the run.

FIELD & BALL POSITIONING

SPOTTING THE BALL - The ball will be placed according to the **position of the ball** at the time the flag was pulled.

BALL CARRIER IS NOT WEARING OR INADVERTENTLY LOSSES HIS FLAG BELT - In the event a ball carrier is not wearing or inadvertently loses a flag of their belt, the ball carrier is ruled down where the player gains control of the ball.

BALL CARRIER INADVERTENTLY FALLS TO THE GROUND - A ball carrier who falls to the ground is considered down by contact and will not be allowed to get back up to play.

FUMBLES - There are no fumbles. When the ball carriers loses control of the ball and it touches the ground the play is ruled dead and the ball is spotted at the point it touched the ground as long as the spot is at or behind the ball carriers forward progress.

INTERCEPTION – If an interception is thrown by the offense it is a live ball and can be returned for a score by the defense.

BAD SNAPS FROM CENTER - Any center snap that falls and touches the ground will be ruled dead at the spot of the ball hits the ground.

BALL PLACEMENT - The team that is receiving the ball at the start of the game or after any touchdown will start the ball at the 5-yard line. There will be **NO KICKOFFS** to start play. The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to make a first down. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. All possession changes, except interceptions, start on the offense's 5-yard line.

PUNTING- The offensive team is allowed to punt the ball on 3rd down to better their field position. On 3rd down the referee will ask the offense what they wish to do. The offense must declare what they will do i.e. go for 1st, or punt. The offense may not change their mind on 3rd down unless they use a timeout. The receiving team has one bounce to field the punt if it does not touch the ceiling. If a punt touches a player i.e. muff, the ball will be spotted where it touches the ground.

OVERTIME – If both teams are tied after regulation the game will go into overtime. The format will follow the High-School/College system of each team getting 3 downs to score from the mid-field. Both teams get equal chances to score, if **no winner is determined after 2 overtime periods the game will be considered a TIE (league play only)**. *In tournament play or playoffs this will be repeated until we have a winner. Teams must go for 2 pts. after the 2nd overtime.*

SCORING

TOUCHDOWNS = 6 points

FIELD GOALS = 3 points

- Field Goals can only be attempted once a team has crossed mid-field
- If behind the black dot, the kick will be taken from spot of the ball
- If inside the black dot, the kick will be taken from the black dot

EXTRA POINT (KICKED FROM BLACK DOT) = 1 point

2-PT. CONVERSION = 2 points (from the black line)

You may run, or pass for an extra point attempt. If you attempt to pass for the extra point and your pass is intercepted, the ball may be returned for the value of the extra point you are attempting.

SAFETY = 2 points

FORFEITS

All forfeits will be scored as 42-0. If a team forfeits twice in a season they will be removed from the league and not receive a refund.

SCORING SYTEM

Seeding for playoffs will be determined by Winning Percentage (column to far right on website)

Tie breakers to determine division winners and wildcard teams:

- Winner of game between the two tied teams (will not be used if more than 2 teams are tied.)
- Point Differential in games between the two tied teams with a maximum of 42 points (will not be used if more than 2 teams are tied.)
- Point Differential (42 point max difference per game)
- Least points allowed
- Most points scored
- Coin flip

OFFENSIVE & DEFENSIVE PENALTIES

ENCROACHMENT/OFFSIDE - A lineman will be considered offside when he/she breaks the neutral zone prior to the snap, even if there is no contact made with the opponent. You are not allowed to jump back. 5 yard penalty and replay the down.

DEFENSIVE HOLDING – This occurs when a defender grabs the ball carrier and impedes his forward progress. This includes when the defender is attempting to pull a flag and misses and grabs the ball carriers shorts or shirt. 10-yard penalty from the line of scrimmage.

PASS INTERFERENCE - Defensive pass interference will result in an automatic 1st down and 10 yd. penalty from line of scrimmage. Offensive pass interference will result in a loss of down and 10 yd. Penalty from line of scrimmage.

FLAG GUARDING – Flag guarding is defined as any attempt by the ball carrier to shield his/her flags from being pulled. This includes but is not limited to, swinging free hand, pushing an opponent's hand away, holding flags with free hand, lowering or dipping their shoulder, and using the ball to shield the flag. 5-yard penalty and loss of down (unless a first down is achieved after the penalty has been marked off).

DIVING – At no time may a ball carrier leave his feet to advance the ball. Diving will be at the sole discretion of the Referee. A 5-yard penalty (unless a first down is achieved after the penalty has been marked off) will be applied.

SPINNING – At no time may a ball carrier spin to avoid a defensive player. Spinning will result in a 5-yard penalty from the spot of the foul.

TOO MANY MEN - Players must remain on the bench unless playing that down. This means no standing on the sidelines while plays are going on. If your team has a player standing on the sideline and not off the field in the bench area it will result in a loss of down if on offense or a replay of down if your team is on defense.

FIGHTING AND UNSPORTSMANLIKE CONDUCT – ZERO TOLERANCE

Fighting and unsportsmanlike conduct will not be tolerated.

If a player gets ejected from a game for any reason, that player will be kicked out of that game and will sit-out an automatic one game. A two game suspension may be given, depending on the severity of the offense. Any player ejected from a game for fighting, retaliation, and leaving the bench to enter a fight, can be suspended for the remainder of the session. Should these incidents occur in the final game of the session, that player will be suspended for the next session.

Verbal abuse also will not be tolerated. Such abuse when deemed appropriate will be grounds for game ejection and possible league suspension. Taunting and over excessive celebration will also be grounds for a penalty or ejection. Penalty: 10 yards unsportsmanlike conduct