

# PHOENIX FLAG FOOTBALL LEAGUE



## Official Rules

# 7v7 SCREEN RULES (League Play)

## Game Format

- Two 20-minute halves.
- Running clock except final 2:00 of each half, when the clock stops for:
  - Incomplete passes
  - Out-of-bounds
  - First downs
  - Change of possession
  - Scores
- Each team receives 2 timeouts per half (60 seconds each). No carryover.
- Mercy Rule: Clock continues to run if a team leads by 17 or more points with 2:00 remaining.
- Play Clock: Offense has 30 seconds to snap once the ball is spotted.
- Coin Toss: Winner chooses offense, defense, or direction. Choice alternates at halftime.

## Fields & Rosters

- Field Dimensions: 80 yards long x 40 yards wide
- End Zones: 10 yards
- First downs every 20 yards
- Minimum players to start: 5
- Player Eligibility / Sub Rule (Regular Season Only):
  - Teams may add up to 2 substitutes if short-handed.
  - Subs must already be rostered on another league team.
  - Must get approval from other captain to add each sub (they can approve certain players and deny others).
  - Sub stats do not count.
  - **This rule is invalid during playoffs.**

## Equipment & Uniforms

- Only pop flags (2 flags) allowed.
- No altered, youth, or triple-threat flags.
- Pocketless shorts required.
- Flags must contrast with shorts.
- Cleats allowed (no metal spikes).
- Teams supply HS/College/NFL-sized footballs.
- Matching team jerseys with visible, non-duplicated numbers required.
- Jerseys must remain tucked in and may not cover flags.
- Stats tracked only for properly uniformed rostered players.



## **Downs and Drives**

- 4 downs to reach the next first-down marker or score.
- Interceptions may be returned.
- Defensive return on conversion = 2 points.

## **Special Teams (7-man only)**

### **Throw-Offs (7v7 Only)**

A throw-off will occur:

- At the start of each half
- After every score, provided time remains on the game clock

If time remains, a throw-off must be conducted.

## **Equipment & Uniforms**

### 1. Ball Placement

- The throwing team throws the ball from its own 15-yard line.
- A standard game ball must be used.
- Throwing motion is unrestricted.

### 2. Required Flight

- The ball must travel in the air and cross the receiving team's 40-yard line.
- A throw that fails to cross the 40-yard line in the air is illegal.

### 3. Live Ball

- Once the ball crosses the 40-yard line in the air, it becomes a live ball.
- The ball may then bounce, roll, or be fielded.

## **Receiving Team Alignment**

- Four (4) players must line up between the receiving team's 35-yard line and 40-yard line.
- The remaining three (3) players may align deeper for the return.
- All receiving players must start on or behind the 40-yard line.

## **Receiving Team Rules**

- All receiving players are eligible to catch the throw-off.
- Laterals are allowed at any time during the return.
- Receiving team players may not run ahead of the returner.
  - Players must fall behind the returner for laterals or set stationary screen blocks.
- A fair catch is permitted by:
  - Clearly waving one hand prior to the catch, or
  - Catching the ball and immediately taking a knee

A fair catch or immediate knee does not run the clock.



## Throwing Team Rules

- The throwing team may cross the 15-yard line once the ball is released.
- The throwing team may not touch the ball until it has been touched by the receiving team.
- Standard penalties apply for offsides, illegal contact, or unsportsmanlike conduct.

## Out of Bounds & Spotting

- Illegal Out of Bounds:
  - If the ball is thrown directly out of bounds beyond the 40-yard line without touching the ground or a receiving player:
    - Penalty enforced
    - Ball spotted at the 40-yard line, 1st down for the receiving team
- Legal Out of Bounds:
  - If the ball crosses the 40-yard line in the air and then hits the ground and rolls or bounces out of bounds:
    - Ball is spotted where it went out of bounds

## Ground Contact

- The ball must cross the 40-yard line in the air.
- After crossing the 40 in the air, the ball may:
  - Hit the ground
  - Remain live
  - Be recovered and advanced by the receiving team

## End Zone / Touchback Equivalent

- If the receiving team downs the ball in its own end zone, or
- If the ball goes out of the back of the end zone:
  - Receiving team possession at the 15-yard line, 1st down and 5 yards to gain.

