

FLAG FOOTBALL

The following is a summary of rules and regulations for The Summit Flag Football. It is not the complete set of rules but provides the rules most commonly questioned. All other rules are deferred to The Summit Flag Football Rules Book. Any questions can be directed to The Field House Director during normal business hours at 517-319-1000 or nicole@thesummitsportsandice.com

HOME FACILITY

The home facility for flag football is the field house located in The Summit Sports and Ice Complex, 9410 Davis Hwy, Dimondale, MI 48821

TEAM

Men's: Each team shall consist of five (5) players on the field at a time. Four (4) players are required to start a game.

ELIGIBLE PLAYERS

1. A team may add players at any during the regular season, providing they have not played for another team in the same league. Players **MUST** be on the team's roster in order to play in the game. Rosters freeze after the last regular season game. No additions to the roster will be made for playoffs.
2. Every player will be required to check in with the game manager prior to the start of the game as he/she will have a roster sheet every week. If a player has not checked in, he will not be allowed to play.

GENERAL GAME REGULATIONS

1. The game will start with the Home team deciding if they want to receive or defer the football in the first half.
2. Game length is two 25-minute halves with a halftime of 3 minutes. The clock in the first half will run continuously only stopping for team timeouts. The clock in the second half will be a running clock, stopping only for timeouts. If a timeout is called before the extra point attempt the clock will remain stopped until the change of the possession, which the clock will start on the snap. (Each team has one timeout per half. They do not carry over.)
3. There will be no overtime during the regular season. In the event of a tie at the end of regulation in playoffs, each team will be given a series of 3 downs from midfield to score. Both teams will be given equal amounts of series.
4. There is a 2 second rushing rule. After the ball is snapped, the referee will count to 2, and then you can rush.

5. After the play and the whistle is blown, there will be a 25 second play clock starting immediately. Offense is responsible for retrieving the ball, not the defense or officials.
6. Each series will start at the 10 yard line. The offense will then have 3 plays to reach midfield for a first down and will then have another 3 plays to reach the end zone.
7. If a team fails to convert on 3rd down, the defending team will start their drive on their own 10 yard line, not where the offense's line of scrimmage was.
8. Interceptions can be returned and wherever the intercepting team's flag is pulled, that is where their drive will start.
9. Following a score a team must choose to go for 1 point from the ten (10) yard line or 2 points from the twenty (20) yard line.
10. During a try the defensive team MAY NOT return the ball for any points.
11. Jerseys must either be tucked into your shorts or be 4 inches above your waistline.
12. If teams arrive wearing similar colored jerseys, one team will be required to wear "pennies" at the discretion of the game manager or referee.
13. Flag belts must be clipped legally at all times. Failure to have a flag belt clipped legally attached is a penalty. (This means no tying the belt or having it underneath your shirt)
14. When the runner is downed, the new line of scrimmage shall be the forward most point of the ball. If a player is running with the ball held out in front of his body and the flag is pulled, the ball is spotted at the forward most point of the ball, NOT where the flag belt comes off.
15. If the runner's flag belt falls off during the play, a one handed tag between the shoulders and knees stops the play.
16. Flag guarding is NOT allowed. If your natural running style causes you to guard the flag belt, it must be changed. Tip: Hold the ball forward because it cannot be stripped from your possession and it gives you forward progress. (See Defensive Notes)
17. Flag football utilizes "screen blocking" similar to defending in basketball. Contact that gains an advantage for a player will be penalized! Any player who repeatedly initiates contact in the opinion of an official or supervisor may be ejected from the game.
18. When a loose ball hits the ground, it is dead. There are no fumble recoveries in flag football. With the exception of the QB regarding a bad snap. If a bad snap hits the ground only the QB has the chance to pick it up and make a play. If a bad snap does occur the defense still must wait for the 2 second rush rule. If any other player that's not the QB touches the bad snap the play will be called dead.
19. After a safety, the ball shall be snapped by the scoring team at their ten (10) yard line, unless moved by a penalty.
20. The ball will be put in play on the ten (10) yard line for the start of each half and after touchdowns.
21. A NCAA regulation size football is required. No junior or other size footballs will be allowed. If a team is using the incorrect ball, they will forfeit that game.
22. Blocking must be done with hands and elbows tuck into the body. If hands or elbows are extended it will result in a penalty.
23. There will be no diving.

