



SNF ADULT FLAG FOOTBALL RULES

All participants are required to complete a waiver of liability and receive a player pass to be used each week to play. There is a one time fee of \$5 for the player pass. All participants in Sports Network and Fitness sports activities assume the risk of injury. Sports Network and Fitness, its employees and agents shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the intramural sports activities.

Section 1: GENERAL:

This league will play on nights designated on the web-site at www.Sportsnetworkandfitness.com

A game is played with no more than 7 players on the field at a time. If 7 players are not available, a team must begin the game with at least 5 players to avoid an immediate forfeit. Teams may not pick up players from other teams in the league. The game may be completed with fewer than 7 players as long as the game is started with 5 players. A team has five minutes past the start of game time to field six players. Forfeits will be scored 21-0. After a forfeit is declared a game may be played on a pickup basis between the teams and any other players that may be picked up.

All players must be listed on the roster and have SNF fees paid in order to play. Players must participate in at least three regular season games to play in the playoffs. Players **MUST** check in at the front desk as you enter. If you do not check in for each weekly game, you will be ineligible for playoffs. Teams playing with players who have not checked in are subject to forfeit that game. It is each individual player's responsibility. At the end of each night's games, SNF personnel will mark how many from each team has checked in. Captains will not be able to retroactively check players in during later weeks, even if the player has attended.

Once a player participates with a team he may not change to another team.

If a team plays with more than the eligible number of additions then that game will be forfeited. Any game played using an ineligible player will result in a forfeit of the game. Opposing team must report the number of the alleged ineligible player to SNF. SNF will check the sign-in/roster and render a decision. If player is deemed to be ineligible, the offending team will forfeit that game, if challenge was made after the game was played. Only team members shall be permitted on the respective team benches during games. All players must be at least 18 years of age, unless approved by SNF Management. Games will start at specified start times. Halftimes will be limited to keep game flow moving. Assemble by the players' areas and put flags on in anticipation of the start of your game.

Please do not leave children unsupervised. Do not expect balls stuck in nets to be retrieved. In any event, SNF is not responsible for lost balls or equipment.

The following rules were established to create a wide-open offensive game where talent prevails over brute force.

Although Flag Football can be safer than tackle, there will still be incidental contact, which could result in serious injury.

1. The SNF league will be played as a 7 vs. 7 format.
2. One player is designated as the captain. It is he, and only he, that may have discussion with the referee.
3. On offense, you must have a minimum 4 men on the line of the scrimmage.
4. On defense you must have 2 men on the line at all times.
5. Unlimited substitutions are permitted as long as all substitutes report to the officials, and there is no delay of game.

Section 2: OFFICIALS:

A. The referee assumes authority 15 minutes prior to the scheduled game time, and until they have left the field. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final. The official has the right to eject players or have them sit out of part or all of the game. Fans, and spectators are a part of a team and any fouls they commit will go against their team.

Section 3: EQUIPMENT:

A. THE BALL

1. Teams must bring their own football. All games balls must be official size no exceptions.

B. PLAYER EQUIPMENT

1. All players must wear shoes. NO CLEATS. Turf shoes may be worn, but must be no longer than 3/8". No metal of any sort may be part of the cleats. Players with cleats will be asked to change shoes. NO EXCEPTIONS.

2. All players will wear the official flag belt with the flags attached in the proper locations. Contrasting flags are furnished by SNF. Outside flags of different lengths are not permitted unless approved by staff. Our flags are red and yellow, so please do not wear red or yellow shorts. Each player must wear pants or shorts without any belts, belt

loops, pockets, or exposed drawstrings.

3. Team jersey must be similar in color. All teams must have the same color shirt by the 3rd game. Shirts must be tucked under the belts and in no way cover or protect the flags. Outside flags of different lengths are not permitted. SNF will not provide pins to any players. Teams should bring both a light and a dark jersey.