## Clock Rules

- A throw-off will be conducted whenever time remains on the clock.
- A fair catch or immediate knee does not run the clock.
- Teams may fair catch to preserve time and run a final offensive play if time remains.

## Punting (7v7)

- Option A: Live punt
  - No fakes
  - Offense may not cross the LOS until the ball is kicked
- Option B: Declare punt
  - Ball is spotted 20 yards forward from the line of scrimmage
  - Ball may not be placed inside the opponent's 10-yard line



## **Onside Attempt (7v7)**

- Available in the second half only and only while trailing.
- One play from the team's own 15-yard line to reach or pass the 40-yard line.
- Success: Offense retains possession at the dead-ball spot.
- Failure: Defense takes over at the dead-ball spot.
- Touchdowns scored on onside attempts count normally.

## **Dead Ball Rules**

- Ball carrier's knee down = dead
- Ball carrier out of bounds = dead
- Flag removed = dead
- Ball hits ground = dead
- (Exception: During throw-offs, the ball remains live once it has crossed the 40-yard line in the air)

## **Passing & Receiving**

- All players eligible.
- 1 foot in bounds = catch.
- Bump/press coverage allowed within 3 yards of LOS.
- Center may not be contacted until he rises and moves.
- Laterals are allowed anywhere on the field.

## **Running**

- Unlimited handoffs/pitches behind LOS.
- No diving/flipping with ball.
- "No-Run Zone" only applies inside 5 yards before the end zone. If the offense commits a penalty that pushes the ball outside the No-Run Zone, the offense will still be prohibited from running the ball on the next play. After one play, normal run rules resume.

## **Blocking/Screening**

- Max 3 blockers allowed at LOS.
- Hands behind back or below waist, lateral movement only, no contact initiation.
- Downfield: stationary basketball-style screens only.

## **Spot of the Ball**

The ball is spotted at the point where the ball (not the player's hips, feet, or body) was located when the flag was pulled. Referees will mark the new line of scrimmage based on the ball's position at the time of the flag removal.



## **Overtime**

- A coin toss will be held to start overtime.
- The winner may choose to begin on offense or defense.

## **First Overtime Round**

- Each team receives one play.
- The offensive team must choose before the snap:
  - 1 point from the 5-yard line, or
  - 2 points from the 12-yard line
- If the first team scores, the opposing team may:
  - Attempt the same point value to tie, or
  - Attempt the higher point value to win
- If the first team fails to score, the opposing team may win with any successful attempt.

## **Second and Subsequent Overtime Rounds**

- All teams must attempt a 2-point conversion from the 12-yard line.
- The team that started the previous round on defense will begin the next round on offense.
- If one team scores and the other does not, the game ends.

## **Additional Rules**

- Defensive returns ARE ALLOWED in OT. If returned to the endzone, the team is awarded 2 points, regardless of attempt try. A successful return ends OT (barring no penalties)

## **Rushing the QB**

- Any defender may rush.
- Must go for flags.
- Contact with QB arm/ball in hand = illegal (10 yds + automatic first down).

## **Addressing Officials**

- Only captains may approach officials during live play or between downs.

## **Scoring**

- Touchdown = 6 points
- Safety = 2 points (next possession begins at own 5-yard line)

### Extra Points:

- 5-yard line = 1 point
- 12-yard line = 2 points (run or pass)
- 18-yard line = 3 points (run or pass)
- Defensive return on conversion = 2 points



