**[U.S.F.T.L. 4on4 non-contact Flag Capsulized Rules](https://drive.google.com/file/d/0B-wDENi7kPH5S3BqbXhCRjR5d00/view?usp=sharing)**

**[U.S.F.T.L. 5on5 non-contact Flag Capsulized Rules](https://drive.google.com/file/d/0B-wDENi7kPH5NFlacUkyZVJWclU/view?usp=sharing)**

**[U.S.F.T.L. 5on5 contact Flag Capsulized Rules](https://drive.google.com/file/d/0B-wDENi7kPH5RGt6amdROW01OGs/view?usp=sharing)**

**[U.S.F.T.L 5on5 Coed Flag Capsulized Rules](https://drive.google.com/file/d/0B-wDENi7kPH5VlhXNkpYSmREb0NZdjdVSWhpYzJrb2d2OVNJ/view?usp=sharing)**

**[U.S.F.T.L. 8-MAN contact Flag Capsulized Rules](https://drive.google.com/file/d/0B-wDENi7kPH5ZWV6LXJjQlBSTTQ/view?usp=sharing)**

**[U.S.F.T.L. 8-Co-ed Capsulized Playing Rules](https://drive.google.com/file/d/0B-wDENi7kPH5a3dhRDU3QUZKN3M/view?usp=sharing)**

[**U.S.F.T.L. 9-MAN Ineligible contact Flag Capsulized Rules**](https://drive.google.com/file/d/0B-wDENi7kPH5UE9tQUV2dVpNTTQ/view?usp=sharing)

New rules for 8 man 2018

* **Regular Season: Only one Overtime (game could end in tie).** Playoff or tournament Overtime: 4 plays from the 20 yd. line each team. If you have no winner the 2nd. Overtime is 1 play for 1,2 or 3 pts. You can now kick in overtime. You only get 1 time-out no matter how many overtime's you play.
* You can now block down field on a pass play as long as the pass is behind the line of scrimmage.
* Any coach that comes out on the field to argue a call or play will be given a timeout even though they did not ask for one!
* All coaches and players must stay out of the restricted area from 20yd. Line to the 20yd. Line 6 ft. Deep. First flag is a warning & then a 5 yd. penalty.
* Missed field goals inside the 20yd. Line. The defense has 3 options: take the ball at the 20yd. Line first down, take the ball at the previous line of scrimmage first down or take the ball from where the attempt was kicked first down( approx. 7 yds. From the line of scrimmage).

**General League & Tournament Rules**

1. **All DMVFFL Leagues & Tournaments are subject to the City, County Parks & Recreation, & MNCPPC rules and regulations**, failure to follow these will result in suspension/ejection.

**No Alcoholic Beverages** are allowed on or near the fields at any time!

**No Tobacco Products** are allowed on or near the fields at any time!

**All players must be 18 years of age to participate in any DMVFFL event!**

2. **Keep the Fields, Parking Lots, & Surroundings Clean**, all teams are responsible for cleaning up playing area, sidelines, & parking lot after each game. Any team who doesn't adhere to this will be removed from the league or Tournament immediately.

3. **All rosters must be turned in to the DMVFFL before the first game of League or Tournament play**. Roster limit is determined by the style & division. No player may play until he/she has been officially placed on the proper USFTL roster form. After roster have been submitted, new players can be added by a roster add form (deadline determined by league directors). **Players may only play on one 4v4, 5v5, 8v8 team during the season or tournament. example....a player can play on a 4v4 & 8v8 during the same season but not two 4v4, 5v5 or two 8v8 teams.** A player MUST play in at least one regular season game to be eligible to play in the playoffs. NO NEW PLAYERS MAY BE ADDED TO THE TEAM AFTER THE DATE LISTED ON THE SCHEDULE!

**It is not up to league commissioner or the refs to declare that a player is ineligible**. It is up to the teams to ask for a roster check before the game start or during, both teams roster will be checked. All roster checks will stop the game; therefore there will be a $50 fee to check rosters. If a team asks for a roster check and there is an illegal player on that team, that team will be disqualified and will forfeit their games that day. The team that asked for the roster check will get there $50 back. If a team asks for a roster check and the roster is good, then the team that asked for a roster check will lose there $50, a time out and will be called for a delay of game (10 yard penalty), Automatic 1st Down.

**In the event that a player’s eligibility is questioned**, the player(s) must provide proof of Identification. A valid state issued identification card with picture (Driver’s License, Military ID, Passport or State ID card) will be accepted as proof. Players must carry proof of ID to every game. Failure to provide identification upon request will result in player not participating in the game. Players should bring ID to the field at all times!

