



Flag Football Rules and Regulations of Play

GENERAL INFORMATION:

WAIVERS

- In order to participate in the league, each participant must sign the waiver.

TEAMS AND PLAYERS

- All players must be at least 21 years of age to participate, adequately and currently health-insured, and registered with NIS, including full completion of the registration process.
- Teams consist of 7 players on the field, 2 being female, with other team members as substitutes. All players must be in uniform. No more than 5 men may be on the field at one time.
- Any fully registered player who has received a team shirt and does not wear it the day of the game can be asked for photo ID during check in.
- There is no maximum number of players allowed on a team's roster.
- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the fifth week of play. After the third week, no new names may be added to a team's roster. Only players on the roster will be eligible to play.
- A team must field at least 5 of its own players to begin a game, with at least one being female.
- Substitute players must sign a waiver prior to playing and pay the \$15/daily fee the day of the game. Subs are eligible for the playoffs if they participate in at least 3 regular-season games. A maximum of 2 subs is allowed each week unless a team needs more to reach the minimum number of players (7).
- If a team is short players for a playoff game and no sub has qualified by playing in 3 regular season games, the captain may ask the opposing captain for approval of subs. This is up to the opposing captains discretion. If he/she approves an email must be sent to NIS prior to arriving at the game.

GAME PLAY

- Format 7-on-7. 5 men and at least 2 women on the field (Co-Ed League)
- All teams must have a minimum of 10 fully registered players or pay the difference in players.
- Two 20-minute halves with a 2-minute half time. Running time for first half, 20 minute running second half with 2 minute stop time if game within 16 points
- 6 points for a touchdown. Choice of 1 or 2 point conversions. No field goals
- Non-contact (NO BLOCKING), co-ed flag football
- No picks allowed
- Teams must use a female player as an operative player within 3 consecutive downs (Co-Ed League)
- First downs for crossing mid-field (**NEW:** limit 2 first downs/possession)
- Five Mississippi rush count (Miss-i-ssi-ppi is the only rush word allowed)
- All games are RAIN or SHINE for outdoor games(unless dangerous conditions)
- Any unsportsmanlike behavior will result in that player/team being suspended/removed from participating in all No Idea Sports leagues for one year

ROSTER REQUIREMENTS

- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the third week of play. After the third week, no new names may be added to a team's roster. Only players on the roster will be eligible to play.
- All teams must have a minimum of 10 fully registered players for the season.
- If a team is short the minimum number of fully registered players by the start of their game for week 4 they will automatically forfeit that game. This rule applies for week 5 as well.
- If a team is still short the minimum number of fully registered players at the end of their week 5 game (end of the regular season) the teams season will end and will be removed from the final 3 weeks of the league schedule.

SPORTSMANSHIP

- Unsportsmanlike behavior may result in that player or the team being suspended from participating in all No Idea Sports. Being ejected from a game may carry a suspension.

GAME UNIFORMS

- No Idea t-shirts are your team's uniforms. All players must wear their current No Idea Sports t-shirt during games. Shirts must be tucked into your pant/ shorts. Shorts or pants with pockets are **NOT** allowed.

GAME EQUIPMENT

- Each team must use a ball that is equal to or greater than the dimensions used in NCAA football. No Idea Sports will provide all field equipment and flags.

FORFEITS

Teams will have until 10 minutes past the designated start time to field a legal team. Shorthanded teams may play a legal game with a minimum of 5 players, with at least 1 of them being female. Teams fielding less than 5 players or without at least 1 woman will receive a forfeit. Exception: Teams may play a "legal game" with less than 5 players or less than 1 female with the opposing teams consent. Teams who agree to play under these conditions will lose the option of receiving a forfeit win. Teams may pick up players during the regular season in order to field a full team so long as the number of players picked up does not exceed their opponent's number of players. Non roster players (subs) are eligible to participate in the playoffs if they have played in a minimum of 3 regular season games. Participants who paid for the entire season are eligible for the playoffs without a game minimum.

POINTS AWARDED:

- Win – 3 points...Tie – 1 point....Loss – 0 points.

PLAYOFFS

- All roster players are allowed to participate in the playoffs.
- Photo ID, Facebook Page, or Email from NIS sent to the player will be required for check in during the playoffs.