## MISC. Continued

- **Uniform Conflicts:** Any issues such as similar-colored jerseys, illegal flags, hats, or other violations must be reported to referees by the end of the first drive. After the first drive is completed, referees will not force changes.
- **Jewelry/Wearables:** It is highly recommended that players do not wear jewelry (necklaces, watches, earrings, etc.). Players who choose to wear jewelry do so at their own risk. The league is not responsible for any damage to jewelry or injury to the player caused by wearing it.
- No hard or unpadded casts. Braces must be padded. Mouthguards strongly recommended.
- **Towels/Rags:** Any items additional to the uniform such as towels or rags act as flags if pulled. It is recommended to keep towels on the sidelines.
- **End on Defensive Penalty:** A game cannot end on a defensive penalty; extend for one untimed down.
- **Pro Bowl:** To be eligible for the pro bowl, a player must have played at least 75% of the season. Players will vote on pro bowl participants.
- **First Down Penalty Ruling:** If an offensive player gains a first down, that first down is awarded even if a penalty (such as flag guarding or unsportsmanlike conduct) occurs after the line to gain is crossed. The ball will be marked back according to the penalty yardage, but the offense retains the earned first down. **Example:** On a 7v7 field, if a runner crosses the 40-yard line (midfield) for a first down and then commits a flag guarding penalty that moves the ball back to the 38-yard line, the first down still counts. The next first down marker will be the 20-yard line (the next designated line to gain), not midfield again.
- **Early Flag Pull / Bobbled Reception:** If a receiver's flag is pulled before they gain possession of the ball, and they subsequently secure possession of that same pass, the play remains live, and the receiver becomes one-hand touch for the remainder of that play. However, if an offensive player is determined by the official to have intentionally bobbed or delayed possession to gain additional yardage after an early flag pull, the play will be ruled dead at the spot where the flag was first pulled, and the offense will incur a 5-yard penalty for unsportsmanlike conduct. **Example:** A receiver tips a pass, their flag is pulled while the ball is in the air, then they complete the catch. They may advance as one-hand touch. If the player clearly fakes a bobble to take advantage of the one-hand touch rule, the referee may call the play dead and assess a penalty at the original flag pull spot.



## MISC. Continued

- **Fumble/Knock Out:** There are no “fumbles” in flag football. If a player is running with the ball (after gaining full control), and loses the ball through no cause of another player:
  - If the ball pops up and into the hands of another offensive player:
    - Behind the ball carrier - Considered a lateral
    - In front of the ball carrier - Considered an illegal forward pass and play is dead where original ball carrier lost the ball.
  - If the ball pops out and into the hands of a defensive player, it is considered a turnover and the defense can advance the ball.
  - If the ball pops out and hits the ground or goes out of bounds, the play is deemed down & dead where the player initially started to lose possession.
  - If the ball is knocked out by a defender, that is deemed an unsportsmanlike penalty. This can be assessed case by case based on what the ref sees and determines if the act was intentional or incidental.
- It is illegal for a player to lower their shoulder prior to contact. The first offense will incur a 15 yd unsportsmanlike penalty. Additional occurrences will result in further disciplinary action from penalties to ejection/suspension per referee discretion.
- Players intentionally breaking belts instead of pulling flags will be penalized a 15 yd unsportsmanlike penalty. Additional occurrences will result in further disciplinary action from penalties to ejection/suspension per referee discretion.

## Penalties

- **Unsportsmanlike Conduct:** 15 yds (vulgar talk, taunting, stalling, disrespect to refs). Threats of violence = immediate suspension, length set by league.
- **Excessive Contact/Rough Play:** 10 yds + LOD/AFD.
- **Defensive Pass Interference:** Spot foul + AFD.
- **Offensive PI:** 10 yds + replay down.
- **Flag Guarding/Stiff Arm:** 5 yds from spot + LOD.
- **Illegal Contact with QB:** 10 yds + AFD.
- **Illegal Rush:** 5 yds + replay down.
- **Illegal Motion:** 5 yds + replay down.
- **Illegal Forward Pass:** 5 yds + LOD.
- **Delay of Game:** 5 yds + replay down.
- **Illegal Flag Pull:** 5 yds from end of play + AFD.
- **Last-Man Rule:** Automatic touchdown (and 2 pts on conversion returns).



# Captain Responsibility & Official Communication

## Captain Authority

- Each team must designate one captain (and may designate one alternate).
- Only team captains may communicate with referees regarding rule interpretations, penalties, or game administration.
- Non-captain players who approach or argue with officials may be penalized for unsportsmanlike conduct.

## Captain Responsibility

- Team captains are fully responsible for the behavior, conduct, and sportsmanship of all players on their roster and sideline.
- Captains are expected to:
  - Control their team's behavior
  - De-escalate conflicts
  - Ensure players comply with league rules and official directives

## Disciplinary Accountability

- Any player misconduct—including but not limited to:
  - Verbal abuse
  - Threats toward officials, opponents, or staff
  - Repeated unsportsmanlike conduct
  - Physical intimidation or fighting
- —will be attributed not only to the individual player, but to the team captain.
- **Disciplinary action may include:**
  - Player ejection or suspension
  - Team penalties or forfeiture
  - Captain suspension
  - Team suspension or removal from the league
  - Permanent bans for individuals or teams in severe cases

## League Authority

- The league reserves the right to impose disciplinary action during a game or at any point during the season.
- Threats of violence or extreme misconduct may result in immediate suspension or permanent ban, without warning.
- Captains who repeatedly fail to control their team may be removed from leadership or barred from future league participation.

