



XL Sports World Hatfield Adult Flag Football Rules

COIN TOSS: 4 choices: Take Ball, Defense, Defend a Goal, Defer to second half

NUMBER OF PLAYERS ON FIELD: 5 per team (5v5 format) - teams may start with 4 players but the opposing team may start with 5

OFFICIALS: One or Two (Discretion of XL Sports World Hatfield)

TIME: 40 min. game (two 20 min halves, 2 min halftime). Clock will run continuously except for timeouts. In the last minute of the 2nd half if the score differential is less than 9, the clock will change to a Pro Clock. During pro-clock timing, incomplete passes, out of bounds, penalties and changes in possession will also stop the clock in the second half..

MERCY RULE – If a team is up by 21 points or more, the clock will not stop and timeouts will not be allowed to be used. Unless the losing team is able to bring the point differential back within 9 which will result in the Pro Clock timing rules.

SCORING: Touchdowns = 6pts. Extra pt. = 1pt 2pt Conversion = 2 pts.

EXTRA POINTS: 4 yards from the goal line (1pt.) 7 yards from the goal line (2pts.) Defense can return conversions for 2 points regardless of the value the offense was attempting.

SAFETY: 2 Points

KICKOFFS: no kickoffs / punt choice can only be made on 4th down. Ball is placed 5 yards from the opposing team's end zone.

POSSESSION: 4 downs for a 1st down at half field. 3 downs to score once a team has obtained the first down located at mid-field.

HUDDLE CLOCK: 30 seconds starting when the official spots the ball. Referee will announce a 10 and 5 second warning.

RULES of CONTACT:

- Knocking the ball out of the QB's throwing hand, above the waist, is a roughing the passer penalty.
- No player may initiate contact at any time.
- Players running with the ball must avoid the defender who has a set position. It is the responsibility of the offensive player to avoid the defender.

DEFENSIVE RUSH: Any defender may rush the QB as long as they start their rush 7 yards back from the ball. Rushing players may not make contact with the quarterback.

OFFENSIVE / DEFENSIVE PLAYS: Both flags must be on the center and the quarterback before each snap and must be on the sides of the players. *If a play is inadvertently started without flags on an offensive player, the player is down when he/she catches the ball.* Shirts must be tucked in at all times. When pulling the flag please hold it up for the referee to see and hand back to the player you pulled the flag from. If a player's flag falls out while running with the ball, the runner is down when he is touched by a defending player. If the player is in the clear of a touchdown and a flag falls off while running and he scores a touchdown will be awarded.

PASS/RUN: You can pass any down. The QB has a 7 second window to release the ball with a 5 second warning from the official. If the defense chooses to blitz the quarterback, the 7-second clock is no longer in effect. Within 5 yards of the end zone there is no running by the offense, unless the QB is blitzed. The quarterback may straddle the line of scrimmage to attempt a pass, but if both feet are across the line of scrimmage, an illegal forward pass penalty will be issued. Only the ball in the possession of a player needs to break, be on, above, or behind the plane of the goal line for it to be awarded a touchdown.

LINE OF SCRIMMAGE: There must be a Center to QB exchange for every down. This exchange must be between the legs, and must come

from the ground. Shotgun snaps are allowed, and one man may be in motion at the time of the snap. If the ball touches the ground at any time during the exchange of the ball from center to QB, the play is dead and it is a loss of down.

NO FUMBLES: NO stripping, Fumble/Loose ball is a dead ball (clock runs)

TIMEOUTS: 2 Timeouts per game, use at any time.

ONE MINUTE WARNING: An official timeout will take place with 1 min remaining in the second half. **If the point differential is less than 9, the clock will stop on the 1 minute warning and the Pro Clock timing rules will go into effect.**

OVERTIME: No regular season overtime. For playoffs NCAA rules will apply. One set of 3 downs from Midfield. Defense gets a chance to match.

PAYMENT: \$150 deposit to enter the league. Full payment and remaining balance must be paid by the start of the 3rd week of play. Please make an effort to pay the full balance before the first week to ensure scheduling issues do not occur.

ROSTERS: Teams must have at least 4 rostered players to play a game. The opposing team may still start with 5 players if the opposing team

only has 4.

FORFEITS: Teams must give XL Sports World Hatfield 24 hours notice, if possible. Forfeits will be entered as a 28-0 loss for the forfeiting team and a win for the opposing team.

EQUIPMENT:

1. Teams will use footballs approved by XL Sports World Hatfield and the head referee present. **BALL:** The ball must be of NCAA or NFL size & weight.
2. Players must wear shoes. Rubber cleats are allowed. No metal or screw in cleats are permitted at any time. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads, however braces with exposed metal are not prohibited. If a player has a cast on, it must be wrapped completely and approved by the officials and football director.
3. Players must remove all jewelry. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
4. Players must wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets will not be allowed. Pockets with zippers are acceptable.
5. **FLAGS:** Players may bring their own or use facility supplied flags and belts.

FIELD:

1. The field dimensions are 185 ft x 85 ft with two end zones, and

a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards. There is a back line in the back of the endzone running wall to wall that is OUT OF BOUNDS.

2. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff. The pass must cross the line of scrimmage.

3. Stepping on the boundary line is considered out of bounds.

4. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain a first down, and one zone 5 yards from the goal line to score a TD).

PENALTIES:

1) FOUL LANGUAGE will NOT be tolerated, 1st offense = personal foul, 2nd offense = personal foul **2 personal fouls = ejection**

2) 3 yd Penalties: 1. Excess timeout 2. Delay of game 3. False start 4. Defensive holding 5. Holding a runner 6. Flag guarding – any flag guarding will be whistled dead at the spot of the foul, Play will not continue. 8. Charging 9. Illegal formation 10. Stripping 11. Early Defensive Rush 12. Intentional grounding

3) 7 yd Penalties: 1. Pushing Out of Bounds = (personal foul) 2.

Offensive pass interference 3. Defensive pass interference (automatic 1st down) If foul committed in the end zone ball is placed on 1 yard line. 4. Unsportsmanlike conduct / Personal Foul **Two personal fouls = ejection and one game suspension**

Ejections: (All ejections carry a minimum one game suspension)

1. Fighting (Removal from the league)
2. 2nd unsportsmanlike conduct (Suspended from current game and the following game)
3. Intent to Injure, if a player is ejected anytime during a season 2 times, they are banned for the season!