



ADULT LEAGUE Rules

1. PLAYER & TEAM REGISTRATION

- a. For season play teams will consist of a minimum of 10 Players and a maximum of 15 players.
- b. A team can add additional players to their roster up to 20 players. Players 16-20 will incur a \$35 per player fee.
- c. Regular season team fee of \$450 is payable on the website (www.505flagfootball.com), each season will have the deadline listed on the website. Venmo, Cash App and Apple Pay payments can be made with prior coordination.
 - i. Teams will have the option of a reduced team fee of \$250, however this will incur a \$35 player fee per player.
 - ii. All players must acknowledge and accept the player hold harmless. A link to the hold harmless form will be shared with the team captains to distribute to their respective teams.
 - iii. A player can only play on a **max of 2 teams**.
- d. Guest players can play during any regular season week for a player fee of \$ 15 per week.
 - i. Guest players must register and pay in person with league staff prior to the start of the game.
 - ii. Guest players must sign a hold harmless prior to the start of the game.
 - iii. Any guest player not registered or whom does not have a player waiver signed will cause the gaining team to forfeit.
- e. Players can be added to team rosters up to the end of the Friday before the playoffs. Teams may add and remove players at any time during the season. At no time will a team have more than 15 players on their Active Roster
- f. For tournament play teams will consist of a maximum of 15 players
- g. Tournament team fee of \$650 is payable on the website (www.505flagfootball.com), each tournament will have the deadline listed on the website. There is no player fee for tournaments.
- h. All players must be 18 years or older, or must have parental consent.

2. FIELD

- a. Fields will be 94 yards long and 40 yards in width
 - i. Each endzone will be 7 yards deep
 - 1. Each endzone will be marked with paint clearly identifying the line of score as well as the back of the endzone with 5 pylons marking the four corners and the center back line of the endzone
 - ii. The 20-, 40- and 20-yard lines will be marked with field paint clearly identifying the line of gain, along with yard markers on both sides of the field. **THE 40 yard line will be the only 1st down**
 - iii. The standard 4-inch paint line will be used to line the entire field of play.

3. GAME TIMES

- a. Games will consist of a **42-minute running clock consisting of two 20-minute halves**, and a 2-minute half time.
- b. Pro-clock will be implemented in the last min of the 2nd half.
 - i. During Pro-clock the clock will stop on incomplete passes and out of bounds.
- c. **Each team will have 2 timeouts per half and must be used in each half. Timeouts if not used in the first half will not be carried over to the second half. Timeouts will be a max of 60 seconds.**

4. GAME START

- a. **Home team will be on the west side of the field and Visiting team will be on the East side of the field**
 - i. **Spectators may not sit or stand in between the two fields; this location is for Field 1 Home team and Field 2 Visiting team.**
- b. At the start of the game the head referee will call the Team Captains from both teams to the center of the field to perform a coin toss to determine which team starts with the ball. The visiting team will call heads or tails on the coin toss
- c. The winner of the coin toss has the option of choosing offense or defense first. The loser of the coin toss has the choice of direction. **THERE WILL BE NO OPTION TO DEFER.**
 - i. At the start of the second half, the team that started defense in the first half will start offense in the second half and vice versa.
 - ii. Teams will also switch sides at the beginning of the second half.



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5. FIELD POSITION

- a. At the start of the first and second half, and after the opposing team scores, the offensive team will take possession at the 5-yard line.
- b. Each team has 4 downs to make a first down.
- c. First down line of gains will be at the 40-yard line marker
 - i. If the offensive team fails to make a first down after 3 downs, the offense may elect to punt.
- d. After a touchdown the offense can elect to go for 1 or 2 points.
 - i. A 1-point extra point attempt will be placed at the 5-yard line.
 - 1. A center hash mark will be placed at the 5-yard line on both sides of the field.
 - ii. A 2-point extra point attempt will be placed at the 10-yard line on both sides of the field.
 - 1. A center hash mark will be placed at the 10-yard line on both sides of the field
- e. Safeties will result in a punt.
 - i. The ball will be placed at the 5-yard line and snapped through the legs of the center to the kicker.