- All teams will make the playoffs in a 4, 5, 6, and 8-team league. In a 7-team league the top 3 teams will make the playoffs. The number of teams who make the playoffs in leagues with a total number of teams above 8 will vary.
- Final standings and team position for playoffs will be determined in this order: Win/Loss Record, Score Differential, Head to Head (if applies), Points/Runs Allowed, Points/Runs Scored.
- Substitutes may participate in the playoffs if they have participated in at least 3 regular season games. Subs will have to play the weekly fee to participate in the playoffs as well.

REFEREEING

- No Idea Sports will provide officials for each game.
- Only the team captains are allowed to ask the referee for rule clarification. If a judgment call needs to be made the referee will discuss with both captains.

GAME CLOCK

All game times will start at the time designated. The referee will have the two captains do a coin flip. The winning captain will have the first choice of which half they want, the ball OR direction. The losing captain can then choose from whatever option is left over. Teams flip-flop directions and possession after half time.

1. Time:

Play will be divided into two 20-minute halves, with a two-minute half time.

2. Timeouts:

Only the team captain or quarterback is allowed to call a time-out.

Each team is allowed two time-outs per game. One per half. The game clock will be stopped during a time-out and the play clock will start.

Time will NOT be stopped during the first 38 minutes unless a time-out has been called or there is an injury on the field. If an injury occurs, that player must leave the game for one scrimmage down.

Approximately two minutes before each half ends the referee will inform each team of playing time remaining in that half. If a touchdown has occurred after time has expired, the extra point conversion will be allowed. If an accepted foul by the defense has occurred, the offended team may choose to extend the period by one down.

3. Ready for Play:

After the immediate completion of a play, the referee will place the “marker” at the line of scrimmage. The offense has 25 seconds to put the ball in play after it is declared ready by the back judge. No player shall put the ball in play until referee blows the whistle.

4. Overtime (Playoffs Only):

In the Playoffs, a coin toss will determine which team receives possession first. Teams will attempt to score in the same end zone. Each team will then have four downs to score from 20. If a team scores, they will have the opportunity to go for one or two. A female must be used once within those four downs. Interceptions will result in a turnover and may not be returned for any points. If a tie occurs after the first round, then teams will repeat using the same format. However, the team that defended first is now on offense first. The game will be decided when one team scores more points in the round. No first downs will be awarded except in the case of a penalty.

PLAYERS ON THE FIELD

- The maximum numbers of players on the field is 7 (5 men, 2 women). There are no limits to the number of females allowed on the field at one time.

SCRIMMAGE

Ball can be snapped from the ground by the center to the quarterback or the quarterback may just drop back. Ball starts on the 20-yard line. All offensive players (except motion player) must be set for one full second before ball is snapped. The man in motion must be continuing in a parallel motion or backward motion to the line of scrimmage at the time of the snap. All remaining players must be on the line or behind their backfield line. After a play, the line of scrimmage is determined by the location of the ball when the flags are pulled. For example, if a player is holding the ball out in front of them and it crosses the end zone, but their flags and waist do not when pulled, it is a touchdown.

Center Position

- The center can hike the ball to the QB or the QB can just drop back. After the snap the center is an eligible receiver. The center is able to hike it—under center, shotgun, or sideways hike (where you throw underhand to the QB by facing sideways).

Defensive Pass Rusher

- A defender must stay at the line of scrimmage if there is a full team (7 players). He/she cannot drop into coverage. If he/she does not wait until FIVE MISSISSIPPI to rush, it is a penalty as well as if he/she drops into coverage or a team does not have someone at the line of scrimmage it is a 5-yard penalty.

RUSHING THE QUARTERBACK AFTER 5 MISSISSIPPI COUNT:

• RUSH - In order to better standardize the rush, all referees will be responsible for shouting out the rush count for both teams. The rush will be as follows: (1-One thousand..., 1-Mississippi..., etc.) Each referee will have a different pace and type of count but as long as their count is consistent there will be no standard speed that will be asked of them. The defensive team may cross the line of scrimmage after the ref/counter says "Go".

• NO CONTACT AT THE LINE OF SCRIMMAGE - Players acting as offensive lineman must have hands behind their back or at their side when protecting their quarterback from pursuing defensive rushers. There is no contact at or behind the line of scrimmage. Offensive lineman can position their body at any particular angle in an attempt to direct the rushers to a particular area, but they may not physically direct them or initiate contact. Defensive players cannot initiate contact with the offensive player. They must try to go around the player.

