



FLAG FOOTBALL RULES



FIELDHOUSEUSA FLAG FOOTBALL

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Flag Football Rules

(All Ages & Leagues)

TEAM RULES:

i). Coaches:

Each team is allowed a Head Coach and 2 Assistant Coaches. They must be an adult, 18 years or older (unless approved by the Flag Football Director). The Head Coach is responsible for the conduct of all persons connected with their team (Assistant Coach, players, parents and fans). In the event that neither coach is available, a parent may act as the stand-in Head Coach. Any coach must wear and have visible their FieldhouseUSA ID card at all times. Any coach without an ID card will not be allowed to coach and asked to leave the bench area until an ID card has been issued. All ID cards must have up-to-date background check sticker.

ii). Players:

Only players listed on the official roster maintained at the FIELDHOUSEUSA front desk are eligible to participate in games. Guest players are not authorized at any time or under any circumstances.

Individual players may only play on **one** team per grade. They may play in the grade they are currently in and up a grade, but **not** on two teams in the same grade. It does not matter if the teams are in different divisions.

No more than 4 players can be shared across two rosters, regardless of grade.

iii). Rosters:

Teams are limited to 16 players (1st/2nd Grade) and 14 players (3rd-6th) on their roster. Under special circumstances, teams may petition the FieldhouseUSA Director for an exemption to the player limit. Additional players may be added to the official roster prior to the 3rd week of the season. After the 3rd week, coaches may petition their FieldhouseUSA Director for an exception to the rule. No player can play in two games simultaneously. Once the player has participated in a game, the game must be completed before participating in another game.

iv). Game Roster Forms:

FIELDHOUSEUSA Game Rosters will be provided at the game. All players must be on the roster prior to the start of the game. If a player is **NOT** on the roster, he is **NOT** eligible to play. Guest players or written names are not authorized at any time or under any circumstances. Only the players listed on the official roster are eligible to participate in games.



GAME RULES:

i). Score/Timekeepers:

FieldhouseUSA game sheets are provided at the time of the game by FieldhouseUSA. The game sheet will list all players and coaches. Coaches must write down each player's number and exchange the game sheet with the other team.

ii). Forfeits:

A team must have a minimum of 7 players (1st/2nd Grade) 6 players (3rd-6th) and 1 coach in order to start the game. If a team is unable to field a team (7 players (1st/2nd Grade) 6 players (3rd-6th Grade) and 1 coach) within 10 minutes of the scheduled game time the game will be forfeited. Forfeited games will not be rescheduled.

iii). Bench:

Only eligible players and coaches (limit 2) on the official roster are permitted on the bench. During the game, 1 coach is permitted on the field in 1st/2nd grade, 3rd/6th grade coaches are not permitted on the court and must stay within the bench area. Failure to follow the referees' instructions may result in a personal foul.

iv). Game Time:

Game consists of two (2) twenty (20) minute halves. Running clock except for **last** minute of each half ~ regular football rules apply for last minute. Clock only stops for incompleteness, out of bounds or timeout during the last minute of each half.

v). Substitutions:

Substitutions are allowed after each dead ball.

ix). Time outs:

Each team is allowed two (2) forty-five (45) second timeouts per half and one (1) forty-five (45) second time out in overtime. Time outs do not carry over to the 2nd half or over from regulation into overtime.



xi). Overtime:

Overtime will only be during playoff games.

If the score is tied at the end of the game, teams move directly into overtime.

Coin flip determines start of overtime. Ball is placed at 10 yard line.

Team has 4 plays to score. Team can **ONLY PASS THE BALL DURING OVERTIME (Zero Scrambling-3rd-6th)** to score.

Each team will get 1 possession. If game is tied after overtime possession game will end in a tie. Play-off games will continue this overtime format until a winner is determined.

FIELDHOUSE USA FLAG FOOTBALL POLICIES:

i). Uniforms:

All uniforms shall have numbers on the back (6"). Numbers may be up to 2 digits (0-99). Reversible uniforms are recommended but not required. When possible, the Home Team should wear light colors. Home team is listed first. In a color conflict (two teams wearing a similar color shirt), the home team must wear alternate jerseys. The front desk may have alternate jerseys or pennies to provide.

ii). Disciplinary Action:

1. Disciplinary action may be taken against a coach/player for violation of the Rules. Depending on the severity of the infractions, a recommendation may be made to suspend the coach/player for the remainder of the season or ban the coach/player from all FIELDHOUSE USA sponsored events.
2. Fighting will not be tolerated. Players or coaches who fight, start or attempt to instigate a fight will be expelled from further league play. There are no refunds to players expelled from the league.
3. Violation of playing time rules is not tolerated. League Director will investigate all suspected playing time violations. The coach must inform the Referee and opposing coach of the infraction in time for it to be resolved during the game. If it is determined that a coach violated the playing time requirements then the coach will be counseled on the rules and given a warning. Any further violation will result in an automatic one (1) game suspension for the violator. A coach, who continues to violate the playing time rules, will be brought to the attention of the FieldhouseUSA Director for disciplinary action. Disciplinary action may result in additional suspension or immediate replacement of the coach.
4. Any ejection carries an automatic one (1) game suspension. The suspension will be served in the next scheduled game (regular season, tournament or playoff).
5. Any spectator who demonstrates rude or abusive behavior will be required to leave the game site immediately. They may cause their team to be assessed one or more technical fouls.



6. In some cases, FieldhouseUSA may review the situation and take additional action as well.

iii). Cancellations:

Cancellations must be made 48 hours prior to schedule game time. Coach must notify FieldhouseUSA league director in writing. Cancelled games will not be rescheduled for the team that cancels. FieldhouseUSA league director will attempt to find a replacement game for team affected by cancellation.

iv). Protests:

The only protest heard by the FieldhouseUSA Director is for ineligible players. Coaches may not protest a referee's judgment call. During the regular season, all protests must be submitted to the Flag Football Director in writing (EMAIL) within 48 hours of the game in question. During playoffs and tournaments, the time between games does not allow for the normal protest process.

The Fieldhouse USA Director will have the authority to rule on the protest.

FieldhouseUSA Flag Football General Rules

All FieldhouseUSA Football League Games will be played in accordance with the current NCAA Rules except as specified in this section of the Frisco Football League Policies and Procedures.

- Free substitution in accordance with the player participation rule is allowed.
- Flag games are played on a 70 yard field
- Each half is 20 minute running clock.
- Half time will be 2 minutes
- Only coaches and players are allowed in the team's area during a game. Parents must remain in the stands and away from the team's bench area.
- Scoring – When crossing the goal line the team shall be awarded six (6) points. PAT will count as one (1) point from the 3 yard line (yellow dot) and 2 points from the 10 yard line (yellow line) ~ **rushing the ball during the PAT isn't allowed.**
- All regular season and playoff games that end in a tie after regulation play will advance to overtime with the following rules:
 - A modified NCAA tiebreaker will be used. Another coin toss is held and the winner will choose offense or defense.



- The ball will be placed on the 10-yard line – 4 downs – reverts to the opposing team.
- If neither team scores there will be another coin toss and the ball will be placed at the 3-yard line – 4 downs – reverts to the opposing team.
- **No rushing allowed during the Overtime**

The Snap

If QB fumbles Snap the ball is dead at the spot the ball touches the ground.

Running

Offense has 4 plays to reach midfield ~ after reaching midfield the offense receives 4 more downs to score. Running is permitted on all downs **except PAT's, Overtime, and within 5-yards of midfield or goal-line.**

Ball is Dead

The play will be considered dead when the ball touches the ground, a ball carrier steps out of bounds, or the ball carriers flag is pulled.

Contact or Diving

Players are to avoid contact at all cost, both offensive and defensive players. Excessive contact will result in a 10 yard penalty. Players aren't allowed to leave their feet (diving) ~ this is true for both offensive and defensive players.

Motion

As in the NFL, only one player is allowed in motion at a time.

Dead Balls

Substitutions may be made on any dead ball.

Play is ruled dead when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- Ball hits the ground ~ incomplete or "fumble"
- At the point of an interception (interception returns are allowed and count as 6 points)
- Ball carriers knee hits the ground.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Blocking

There will be no physical blocking in any league.

No jumping in front of an opposing player (impeding route within a few feet, discretion of referee).



All Grades: no blocking downfield

Rushing the Quarterback

There is **NO** Defensive rushing in the backfield.

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

FieldhouseUSA House Rules

1. NO food or drinks allowed on the Flag Football courts.
2. NO chewing gum or tobacco products on the Flag Football courts.
3. Taunting, baiting or profane language is not allowed. One warning will be given. The second incident will result in an ejection.
4. Jewelry and sharp objects will not be worn on the Flag Football courts. This includes, but not limited to watches, earrings, necklaces, rings and berets.
5. Playing in casts or splints is only allowed after presenting a valid Doctor clearance and having it wrapped in a soft material such as bubble wrap and must be to the satisfaction of the Manager on Duty and the referee.
6. At no time should anyone attempt to climb or hang on the wall system surrounding any of the courts or practice areas.
Never climb or hang on the netting surrounding the fields or the court dividers. None of the net systems are designed to support weight.
7. Parents are responsible for their child's behavior at all times while they are in the building.
8. All participants, coaches, and spectators must behave in a respectful manner with the spirit of FAIR PLAY, not only towards the referees, but also towards administrators, opponents, teammates and spectators.



