

STB LEAGUES

Flag Football Rules



Dues

- \$400 per team for the season, due week 5.
- \$100 deposit due week 1.
- \$40 per game from each team for referees, due before the start of each game. Field manager will collect all fees.

Forfeits

- Forfeits have to be notified 24 hours in advance. Any forfeits after this will require the forfeiting team to pay both teams' referee fees before playing another game.

Participation

- Roster sheets are due week 1. The field manager will keep track of participation each game. Each team captain checks in with the field manager each game to sign in his or her players. Roster sheets need at least seven players, no maximum.
- A team must have five players on the field to play a game without forfeiting.
- Teams are allowed to pick up to two substitutes not on the roster for any game. These substitutes are not allowed to play quarterback or rusher. No team is allowed to play substitutes if members of their rostered team are present (i.e. a team with seven players picks up two substitutes to play defense while two members of their rostered team is on the bench)
- Teams may pick up substitutes if an injury occurs during the game, and the opponent captain permits it.

Equipment

Required: any player or team without these shall not be permitted to play:

- Regular sized football – teams provide their own football for both playing and kicking
- Triple threat flags – league provided
- Jerseys with numbers – must be tucked into shorts/pants
- Shorts/pants without pockets – taping over pockets not permitted

Optional Equipment:

- Backwards hat, gloves, mouthpieces, playbooks, sunglasses, masks, face shields, protective equipment that does not prohibit flag pulling.
- Hoodies, jackets, sweaters, or any other clothing not part of the jersey must be underneath the jersey and tucked into pants/shorts.

Penalty for Illegal Equipment

-Before the play: no foul. Player is allowed to correct the illegal equipment before playing.

-During the play: unsportsman like conduct – 10 yards.

Periods and Time Factors

Coin Toss

-The winning captain may choose to defer their option to the 2nd half.

-The team with the 1st half option may choose: offense or defense; or which goal to defend. The other team has the remaining option.

Starting Each Half

-Each half begins on the 14 yard line. There are no kickoffs.

-The game consists of two, 20-minute halves.

-The clock runs continuously throughout the entire game except the final two minutes (see two minute timing). Clock may be stopped only by: a charged team timeout, an official's timeout, or the end of the half.

-Teams are allowed two timeouts each half. Timeouts do not carry over if not utilized.

Two-Minute Warning Rules

-During the final two minutes of each half, the timing rules change. Situations that stop the clock during this period can be divided into major categories and minor categories.

Major – clock stops after the play and starts on the next snap

- Two-minute warning, incomplete pass, out-of-bounds, safety, touchback, touchdown, team timeout

Minor – Clock stops after the play and starts on the ready-for-play whistle

- First down for offense, penalty and enforcement, referee timeout, inadvertent whistle

Extension of Periods

-A period is extended if, during the last timed down:

- There is an accepted penalty (except for unsportsmanlike conduct, loss of down fouls, fouls on a score, fouls that result in a safety)
- There are offsetting fouls
- There is an inadvertent whistle
- A touchdown is scored (period is extended for the extra point if the outcome of the game is affected)

Overtime

-Overtime only occurs in playoffs. **Regular season ties are final.**

-Overtime coin toss winner may choose: offense, defense, or direction. All teams play in the same direction.

-Each future overtime period, teams alternate offense and defense.

-Each team starts 1st and Goal from the 10 yard line. A defensive touchdown wins the game for the defense. All fouls and penalties are administered as normal.

Onside Kick – only allowed in second half

-After a score and subsequent extra point try, a team captain may announce to the referee his team is attempting an Onside Kick. The ball starts at the offense's 14-yard line, and the offense gets one untimed play to reach midfield. Any penalty on the defense will be assessed as normal during the onside kick. Whether by penalty or play, the ball must cross midfield in order for the extra point attempt to be deemed successful.

-If successful, the offense will be rewarded with a new set of downs. Clock will start on the ready-to-play where the onside kick ended. If the onside kick resulted in a touchdown, the offense will attempt an extra point and resume play.

-If unsuccessful, the defensive team will be rewarded with possession of the ball where the onside kick play ended. Clock will resume on the ready-to-play. If the onside kick resulted in a touchdown by the defense, the defensive team will attempt an extra point and resume play.

Extra Points

-After a score, the scoring team's captain decides on the extra point try.

- 1 point – 3 yard line
- 2 point – 10 yard line
- 3 point – 20 yard line

-Defense may return an interception for a score of 3 points.

*****Any rule not specifically distinguished in this rulebook will follow the NIRSA flag football rules.*****

<https://play.nirsa.net/wp-content/uploads/nirsa-flag-football-rules.pdf>