6. OFFENSE

- a. Offenses can use a ball of their choice or can use a league ball. Footballs will be official size (size 9 age 14 & over), Pro style or HS / College style football are both acceptable.
 - i. Referee's will verify football size for both teams before the start of the game.
- b. Offensive formations must have a minimum of 3 players on the LOS
- c. Double quarterback pass plays must be thrown laterally or behind the quarterback.
 - i. Lateral pass that is dropped behind the line of scrimmage is a dead ball.
 - ii. **A pass that is thrown forward behind the line of scrimmage, i.e. a screen or bubble route may be advanced by the receiver.** The referee will continue the pass count until the runner advances the ball past the LOS.
 - 1. **IF THE RUNNER FAILS TO ADVANCE THE BALL PAST THE LOS SCRIMMAGE BEFORE THE END OF THE PASS COUNT, THE RUNNER WILL BE DOWN.**
- d. Handoffs are allowed
 - i. **All handoffs must be behind the line of scrimmage**
 - 1. A handoff that can be advanced passed the LOS must be in front of the QB.
 - a. **A handoff can be pitched back to a player for a forward pass if the ball does not advance passed the line of scrimmage.**
 - 2. **A handoff behind the QB or a toss / pitch / sweep cannot be advanced beyond the LOS unless the Defense rushes.**
 - a. **The player that receives the toss /pitch /sweep must throw the ball unless the defense rushes.**
 - i. **REFEREE'S WILL CONTINUE TO PASS COUNT UNTIL THE BALL CROSSES THE LINE OF SCRIMMAGE OR THE DEFENSE RUSHES**
 - 3. **Once the ball passes the line of scrimmage and is pitched back, the ball can only be advanced via running.**
- e. **THERE ARE NO LIVE BALLS AT ANYTIME DURING GAME PLAY**
 - i. **If the ball gets past the QB on the snap, the ball is down where the ball first contacts the ground.**
- f. Unlimited laterals / pitch backs after the catch
 - i. Laterals / pitch back that are dropped are dead balls.
- g. A receiver that goes to the ground when catching a ball is eligible to get up and advance the ball unless the receiver is touched on the ground by the defender.
 - i. Once the receiver regains his feet, a flag must be pulled for the receiver to be down.
- h. 5 second pass clock after the snap
 - i. The referee will count 1,000-1, 1000-2, 1000-3, 1000-4, 1000-5, then blow the whistle.
 - ii. If the QB still has the ball in hand when the whistle is blown, that will count as a sack and the ball will be placed at the location of the QB.
 - iii. In the event of a handoff / pitch / toss / sweep / screen pass, the referee will continue the pass count until the ball crosses the LOS on the run or the ball is thrown.
- i. If the Defense is rushing, the Quarterback is eligible to rush.
 - i. The 5-second pass clock is null once a rusher has crossed the line of scrimmage or is engaging with the blocker on the line of scrimmage.