1st Grade and 2nd Grade (8v8)

Ball Size: Kindergarten-4th Grade ~ K2 or equivalent

Game consists of two (2) twenty (20) minute halves. Running clock except for last minute of each half.

General Game Rules

- Coin toss determines first possession ~ team winning coin toss can take ball or defer possession until 2nd half.
- The offensive team takes possession of the ball at its 3-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 3-yard line. If the offense crosses midfield but fails to score, the ball changes possession and the new offensive team takes over on its 3-yard line.
- All possession changes, start on the offense s 3-yard line.

Players Requirements

- Game Format is 8 v 8
- Teams must field a minimum of seven (7) players at all times.
- Teams consist of a minimum 7 player's max 16.

Timing/Overtime

- Overtime only in playoff games
- If the score is tied at the end of the game, teams move directly into overtime. Coin flip determines start of overtime. Ball is placed at midfield.
- Team has 4 plays to score. Team can only pass the ball to score.
- Each team will get 1 possession. If game is tied after overtime possession game will end in a tie. Play-off games will continue this overtime format until a winner is determined.

Delay of Game

- Each time the ball is spotted; a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

Time-Outs

- Each team is allowed two (2) forty-five (45) second timeouts per half and one (1) forty-five (45) second time out in overtime. Time outs do not carry over to the 2nd half or over from regulation into overtime.
- Officials can stop the clock at their discretion.



Scoring

- Touchdown: 6 points
- Extra point (tries on all touchdowns, including interception returns): 1 point (played from **3**-yard line) or 2 points (played from **10**-yard line)
- Safety: 2 points. Team that caused the safety gets the ball
- Interceptions: 6 points for touchdown return (2 points if returned on extra point)

Equipment and Dead Ball Rules

- FieldhouseUSA will provide flags to both teams
- All players must have their jersey tucked into their pants to avoid covering any portion of the flag
- A player not wearing flags may not advance the ball
 - If a player who is not wearing flags touches the ball, the ball is dead at the spot where the player not wearing flags first gains possession of the ball
- A ball carrier whose flags inadvertently fall off (wind, runner's own hand, etc.) is declared down and the ball is spotted where the flags came off
- If a player does not wear flags properly and that player gains possession of the ball, the ball is dead at the spot where that player gained possession of the ball.
- It is the head coach's responsibility to check and assure all flags are in proper working order.
- Flags worn should be of a contrasting color to the uniform pants worn as not to blend in.
- Excess flag belts must be tucked in as to not be accidentally pulled by the defender. If excess belt tail or any other part of the belt is pulled, the ball carrier will be considered down and ball spotted where the belt was pulled.
- All players must have a mouthpiece in place during all plays from scrimmage. Any color mouthpiece is acceptable, just so long as it is clearly visible by the officials and coaches.
- Teams are responsible for providing game balls

Coaches on Field Option

The 1st/2nd Grade League will have a "Coach on the Field Option."

- A team may have one coach on the field during plays from scrimmage.
- At the snap of the ball, offensive and defensive coaches must be a minimum of ten (10) yards behind the deepest player on their respective team.
- The coach may not interfere with the flow of the play in any manner.
- Once the ball is snapped by the center and the play has begun, the coach must remain motionless, and may not gesture or speak to the players until the whistle blows the ball dead. Infractions will result in an unsportsmanlike conduct penalty with a fifteen (15) yard.



- A coach may not touch a player after the ball has been snapped and the play has begun. Use of the hands to aid a player will result in an unsportsmanlike penalty with a fifteen (15) yard assessment and loss of down.
- A coach may give verbal instruction until the huddle is broken. Once the huddle is broken all communication (verbal and non-verbal) from both the offense and defense coaches on the field is prohibited. In the 1st and 2nd Grade division it may be necessary for the coaches to assist the players in lining up which will be allowed.
- **The coach on the field may not question the official's judgment. He can speak to him to ask a question as long as it is done so in a respectful manner.**
- Confrontation with the officials by any coach is not permitted. FieldhouseUSA has established a zero tolerance for unsportsmanlike conduct by a coach. Any such confrontation will result in a fifteen (15) yard penalty. A second unsportsmanlike conduct penalty for confrontations with the officials will result in the above stated penalty in down and distance and also an immediate ejection of that coach from the game.
- ALL confrontations with referees or FieldhouseUSA officials prior to, during, or following a game may result in the immediate ejection of that coach from the current game, the next scheduled game, or expulsion from the league. All ejections will be at the discretion of the head official.