DEFENSIVE NOTES:

- a. A defensive player may not hold, push, or knock a runner down in attempt to remove the flag belt. This will result in a penalty
- b. Encroachment is a dead ball foul. If anyone jumps into the neutral zone it is a penalty.
- c. Any contact with the quarterback while he is throwing a pass or after it is thrown will be roughing the passer.
- d. The defense is not allowed to bat, slap, or take the football from the hands of an offensive runner.

OFFENSIVE NOTES:

- a. 25 seconds to put the ball in play from when the previous play is blown dead.
- b. False start is a dead ball foul. If any offensive player jumps before the ball is snapped, it is a penalty.
- c. All players are eligible for a pass
- d. Offensive line must be motionless for at least 1 second.
- e. If a ball is caught in bounds and an opposing team member forces the receiver out of bounds it is a catch and foul.
- f. It is legal for a runner to catch himself from falling using the ball as long as he maintains possession. In other words, the ball is part of the hand.
- g. The offensive team is responsible for retrieving the ball after the play is dead! It is not the officials' responsibility.
- h. Only one player can be in motion when the ball is snapped. This motion cannot be toward the opponent's goal line.
- i. The ball must be snapped between the center's legs, not from the side.
- j. The player who receives the snap must be at least two yards behind the line of scrimmage.
- k. When an inadvertent whistle blows a play dead, the team in possession of the ball may choose to take the ball where it was blown dead or replay the down. If the ball is not in possession at the time of whistle, the play will be replayed. If there is an accepted penalty, the inadvertent whistle is ignored.
- l. The offensive team must have 3 players set on the line of scrimmage when the ball is snapped.
- m. An offense of player cannot throw the ball to himself to avoid a "tackle".
- n. If an offensive and defensive player catch the ball simultaneously, possession goes to the offensive player. **THERE WILL BE NO FIGHT FOR THE BALL.**

PENALTIES

The following is a list of the major penalties:

- DB – Dead ball
- LOD – Loss of down
- AFD – Automatic first down
- EJT – Automatic Ejection
- All penalties are live ball penalties unless noted otherwise.

Five-Yard Penalties	Ten-Yard Penalties
-Delay of game (DB)	-Offensive pass interference

<ul style="list-style-type: none">-Illegal Equipment-Illegal substitution-Encroachment (DB)-False start (DB)-Illegal snap (DB)-Illegal motion-Illegal forward pass (LOD)-Intentional grounding (LOD)	<ul style="list-style-type: none">-Defensive pass interference-Illegally secured flag belt (LOD & EJT)-Un-sportsman like conduct (Two will result in EJT)-Steal, strike, or batting the ball-Tripping-Illegal contact-Clipping-Roughing the passer (AFD)-Flag guarding-Stiff arm-Fighting or attempt to fight (EJT)
---	---

GENERAL RULES

1. No jewelry is allowed to be worn during the game. The jewelry permitted are medical bracelets, wedding bands, and stud earrings. (The latter two must be taped. Tape NOT provided)
2. Players must wear footwear that do not have metal, rubber, or plastic spikes (**NO CLEATS**). Turf shoes and sneakers are ok to wear. The Summit staff has the right to withhold participation based on any equipment deemed unfair or unsafe.
3. Any player bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before player can resume play.
4. Team captains are responsible for knowing all rules on the rule sheet and relaying that information to all team members.

FORFEIT POLICY

Forfeits- Teams forfeiting a game will not be eligible for postseason play. Any team forfeiting two games will be dropped from the league. If neither team shows for a game, both will be charged a forfeit, and the game will not be rescheduled. If game time arrives and one team does not have the minimum of players, the other team has two choices: 1) Take the win by forfeit, or 2) Has the option to wait for the opposing team and the game will be reduced by the number of minutes late from when the game should have been started. If the captain chooses to take the win by forfeit, the decision may not be changed. If the captain chooses to play the game, the captain must accept the results of the game. In order to win the game by forfeit, the team with players there has to have the minimum number of players present. **CAPTAINS WILL BE CHARGED A FORFEIT FEE OF \$50 TO COVER COST OF REFEREES!**

Defaults- A team unable to attend a game may default their game by contacting The Summit at 517-319-1000. This needs to be done by Friday at 5pm. A default will result in a loss by the defaulting team, but will have no effect on the team's playoff eligibility. Defaults are an alternative to forfeits.