C. ILLEGAL EQUIPMENT

1. Headgear containing any hard, unyielding or stiff material, including billed hats
2. Jewelry
3. Pads or braces worn above the waist.
4. Shoes with metal, ceramic, screw in , or detachable cleats. Any team found wearing illegal equipment will be penalized 15 yards, and the second warning is a forfeit.
5. Shirts or jerseys, which do not remain tucked in will be penalized 3 yards. Any hood on a coat, sweatshirt, or shirt is not permitted.
6. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least ½ inch of closed cell slow recovery rubber or other materials of a similar thickness and physical properties.

Section 4: UNSPORTSMANLIKE CONDUCT AND UNNECESSARY ROUGHNESS:

A. UNSPORTSMANLIKE CONDUCT

1. Spitting on the field will result in 12-yard penalty and loss of down or Automatic 1st down for the first infraction and game expulsion for the second infraction.
2. Any player/coach using profanity will be subject to ejection from the game (and possibly the facility too).
3. Any player who is guilty of fighting, touching an official, threatening other players or officials, and/or flagrantly attempting to injure another player will be suspended from the league for the remainder of the season. Shoving another player is unsportsmanlike behavior and may be subject to game expulsion.
4. If a player is suspended for any other unsportsmanlike reason other than those listed above; he will be suspended for the remainder of that game and is subjected to additional game suspension his team participates in. All suspensions are facility suspensions. If you are removed from a game you must exit the facility immediately. During this period of his suspension, SNF will determine and notify the appropriate captain concerning whether or not person(s) involved will be allowed to return for the remainder of the season. In the event a player deviates from this ruling, it will constitute a forfeit and the team not at fault will receive credit for a win.
5. SNF will determine whether a suspended player may ever return to play again.

If a player is ejected, he will be required to leave the field area and the facility for the rest of the day. Failure to leave the field will result in his team forfeiting the rest of the game.

B. PERSONAL FOULS: Any act listed below or any other act of unnecessary roughness is a personal foul. Players shall not:

- o Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- o Trip an opponent.
- o Contact an opponent who is on the ground.
- o Throw the runner to the ground.
- o Hurdle any other player.
- o Contact an opponent either before or after the ball is declared dead.
- o Make any contact with an opponent which is deemed unnecessary
- o Deliberately drive or run into a defensive player.
- o Clip an opponent.
- o Position themselves on the shoulders of a teammate or opponent to gain an advantage.
- o Tackle the runner. (Warrants ejection)

Section 5: FORFEITS

1. Any team that forfeits 2 games during the season will be dropped from the league.
2. There will be no reimbursements of league fee to any team that forfeits out of the league or to any player that is suspended.
3. Forfeits are scored 21-0.

Section 6: POSTPONEMENTS

1. SNF will make every effort to contact captains if the games are postponed. In general, SNF is always open. We will only close in cases of the severest weather. Such closings will be announced on our website. **Games cancelled due to weather will not be rescheduled.**
2. There will be no postponements of scheduled league games unless at the discretion of SNF it is an emergency situation such as an unsafe facility.

Section 7: TIMING

1. The game will begin with the referee meeting at midfield with the two captains for the coin toss. Home teams calls the flip in the air and the winner chooses to begin on offense or defense. The loser chooses which end of the field to defend. Whatever choices are made are reversed for the start of the second half. The winner of the toss may elect to have the loser choose which team begins with the ball, in which case the winner then chooses which end of the field to defend for the first half. These choices are reversed for the second half also.
2. Games will be (2) 20-minute halves with a 2 minute 30 seconds half time. Game times may be shortened to keep games on schedule.
3. Games will start on time whether teams are prepared or not. Please assist us by arriving early for your game, assembling near the players' area just prior and putting on flags.
4. A team is allowed two time-outs per half, consisting of 30 seconds each. The clock will be stopped only during the last minute of each half and during these time-outs. Unused time-outs cannot accumulate.
5. With the exception of time-outs, the game is played under a running clock: there are no

stoppages for change of possession, incomplete passes, etc, with the following exception: under 1 minute in each half, the clock will stop on incomplete passes, penalties, and first downs.

Section 8: SCORING

- Touchdowns = 6
- PAT Pass/Run= 1 or 2 by offensive or defensive run back
- PAT kick=1 by kick.
- Field Goal=3
- Safety=2
- Returned FG attempt=6
- Returned PAT=1 or 2 according to what had been attempted.