Grade Specific Rules

Offense

- There will be seven (7) eligible players and one (1) quarterback.
- Ball carriers may not guard or block their flags. Flag guarding or blocking occurs when a ball carrier, intentionally or unintentionally, by using their hand or arm interferes with a defensive player's attempt to grab a flag. The penalty is ten (10) yards from the spot of the foul and a loss of down.
- Blocking at the line of scrimmage is allowed, in the form of shadow blocking. There should not be any kind arm extensions by a guard, or anyone staying to protect. They will have to shuffle their feet to stay in front of an oncoming rushing defensive player.
- Run blocking is accomplished by **screening** the runner from defensive players. Players may touch as long as it not aggressive and is not downfield.
- **Aggressive contact, even if accidental by the blocker, is not permitted.** Penalty is a 15 yard personal foul assessed from the spot of the infraction and replay of the down.
- No downfield blocking allowed. The shielding of a defender, however, is allowed. By shielding, it is meant that they can get in the defenders way, but cannot touch them. Downfield blocking will result in a ten (10) yard penalty from the spot of foul. You do not replay the down.
- Fumbles and bad snaps may not be advanced and are dead when and where they first touch the ground.
- Offensive Line – All players are to be lined up no more than one arm's length in span. Arm to shoulder width. Gaps longer than arm's length in span will result in a five (5) yard illegal formation penalty.



- The “Quarterback” will be defined as the player that receives the snap. Quarterbacks are NOT allowed to run the ball after receiving the snap (Ball must be handed to a running back). The Quarterback will have seven (7) seconds from the time of the snap to get rid of the ball. Time will be kept by the back official.

Defense

- Defensive players are allowed to line up on the line of scrimmage, but cannot rush backfield until the ball is handed to a running back.
- Aggressive contact, including aggressive tackling (wrapping up) is not allowed. Penalty is fifteen (15) yard personal foul added to the result of the play. Note that “bumping” or “accidentally” colliding with a player while pulling or attempting to pull a flag is not aggressive contact.
- Defensive players must go around the offensive blockers. Defensive players cannot run over or through (no “Bull rushing”) an offensive player. Penalty is five (5) yards and replay of down.
- There is **NO PASS RUSH** allowed backfield. Defensive players are only allowed to rush back field once the Quarterback gets rid of the ball.

Fumbles

- Fumbles and bad snaps may not be advanced and are dead when they first touch the ground.

Interceptions

- Interceptions **ARE NOT** dead balls and can be returned back for a score ~ interception returns count as 6 points. **Offense will take over where the player is marked down after an interception.**

Punts

- There are no Punts in the Flag Football League ~ each team will receive 4 downs to cross mid-field. Once mid-field is crossed the team will then have 4 downs to score.

Safeties

- In the event of a safety, the defensive team will receive two (2) points and the ball on their own 3 yard line.



3rd-6th Grade (7v7)

Ball Size: Kindergarten-4th Grade ~ K2 or equivalent

5th- 6th Grade ~ TDJ or equivalent

Game consists of two (2) twenty (20) minute halves. Running clock except for last minute of each half.

General Game Rules

- Coin toss determines first possession ~ team winning coin toss can take ball or defer possession until 2nd half.
- The offensive team takes possession of the ball at its 3-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 3-yard line. If the offense crosses midfield but fails to score, the ball changes possession and the new offensive team takes over on its 3-yard line.
- All possession changes, start on the offense s 3-yard line.

Players Requirements

- Game Format is 7 vs 7
- Teams must field a minimum of six (6) players at all times
- Teams consist of a minimum 7 player's max 14

Timing/Overtime

- Overtime only in Playoff games
- If the score is tied at the end of the game, teams move directly into overtime. Coin flip determines start of overtime. Ball is placed at 10 yard line.
- Team has 4 plays to score. Team can only pass the ball to score.
- Each team will get 1 possession. If game is tied after overtime possession game will end in a tie. Play-off games will continue this overtime format until a winner is determined.

Delay of Game

- Each time the ball is spotted; a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

Time-Outs

- Each team is allowed two (2) forty-five (45) second timeouts per half and one (1) forty-five (45) second time out in overtime. Time outs do not carry over to the 2nd half or over from regulation into overtime.



- Officials can stop the clock at their discretion.