## Officials' Protection

- Referees are not required to engage in debate or explanation with non-captain players.
- Officials' decisions are final and enforceable.
- Abuse of officials will not be tolerated.



# 5v5 SCREEN RULES

## Game Format

- Two 12-minute halves.
- Running clock until the final 1:00 of the 2nd half, then Pro Clock Rules apply.
- Each team receives 2 timeouts per game (30 seconds).
- Mercy Rule (second half only): A 21+ point lead ends the game. When a team leads by 21+ points, the opposing team will have one chance to lower the margin. If they fail to score, the game ends.
- Play Clock: The offense has 25 seconds to snap the ball once it is spotted.
- Coin Toss: Winner chooses offense/defense or direction; choice alternates at halftime.
- Minimum 4 players required to start a game.

## Field & Rosters

- Field Dimensions: 60 yards long x 25 yards wide. End Zones: 7 yards
- First down marker: Midfield (23-yard line)
- Maximum roster size: 15 players
- No outside substitutes allowed. All players must be on the roster.
- Player Eligibility / Sub Rule (Regular Season Only):
  - Teams may add up to 2 substitutes if short-handed.
  - Subs must already be rostered on another league team.
  - Must get approval from other captain to add each sub (they can approve certain players and deny others).
  - Sub stats do not count.
  - This rule is invalid during playoffs.

## Equipment & Uniforms

- Only pop flags (2 flags) allowed.
- No altered, youth, or triple-threat flags.
- Pocketless shorts required.
- Flags must contrast with shorts.
- Cleats allowed (no metal spikes).
- Teams supply HS/College/NFL-sized footballs.
- Matching team jerseys with visible, non-duplicated numbers required.
- Jerseys must remain tucked in and may not cover flags.
- Stats tracked only for properly uniformed rostered players.



## **Downs & Drives**

- 3 downs to advance the ball to midfield.
- After reaching midfield, 3 downs to score.
- Interceptions may be returned.
- Defensive return on conversion = 2 points.
- No kickoffs. Possessions begin at the team's own 5-yard line.

## **Onside Attempt**

- Available any time in the second half while trailing.
- One play from the team's own 5-yard line to reach or pass midfield.
- Success: Offense retains possession at the dead-ball spot.
- Failure: Defense takes over at the dead-ball spot.
- Touchdowns scored on onside attempts count normally.

## **Passing & Receiving**

- All players are eligible receivers.
- Ball must be snapped between the legs.
- One foot in bounds required for a catch.
- Bump/press coverage allowed within 3 yards of the line of scrimmage.
- Arena motion is legal.
- Laterals are allowed anywhere on the field.

## **Running**

- Unlimited handoffs and pitches behind the line of scrimmage.
- No diving or flipping with the ball.
- No-Run Zones:
  - 5 yards before midfield
  - 5 yards before the goal line
- If an offensive penalty moves the ball outside a No-Run Zone, the offense remains prohibited from running on the next play. After one play, normal run rules resume.

## **Blocking & Screening**

- Offense may use a maximum of 2 blockers at the line of scrimmage.
- Blocking is limited to stationary, basketball-style screens.
- Hands must be behind the back or below the waist.
- Downfield blocking must remain stationary.
- No initiating contact.



## **Rushing the Quarterback**

- Any defender may rush but must line up 5 yards off the line of scrimmage at the snap.
- All defenders must align at least 1 yard off the line of scrimmage until the snap.
- If the QB hands off or laterals backward, the rush line is dead and any defender may rush immediately.

## **Dead Ball Rules**

- The play is dead when:
- The ball touches the ground (including bad snaps and fumbles)
- The ball carrier's knee touches the ground
- The ball carrier goes out of bounds
- The ball carrier's flag is removed

## **Overtime**

- A coin toss will be held to start overtime.
- The winner may choose to begin on offense or defense.

