



National
SPORTS CENTER

Flag Football Leagues

Rules and Regulations

Fall/Winter/Spring 2022-23

NSC Flag Football Leagues will be played by the following rules. Rules not covered here will be governed by the Minnesota State High School rules.

LAW I - The Field

1. **Field Dimensions** - The field shall be approximately 55 yards long by 30 yards wide. The field shall be marked with lines four inches in width. All ceiling, nets, lights, and other structures are considered out of bounds.
2. **End Zone** – End Zones will be 5 yards deep with the front marked by a cone.
3. **First Downs** - First down is located at mid-field where the first down markers are placed.

LAW II - The Ball

1. An adult size football must be used at all times. If either team cannot provide or agree to a ball, a league provided ball will be used.

LAW III - Number of Players

1. The game shall be played by two teams each consisting of not more than six players on the field. Teams must have a minimum of 5 players present to begin a game and must have 4 players to continue a game.
2. The maximum number of players per roster is 18.
3. All players must be 18 years of age or older, listed on their team's roster, and have completed an NSC liability waiver to be eligible to play.
4. Coed teams must have at least three females and two males playing field positions. If team does not hit these minimum requirements they must play down that number of females/males to the limit of five. You may play with more than three females on the field.
5. Rosters are frozen after the second week of the season which means no players can be added to the roster all waivers must be completed. Any player without a completed NSC liability waiver after the deadline will be crossed off the roster and are ineligible to play. Note that every player that plays in the first week must have their waiver completed by the start of the game.
6. Players may **NOT** play on more than one team in the same division unless approved by a league official or agreed upon by the opposing team. If a player is found to be in violation of any of these rules, their team(s) will be forced to forfeit.
7. Random eligibility checks may be done at any time during the league. If a team is found to have an ineligible player(s), it will result in an immediate forfeit. It is incumbent upon all players to be able to produce a driver's license, passport or state ID at each game in the event that a player is challenged for eligibility. If you can not provide documentation when challenged, your team must forfeit the game.

LAW IV –Equipment

1. A player shall not wear anything that is dangerous to other players and/or themselves including jewelry.
2. The usual equipment of a player shall consist of a shirt/jersey (which should be consistent in color throughout the team), shorts/sweatpants, shoes, and socks.
3. Each player must use a league provided flag system and have 2 flags on the belt. One located on each side.
4. Flags can not be covered with jersey or anything else.
5. Numbered jerseys are recommended.
6. Rubber cleated shoes, turf-style or flat-soled shoes are permitted to be used. Metal cleats are not permitted.

Infringement

For any infringement of this law, the player shall be sent off the field to adjust his equipment and shall not return without first reporting to the Official. The player may only re-enter the game at a moment when the ball has ceased to be in play.

LAW V - Duration of the Game

The duration of the game shall be two periods of 24 minutes each with the understanding that:

1. Games will be played during a **ONE** hour time block. Officials will shorten games to conclude within the hour.
2. The first half is running time.
3. The second half is running time until the final two minutes.
4. Time should be stopped for an injury at any time in the game.
5. The half-time interval shall not exceed 3 minutes.
6. Each team will be allotted 1 timeout per half. Timeouts do not carry over from first half to second half.

LAW VI - The Start of Play

The first team listed on the schedule is the home team. The home team shall begin on defense at the beginning of the game. The visiting team shall begin on defense at the beginning of the second half.

Each team will begin by defending the end zone farthest from their players' bench. The line of scrimmage will be located 5 yards from the end zone line.

Teams must notify the League Director in advance if they will be unable to make their game. A team's absence will result in a forfeit. Forfeited games will be recorded as a 30-0 loss.