Crossing the line of scrimmage:

- After the 5 Mississippi count, the defense can rush.
- The quarterback may not run until the defense chooses to rush the quarterback by crossing the line of scrimmage.
- The quarterback is only allowed to scramble past the line of scrimmage to gain yardage ONCE per procession as to encourage defensive pursuit of the QB and limit the amount of time the QB spends in the pocket.
- After the 5 Mississippi count any number of defenders may rush the quarterback. If the ball changes possession in the backfield the defense may rush immediately.

DOWNS

- A first down is awarded after crossing the mid-field line.

PUNTS

- Punting is allowed. Teams may also throw the ball if they choose. Defense cannot run the ball back, ball is marked where the ball is caught or hits the ground.

BLOCKING

No "blocking" is allowed in No Idea Sports flag football. This includes downfield "blocking" during an offensive play. No contact is allowed at the line or downfield by any defensive player guarding a receiver (bump and run). All players must try to avoid contact with any player on the football field. Offensive players may run behind the player with the ball to receive a lateral. A player who lines up as a running back is allowed to run behind only 1 blocker where the blocker does not touch a defensive player.

GENDER RELATED PLAY

1. Open/Gender Play (Co-Ed League):

Teams must use a female as an operative player within three consecutive downs. An open play will be called by the referee if a gender play is not required on the current play. For an open play, the ball may be advanced by either a male or female player (ex. 2nd down / goal / open). If a female was not used within two downs, then the forced gender rule is put into effect. This means that a female must be used in the next play.

2. Forced Gender Play (Co-Ed League):

A female can be used on any play; however when the offense has not used a female/operative player within the last two plays, the next play must be a forced gender play. The operative player here is a female who is seen as the intended receiver in the eyes of the official, or acts as the quarterback.

If the female is the quarterback, then the play may continue without regard to special defensive coverage.

Once a female is used in any play then the gender count is reset. If the QB is sacked or fumbles the snap on a forced gender play, the play counts as a gender play. The gender count is reset once a TD is made. The gender rule is not in effect during extra points or punts.

Gender Play:

1. A pass thrown to a female
2. A pass intended for a female (in the eyes of the referee) that is deflected by a woman, and is caught by a male
3. A pass is deflected by a male and caught by a female.
4. A female lines up as quarterback and throws a pass to a male or female.

NOT a Gender Play:

1. A female snaps the ball into play.
3. A male QB intentionally throws the ball into the ground at the feet of a woman.
4. A female QB that grounds the ball.
5. A female QB throws a pass that is caught behind the line of scrimmage.

3. Defensive Coverage for a Forced Gender Play (Co-Ed League):

Anyone can cover anyone. But a woman *should* cover a woman and a man should cover a man.

4. Penalty on Gender Play (Co-Ed League):

If the foul is on the offensive player, the penalty will be assessed and the next play will be gender.

If the foul is on the defensive team, the offense will have 3 options: 1) Take the ten yard penalty and repeat the gender play. 2) Take the penalty and the next play will be open. 3) Decline the penalty.

RUSHING/HANDOFFS

- There are no rushing plays or handoffs allowed during the game.

PASSING

No diving to get a first down or touchdown, 5-yard penalty will be assessed.

A lateral is not a forward pass and can be advanced if intercepted.

1. **Complete/Incomplete Pass:** A forward pass is completed when caught by any player of the passing team who has **at least one-foot in-bounds**. If opponents catch the pass in-bounds simultaneously, the ball belongs to the passing team at the spot of the catch. If the player was out-of-bounds and comes back in-bounds to catch the ball, it is an incomplete pass
2. **QB Run from Scrimmage:** The QB cannot run for positive yards unless rushed after the **LOUD** Five Mississippi count.
3. **Turnovers:** A change of possession can only occur due to downs, or an interception on a forward pass. A fumble is not a turnover (the ball is DEAD at the spot of the fumble).

BLITZING

- Each team may blitz once per 4 down set. With a maximum of 2 per drive.
- The 2nd blitz may not be used until after the offensive team reaches a first down.

SCORING

- No diving into the end zone. 5-yard penalty and touchdown will not count.
- Touchdowns are 6 points.
- Extra points: Two points for a 10-yard conversion and one point for a five yard conversion. An intercepted extra point or two-point conversion CAN be run back. Only counts for 1 or 2 points.
- Safeties are 2 points. The scoring team will now go on offense with the ball placed at their 5-yard line.