A. PAT'S:

1. The offensive team decides if the ball will be placed on either the top of the soccer crease or five paces further for extra points. If the ball is run or passed in from the soccer crease, it is worth 1 point. If the ball is run or passed in from five paces further, it is worth 2 points. The ball may be kicked in from the top of the crease for one point. If the PAT kick hits the red tape the kick is considered NO GOOD.
2. No part of the ball can hit the goal posts.

B. FIELD GOALS:

1. F.G.'s may be attempted from anywhere on the field. The ball may be spotted as far back from the line of scrimmage as desired, but in the event of a missed F.G., the ball will be spotted at the point from which it had been kicked. Defensive players may jump to block the kick, but they may not cross the line of scrimmage during or after their jump. Kickers must kick the ball within the 25-second play clock. As with punts and passes, the ball is declared dead on field goals when it strikes the ceiling, lights, steel building structure, nets, boards, or turf.

C. SAFTEYS:

1. If a player carries the ball across the goal line they are defending and the ball becomes dead while in their team's possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. **A team recording a safety will receive two points, and the opposing team (the team who was scored upon) will free kick (punt) the ball from their own 20-yard line.**

Exception- When a player intercepts a forward pass or catches a scrimmage kick between their five-yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch or reception.

2. In case of a safety, the ball is placed at the defenses' 5-yard line; there is no kick. Safety scores two points.

Section 9: THE GAME

1. In each season teams will be scheduled for six regular season games. Every team will then have at least one playoff game.

Playoff seeding is determined by:

- 1) Overall record
- 2) Head to head competition
- 3) Point differential

2. At the start of the game or after a touch down the offensive team will start with the ball on 5-yard line. This is at the top of the soccer arc.

3. Teams will change sides after half time

A. TIE GAME:

1. Regular season game may end in a tie. In the playoffs if the game is tied after full time, then the two captains will be brought to the center of the field and a coin flip will be conducted. The winner of the coin flip will decide either to be on offense, defense or which end of the field to use. The ball will be placed on the twenty-yard line and the team on offense will have four attempts to score a touchdown. If a touchdown is scored then the team that just scored will attempt an extra point try. After the extra point try, the team that was just on defense will have the same opportunity to score, chance to tie or win the game. However if they fail then the game is over.

B. GAME PLAY:

1. To make a first down, the ball must be advanced to or beyond the 50-yard line, regardless of where the series originated. You have 4 downs to cross 50-yard line.

EXCEPTION: In cases of a penalty that moves the ball back beyond the 50-yard segment, the segment for a first down is from the original spot marked. If spot of the foul is beyond the 1st down, and penalty brings line of scrimmage behind the 50 yd line, 1st down should be awarded, but the line to gain should be the goal line. (1st and Goal).

2. The ball must be hiked between the legs to the quarterback who will be in a "shotgun" position. The center may not run with the ball, but is eligible for a pass.

3. All players are eligible to receive passes.

4. A pass receiver may receive a ball or a defensive player may intercept a ball even though his flag has dropped off and either may advance the ball.

A ball carrier that loses his flag while carrying the ball must be tagged with one hand anywhere on the body between the shoulder and knees, including the hand and arm. In the sole discretion of the referee, if a player is deemed to have his flags out of position, i.e., not placed above the shirt on both hips, the player may be downed by a one-hand tag as above. If the Flags are knocked out of position by the defense during the down, the one hand touch rule is waived.

5. The ball carrier is down at the spot where the "tackler" pulls off his or her flag. Tacklers should hold up the flag as soon as it is pulled off. For first downs and touchdowns, the ball carrier's hips with flags attached must cross the line.

6. The ball carrier must run to avoid tacklers, not over them. The ball carrier may not stiff-arm an opponent. The runner may, however, attempt to maneuver between or around tacklers when trapped along the sidelines.