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- ii. **Double or more quarterback pass plays are eligible to run if the defense has crossed the line of scrimmage or is engaging the blocker at the line of scrimmage**
 - iii. **If the defense does not rush after the snap the quarterback / double quarterback are not eligible to run.**
 - j. Offense can have as many blockers on the line as desired.
 - i. A blocker may engage the defender at or behind the line of scrimmage with hands to the body.
 - 1. Hands to the face by the offensive player will be a 10-yard penalty from the spot of the foul and replay down.
 - a. If the defense declines the penalty, the result of the play will be upheld. i.e. incomplete pass on 4th down, turn over on downs.
 - ii. Down field blocking is not allowed
 - 1. **ANY BLOCKING DOWN FIELD IS STRICTLY FORBIDDEN**
 - 2. **BLINDSIDE BLOCKING DOWN FIELD WILL RESULT IN PLAYER EJECTION & RECOMMENDATION FOR PLAYER SUSPENSION TO THE LEAGUE OVERSIGHT COMMITTEE.**
 - 3. **DE-CLEATING A PLAYER ON A DOWN FIELD BLOCK WILL RESULT IN A PLAYER EJECTION & RECOMMENDATION FOR PLAYER SUSPENSION TO THE LEAGUE OVERSIGHT COMMITTEE.**
 - k. If a player loses his flags in the process of advancing the ball, the player must be touched by the defender (1-hand) to be down
 - l. If a player has no flags, or missing a flag prior to the catch, the player will be down at the spot of the reception.
 - m. If running back takes a handoff behind the line of scrimmage with one flag missing or no flags, the player will be down at the spot of the handoff
 - n. If the Quarterback takes the snap with one flag missing or no flags the player will be down at the location of the Quarterback
 - o. The player must establish control of the football and 1 foot in bounds to be a completion.
 - p. A player will be down at the spot of the football.
 - i. The football crossing the goal line will count as a score.
 - q. **DIVING FOR THE LINE OF GAIN, GOAL LINE OR THE FIRSTDOWN IS PROHIBITED.**
 - i. A 15-yard penalty and a loss of down from the spot of the foul will be enforced.
7. **DEFENSE**
- a. Rusher(s) must line up 5 yards back from the line of scrimmage to be eligible to rush
 - i. The sideline referee will establish the 5-yard rush line after every play and prior to the snap of the ball.
 - ii. **BULL RUSHING IS PROHIBITED. A 15-yard unsportsmanlike penalty will be enforced.**
 - 1. **Bull Rushing is defined as: "when a defensive player attempts to overpower an offensive blocker, by going through or over the top of the blocker." This includes intentionally throwing blockers to the ground.**
 - 2. **The Rusher must attempt to go around the blocker and not head on.**
 - b. **Rusher(s) must go for the flag of the QB, any contact to the QB above the waist will result in a 15-yard roughing the passer penalty.**
 - i. Rusher(s) who hit the QB's arm while the QB is throwing will receive an unsportsmanlike conduct penalty of 15-yards and an automatic 1st down.
 - ii. Defenders may not attempt to knock the ball free from a player regardless of the location of the ball. The Defender must go for the flag.
 - 1. **Referee's will be mindful of when a ball gets knocked out inadvertently while the defender is going for the flag. This is to the discretion of the referee and not the players.**
 - c. Defenders can be lined up on the line to check / jam receivers.
 - i. Jamming / checking of receivers is acceptable within 5 yards of the line of scrimmage.
 - ii. Defenders that are lined up within 5 yards of the line of scrimmage are ineligible to rush.
 - d. Defenders can not push offensive players out of bounds.
 - e. Player is down where the flag is pulled.
 - i. Ball will be spotted at the location of the ball when the flag is pulled.
 - f. **Tackling a player is not allowed and will incur a 15-yard obstruction / impediment penalty, unless the LAST DEFENDER RULE APPLIES.**
 - g. **A defender cannot pull the offensive players clothing to get the flag. A 15-yard obstruction / impediment penalty will be enforced.**



- h.** An interception that takes the defender to the ground, the defender is eligible to get up and advance the ball unless the defender is touched on the ground by the offensive player.
 - i. Once the defender regains his feet, a flag must be pulled for the receiver to be down.
- i.** Defenders cannot intentionally pull an offensive player's flag in advance of the player receiving the ball.
 - i. **A 10-yard penalty from the spot of the foul will be imposed.**
- j.** **DIVING TO GRAB A FLAG FROM BEHIND IS ALLOWED, HOWEVER IF ANY CONTACT IS MADE WITH THE PLAYER ADVANCING THE BALL REGARDLESS OF FLAG PULL A PENALTY WILL BE ENFORCED**
 - i. **A 15-yard penalty from the spot of the foul will be enforced with an automatic 1st down.**
 - 1. **i.e. Defender dives from behind to pull the flag of the Offensive Player; flag is pulled, and no contact is made with the Offensive Player will result in NO PENALTY.**
 - 2. **i.e. Defender dives from behind to pull the flag of the Offensive Player; flag is pulled or not pulled, and contact is made with the Offensive Player will result in a penalty.**
- k.** **LAST DEFENDER RULE.**
 - i. **A TOUCHDOWN WILL BE AWARDED WHEN THE LAST DEFENDER TRIPS, TACKLES, OR HOLDS OR THE OFFENSIVE PLAYERS. ON A CLEAR PATH TO THE ENDZONE.**