Scoring

- Touchdown: 6 points
- Extra point (tries on all touchdowns, including interception returns): 1 point (played from 3-yard line) or 2 points (played from 10-yard line)
- Safety: 2 points. Team that caused the safety gets the ball
- Interceptions: 6 points for touchdown return (2 points if returned on extra point). **Offense will take over where the player is marked down after an interception.**

Equipment and Dead Ball Rules

- FieldhouseUSA will provide flags to both teams
- All players must have their jersey tucked into their pants to avoid covering any portion of the flag
- A player not wearing flags may not advance the ball
 - If a player who is not wearing flags touches the ball, the ball is dead at the spot where the player not wearing flags first gains possession of the ball
- A ball carrier whose flags inadvertently fall off (wind, runner's own hand, etc.) is declared down and the ball is spotted where the flags came off
- If a player does not wear flags properly and that player gains possession of the ball, the ball is dead at the spot where that player gained possession of the ball.
- It is the head coach's responsibility to check and assure all flags are in proper working order.
- Flags worn should be of a contrasting color to the uniform pants worn as not to blend in.
- Excess flag belts must be tucked in as to not be accidentally pulled by the defender. If excess belt tail or any other part of the belt is pulled, the ball carrier will be considered down and ball spotted where the belt was pulled.
- All players must have a mouthpiece in place during all plays from scrimmage. Any color mouthpiece is acceptable, just so long as it is clearly visible by the officials and coaches.
- Teams are responsible for providing game balls

Grade Specific Rules

The Snap

- A center is required for each team ~ Center is an eligible receiver. If QB fumbles Snap the ball is dead.

Passing Time

- Once ball is snapped, the Quarterback will have five (5) seconds to get rid of the ball. Time will be kept by the back official.

Running



- Offense has 4 plays to reach midfield ~ after reaching midfield the offense receives 4 more downs to score. Running is permitted on all downs **except 5 yards from 1st down or 5 yards for Goal line.**

Scrambling

- Scrambling will be permitted for each team to scramble for positive (+) yardage **once per possession**. If the offensive team has used their one scramble for the possession, they will not be permitted to scramble the remainder of that possession. The rule of scrambling will be the same as running, when 5 yards from 1st down or 5 yards from the Goal Line. The Referee and Scorekeeper will keep track of the one scramble per possession with a marker at the table.

Contact or Diving

- Players are to avoid contact at all cost, both offensive and defensive players. Excessive contact will result in a 10 yard penalty. Players aren't allowed to leave their feet (diving) ~ this is true for both offensive and defensive players.

Receiving

- All players are eligible to receive passes. A receiver is only responsible for having 1 foot in bounds for a pass to be considered complete.

Motion

- As in the NFL, only one player is allowed in motion at a time.

Passing

- A legal pass is considered to be a forward pass ~ any pass that moves forward ~ can occur behind or beyond the line of scrimmage as long as the pass moves forward. The offensive player attempting a pass must be behind the line of scrimmage. NCAA rulebook will apply for forward passes. Laterals are also legal ~ lateral passes (backward passes) are legal at any point on the field. Lateral behind the LOS is considered a RUN.

Dead Balls

- Substitutions may be made on any dead ball.
- Play is ruled dead when:
 - Ball carrier's flag is pulled
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - Ball hits the ground ~ incomplete or fumble
 - Ball carriers knee hits the ground.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.



Rushing the Quarterback

- There is **NO** defensive rushing or blitzing.
- Once the ball leaves the quarterbacks hands, all defenders may go behind the line of scrimmage.
- QB will be allowed to scramble for (+) yards once per possession.

Sportsmanship/Roughing

- Remember, no blocking or tackling is allowed.
- If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. WE HAVE A ZERO TOLERANCE FOR FOUL PLAY AND IT WILL NOT BE TOLERATED.
- Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Offensive Positions

- The offense will have a QB, and 6 eligible receivers.
- Play begins when Center releases the snap to the QB.
- Offensive team can have every player except QB on the LOS.
- On running plays, players may screen the defensive player but cannot initiate contact. Any illegal contact will result in a 10 yard penalty
- If the quarterback fumbles the snap, the ball is dead at that spot.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player, no diving.
- The clock will continue running inside the 1 minute mark if a team is winning by 20 or more points.

Defensive Positions

- The defense may line up in any defensive formation they desire. There is no prohibition as to zone or man.
- There is no contact on any receiver allowed.
- The defense can cross the line of scrimmage per the following:
There is a hand-off, pitch, lateral, or ball leaves quarterbacks hand for any reason

Penalties

- All penalties are marked off as 10 yards ~ defensive penalties result in automatic 1st down ~ offensive penalties are loss of down.