7. The defensive team must have two men anywhere on the line of scrimmage who are

the only players eligible to rush the quarterback. They may not have more or less than two men. These two men are the designated rushers for that play. The two rushers may move laterally but not forward or backward during the count prior to the snap. Defensive teams may shift players on and off the line. If the quarterback runs out of the pocket defined by the three offensive blockers any defensive player can rush. Any defensive player can rush on a hand off.

8. There are NO 3 Point stances. Both lines must assume a two-point stance. The offensive linemen may not move once they have taken their set positions or for a full second before the snap.

9. If the ball carrier or passer falls to the ground, he is down at that spot, and may not resume the play.

10. After a play is whistled dead, a team has 30 seconds to get the next play off. It is the offense's responsibility to get the ball back to the line of scrimmage. If the defense interferes with the return of the ball to the line of scrimmage, the referee may call delay of game and a 3-yard penalty may be awarded.

11. A fourth down incomplete pass will be turned over to the defense at the original scrimmage line.

12. There will be no kickoff following a score. The ball will be placed on the 5-yard line

C. RUSHING / BLOCKING:

1. There must be no violent blocking or Bull Rushing. Defensive rushers **MUST** attempt to run around tackles, not through them. If a defensive lineman is not challenged at the line and the offensive lineman jumps over to block once the ball is snapped, **THIS IS NOT CONSIDERED BULL RUSHING IF THE OFFENSIVE PLAYER IS KNOCKED DOWN.** Players may not leave their feet to block an opponent. However they may dive for a flag.

2. To legally block an opponent, the blocker's weight must be supported by both feet, his hand or knee must not touch the ground. Contact by a blocker may only be made along the line of scrimmage or in the blocking backfield.

3. No trap blocking or cross blocks may be made. This does not apply to backs who are pass blocking, backs may take two-step forward.

4. There will be no down field blocking on any play. Only stationary screens, like a pick in basketball, may be carried out. Defensive players must attempt to avoid the screeners while going for the ball carrier.

5. A screen blocker can not use their hands, arms, elbows, legs or body to initiate contact.

6. Blockers and tacklers must run to avoid each other, not run over or through each other.

7. Defensive players may not "jam" receivers on the line of scrimmage.

D. OBSTRUCTING THE RUNNER

A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt.

E. PASSES AND FORWARD PASSES:

1. Balls that hit the walls or ground at any time are considered dead balls. You may not trap the ball against the wall when receiving a pass.

2. The ball may be passed forward more than once behind the line of scrimmage.

3. It may be passed backward or laterally as many times as desired on any one play until the ball becomes dead.

F. RUSHING THE PASSER:

1. The passer may be rushed, but no body contact is allowed. The passer should be treated like a punter. You may jump to block a pass; you cannot follow through and make contact with the quarterback's arm. Nor may you slap or hit the ball out of the hands of the quarterback.
2. Contact with the passer will be determined by the officials.
3. The quarterback cannot run with the ball. However, if the quarterback is rushed (blitzed) by the defensive team, the quarterback has the option to run the ball. Quarterback is only allowed to run after defensive player crosses line of scrimmage.

The following are examples only:

- a) If very slight – probably no penalty
- b) If unintentional or unavoidable – five yards from the line of scrimmage
- c) If intentional or violent contact – 15 yards from the line of scrimmage, automatic first down, and offender may be ejected for the game.

G. OFFSIDES:

1. If an offensive or defensive player crosses the line of scrimmage prior to the snap of the ball the play will be whistled dead and a flag will be thrown for defensive off sides.

H. FUMBLES AND BACKWARD PASSES

1. All fumbles are considered a dead ball, it is dead at the point it touches the ground. The defensive team may not recover a fumble. No forward fumble is allowed. Touching the ball, whether controlled or not, with the ball hitting the ground, is considered a fumble.
2. A ball fumbled into the air is called an “air fumble” and may be intercepted and advanced by a defensive player. An offensive player must be behind the player fumbling in order to advance the ball.
3. You may not slap, strip, or hit the ball out of the hands of a runner or a pass receiver who has already established possession. This will be called impeding the runner. If a runner is in the clear with no one between them and the end zone when this occurs, the referee will call a touchdown.
4. A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. This will be penalized as an Illegal pass (loss of 5 yards) loss of down and the clock will start on the ready for play. If in doubt, the pass is backward. Once a ball has touched the ground the ball is considered dead.