LAW VII - Game Play

1. The only first down will be at midfield.
2. Teams have 4 plays to reach the first down, after crossing midfield, teams have 4 downs to score or the ball is turned over to the defense at the line of scrimmage.
3. On fourth down, teams may elect to punt. A punt will move the ball forward up to 20 yards not to exceed the defensive 5 yard line.
4. To begin the series, the ball is placed on the top half of the circle or where the offense turned the ball over.
5. The ball must be hiked between the legs to start play.
6. The ball carrier is down at the point where a flag is removed or falls off.
7. Players may dive to advance the ball or to grab a flag.
8. Players may not jump over another player in any instance.
9. Players can not swat the defensive person's hands or stiff arm opponents.
10. Players may not grab hold of ball carrier to impede progress; they must be attempting to pull the flag. Incidental grabbing of the shirt or body may occur when attempting to remove a flag and is not a penalty.
11. Ball carriers must avoid contact with a defender who holds a position. If a defender is holding a position, the ball carrier must go around the defender even if he has nowhere else to go, he must stop if he has nowhere to go.
12. Ball carriers must take one full step between spin moves.
13. When rushing the passer, players must block by using outstretched hands, not body. Blockers should not initiate contact; they should obtain position and cushion their block with their hands.
14. Players cannot block below the waist.
15. Defensive players must work around offensive blockers, not plow or push over or through them.
16. Players may rush from anywhere as long as no part of their body is not across the line of scrimmage.
17. Players may not intentionally delay the game. This will be up to the official's discretion.
18. Players cannot use hands, arms, or legs to the face of an opponent at any time.
19. Defensive players cannot swat or slap blockers arms or use 'swim' moves.
20. Defensive backs may bump a receiver (not a center) once within 5 yards of the line of scrimmage before the ball is in the air.
21. Defenders cannot bump the center unless the center engages to block.
22. Defenders cannot line up directly over the center.
23. Once the ball crosses the line of scrimmage, even if it is brought back behind the line of scrimmage, a forward pass is illegal.
24. Quarterbacks are allowed to hand the ball off immediately to another player after the ball is snapped.
25. Quarterbacks are not allowed to run past the line of scrimmage until three seconds after the ball is snapped or unless someone from the defense crosses the line of scrimmage.
26. All players will be eligible to receive a pass; this includes the center.
27. A forward pass does not have to cross the line of scrimmage to be a legal play. Only one forward pass per down. A forward pass caught behind the line of scrimmage is considered a run play.
28. If pass is thrown and it hits the ceiling, the pass is instantly ruled an incomplete pass.
29. If a player fumbles the football the play is dead once the ball hits the ground. Once it hits the ground the team who fumbled the ball keeps possession at the spot of the fumble. If the defending team gets possession of the ball prior to the ball hitting the ground the defending team takes over possession and play continues.
30. Players may not try to hit the ball out of the other player's possession.
31. Players may not guard flags with their hands.

Penalties

For any infringement of this law, a 5 yard penalty should be assessed from the spot of the penalty.

Exceptions

- Any defensive pass interference call less than 10 yards will be placed at the spot of the foul with no loss of downs.
- Any defensive pass interference call over 10 yards will be placed ten yards from the line of scrimmage with no loss of downs.
- All offensive pass interference calls will be a loss of five yards along with the loss of a down.

LAW IX - Method of Scoring

1. A touchdown (6 points) is scored when the ball, in possession of an offensive player, crosses the plane of the goal line.
 - a. Spiking the ball in celebration and other dancing like movements after a touchdown is allowed and encouraged depending on your dancing skills. Taunting is not allowed and is a penalty.
2. Following a touchdown, the offense chooses to try for a 1-point or 2-point conversion.

- a. 1-point conversion attempts are taken from the 5 yard line.
 - b. 2-point conversion attempts are taken from the 10 yard line.
 - c. A conversion is good when the ball, in possession of an offensive player, crosses the plane of the goal line.
3. A safety (2 points) is scored when an offensive player in possession of the ball is tackled in his own end zone.
4. The team scoring the greater number of points during the game shall be the winner. If no points or an equal number of points are scored, overtime shall be played.

LAW X - Official

A dual system of officiating will be used in all the games when possible. The authority and the exercise of the power granted to the Official by the Laws of the Game shall commence as soon as they enter the locality where the field is situated and shall cease when they leave.