## **First Overtime Round**

- Each team receives one play.
- The offensive team must choose before the snap:
  - 1 point from the 5-yard line, or
  - 2 points from the 12-yard line
- If the first team scores, the opposing team may:
  - Attempt the same point value to tie, or
  - Attempt the higher point value to win
- If the first team fails to score, the opposing team may win with any successful attempt.

## **Second and Subsequent Overtime Rounds**

- All teams must attempt a 2-point conversion from the 12-yard line.
- The team that started the previous round on defense will begin the next round on offense.
- If one team scores and the other does not, the game ends.

## **Additional Rules**

- Defensive returns ARE ALLOWED in OT. If returned to the endzone, the team is awarded 2 points, regardless of attempt try. A successful return ends OT (barring no penalties)



## Scoring

- Touchdown = 6 points
- Safety = 2 points (next possession begins at own 5-yard line)

## Extra Points:

- 5-yard line = 1 point
- 12-yard line = 2 points (run or pass)
- 18-yard line = 3 points (run or pass)
- Defensive return on conversion = 2 points

## Penalties

- Unsportsmanlike Conduct – 15 yards
- Excessive Contact / Rough Play – 10 yards + LOD / AFD
- Defensive Pass Interference – Spot foul + AFD
- Offensive Pass Interference – 10 yards + replay down
- Flag Guarding / Stiff Arm – 5 yards from spot + loss of down
- Illegal Rush – 5 yards + replay down
- Illegal Motion – 5 yards + replay down
- Illegal Forward Pass – 5 yards + loss of down
- Delay of Game – 5 yards + replay down
- Illegal Flag Pull – 5 yards from end of play + AFD
- Last-Man Rule – Automatic touchdown (and 2 points on conversion returns)

## Playoffs

- Pool Tiebreakers (if applicable) 1) Head-to-head, 2) Point differential (cap +21/game), 3) Points allowed, 4) Coin toss.
- The league reserves the right to separate into A/B/C divisions for playoffs depending on number of teams and comp level.
- Normal playoff format is single elimination. For seasons with less teams, there could be modification to double elimination. Double elimination is only in effect for the first round (i.e. if you lose first round, you are still in the playoffs).

## Authority Clause

The league reserves the right to interpret, clarify, or adjust rules in the interest of safety, fairness, and game flow. Officials' decisions are final.



## MISC

- Uniform conflicts must be reported by the end of the first drive.
- Jewelry is discouraged; worn at player's own risk.
- No hard or unpadded casts; braces must be padded.
- Towels or rags act as flags if pulled.
- A game cannot end on a defensive penalty; one untimed down will be played.
- Pro Bowl eligibility requires participation in 75% of the season.
- It is illegal for a player to lower their shoulder prior to contact. The first offense will incur a 15 yd unsportsmanlike penalty. Additional occurrences will result in further disciplinary action from penalties to ejection/suspension per referee discretion.
- Players intentionally breaking belts instead of pulling flags will be penalized a 15 yd unsportsmanlike penalty. Additional occurrences will result in further disciplinary action from penalties to ejection/suspension per referee discretion.
- **Fumble/Knock Out:** There are no "fumbles" in flag football. If a player is running with the ball (after gaining full control), and loses the ball through no cause of another player:
  - If the ball pops up and into the hands of another offensive player:
    - Behind the ball carrier - Considered a lateral
    - In front of the ball carrier - Considered an illegal forward pass and play is dead where original ball carrier lost the ball.
  - If the ball pops out and into the hands of a defensive player, it is considered a turnover and the defense can advance the ball.
  - If the ball pops out and hits the ground or goes out of bounds, the play is deemed down & dead where the player initially started to lose possession.
  - If the ball is knocked out by a defender, that is deemed an unsportsmanlike penalty. This can be assessed case by case based on what the ref sees and determines if the act was intentional or incidental.
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## Captain Responsibility

- Team captains are fully responsible for the behavior, conduct, and sportsmanship of all players on their roster and sideline.
- Captains are expected to:
  - Control their team's behavior
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  - Ensure players comply with league rules and official directives

## Disciplinary Accountability

- Any player misconduct—including but not limited to:
  - Verbal abuse
  - Threats toward officials, opponents, or staff
  - Repeated unsportsmanlike conduct
  - Physical intimidation or fighting
- —will be attributed not only to the individual player, but to the team captain.
- **Disciplinary action may include:**
  - Player ejection or suspension
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  - Captain suspension
  - Team suspension or removal from the league
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## League Authority

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- Threats of violence or extreme misconduct may result in immediate suspension or permanent ban, without warning.
- Captains who repeatedly fail to control their team may be removed from leadership or barred from future league participation.