8. PLAY CHALLENGE

- a. Both teams will have the opportunity to challenge a call on the field with the following stipulations.**
- i. The challenging team must have a representative recording the play in question.**
 - ii. The challenging team must throw the red challenge flag on the field PRIOR to the beginning of the next play (snap of the ball)**
 - iii. The challenge flag must be thrown in front of the official for the official to see**
 - 1. Challenge flags thrown behind the official where the official cannot see will not be honored.**
 - iv. If the challenging team wins the challenge, the play call is corrected or overturned.**
 - v. If the challenging team loses the challenge, a time out will be charged to the challenging team.**
 - 1. A team must have a timeout left to challenge a play.**
 - 2. If a team challenges and does not have a timeout left, a 15-yard penalty will be assessed against the challenging team on the next play. Ex: Offense attempts to challenge but has no timeouts, a 15-yard penalty moving the offense will take place. If the Defense attempts to challenge a play and has no timeouts a 15-yard penalty moving the offense forward will be enforced.**

9. SPECIAL TEAMS

- a. During punts the ball must be snapped between the center's legs to the punter. The offense is not allowed to leave the line of scrimmage until the ball has been kicked.
- b. The return team will consist of all 6 players.
 - i. blocking with hands in a jamming manner can only take place within 5-yards of the line of scrimmage.
 - ii. Outside of the 5-yard zone any form of blocking / screening is prohibited.

10. OVERTIME

- a. At the end of regulation if both teams score is tied, there will be a 2-minute break before the beginning of overtime.
- b. The head referee will have both team Captains at mid field to perform a coin toss. The winner of the coin toss will determine if their team takes offense or defense first. The team that loses the coin toss will determine which endzone the entirety of the overtime will take place.
- c. The ball will be placed on the 20-yard line closest to the chosen endzone.
 - i. The offense will have 4 downs to score.
 - ii. After the score the offense must go for 2 points
- d. The team that played defense first will then go on offense and have 4 downs to score from the 20-yard line.
- e. In the event both teams are tied after both teams have an offensive possession, the game moves into a 2nd overtime.
 - i. The team that started offense first will now be on defense first and vice versa.
- f. Overtime will continue for a max of 3 overtimes. If after 3 overtimes, the score is still tied, the game will end in a tie.

11. UNIFORMS

- a. Teams should all be wearing matching jerseys or at a minimum the same color t-shirt
 - i. Players must have jerseys tucked under the flag belt
- b. All players will wear a flag belt with **2 flags** located at the players hips.
 - i. **Flags must be a different color than the players shorts / pants.**



