ADULT 8 on 8 FLAG FOOTBALL RULES & REGULATIONS

1. General Information:

A. All games will be played at the HarlowPark football fields. (Located at 5151 S. Lowell Blvd.).

B. Managers are responsible for informing all players on their roster of all rules and regulations pertaining to league play.

C. South Suburban reserves the right to re-classify a team at any point in the season in order to maintain a fair balance of competition.

D. Since players in flag football cannot have protective equipment, it is essential that necessary safety rules be followed at all times without exception. It is essential for all players to enter the game with the attitude that this is a recreational activity that contact can occur but is to be avoided and that good sportsmanship should always prevail.

2. Inclement Weather/Make-up Games

A. Weather line is (303) 483-7017

B. Information will be provided on the weather line 1 hour prior to the first scheduled game, and updated (if necessary) throughout the day.

C. Make-up information will be provided the Tuesday (after 3:30pm) following the cancelled game.

D. Make-up games will be scheduled at the end of the season, as part of doubleheaders, or on Sundays.
3. Rosters:

A. Rosters must have a minimum of 8 players with no maximum limitation.

B. Players can be on the roster of only one team in the same league.

C. Player fees: $11.00 resident, $22.00 non-resident. A player fee is due each time a player is added to the roster. Player fees are not transferable between players.

D. Rosters are frozen after the 4th game. Teams wanting to add players before the deadline must do so between the hours of 8:00am-5:00pm, Monday through Friday at the Athletic Office, 6631 S. University Blvd.

E. All players must be at least 18 years of age to participate.

4. The Game:

A. The game shall be played between two teams of eight players each. A minimum of five (5) players must be on the line of scrimmage for the offense. Anytime after the ball is set for play, each offensive player must momentarily be within 15 yards of the ball before the snap.

Penalty: Illegal procedure, 5 yards.

1. Motion – One player may be in motion, however, not toward their opponents goal line until the snap and must start two yards behind the line of scrimmage.

2. Players may use a 2, 3, or 4-point stance.
3. The defense may have as many as eight or as few as zero players on the line of scrimmage.

B. Teams may start the game with 6 players and must have 6 players to continue the game. Fewer than 6 will result in a FORFEIT. If a team has 5 or less players at game time, their opponent shall have the option of:

1. Ask for immediate forfeit

2. Start the game clock and allow that team up to 10 minutes to get 6 players before a forfeit is declared.

3. Exception: Teams may play with fewer than 6 players ONLY when their 6th player is in a penalty situation (cooling off) and is eligible to return to the game or is treating an injury.

C. Teams cannot be forced to start before the scheduled game time, unless, both captains agree.

D. Referees will not officiate forfeited games. Teams will be allowed to use the field for practice.

E. The game is administered by the use of three officials; referee, back judge, and line judge. A greater or lesser number is permitted. The referee’s decisions are final in all matters pertaining to the game. Captains shall back all decisions made by the officials. All managers and players shall maintain the highest degree of sportsmanship.

F. Mercy Rule: If one team leads another by 24 points when the referee announces the two minute warning, the game will be ended at that point.

5. The Field:

The field will be an 80-yard field in length and 40 yards in width. The field shall have yard line markings at 20-yard intervals from goal line to goal line, with ten-yard end zones.
6. **Game Equipment:**

   A. The ball must meet specifications of size and shape for a regulation football. During the game, each team must provide their own legal ball of their choice when in possession of the ball.

   B. Each team must have similar colored jerseys.

   C. Shoes must be a one piece molded bottom, removable cleats may not be worn. Turf or tennis shoes can be worn.

   D. Each player on the field must wear a triple threat one-piece belt with a spring clip on belt.

   E. The use of headgear of any nature, shoulder pads, body pads, or any unyielding or dangerous equipment is prohibited. Players may use an ace bandage, no more than two turns thick in any given area and it can be anchored at each end by tape not to exceed two turns.

   F. Stick-um of any kind is illegal.

   G. Mouthpieces are recommended.

   **H. Knee pads can be worn,(on knees only).**

7. **Playing Time:**

   A. Two twenty five minute running halves.

   B. Twenty-five seconds between plays.

   C. Three minutes between halves.

   D. Two time-outs per half (1 minute each). Time-outs do not carry over.
E. During the final two minutes of the game, the clock stops for:

1. Incomplete pass – restarts on the snap
2. Out of bounds – restarts on the snap
3. Touchdown or a safety – restarts on snap or legally touched ball on a punt.
4. Time-out – restarts on the snap
5. Referee’s time-out – restarts at referee’s discretion
6. Change of possession – restarts when ball is marked
7. Fair catch – restarts on snap
8. Penalty – dependent on the previous play
9. Extra point – restarts on the snap

F. No kick-offs: Coin toss will determine first possession of the ball. Possession will take place at the twenty-yard line.