## Officials' Protection

- Referees are not required to engage in debate or explanation with non-captain players.
- Officials' decisions are final and enforceable.
- Abuse of officials will not be tolerated.



# 5v5 NC RULES (Tournament)

## Game Format

- Two 12-minute halves.
- Running clock until the final 1:00 of the 2nd half, then Pro Clock Rules apply.
- Each team receives 2 timeouts per game (30 seconds).
- Mercy Rule (second half only): A 21+ point lead ends the game. When a team leads by 21+ points, the opposing team will have one chance to lower the margin. If they fail to score, the game ends.
- Play Clock: The offense has 25 seconds to snap the ball once it is spotted.
- Coin Toss: Winner chooses offense/defense or direction; choice alternates at halftime.
- Minimum 4 players required to start a game.

## Field & Rosters

- Field Dimensions: 60 yards long x 25 yards wide. End Zones: 7 yards
- First down marker: Midfield (23-yard line)
- Maximum roster size: 15 players
- No outside substitutes allowed. All players must be on the roster.

## Equipment & Uniforms

- Only pop flags (2 flags) allowed.
- No altered, youth, or triple-threat flags.
- Pocketless shorts required.
- Flags must contrast with shorts.
- Cleats allowed (no metal spikes).
- Teams supply HS/College/NFL-sized footballs.
- Matching team jerseys with visible, non-duplicated numbers required.
- Jerseys must remain tucked in and may not cover flags.
- Stats tracked only for properly uniformed rostered players.

## Downs & Drives

- 3 downs to advance the ball to midfield.
- After reaching midfield, 3 downs to score.
- Interceptions may be returned.
- Defensive return on conversion = 2 points.
- No kickoffs. Possessions begin at the team's own 5-yard line.



## **Onside Attempt**

- Available any time in the second half while trailing.
- One play from the team's own 5-yard line to reach or pass midfield.
- Success: Offense retains possession at the dead-ball spot.
- Failure: Defense takes over at the dead-ball spot.
- Touchdowns scored on onside attempts count normally.

## **Passing & Receiving**

- All players are eligible receivers.
- Ball must be snapped between the legs.
- One foot in bounds required for a catch.
- No bump/press coverage allowed.
- Arena motion is legal.
- Laterals are allowed anywhere on the field.

## **Running**

- Offense cannot run unless the ball has been handed off or lateraled prior.
- Unlimited handoffs and pitches behind the line of scrimmage.
- No diving or flipping with the ball.
- No-Run Zones:
  - 5 yards before midfield
  - 5 yards before the goal line
- If an offensive penalty moves the ball outside a No-Run Zone, the offense remains prohibited from running on the next play. After one play, normal run rules resume.

## **Blocking & Contact**

- No blocking is allowed at any time.
- The center must immediately release into a route.
- Offensive players may not:
  - Initiate contact
  - Impede, screen, chip, or redirect defenders
- Any offensive contact or impediment is a penalty.

## **Bunch Formation**

- If the offense is aligned in a bunched or stacked formation, and contact occurs:
  - The rusher must go around the bunch
  - The offense may not adjust or shift to interfere with the rusher's path



## **Rushing the Quarterback**

- Defense may choose to rush or drop coverage.
- If defense chooses to rush:
  - Rusher must align 7 yards off the line of scrimmage
- If the defense chooses not to rush:
  - The quarterback has 5 seconds to throw (official counts aloud)
- 5-second throw clock is immediately dead upon:
  - A handoff
  - A backward lateral
  - A rush
- If the ball is handed off or lateraled, any defensive player can rush immediately (no rush line).