**\*\*\*A player cannot play in the EOST unless he/she has played at least 1 regular season game with that team.**

**\*\*\*Players that has signed a teams roster and the season has started (regardless if your team had bye the first week), must get the captain/coach of the team to approve him being released before he can be added to another team. NO players are allowed to join another team after the add/drop deadline.**

4. **If your team is not ready to start at the scheduled time**, your team will forfeit the 1st game (There will be a 5/10 minute allowance for the 1st game only). You will have 20 minutes to get enough players (from your team / roster) before your team forfeits the 2ND game. For 4 man you must have 3 players minimum and for 5 man you must have 4 players minimum & 8 man you must have 6 players minimum to play. That team must have full roster to play past halftime. If a forfeit Occurs winning team will receive a 17 to 0 score. Ref fees are to be paid in full during the coin toss prior to the start of the game. Forfeits will result in a 17 - 0 loss for the team that forfeits, the team that shows up to the field **must pay** the ref there game fees & the team that forfeits **MUST PAY THEIR TEAMS AND THE OTHER TEAMS REFS FEES BEFORE NEXT GAME TO LEAGUE DIRECTORS**!! League directors will make every attempt to collect the ref fees for the team that showed up, but it is not guaranteed that collection will happen. In the event that we cannot collect the ref fees for your team, refunds from the league will not be given. Each team must pay the head referee the game fee listed on the schedule. Any team not paying the official will forfeit the game & any team forfeiting TWO games will be disqualified from the league. If the opposing team forfeits, the team ready to play must pay the official. Any team who forfeits 1 game is in jeopardy of not participating in the tournament and must pay the officials on the field for the 1st game of the tournament. If team drops out in the 1st half of the season, the schedule will be revised. If a team drops out in the 2nd half of the season, teams scheduled to play the disqualified team will receive an automatic win and does not have to show up at the field to pay the officials (still must pay but will be allowed to pay in advance).

5. **Sportsmanship is not an option**, If a player is ejected for "Arguing" with the refs, or player he will have to sit out a minimum of 2 games and have to pay a $250 fine before he can resume playing. 2 unsportsmanlike or personal foul penalties in 1 game will be ejected (in some instances, 1 depending on the intent). That player will be ejected for that game and in most cases will be able to play the teams next game, again depending on the severity. (not ref's decision, depending on severity)An unsportsmanlike / personal foul penalty can be, but not limited to, roughing the passer, harassment of the officials, harassment of the other team, late hits, excessive contact, language, players or coaches running on the field to question calls, stopping the game without a timeout and anything else the ref deems unsportsmanlike or a personal foul). In some cases, a player or coach will be fined and suspended for more than 1 game. Coaches/Team Captains are 100% responsible for their team and sideline, if there is a problem it's the Coach's job to clear the situation. Every TEAM, COACH, PLAYER, FAN must respect the Ref's (you might not agree with a call but you MUST respect it)! If the player is ejected for **"Throwing a Punch or Fighting" (Same team or against the opposing team)**, he will be automatically DONE FOR THE DAY (no matter how many games the team has). Also could be "Fined and Suspended" from the league/tournament and USFTL /FFWCT Tournaments for the remainder of the season and or year, upto a lifetime ban depending on the severity. It is that team's responsibility to control that player. If the same player is caught Fighting twice in one year, he may be banned from the league and and USFTL/FFWCT events for up to One Calendar Year period of time determined by the league directors. The league committee will review each fine/ejection on a case by case basis, this decision is final!

**\*\*\*Throwing a punch is throwing a punch whether you land it or not. The fines and suspensions will be treated the same way!**

**Language Rule:** Any foul language, which can possibly be heard in the stands or through the field area, will result in an ejection from the game and a suspension per the rules and regulations unsportsmanlike penalty. Any player receiving an ejection will be suspended for 2 weeks from all scheduled games from ALL LEAGUES 2 unsportsmanlike penalties will result in that player being ejected from the game. The suspended player or coach must leave the park during the suspension immediately. Additional suspensions may be given. Foul Language that is regarded as incidental, under the breath, or reflex action, will result in a verbal warning. A second instance of the above, by the same person, will result in an unsportsmanlike conduct penalty, which is a 10 yard penalty. and player must sit out for 5 minutes. Additional unsportsmanlike conduct penalty from the same player will result in an ejection from the game and suspension for 2 weeks. Additional suspensions may be given. on a case by case basis.

**Any player who is ejected for throwing a punch from a game , must leave the entire park immediately**. Ejected players automatically receive a two week suspension from all scheduled games from all leagues, with longer suspensions possible. will be notified of the league's final decision. Coaches are required to contact the DMVFFL no later than the following day to report player ejections. Any coach who does not report ejected players will also receive a suspension. Any coach who plays a suspended player may also receive a suspension.

6. **If a team decides to challenge a call**, teams (captains and coaches only) may stop the game by a $50.00 fee paid to the official on the field immediately. This is the ONLY way to stop the clock and get the directors involved. The rules will be reviewed by the Head Ref & a DMVFFL Representative to determine the correction. Once the final decision is made....if the call was incorrect the $50 will be given back in full and game will resume accordingly. If the call was correct the challenging team will lose the $50, be charged a timeout and will be called for a delay of game (10 yard penalty), Automatic 1st Down. If a coach or captain tells the team that he would like to challenge a call, the team is assessed a timeout regardless if they follow through with the challenge. You have 1 minute to decide if you want to challenge the call. Judgement calls are not challengeable!

7. **If both teams have the same jersey colors and can't decide on their own which team will change**, it will be up to the team who has the best record of the current season to have the other team change or change themselves. If both teams have the same record then it will be decided by a coin toss (by the ref on the field), this will also apply if it's the first game of the season.

8.  **DMV Flag Football League is governed by the USFTL, FFWCT, and DMVFFL**. Rule books can be obtained from the USFTL at [www.usftl.com](http://www.mdflagfootball.com/) or (440) 974-8735.

*\*Rules subject to change without notice*