G. The referee will keep official time.

I. Captains are responsible for verifying game time throughout the game.

8. Scoring:

A. Touchdown – 6 points

B. Safety – 2 points

C. Extra point: From the 3 yard line = 1 point. From the 10 yard line = 2 points
9. Definitions:

A. Reduced contact blocking: Arms bent at 90 degrees palms open. Blocking above the waist, and below the neck. Cannot leave your feet to block, cannot chop block, and no blocking in the back. Blocking is permitted down field as long as your arms are at chest level (90 degrees), and palms are open.

B. Hurdling is an attempt by the ball carrier to jump over or around an opponent any place on the field. A runner may hurdle an offensive or defensive player to avoid injury but cannot hurdle to avoid being de-flagged. A player may also spin to avoid being de-flagged but must remain in contact with the ground.

C. Stripping the ball: A defensive player may legally steal the ball in player’s possession, if he does not impede, hold, grasp or obstruct forward progress of a player in possession of the ball.

D. Removal of flags: When flag/belt is clearly taken from the ball carrier, the down shall end and the ball is declared dead. A player who removes the flag/belt from the ball carrier should immediately hold the flag/belt above his head to assist the officials. The ball carrier’s front foot will determine the spot of the ball at time of de-flagging. If a belt inadvertently falls to the ground, a tag (with one or two hands) between the shoulders and the feet constitutes a tackle.

E. Spiking the ball to stop the clock is permitted but only in the last two minutes of the second half of play. The ball must be spiked immediately after the snap.

F. Sleeper play: No offensive player who is spread shall be closer than 5 yards from the sidelines. Sleeper play is illegal.
G. Fumbles: If a ball is fumbled, the ball is dead at the spot of the fumble and cannot be advanced by an offensive or defensive player.

H. Spot pass: After receiving a punt, the receiving team has the option of throwing a pass or running the ball. The receiver cannot take more than two steps or he must run with the ball. If the pass is incomplete, the spot of the ball is marked from where the pass was attempted.

I. Forward pass: Unlimited number, whether overhand or underhand, may take place behind the line of scrimmage. Once the ball has crossed the line of scrimmage the ball cannot be passed.

J. Lateral: Unlimited number of passes thrown overhand or underhand behind or parallel to the passer’s endline.

K. Eligible receivers: All players are eligible to receive a pass.

L. Legal catch: One foot must be in bounds for a legal catch.

10. Summary of Penalties:

A. Loss of 5 yards
1. Delay of game or illegal substitution
2. False start or any illegal act by the center
3. Encroachment
4. Less than 5 players on offensive line at snap of ball
5. Player illegally in motion
6. Illegal shift
7. Illegal forward pass by offensive or defensive (if by offensive, down counts) team
8. Article of clothing covering portion of a player’s flag
9. Any illegal equipment
10. Distraction of punter

B. Loss of 10 yards

1. Offensive forward pass interference (loss of down)
2. Holding or illegal block
3. Striking, kicking, tripping, kneeing (disqualification)
4. Clipping, hurdling
5. Striking the head or neck
6. Unsportsmanlike conduct (disqualification)
7. Illegal player
8. Pushing runner
9. Illegal use of hands and arms
10. Roughing the passer *(automatic first down)*
11. Illegal contact
12. Use of foreign substance
13. Defensive pass interference *(automatic first down at spot of foul)*
14. Flag guarding *(loss of down)*
15. Obstruction of ball carrier
16. Ball carrier running over defender (lowering shoulder) *(loss of down)*

C. Player Ejection: If player is ejected from the game, ejected player

    is automatically suspended from the next game. Two ejections by a player
    will result in the player’s suspension for the remainder of the season.

Player ejection cont.

If a team is fielding 6 players and a player from that team is ejected, that team forfeits game.

11. **Protests:**

   A. The team that protest will be charged with a time-out.

   B. Rule interpretation protest: Protest concerning rule interpretation
must be made immediately before the next snap of the ball or the captain loses the right to protest. A captain must submit a $25 protest fee to the Athletic Office and state the cause of the protest.

Protests are to be written and turned into the Athletic Office by 1:00pm, Monday following the game. The referee and both managers must note the exact conditions on the scoresheet.

C. Score protest- scores must be challenged and corrected prior to the completion of the next series of downs following any score, or it is to late and the score shall stand as is.

12. Awards:

First Place: Team trophy and individual awards

Second Place: Team Trophy

13. Tie Game:

Each team will start 1st and goal from the 10-yard line. The object will be to score a touchdown. An overtime period consists of one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. If the team, which is, awarded the ball scores, the opponent will still have a chance to win the game. Unless moved by penalty, they will start 1st and goal from the 10-yard line. Extra point attempts will be allowed in overtime. If the defense intercepts the pass and returns it for a touchdown, they win the game. If they do not return it for a touchdown, the ball will be placed on the 10-yard line to begin their series of 4 downs. Each team is entitled to one time-out per overtime period.
14. **League Tie-Breaker:**

If teams are tied at the end of the season, the following tie-breaker procedures will take place:

1. Head to head
2. Point differential between tied teams
3. Total points scored in the league
4. Least amount of points allowed