During the game, the Official's power of penalizing shall extend to offenses committed when play has been temporarily suspended. Their decision on points of fact connected with the game shall be final, as far as the result of the game is concerned.

The Official shall:

1. Enforce the laws.
2. Keep a record of all incidents that occur before, during or after the game.
3. Act as a timekeeper and ensure that the time stipulated in the rules is adhered to, subtracting time to keep the game time to one hour.
4. Have discretionary power to stop the game for any infringement of the laws and to suspend or terminate the game, whenever, by reasons of the elements, interference by spectators, or other cause he deems it necessary. In such case, he shall submit a detailed report to the League Director.
5. Allow no person, other than the players, to enter the field without his permission.
6. Stop the game if, in his opinion, a player has been seriously injured, has the player removed as soon as possible from the field, and immediately resumes the game. A player who is able to reach the sideline or goal line unaided shall not be treated on the field.
7. If an official does not show up for their scheduled game, the following procedure should be followed:
 - a. Notify the Sports Hall Monitor.
 - b. Start the game with one official and the game will stand as final.
 - c. If neither official arrives, then the teams can agree to play with a volunteer adult official or they can use the time for practice and the game will be rescheduled.
 - d. If the teams agree to play the game with a volunteer adult official, the game will be official and the score will stand as final.

If a team would like to contest a call made by the Official, complaints will only be accepted from team managers or team coaches.

LAW XI – Personal Conduct

1. Players, coaches, and spectators can not argue with officials or league staff.
2. No fighting. Any fighting will result in being disqualified from the game. Fighting may also result in further disciplinary action such as suspension or a league ban. No refund will be given to disqualified players or teams.
3. Continued penalties may result in disqualification from the game.
4. No verbal abuse to officials, players, spectators, or league staff. Verbal abuse will be cause for disqualification from a game or league.
5. Players, officials, and spectators must treat each other with respect.
6. Player misconduct may result in game disqualification by the official or league staff.

PERSONAL FOULS

If any of the personal conduct laws are broken, the team who committed the foul will receive a penalty and will lose ten yards.

SUSPENSIONS

Any player that is disqualified from a game shall serve a minimum of a one game suspension from the next scheduled games. If the League Director, after consultation with the official, determines that a modified (longer or shorter) suspension is warranted, they may rule for a suspension of more or less than one game.

Any player ejected from a second game in the same indoor session shall serve a minimum of a two game suspension from the next consecutively scheduled games.

The League Director has the final authority on the duration of all suspensions.

LAW XII – Overtime

Regular season games that end in a tie will be final. If a playoff game ends in a tie the game will advance to overtime. The following overtime procedures should be followed:

1. Each team has 4 plays to score from mid-field.
2. If only 1 team scores, the scoring team wins.
3. Both teams get a chance to be on offense, even if the first team scores.
4. If neither team scores, the team who advanced the furthest in the first set of downs wins.
5. If both teams score, the process repeats from the opposite 8 yard line. (Extra point conversions are played.)
6. Penalties are applied as usual during the 4 plays.

Interceptions in Overtime

1. If an interception is returned for a score, the defense wins
2. If an interception is returned back behind the line of scrimmage of that play, the forward progress of the offense is marked at the point where the flag of the defender is pulled.
3. If the interception is not returned back to the original line of scrimmage of the play, the forward progress is marked at the original line of scrimmage for that play (not the series).
4. If the defender intercepts the ball in the end-zone, the forward progress will be marked at the 8 yard line or the original line of scrimmage of the play, whichever is further from the end zone.

LAW XIII – Playoff Advancement

Some leagues may determine a league champion based on only round robin play. In the event of a playoff, teams will advance to playoffs based on the following criteria:

Team Ranking (Tie Breakers)

1. Points: Teams will be awarded three points for a win, one point for a tie, and zero points for a loss
2. Head to head record (* this criteria will not be considered if three or more teams are tied)
3. Point Differential- Subtract total points allowed from total points scored
4. Fewest Points Allowed
5. Earliest registration date

Highlight = New rule in 2021