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- ii. A flag guarding penalty of 5 yards will be assessed from the spot of the foul if a player's flags who is advancing the ball are out of position, i.e. both to the back or both in the front.
 - iii. **Flag belts cannot be worn loosely around the players hips. Flag belts must be tight / snug on the players waist. The head referee will determine if a player's belt needs to be tightened.**
 - c. Players should have molded cleats, **Metal Cleats and Track Spikes** are not allowed.
 - d. **All players are highly encouraged to wear mouth guards and other safety equipment made for flag football. Player safety equipment will be left to the discretion of the player and will not be enforced by the referee(s) or league officials.**
12. **STATS**
- a. Offensive stats of **touchdowns thrown, interceptions thrown, touchdown runs, and touchdown receptions** will be recorded.
 - i. When an offensive player scores, that player should check in with the Ref immediately after the play to ensure stats are recorded.
 - ii. Referees will check with the Team Captain after every Stat event to ensure accuracy in statistical recording.
 - b. Defensive stats of **sacks, interceptions and interceptions returned for a touchdown** will be recorded.
 - i. When a defensive stat is achieved the defensive player will check in with the Referee after the play to ensure stats are recorded.
 - ii. Referees will check with the Team Captains after every Stat event to ensure accuracy in statistical recording.
13. **UNSPORTSMANLIKE CONDUCT**
- a. If the referee(s) witness any intentional acts of tackling, elbowing, cheap shots, blindside blocking or any unsportsmanlike act to include swinging at another player, the game will be stopped, and the player will be ejected from the game. The decision to eject a player is made at the referee's discretion. Appeals will not be considered.
 - i. **Fighting will result in an ejection from the current game all remaining games for that day.**
 - b. Offensive or confrontational language towards players, or officials is not allowed. Officials have the right to determine offensive or confrontational language and will determine if a warning, player cool down / time out period or immediate ejection is warranted.
 - i. Except for unsportsmanlike conduct, the referee is required to give 1 warning. A player cool down / timeout period is not required before ejection and is at the discretion of the official.
 - c. Players or spectators may not physically or verbally abuse any opponent, spectator or official.
 - d. **Player fighting will not be tolerated. If a player intentionally tries to physically assault another player whether via punching, kicking, or any other means, that player will be immediately disqualified and will be suspended for that day and the following weeks games. If a player gets physically assaulted and attempts to retaliate and physically assault the other player, that player will also be disqualified and suspended for that day and the following weeks games.**
 - i. **The disqualified player must immediately exit the premises as to avoid further conflict.**
 - ii. **If the player refuses to exit the premises, the League Staff will be notified, and the authorities will be contacted to remove the player.**
 - iii. **In the event authorities are called the player that was assaulted reserves the right to press charges against the player who conducted the assault.**
 - iv. **If a player is ejected a second time for assaulting another player, that player will be brought before the League Oversight Committee to determine suspension length.**
 - 1. **Any player assault cases brought before the League Oversight Committee will carry a minimum 12 month suspension / ban.**
 - e. Unsportsmanlike Conduct Penalties
 - i. Defense + 15-yards from the line of scrimmage, and automatic first down.
 - ii. Offense – 15-yards from the line of scrimmage, and loss of down.
 - iii. Two (2) unsportsmanlike conduct penalties on any player in a game will result in a player ejection and submitted to the League Oversight Committee for further review
14. **Penalties**
- a. The referee(s) will administer all penalties
 - b. The referee(s) will determine incidental contact from normal football play.
 - c. All penalties will be assessed from the spot of the foul, except as noted.



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- d. Only the Team Captain may ask the referee questions about the rule clarification and interpretations. Players may not question calls.
- e. Games or halves may not end on a defensive penalty unless the offense declines the penalty.
- f. Penalties are assessed live ball, then dead ball. Live ball penalties must be assessed before the play is considered complete.
- g. Penalties will be assessed half the distance to the goal yardage when the penalty is more than half the distance to the goal
- h. Spot fouls administered in the end zone:
 - i. Defensive: Ball on the one-yard line, first down
 - ii. Offensive: Safety
- i. Defensive holding occurs when a defensive player grabs, restricts, or materially impedes an offensive player who does not have the ball by using their hands to hold the player's body or uniform, preventing them from running their route or moving freely down the field.
- j. **Defensive Impediment / Obstruction:** Occurs when a defender grabs or holds the ball carrier's body or uniform while attempting to remove the flag, thereby restricting the runner's movement. Even if the defender is attempting to pull the flag, grabbing the jersey, shorts, or body instead of cleanly removing the flag is illegal.

15. PENALTY YARDAGE GUIDE

a. Defensive spot fouls

Defensive Pass Interference	Automatic First Down
Holding / Illegal Contact	+ 5 yards
Impediment / Obstruction	+ 15 yards
Stripping	+ 5 yards automatic first down

b. Offensive Spot Fouls

Screening or blocking down field	-5 yards and loss of down
Charging (lowering shoulder)	-5 yards and loss of down
Flag Guarding	-5 yards
Holding / Illegal Contact	-5 yards

c. Defensive Penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+15 yards and automatic first down
Offside / Illegal substitution	+5 yards, replay down
Illegal Rush	+5 yards, replay down
Illegal flag pull	+10 yards
Roughing the passer	+15 yards and automatic first down
Taunting	+10 yards and automatic first down

d. Offensive Penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-15 yards and loss of down
Offside / False Start / Illegal substitution	-5 yards from the line of scrimmage
Illegal forward pass	-5 yards from the line of scrimmage loss of down
Offensive pass interference	-5 yards from the line of scrimmage loss of down
Illegal motion	-5 yards from the line of scrimmage
Delay of game	-5 yards from the line of scrimmage
Illegal procedure	-5 yards from the line of scrimmage
Taunting	-10 yards from the line of scrimmage and loss of down