## **Dead Ball Rules**

The play is dead when:

- The ball touches the ground (including bad snaps and fumbles)
- The ball carrier's knee touches the ground
- The ball carrier goes out of bounds
- The ball carrier's flag is removed

## **Scoring**

- Touchdown = 6 points
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Extra Points:

- 5-yard line = 1 point
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## **Authority Clause**

The league reserves the right to interpret, clarify, or adjust rules in the interest of safety, fairness, and game flow. Officials' decisions are final.

## **Penalties**

- Unsportsmanlike Conduct – 15 yards
- Excessive Contact / Rough Play – 10 yards + LOD / AFD
- Defensive Pass Interference – Spot foul + AFD
- Offensive Pass Interference – 10 yards + replay down
- Flag Guarding / Stiff Arm – 5 yards from spot + loss of down
- Illegal Rush – 5 yards + replay down
- Illegal Motion – 5 yards + replay down
- Illegal Forward Pass – 5 yards + loss of down
- Delay of Game – 5 yards + replay down
- Illegal Flag Pull – 5 yards from end of play + AFD
- Last-Man Rule – Automatic touchdown (and 2 points on conversion returns)



## MISC

- Uniform conflicts must be reported by the end of the first drive.
- Jewelry is discouraged; worn at player's own risk.
- No hard or unpadded casts; braces must be padded.
- Towels or rags act as flags if pulled.
- A game cannot end on a defensive penalty; one untimed down will be played.
- Pro Bowl eligibility requires participation in 75% of the season.
- **Fumble/Knock Out:** There are no "fumbles" in flag football. If a player is running with the ball (after gaining full control), and loses the ball through no cause of another player:
  - If the ball pops up and into the hands of another offensive player:
    - Behind the ball carrier - Considered a lateral
    - In front of the ball carrier - Considered an illegal forward pass and play is dead where original ball carrier lost the ball.
  - If the ball pops out and into the hands of a defensive player, it is considered a turnover and the defense can advance the ball.
  - If the ball pops out and hits the ground or goes out of bounds, the play is deemed down & dead where the player initially started to lose possession.
  - If the ball is knocked out by a defender, that is deemed an unsportsmanlike penalty. This can be assessed case by case based on what the ref sees and determines if the act was intentional or incidental.
- It is illegal for a player to lower their shoulder prior to contact. The first offense will incur a 15 yd unsportsmanlike penalty. Additional occurrences will result in further disciplinary action from penalties to ejection/suspension per referee discretion.
- Players intentionally breaking belts instead of pulling flags will be penalized a 15 yd unsportsmanlike penalty. Additional occurrences will result in further disciplinary action from penalties to ejection/suspension per referee discretion.

### **Player Eligibility / Sub Rule (Regular Season Only):**

- Teams may add up to 2 substitutes if short-handed.
- Subs must already be rostered on another league team.
- Must get approval from other captain to add each sub (they can approve certain players and deny others).
- Sub stats do not count.
- This rule is invalid during playoffs.



# Captain Responsibility & Official Communication

## Captain Authority

- Each team must designate one captain (and may designate one alternate).
- Only team captains may communicate with referees regarding rule interpretations, penalties, or game administration.
- Non-captain players who approach or argue with officials may be penalized for unsportsmanlike conduct.

## Captain Responsibility

- Team captains are fully responsible for the behavior, conduct, and sportsmanship of all players on their roster and sideline.
- Captains are expected to:
  - Control their team's behavior
  - De-escalate conflicts
  - Ensure players comply with league rules and official directives

## Disciplinary Accountability

- Any player misconduct—including but not limited to:
  - Verbal abuse
  - Threats toward officials, opponents, or staff
  - Repeated unsportsmanlike conduct
  - Physical intimidation or fighting
- —will be attributed not only to the individual player, but to the team captain.
- **Disciplinary action may include:**
  - Player ejection or suspension
  - Team penalties or forfeiture
  - Captain suspension
  - Team suspension or removal from the league
  - Permanent bans for individuals or teams in severe cases

## League Authority

- The league reserves the right to impose disciplinary action during a game or at any point during the season.
- Threats of violence or extreme misconduct may result in immediate suspension or permanent ban, without warning.
- Captains who repeatedly fail to control their team may be removed from leadership or barred from future league participation.

## Officials' Protection

- Referees are not required to engage in debate or explanation with non-captain players.
- Officials' decisions are final and enforceable.
- Abuse of officials will not be tolerated.