FLAG SPECIFICS

- No flag guarding ***The play/down counts, and the penalty will result in a 5 paces/yard penalty from the spot of infraction/spot the penalty occurred. Note: If the flag guarding occurs on fourth down and the resulting yardage, after the penalty is marked off 5 yards/paces, does not make a first down then it is a turnover on downs. Defensive player returning an interception, who flag guards, will be penalized 5 paces/yards from the spot of infraction.
- Shirt must be tucked in and flags must be securely attached. Loose hanging articles (i.e. sweatshirts, long T-shirts, etc.) that are held/ripped will not result in a holding penalty, unless in ref's eyes player was not attempting to go for flag.
- Any ball-carrier whose flags are (in ref's opinion) not accessible to be pulled will be down at 1st point of contact with the defense.
- Any ball-carrier who has a flag or both flags missing for whatever reason (falls out after being touched, accidentally pulled before reception, not noticed before snap, etc.) will be down at the first point of contact. If the flag falls out without contact the ball will be downed where the flag fell.

- Players may leave their feet to pull flag.
- Spin moves will be allowed.
- Belt grabbing will result in a 5 paces/yard penalty from end of play.
 - Any belt grabbing at the end of a half or game will result in a 5 paces/yard penalty from point of infraction and replay of down. If this penalty occurs within 5 paces/yard of the endzone, the ball will be spotted at the one yard line and the offense will receive one play.

PENALTIES

- Penalties are assessed as either 5 yards & 10 yards, depending on the severity of the infraction. An exception is the Unsportsmanlike Conduct Penalty.
- **Unsportsmanlike Conduct Penalty- 15 yards.** This includes grabbing and holding a player, tackling or pushing, abusive or insulting language to another player or referee. If penalty is after the touchdown it will be assessed on the conversion.
- A player fighting or abusing the referee will automatically be ejected from the game without a warning!

5-yard Penalties:

- Diving
- Off-sides
- Crossing the line of scrimmage early
- False Start – All offensive players must be set for one-second prior to snapping the ball
- Guarding the flags, no contact
- Picks/Blocking, no contact
- Delay of game
- Incidental Illegal Contact

10-yard Penalties:

- Pass Interference – From the line of scrimmage.
- Hitting the arm of the quarterback during or after a throw.
- Picks/Blocking, with contact
- Guarding the flag with contact
- Intentional Illegal Contact – From spot of foul if penalty is on the defense + automatic 1st down, from line of scrimmage if penalty is on the offense
- Taunting/ harassment

INJURY AND SUBSTITUTIONS

- In cases of injury or illness, a time-out may be requested for participant removal and replacement with a substitute of the same gender.

FORFEITING

Forfeit is strongly discouraged. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 5 players, including 1 female to start a game.

FORFEITING IN ADVANCE:

- If a team knows in advance that it is going to forfeit and not show up, a team member must contact NIS by 12:00 pm the day of the game. If NIS is notified on time, the team will be given losses for all scheduled matches but no further penalty.
- If a voicemail message is left or an e-mail sent, it is not considered notification unless a reply to the team is received. Failure to do so will result in forfeiting all matches, and the team will be ineligible for league playoffs and/or removed from the remainder of the schedule.
- Any team that does not notify NIS in advance of their scheduled game or at all will need to provide one full-rate individual deposit for the next season/sport they register for.

FORFEITING AT GAME TIME/AFTER 12:00 PM:

- Any team that forfeits after 12:00 pm the day of the game will be assessed a \$50. fee that will be given directly to their opponent. This money will go directly to the team which did not receive notice that they would not have an opponent that given night. All participants are expected to be able to make arrangements for subs or to notify NIS prior to 12:00 pm about their plans to participate in that week's games.
- Captains will forfeit his/her free season/credit if this occurs.
- If a team shows up short players, the remaining members who are present should mix with the opponent and play a scrimmage.

REFUNDS

Refunds are not provided once the season begins or day the season is scheduled to start. If you need a refund because you are unable to play prior to the season we are very happy to reimburse you for your registration as follows:

- Up to 1 Week Prior to League Start: FULL REFUND (MINUS \$5 PROCESSING FEE)
- Less than a week until Midnight the Day Before League Start: REGISTRATION MINUS \$20
- League Start Date through the Season: Refunds Not Available. Credit available for a future season if no longer to play due to injury.

Sportsmanship and FUN!!

Above all, this league is for FUN and the enjoyment of all those involved. NIS and its officials will eject/expel players for inappropriate behavior. In addition, NIS will remove any players and/or teams who cannot adhere to its policies and standards without refund.