I. PUNTING

1. When punting, the team that is punting must throw the ball down the field to the opposite team. The ball is considered LIVE until the kicking team touches it. It may hit the wall or netting of the field or the ceiling before the receiving team touches it.
2. The offensive team may punt on any down after announcing the kick before the down starts. ALL PUNTS MUST BE A THROW. After such an announcement, the throw must be made, and neither team may cross the line of scrimmage until after the kick. The throw must be made within the 25-second play clock. At least one defensive lineman must remain at the line of scrimmage until after the kick is made.
3. A dropped punt will be called a fumble and result in a dead ball, unless caught out of the air and then may be advanced forward.
4. Blocking may occur at the line of scrimmage, but no wall, wedge or down field

blocking is allowed.

J. FREE KICK

There will be no free kicks, only punting.

K. GUARDING THE FLAG BELT

Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:

- o Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
- o Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
- o Lowering the shoulders in such a manner which flag guards.

L. CHALLENGE RULES

1. There are no challenges to the referee's ruling on the field. Teams may email SNF (www.sportsnetworkandfitness.com) if they decide the referee has not performed his responsibilities fairly or adequately. SNF staff will review these reports and take any action they feel is necessary, if any.

A. 15 YARD PENALTIES

1. Offensive pass interference – 15 yards from the original line of scrimmage and loss of down.
2. Defensive pass interference – 15 yards from the original line of scrimmage, and an automatic first down.
3. Defensive pass interference in end zone – Ball given to the offensive team on the 1-yard line, and an automatic 1st
4. Tackling
5. Roughing the passer
6. Boarding (player pushed into the wall)***
If the ball carrier is tackled, shoved or knocked into the wall, the offending team may be penalized half the distance to the goal, or if the official feels that a touchdown would have been scored except for the penalty, he may award the touchdown

The person (s) charged with the penalties below may also be removed from the game

7. Gross unsportsmanlike conduct/ Cursing
8. Intentional or flagrant foul
9. Fighting

B. THREE YARD PENALTIES

1. Offside
2. Delay of game,
3. Illegal procedure,
4. Intentional grounding- Point of infraction and loss of down
5. Illegal passes
6. Illegal stance
7. Intentional forward fumble- Point of infraction and loss of down
8. Illegal flag, illegal equipment or uniform.
9. Shirts or jerseys, which do not remain tucked in.

C. FIVE YARD PENALTIES

All of these penalties are marked from the point of infraction

1. Illegal use of hand
2. Forearms or elbows
3. Offensive or defensive holding
4. Shielding or blocking a flag
5. Leaving feet on a block
6. Stiff-arming wedge blocking and or clipping
7. Impeding the runner
8. Offensive Driving

SECTION 11: INADVERTENT WHISTLE RULE:

1. In the case of an inadvertent whistle, the team in possession of the ball may choose to replay their down or keep the ball at the point at which the whistle was blown.

SECTION 12: ARENA RULES:

1. Play At Your Own Risk
2. Must Pay Before You Play
3. Be Aware of The Glass, Keep Hands and Feet Off
4. Absolutely No Alcohol Prior To Playing
5. Use Bathroom Lockers For Changing
6. No Cleats Allowed
7. Flat Non-Marking Shoes On Hard Court
8. Shirts Must Be Worn At All Times
9. No Ball Playing Outside of Turf Field Or Hard Court
10. No Fighting, No Spitting, No Foul Language
11. No Gum, Chewing Tobacco or Smoking Permitted
12. No Unattended Children Allowed
13. No Pets
14. No Glass Containers
15. Food Only In Upstairs Lounge or Party Room
16. No Radios, Horns or Other Noise Making Devices

17. Dispose of Your Trash In The Proper Receptacles

The property owners, staff and referees of SNF assume no liability for any injuries or accidents, which may occur.

Your cooperation in following the above rules will help to make SNF a pleasant and safe place.

Thank you.