

Big League Dreams, Mansfield  
**ADULT FLAG FOOTBALL 2016**  
**RULES & REGULATIONS**  
**5-ON-5 DIVISION**

Season

The season will consist of nine games (1 classification and 8 league) plus playoffs. Schedules may be adjusted due to holidays and/or special events.

Fees

*TEAM REGISTRATION:*

Team fees are **\$100.00 per season**. Team fees must be paid in full by the classification game. Teams failing to have their team fee paid in full by this time will be charged a \$50.00 late fee and will only be allowed to participate if there is room in the league.

*PLAYER REGISTRATION:*

Player fees are **\$30.00 per player**. Player fees must be paid **before** your team's second scheduled game. After the night of your team's second game, the players' fees will automatically increase to \$40.00.

All players must be registered and on your team's roster prior to the Sports Office closing on the night of your team's third night of play. Your team's roster will be frozen after this time and extra players will not be permitted on the roster. After rosters are frozen, teams may only register enough players to meet the minimum requirements set forth by Big League Dreams.

Roster Requirements

All teams must have a minimum of **8** players registered to their roster. The minimum number must be on the roster prior to the start of the fourth game, including the classification game.

Player Eligibility

Players must be at least 15 years old to participate in league play. Players under the age of 18 must have a parent or legal guardian signature on the player's waiver card before participation. All players must be able to produce valid picture I.D. upon request by a league coordinator.

Coaches Responsibilities

If games are canceled or delayed, coaches will be notified as soon as possible. If you do not receive a call, games will be played as scheduled. Coaches only are allowed to discuss rule interpretations with the referee or League Coordinator. Coaches will be responsible for informing team members of the decision involving rules, forfeits, coin toss, protests, etc. If there is no coach, each team must designate a captain.

The Game

- No contact allowed.
- NO BLOCKING

- A coin toss determines first possession.
- Ball must be snapped between the legs to start play.
- The offensive team takes possession of the ball at their goal line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown.
- If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their goal line.
- All possession changes except interceptions start on the offenses goal line.
- Each time the ball is spotted a team has: 20 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.
- Games consist of 2-20 minute halves. Teams will flip sides at beginning of 2<sup>nd</sup> half. Half time will be 60 seconds. Team that started the first half on offensive will begin 2<sup>nd</sup> half on defense. There are NO DEFERMENTS. The winner of the coin has the following options: 1) offense, 2) defense or 3) choice of goal to defend. Loser of the coin toss has of one of the remaining options.
- Running clock: except injuries & time-outs. Clock will stop in the last minute of the game for out of bounds, incomplete pass and a touchdown (If the score difference is 16 points or less).
- A 40-point mercy rule will be in effect beginning in the second half of play.

### Fields

- White-dashed lines serve as field boundaries; with the exception of the end zone (solid white lines and walls are out of bounds. Inside soccer goals are out of bounds as well). Passes that hit the netting are considered dead and is a loss of down.

### Attire

- Cleats are allowed, except for metal spikes. Inspections can and will be made.
- Shirts must be tucked in shorts, pants, etc.
- Flags – BLD “Triple Threat” belts will be the only flags allowed. Flags must be a minimum of 12 inches in length and 1 ½ inches in width and must be a different color than the players lower uniform.

### Players/Game Schedules

- Teams must field a minimum of three (3) players at all times.
- If a team or teams are more than 10 minutes late for their scheduled games they will be forfeited.

### Scoring

- TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points

### Time Outs

- Each team has one :60 second time out per game, in which the clock stops.
- Officials can stop the clock at their own discretion.

### Rushing the OB

- All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when

- the ball is snapped. Any number of players can rush the QB.
- Players not rushing the QB may defend on the line of scrimmage.

- Once the ball has been handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush.
- A special marker, or the referee, will designate 7 yards from the line of scrimmage.

### Running

- The Quarterback CANNOT run the ball.
- Only direct hand-offs behind the line of scrimmage are legal. NO laterals or pitches of any kind. Offense may use multiple hand-offs.
- The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
- "No Running Zones" are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction.
- Spinning is allowed but players cannot leave their feet to avoid a defensive player.
- The ball is spotted where the ball carriers belt is when the flag is pulled, not where the ball is. Ball & flags must break the plane for a 1st down and touchdown.

### Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed, but must be received beyond the line of scrimmage.
- QB has a 6 second "pass clock". If a pass is not thrown within the 6 seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off the 6 second rule is no longer in effect.
- Interceptions may be returned. Interceptions during Extra Point may be run back for 2 Pts. Interceptions that occur in the end zone will be brought to the 5 yd line.

### Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- Player must have at least one foot in bounds when making a catch.
- Pass may not be intentionally tipped in any direction to another teammate.

### Dead Balls

- Play is ruled "DEAD" when:
  - Offensive player's flag is pulled.
  - Ball carrier steps out of bounds.
  - Touchdown is scored.
  - Ball carrier's knee or the ball hits the ground.
  - If an Offensive Player's flag falls out during the course of a play, he must be touched by a defensive player for the ball to become dead.
  - Ball makes contact with netting, glass, or dasher boards.
- \* There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead. Exception: Any ball dropped in a forward motion will be brought back to last point of contact.

### *Sportsmanship/Roughing*

- If the fields monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Trash talking is illegal. Official has the right to determine language which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking. Spiking of the ball is considered taunting and can lead to ejection.

### *Overtime*

- Only occurs during playoffs. Regular season games can end in a tie.
- If the score is tied at the end of 40 minutes, teams move directly into overtime.
- Coin toss determines possession.
- 4 plays from the mid field line going into end zone - College Rules Apply (Same scoring as in regular game).

### *Penalties*

#### **Offense:**

- Illegal Snap: Five yards, repeat down
- Illegal Motion: Five yards, repeat down
- False Start: Five yards, repeat down
- Impeding Rusher: Five yards, loss of down
- Blocking Downfield: Five yards (L.O.S.), loss of down
- Illegal Pick: Five yards (L.O.S.), loss of down
- Flag Guarding: Five yards from the spot of infraction, loss of down
- Lowering Head/Shoulder: Five yards (L.O.S.), loss of down
- Pass Interference: Five yards (L.O.S.), loss of down
- Illegal Forward Pass: Five yards (L.O.S.), loss of down
- Illegal Hand-off/Pitch: Five yards (L.O.S.), loss of down
- Illegal Run: Five yards (L.O.S.), loss of down
- Delay of Game: Five yards (L.O.S), loss of down

#### **Defense:**

- Off-sides: Five Yards, repeat down
- Illegal Rush: Five Yards, repeat down
- Illegal Contact: Five Yards, automatic first down
- Holding: Five Yards from end of play, automatic first down
- Illegal Flag Pull: Five yards from L.O.S., automatic first down
- Pass Interference, Minor: Five yards from L.O.S., automatic first down

- Pass Interference, Major: Spot Foul, automatic first down
- Rouging the QB, Minor: Five yards, automatic first down
- Rouging the QB, Major: Fifteen yards, automatic first down
- Delay of Game: Five yards, repeat down
- Illegal Push: Five yards (L.O.S.), automatic first down

#### **Playoff Positioning**

- Teams will be seeded according to the following criteria
- Wins and Losses
- Head to Head record
- Points allowed
- Points scored
- Forfeits are worth 14 points